

**Yogi pakhat chanchin ziaakna
(autobiography).**

A hnung zuiin

thlarau lam essay-te chu

**Paramhansa Yogananda
chuan a rawn ti a**

Social media site-a copy tur chuan

***Mahni chanchin ziakna tan ani
Yogi a ni***



**P
aramhansa
ziah a ni
Yogananda
chuan a ti
a**

WITH A PREFACE BY

W. Y. Evans-Wentz, M. A., D.Litt., D.Sc. te chuan
.an zia k a

Hmaih ye"
hmu
chhinchhiahn
a a awm leh
thilmakte
chu in ring lo
vang."-
.Johana 4:48

Copyright
, 1946,
Paramha
nsa-a
ziah a ni
Yoganand
a chuan a
ti a

Zuah bik Ah Chumi Hriatrengna Tan

LUTHER-a chuan a ti a BURBANK a ni

Chu American a ni Mithianglim

A chhunga thu awmte

Thuhmahruai, WY EVANS- WENT Z

Entirna hrang hrang list s

Bung

1. Ka Nu leh Pa leh Nun Nasa e
2. Nu Thihna leh Amulet
3. Mithianglim Taksa Pahnih nei (Swami Pranabananda) .
4. Himalaya lam pana ka thlawhna tihtawp (interrupted Flight).
5. "Perfume Saint" pakhat chuan a Thilmak tih a tichhuak
6. Sakeibaknei Swami chuan
7. Levitating Mithianglim (Nagendra Nath Bhaduri) chuan .
8. India rama Scientist leh Inventor ropui tak, Jagadis Chandra Bose
9. Blissful Devotee leh a Cosmic Romance (Master Mahasaya) te chu a hlim hle a, a rilru a buai em em baw k a.
10. Ka Pu, Sri Yukteswar nen kan inhmu a
11. Brindaban -ah hian Penniless Boys pahnih an awm
12. Kum tam tak ka Master's Hermitage- ah ka awm a
13. Mithianglim muhil thei lo (Ram Gopal Muzumdar) .
14. Consciousness- a thil tawn pakhat
15. Cauliflower rukbo chungchang
16. Stars te chu outwitting
17. Sapphire Pathumte chu
18. Mohammedan thilmak siamtu pakhat (Afzal Khan) .
19. Ka Guru hi Calcutta leh Serampore- ah hian a rualin a rawn lang thin
20. Kashmir Kan Tlawh Lo
21. Kashmir Kan Tlawh
22. Lung lem pakhat thinlung
23. Ka University Degree a ni
24. Swami Order- a Monk ka ni ta
25. Unaupa Ananta leh Unaunu Nalini te an ni

26. Yoga chungchanga Science chungchang
27. Ranchi -ah Yoga School din a ni
28. Kashi, Pianthar leh hmuhchhuah thar

29. Rabindranath Tagore nen hian School kan khaikhin a
30. Thilmak tih Dan
31. Nu Thianghlim (Kashi Moni Lahiri) nena inbiakna
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34. Himalaya tlanga Palace pakhat materialize
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37. America ramah ka kal
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46. Hmeichhe Yogi Ei ngai lo (Giri Bala) .
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48. California -a Encinitas-ah a ni

THIL THLENG THIN

Frontispiec
tihi a ni
India ram
map

Ka Pa, Bhagabati chuan a ti a
Charan Ghosh a ni Ka Nu

Swami chuan Pranabananda, 1999 a ni.
"Chumi Mithianghlim Nen Pahnih Ruangte" Ka
Unaupa Upa zawk, Ananta

Kutpui Awmkhawm chhung chumi Courtyard ah a awm tan ka Guru te
chuan Hermitage a ni chhung Serampore a ni Nagendra Nath
.Bhaduri, "Mi Thianghlim Levitating" tihi a ni

Keimah ngei pawh Kum 6 ka nih lai khan
Jagadis Chandra Bose, Scientist lar tak a ni

Pahnih Unaute u tan Therese chuan a rawn ti
a Neumann-a chuan, hmunah Konnersreuth
chuan a rawn ti a Master Mahasaya, Blissful
Devotee chu a ni

Jitendra chuan a ti a Mazumdar, 2019 a ni. ka Kawppui chungah
chumi "Penniless." Fiahna" hmunah Brindaban a ni Ananda Moyi Ma,
. "Lawmnain a tuam Nu" a ni

Himalayan a ni Puk Luah tu
Babaji chuan Sri Yukteswar, Ka
Lalpa

Mahni inhriatthiamna Fellowship, Los Angeles Headquarters-ah neih a ni

Mahni Inhriatthiamna Biakin tan Zavai Sakhaw
hrang hrang, . Hollywood atanga lo chhuak a
ni Ka Guru-a Tuipui kama Hermitage-ah Puri-
ah a awm

Mahni Inhriatthiamna Biakin tan Zavai Sakhaw
hrang hrang, . San Diego chuan a rawn ti a Ka
Unaunu te -- Roma, Nalini, leh Uma te

Ka Unaunu Uma

Lalpa chu a Aspect-ah Shiva angin

Yogoda a ni Chhiarkawp, Hermitage a
ni hmunah Dakshineswar chuan a rawn
ti a Ranchi School, Main Building-a
awm a ni

Kashi, Pianthar leh hmuhchhuah thar

Bishnu, Motilal Mukherji, ka Pa, Mr. Wright, T. N. Bose, Swami Satyananda
te an ni Pawl tan Palai kalkhawmte ah chumi Khawvel ram inkar Congress-
in a sawi tan Sakhaw thil Liberal-ho, . Boston, 1999 a ni. 1920 khan a lo
piang a Hmanlai Hermitage pakhata Guru leh Zirtirtu

Babaji, 1999 a ni. chumi Yogi-Krista tan
Tunlai India Lahiri Mahasaya chuan a
rawn ti a

ANI Yoga hmanga tih a ni Pawl
chhung Washington, 1999 a ni.
DC Luther Burbank-a chuan a
sawi

Therese chuan a rawn ti a Neumann-a
chuan a sawi tan Konnersreuth-a
chuan a rawn ti a. Bavaria ram a ni
Agra-a Taj Mahal neih a ni

Shankari chuan a rawn ti a Mai Jiew, . Chauh Nung Zirtir tan chumi
ropui Trailanga Swami chuan Krishnananda chu a Tame Lioness nen
an ni

Pawl chungah chumi Chaw ei tur Patio-ah a awm tan ka
Guru te chuan Serampore a ni Hermitage a ni Miss
Bletch, Mr. Wright leh keimah ngei pawh -- Aigupta
ramah

Rabindranath Tagore chuan a rawn ti a

Swami chuan Keshabananda, kum 1999 a ni.
hmunah ani Hermitage a ni chhung Brindaban a ni
Krishna, Hmanlai India Zawlnei

Mahatma Gandhi, Wardha- ah a awm a

Giri Bala, 1999. chumi Hmeichhia Yogi
a ni Tunge Ngai lo A ei thin Pu E. E.
Dickinson-a chuan a rawn ti a

Ka Guru a ni leh

Keimah Ranchi

Zirlai te Encinitas

tih a ni

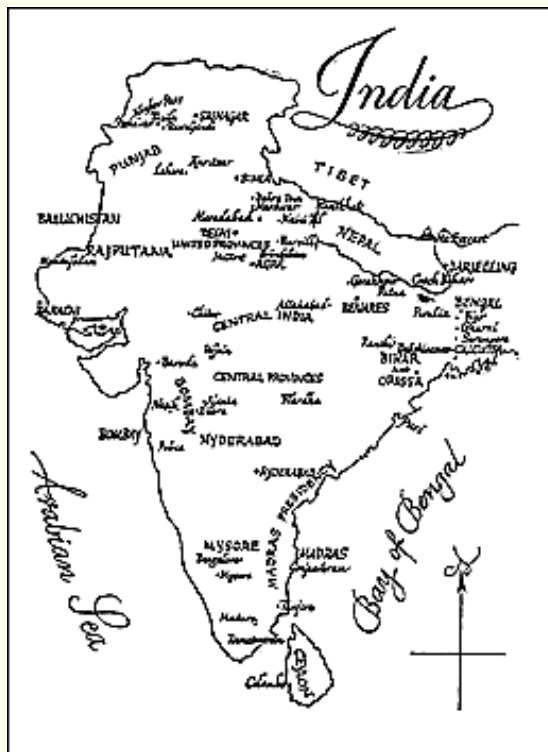
Intawhkhawm chhung San

Francisco-a chuan a sawi

Swami Premananda chuan

a rawn ti a

Ka Pa



Map tan India

THAWHTANNA

.WY EVANS-WENTZ, MA, D.Litt., D.Sc. te chuan an ziaak a

Isua Zirna in, Oxford-ah hian;
Ziaaktu of *The Tibetan Book of
the Dead, Tibet rama Yogi*
.ropui Milarepa, 1999-a ziaak

.*Tibetan Yoga leh Thurin Thuruk*, etc

Autobiography hlutna chu nasa takin a tipung a, chu chu English-a India mi finge chanchin ziaakna lehkhahu tlemte zinga mi a nih avangin, journalist emaw, ramdang mi emaw ni lovin, anmahni hnam leh training zinga pakhatin a ziaak a ni--a tawi zawngin, yogi- *in* yogi-te *chanchin a ziaak a ni* . Mit ngeia hmutu angin thil mak tak takte sawi nawn leh a ni nunna leh thiltihtheihnate a ni tan tunlai Hindu a ni mi thianghlimte, . chumi lehkhahu nei pawimawhna a ni pahnihin a hun takah leh hun kal tawha awm lo. A ziaaktu hmingthang tak, India leh America ramah pawh ka hriat hlawh tak hnenah hian chhiartu zawng zawngin lawmthu sawina leh lawmthu sawina dik tak hlan rawh se. A nun-document danglam tak hi Hindu rilru leh thinlung thuk tak, leh India ram thlarau lam hausakna, khawthlang ramtea tihchhuah tawh zingah .chuan a pholang ber pawl a ni ngei ang

Hetah hian mi fing pakhat, a nun chanchin sawina-Sri Yukteswar Giri nen kan inhmu thei hi ka vannei hle a ni. Mithianghlim zahthlak tak lem chu ka *Tibetan Yoga and Secret Doctrines* frontispiece pakhat a rawn lang a . **1-1 a ni** Orissa ram, Bay of Bengal-a Puri-ah khan Sri Yukteswar nen kan inhmu a. Chutih lai chuan chuta tuiptui kama ashrama reh tak hotu a ni a,

pawl pakhat thlarau lam zirtirnaah a buai ber a ni tan tleirawl lai a ni zirtirte an ni. Ani a sawi chhuak ngaihsak duhzawng chhung chumi hamthatna tan chumi mi tan chumi United State hrang hrangah tin, America ram zawng zawngah te, England ram zawng zawngah te pawh, a zirtir ber, a hmangaih em em, kum 1920-a khawthlang lama a tirhkoh atan a tirh, Paramhansa .Yogananda-a hnathawh hla tak tak, a bik takin California-a thil tih chungchangah min zawt a

a chawimawina pawh a phu hle bawh

zuitute chuan anmahni duhthu ngeiin an pe ta a ni. Amah hretu apiang, mahni khawtlang mi emaw ni lo emaw pawh ni se, an ngaisang ber a ni. Khawvel thil zawng zawng bânzan tawh pakhat saffron rawng puan ha chung a hmel sang tak, dinglam, ascetic tak, min lo hmuak turin hermitage kawtah a ding lai chu ka hre chiang hle. A sam chu a sei a, a hrual deuh bawka, a hmai chu hmul a nei bawka. A taksa chu taksa ruh a nghet hle a, . mahse slender a ni leh siam \ha tak, . leh ani rahbi chakna nei tak a ni. Ani nei thlan chhuah a ni angin ani hmun tan leia mi awmna hmun (abode) a ni chumi thianghlim khawpui Puri, chutah chuan India ram bial tin aiawhtu Hindu Pathian ngaihsak tam tak chu nitin Temple hmingthang tak Jagannath, "Khawvel Lalpa"-ah pilgrimage-in an lo kal thin. Puri-ah khan Sri Yukteswar-a chuan a thi thei mit chu a khar a, kum 1936 khan, he hun rei lote chhunga awm dan scene-te hi a khar a, a tisaa lo piang chu hnehna changin a tawp thlengin a kalpui tih hriain a kal ta a ni. He thu hriattirna hi ka record thei hi ka lawm tak zet a ni ah chumi sang nunzia leh thianghlimna tan Sri Yukteswar a ni. Lungawi ah awm reng hla takah a awm atangin chumi mipui tam tak, . a zirtir Paramhansa Yogananda, . tunah chuan kum tam tak chhung atan a sawifiah tawh a ni.

WY EVANS-WENTZ chuan a rawn ti a

1-1 : Oxford University Press, kum 1935-a tihchhuah a ni.

Lehkhabu ziaktu a ni Lawmthu sawina

He lehkhabu manuscript chungchangah hian hun rei tak chhung editorial hna a thawh avangin Miss LV Pratt chungah lawmthu ka sawi tak meuh meuh a ni. Ka lawmthu ka sawi e hi hun pawh ah Thelh Ruthi Zahn tan inbuatsaihna tan chumi index, 1999 a ni. ah Pu. C. A rilru a buai em em a. Richard-a chuan a rawn ti a Wright a ni tan a Indian travel diary aṅanga extracts .hman phalna a pe a, Dr. W. Y. Evans-Wentz hnenah rawtna leh fuihna dilna a pe bawka

PARAMHANSA YOGANANDA chuan a rawn ti a

*October 28, 1945 khan
Encinitas, California-ah
a piang a*

BUNG: 1.1. 1. 1. A rilru a hah lutuk chuan a rilru a buai em

Ka Nu leh pa leh Hma Nunna

1-2zawwna a ni inlaichinna. Ka kawng ngei pawhin Krista ang mi fing pakhat, a nun mawi tak chu kum tam tak chhunga chiseled tawh hnenah min hruai a . India ram pum huap pu ropui zinga mi a ni

hausakna la awm. Chhuan tinah lo piang chhuakin, Babulon leh Aigupta chanchin laka an ram chu an kulh tlat a ni.

Ka hriatrengna hmasa berte chu a hmaa mihring lo piang tawha anachronistic features te khuh vek niin ka hmu. Ka rilruah chuan nun hla tak, yogi **1-3 ka hriatrengna chiang tak a lo thleng a** Himalaya-a vur tla karah. Heng hun kal tawh thlirletnate hian, dimensionless link engemaw tak hmangin, hmalam hun thlirna min pe bawk.

Nausen laia tanpui theih loh mualphonate chu ka rilru atangin hnawhchhuah a ni lo. Ka kal thei lo va, zalen taka ka ngaihdaan ka sawi thei lo tih chu thinrim takin ka hre chiang hle. Ka taksa chak lohna ka hriat chian rual chuan tawngtaina surges chu ka chhungah a lo chhuak ta a. Ka rilru nun chak tak chu tawng tam takah thumal angin ngawi rengin a awm ta a ni.

Tawng hrang hrang chhungril lama buaina karah chuan ka beng chuan ka mite Bengali syllable chhehvel (circumambient Bengali syllables) chu a hrethiam zauh zauh a. Nausen rilru beguiling scope chu! puitling chuan infamna leh ke ruh chauha tikhawtlai anga ngaih a ni.

Psychological ferment leh ka taksa chhanna nei lo chuan crying-spell rilru na tak tak tam takah min hruai lut a. Ka lungngaihna laia chhungkaw buaina tlangpui chu ka hrechhuak leh ta. Hriatrengna hlim zawkte pawhin minrawn luah khat a: ka nu fawhna te, leh lisping phrase leh toddling step ka tum hmasak ber te. Heng hnehna hmasa ber, a tlangpuiin theihngilh thuai thinte hi mahni inrintawkna pianpui a la ni reng a ni.

Ka hriatrengna hla tak takte hi a danglam bik lo. Yogi tam tak chuan "nunna" leh "thihna" lama inthlak danglamna nasa tak avang leh inthlak danglamna nasa tak avang hian tihbuai lohvin an mahni inhriatthiamna chu an vawng reng tih hriat a ni. Mihring hi taksa chauh a nih chuan a hlohna chuan hun hnahnung ber chu identity-ah a dah tak zet a ni. Mahse kum sang tam tak chhunga zawlneite'n thudik an sawi a nih chuan mihring hi a bul berah chuan taksa nei lo mi a ni. Mihring egoity-a persistent core chu sense perception nen hian rei lo te chhung chauh a inzawm tlat a ni.

Thil mak tak ni mah se, nausen lai hriatrengna chiang tak chu a tlem lutuk lo. Ram hrang hranga ka zinnaah hian mipa leh hmeichhe dik tak hmu atanga hriatrengna hmasa ber ka ngaihla thin.

Kum zabi sawm leh kua-na kum sawm hnahnung berah ka piang a, ka kum riat hmasa ber chu Gorakhpur-ah ka hman a. Hei hi India hmarchhak United Provinces-a ka pianna hmun a ni. Naupang pariat kan ni a: mipa pali leh hmeichhia pali. Kei, Mukunda Lal Ghosh **1-4**, chu fapa pahniha leh fa palina ka ni.

Pa leh Nu chu Bengali an ni a, *kshatriya* caste an ni. **1-5 inkar a ni** An pahnih hian mi thianghlim nihna malsawm an ni. An inhmangaihna, thlamuang leh zahawm tak chu thil tenawm takin a lantir ngai lo. Nu leh pa inremna famkim chu tleirawl pariat nun buaina inher chhuahna hmun muang tak a ni.

Pa, Bhagabati Charan Ghosh chu a ngilnei a, a rilru a na a, a châng chuan a khaui hle baw. Amah hmangaih em em chungin, keini naupangte chuan zah taka hlat zawng engemaw chen kan nei tho tho a ni. Mathematics leh logician langsar tak a nih avangin a finnain a kaihuai ber a ni. Mahse Nu chu thinlung lalnu a ni a, hmangaihna hmang chauhvin min zirtir thin. A thih hnu chuan Pa chuan a chhungril lama ngilneihna chu a lantir nasa zawk a ni. Chutih lai chuan a mitmeng chu ka nu mitmengah a inthlak fo tih ka hrechhuak ta.

Nu hmaah chuan Pathian Leikha Thu kan hriat hmasak ber, bitter-sweet kan tem a. Tales atanga lo chhuak chumi *mahabharata tih a ni* leh *ramayana a ni* **1-6 thleng a ni** an remruatna nei takin koh a ni ah intawh chumi thil tul pawimawh tak takte

tan khuakhirhna. Thupek leh hremna kal kut chhung kut.

Nitin Pa zahna lantir nan chawhnu lamah Nuin office atanga lo haw turin uluk taka min thuam dan chuan a rawn ti a. A dinhmun hi Vice-President dinhmun nen a inang a, India rama company lian ber zinga mi Bengal-Nagpur Railway-ah a ni. A hnathawhnaah chuan zin chhuahna a tel a, kan chhungkua chu ka naupan lai chuan khawpui engemaw zatah kan khawsa a.

Nu chuan mi harsate lam hawiin kut inhawng takin a chelh a. Pa pawhin ngilnei takin a duh a, mahse dan leh thupek a zahna chuan budget thlengin a zau hle. Kar hnih khat chu Nu chuan, mi retheite chawmnaah, Pa thla tin sum lakluh aiin a hmang tam zawk a.

"Khawngaihin ka dil awm chhun chu in charities te hi a remchan dan anga awm tir hi a ni." A pasal hnen atanga thununna nem tak pawh khan Nu tan chuan a lungchhiatthlak hle. Hackney carriage a order a, naupangte chu inrem lohna engmah a awm lo tih a tilang lo.

"Good-by; Ka ni kal hmundang ah ka nu ta a ni in." Hmanlai ultimatum a ni!

Mak tak maiin lungngaihna kan tawng ta a. Kan nu lam upa chu a hun takah a lo thleng a; a pa hnenah chuan thurawn fing tak tak a sawi chhuak a, kum tam tak atang khan rinhlelhna a nei lo. Pa chuan inremna thu tlemte a sawi hnu chuan Nu chuan hlim takin cab chu a thlah ta a. Chutiang chuan ka nu leh pa inkara buaina ka hriat chhuah awmchhun chu a tawp ta a ni. Mahse, mizia sawihona pakhat ka hrechhuak.

"Khawngaihin hmeichhe vanduai tak, in lama lo thleng thar tan cheng sawm min pe rawh." Nu nuihzatthlak chuan a thlemna a nei ve tho.

"Engvangin nge cheng sawm? Pakhat chu a tawk." Pa chuan chhanna a sawi belh a: "Ka pa leh ka pi leh pu te an thih thut khan retheihna ka tem hmasak ber a. Ka chawhmeh pakhat chauh, ka sikul panna kawng tam tak ka kal hmaa ka ei tur awmchhun chu banana te tak te a ni. A hnuah, university-ah chuan ka mamawh em em a, thla khatah cheng khat tanpuina dil turin judge hausa tak hnenah ka dil a. Ani chuan a hnawl a, cheng khat pawh a pawimawh tih a sawi.

"Chu cheng hnialna kha i hrechhuak nasa em!" Nu thinlung chuan instant logic a nei a. "He hmeichhia pawh hian a mamawh hmanhmawh taka cheng sawm i pek duh lohna kha hrehawm takin a hre reng che i duh em?"

"I chak zawk!" Pasal hneh tawhte hriatrengna thiltih nen chuan a wallet chu a hawng ta a. "Hetah hian cheng sawm note a awm. Ka duhthusam nen pe rawh."

Pa chuan rawtna thar eng pawh chu "Ni lo" tih hmasak a tum thin. Hmeichhe mak

tak chung a rilru put hmang chu so readily enlisted Nu lainatna chu a hnam dan anga fimkhurzia entir nan a hmang a ni. Instant acceptance huatna- khawthlang lama French rilru pangngai ang chi- chu a takah chuan "due reflection" tih thu bul chawimawina chauh a ni. Pa chu a rilru a fim a, a rorelnaah pawh a inthlau hle tih ka hmu fo thin. I. I. a nih chuan ka dilna tam tak chu thubuai tha tak pakhat emaw, pahnih emaw hmangin a tichak thei a, chu thiltum duhthusam chu ka thlen theihna hmunah a dah fo va, chu chu chawlh hmanga zin emaw, motor thar emaw pawh ni se.

Pa chu a fate naupan laiah thununna khauh tak nei a ni a, mahse a rilru put hmang erawh chu amah ngei pawh hi Spartan a ni tak zet a ni. Entîr nân, theatre chu a tlawh ngai lo va, thlarau lam thiltih hrang hrangah leh *bhagavad gita* chhiarnaah a intihhlamna a zawng zâwk a ni . **1-7 thleng a ni** Luxuries zawng zawng pumpelh chuan a cling vek thin ah pakhat upa kawppui tan pheikhawk hma chuan anni an tangkailo. Ani fapate a ni lei motor te pawh a awm hnuah mi tam takin an hmang ta a, mahse Pa chu nitin office panna tur trolley car-ah chuan a lungawi fo thin. Thuneihna avanga sum khawlkhawm chu a nihnaah chuan thil danglam tak a ni. Vawikhat chu Calcutta Urban Bank a buatsaih hnuah a share engmah neiin hlawkna a hmu duh lo. A hun awl neihah civic duty tih a duh mai mai a ni.

Father-in pension-a a pension hnu kum engemaw zat hnuah English accountant pakhat chu Bengal-Nagpur Railway Company lehkhabu enfiah turin a lo thleng a. Mak ti taka chhuitu chuan Pa chuan overdue bonus a dil ngai lo tih a hmuchhuak ta a ni.

"Ani ti tawh chumi hnathawk tan pathum mipa te!" chumi accountant hna thawk tur a ni hrilh chumi company. "Ani nei cheng a ni 125,000 a ni (lam \$41,250.) owing to him as back compensation." Official-te chuan Pa hnenah hian hetiang zat check hi an hlan a. A ngaihtuah tlem lutuk avangin chhungkaw hnena sawina engmah a ngaihthah a ni. A hnu rei takah chuan ka unaupa naupang ber Bishnu chuan a zawtfiah a, bank statement-a sum dah tam tak chu a hmu ta a ni.

"Engvangin nge material profit hi i elated?" Pa chuan a lo chhang a. "Evenmindedness tum tumtu chu hlawknaah a lawm lo va, hlohnaah pawh a lungngai lo. Mihring hi he khawvelah hian pawisa nei lovin a thleng tih a hria a, cheng khat pawh nei lovin a chhuak thin tih a hria a ni.



PA

Bhagabati chuan a ti a Charan Ghosh a ni

ANI Zirtir tan Lahiri a ni Mahasaya chuan a ti a

An nupa nun tirh lamah chuan ka nu leh pa chu zirtirtu ropui tak, Benares khuaa mi Lahiri Mahasaya zirtir an lo ni ta a. He inzawmna hian Pa pianphung anga ascetical mizia chu a tichak a ni. Nu chuan ka unaunu upa ber Roma hnenah chuan thudik ropui tak a sawi a: "I pa leh kei hi kum khatah vawi khat chauh mipa leh hmeichhia angin kan khawsa dun a, fa neih tumna a ni."

Pa hian Abinash Babu hmangin Lahiri Mahasaya a hmu hmasa ber a, **1-8 in hnehna a chang** Bengal-Nagpur Railway Gorakhpur office-a thawk pakhat a ni. Abinash chuan ka beng naupangte chu India mi thianghlim tam tak chanchin ngaihnaawm tak tak hmangin a zirtir a. A thutawp chu a mah ngeiin a guru ropuina sang zawkte chawimawina hmangin a titawp fo thin.

"I pa Lahiri Mahasaya zirtir a nihna dinhmun mak tak mai kha i hre ngai em?"

Thlasik chawhnu lam hahtlak takah khan, Abinash nen ka in compound-a kan thu dun lai khan he zawhna ngaihnaawm tak hi a rawn zawt a. Beisei hmel zet hian ka lu ka thing a.

"Kum tam tak kal ta khan i pian hma khan ka superior officer-i pa-te chu Benares-a ka guru tlawh theihna turin ka Gorakhpur duties atanga kar khat chawlh min pe turin ka ngen a. I pa chuan ka ruahmanna chu a nuihzat a."

"Sakhaw lama mi rilru na tak i ni dawn em ni?' tiin a zawt a.

"Chumi ni chuan lungngai takin thingtlang kawngpuiah i pa chu palanquin-ah ka hmu a. A chhiahhlawh leh conveyance-te chu a hnawtchhuak a, ka bulah step-ah a tlu ta a. Min thlamuan tumin khawvel hlawhtlinna tur beih a thatzia a kawhnmuh a. Mahse, duhthusam lo takin ka hre ta a. Ka thinlung chuan heti hian a sawi nawn leh a: 'Lahiri Mahasaya! I hmu lovin ka nung thei lo!'

"Kan kawng chuan field reh tak kil khatah min hruai a, chutah chuan chawhnu lam ni êng chuan ramngaw hrual sang tak chu a la khum reng a. Ngaihsan takin kan chawl ta a. Chutah chuan field chhungah chuan, kan atanga yard tlemte chauh a hlaah chuan ka guru ropui tak hmel chu a rawn lang nghal a !

"Bhagabati, i hnathawk chungah i khauh lutuk!' A aw chu mak tih hmel takin a rawn ri ta a, a lo kal ang bawkin thuruk takin a bo ta a, 'Lahiri Mahasaya!' tiin ka au chhuak a. I pa chu rei vak lo chu stupefaction vangin a che thei lo.

chawlh ka pe *che mai ni lovin, naktuk atanga Benares pan tur hian chawlh ka pe a ni* . He Lahiri Mahasaya ropui tak, i tan tawngtai theihna tura duhthusamin a insiamrem thei hi ka hriat a ngai a ni! Ka nupui ka hruai ang a, he pu hi a thlarau lam kawng min zirtir turin ka ngen ang. A hnenah min kaihruai dawn em ni?"

"Ni chiah e.' Ka tawngtaina mak taka chhanna leh thil thleng rang tak leh \ha taka inthlak danglamna chuan hlimnain min luah khat ta a ni.

"A tuk tlaiah i nu leh pa nen Benares lam panin kan entrain a. A tuk zingah sakawr tawlailir kan chuang a, leh tichuan nei ah kal tlang zim lanes a awm bawk ah ka guru te a ni inthiarfihlim a ni in. A lut ta ani te

parlor, master hmaah chuan kan kun a, a lotus posture tih dan pangngaiah chuan kan inkhung a. A mitmeng hrual hrual chu a chhing a, i pa chungah chuan a level ta a.

"'Bhagabati, i hnathawk chungah i khauh lutuk!' A thusawi chu ni hnih kalta a Gorakhpur field-a a hman tawh ang chiah kha a ni a, 'Abinash-a'n min tlawh phalsak hi ka lawm hle a, nang leh i nupuiin in zui ve bawh a ni' a ti bawh.

Kriya Yoga thlarau lam thil tihnaah a insiam tir a ni . **1-10.**" I pa tin, kei hi zirtir unau ka nih angin inlarna ni hriatreng tlak tak atang khan thian tha tak ka ni. Lahiri Mahasaya chuan nangmah ngeiin i pianna chu a ngaihven tak zet a ni. I nun chu a nun nen a inzawm tlat ang: pu malsawmna chu a tawp ngai lo."

He khawvel hi ka luh hnu rei vak lovah Lahiri Mahasaya chuan a chhuahsan ta a ni. A thlalak, frame cheimawi takah chuan Pa chu a office-in a sawn na khawpui hrang hranga kan chhungkaw maicham chu a chei mawi fo thin. Zing leh tlai tam tak chuan Nu leh kei chu hmun thianghlim siam chhuah hmaah ngaihtuahna sengin kan hmu a, sandalwood paste rimpui takah pangpar dip chu kan hlan a. Rimpui leh myrrh bakah kan inpumkhatna hmangin Lahiri Mahasaya-a langsar famkim tawh Pathianna chu kan chawimawi a ni.

Ani milem nei ani a phak lo hle zirtir chungah ka nunna. Angin Ka a lo thang lian a, . chumi ngaihtuah tan chumi hotu a lo thang lian a keimah. Chhung inngaihtuah muk Ka ang fo hmu ani thlalakna a ni thlalak langchhuak atangin chu chu te frame leh, thil nung tak la in, ka hmaah thu rawh. A taksa eng tak ke chu khawih ka tum lai khan, . a danglam ang a, thlalak a lo ni leh ang. Naupan lai chu tlangval ka nih chhoh zel chuan Lahiri Mahasaya chu ka hmu ta a tihdanglam a ni chhung ka rilru atangin ani te thlalak, cribbed a ni chhung ani ruangam, ah ani nung, êng pe thei awmna. Fiahna emaw, buaina emaw ka tawh lai pawhin ka tawngtai fo va, ka chhungah chuan a thlamuanna kawng ka hmu fo thin. A tirah chuan taksa lamah a dam tawh loh avangin ka lungngai hle. Ka tan tirh ang khan a hmun tinah a awmna thuruk hmuchhuak turin ka lungngai tawh lo. A zirtirte hmuh duh lutukte hnenah chuan heti hian a ziaak fo tawh a: "Engvangin nge ka ruh leh tisa hi en turin ka lo kal a, in *kutastha* (thlarau lam hmuhna) atanga ka awm lai hian?".. tiin.

Kum riat vel ka nih laiin Lahiri Mahasaya thlalak hmangin damna mak tak ka dawng a. He thil tawn hian ka hmangaihna chu a tichak hle. Bengal khawpui Ichapur-a kan chhungkaw estate-a ka awm lai khan Asiatic cholera natnain min rawn nuai a. Ka nun chu a beidawng hle a; doctor-te chuan an ti thei a ni engmah. Ka khum bulah chuan Mother chuan hlauthawng takin ka lu chungah bang chungah Lahiri Mahasaya thlalak chu en turin min rawn entir a.

"Rilru lamah a hmaah kun rawh!" Chibai bukna atan pawh ka chak lo lutuk tih a hria. "I inpekna i lantir tak tak a, chhungril takin a hmaah i bawkkhup a nih chuan i nunna a chhanhim ang!"

A thlalak chu ka en a, chutah chuan mit tidel thei êng pakhat, ka taksa leh a pum
pui chu a khuh vek tih ka hmu a pindan. Ka natna leh ka thunun theih loh
chhinchhiahna dangte chu a bo ta a; Ka dam tha hle mai. Vawikhatah chuan ka
chak tawkin ka inhria a, Nu chu a guru-a a rinna teh theih loh chu lawmthu sawiin
a ke chu ka khawih thei ta a ni. Nu chuan thlalak te tak te chu a lu chu a hmet
nawn leh a.

"O." Khawi hmunah pawh a awm Hotu, Ka lawm ka ti a sawmi thy eng a nei tawh
tihtam a ni ka fapa!"

Ani pawhin natna hlahawm tak atanga ka dam nghal theihna meialh êng tak chu a hmu tawh tih ka hrechhuak ta.

Ka thil neih hlu ber pakhat chu chu thlalak tho chu a ni. Lahiri Mahasaya ngeiin Pa hnena a pek, vibration thianghlim a keng tel a ni. Thlalak chu thilmak tak atanga lo chhuak a ni. Chu thawnthu chu Pa unaupa zirtir, Kali Kumar Roy hnen atangin ka hre ta a.

Master chuan thlalak lak a duh lohna a nei niin a lang. A nawrh huaihawt chungchangah hian vawi khat chu amah leh devotee pawl hrang hrangte group thlalak lak a ni a, Kali Kumar Roy pawh a tel. Thlalak siamtu mak tak mai chuan zirtir zawng zawng lem chiang tak tak awmna plate-ah chuan Lahiri Mahasaya-a outline hmuh theihna tur hmun ruak mai mai chu a lang lo tih a hmuchhuak a ni. He thil thleng hi nasa takin sawi a ni.

Zirlai leh thlalak thiam tak pakhat, Ganga Dhar Babu chuan tlanchhia chu a tlanchhiatsan dawn lo tih a sawi chhuak a. A tuk zingah chuan guru chu thing bench-ah lotus posture-a a thut lai chuan a hnungah screen a awm a, Ganga Dhar Babu chu a hmanrua kengin a rawn thleng ta a. Hlawhtlinna atana fimkhur zawng zawng hmangin duhâm takin plate sawm leh pahnih a pholang a. A pakhat zel chungah chuan thing bench leh screen chhinchhiahna chu a hmu thuai a, mahse vawi khat chu master form chu a bo leh ta a ni.

Mittui tla leh inchhuanna chhe tak nen Ganga Dhar Babu chuan a guru chu a zawng ta a. Lahiri Mahasaya chuan naupai lai comment hmangin a ngawih rengna a titawp hma darkar tam tak a liam tawh a:

"KA ni Thlarau. Thei i camera hmanga siam a ni chhunlet chumi hmun tina awm Hmuh theih loh?"

"A theih loh ka hmu! Mahse, Ka pu Thianghlim, hmangaihna nen taksa biak in thlalak ka duh a, chutah chuan keimah chauhvin, ka hmuh theihna zim takah chuan, chu Thlarau chu a awm kim vek a ni.

"Lokal, tichuan, naktuk zing. Ka duhdan pose a ni tan nangmah."

Thlalak siamtu chuan a camera chu a focus leh ta a. Tun tumah chuan mi thianghlim, thil mak tak hriat theih lohnaa khuh lo chu plate-ah chuan a hrual a. Master chuan thlalak dang a pose ngai lo; a tlem berah chuan, pakhat mah ka la hmu lo.

Thlalak hi he lehkhabuah hian siam thar leh a ni. Lahiri Mahasaya hmel mawi tak, universal cast a nih avangin eng hnam nge a nih tih a tilang lo. Pathian inpawlna lama a hlimna nasa tak chu tlem in ani eng emaw chen chu thuruk (enigmatic) a ni nui. Ani mit, chanve hawng ah a kawka a ni ani nominal tih mai tur

a ni kawh lam chungah chumi pawn lam khawvel, an chanve khar bawk. Leilung hipna rethei tak takte chu a hre lo tak zet a, a harh chhuak ta vek a ni engtik lai pawhin a thilpek dawng tura hnaih zawngtute thlarau lam harsatnate hnenah.

Guru thlalak chakna hmanga ka dam hnu rei vak lovah chuan thlarau lam vision nghawng nei tak ka nei ta a ni. Zing khat chu ka khumah ka thu a, mumang thuk takah ka tlu ta a.

"Mit khap thim hnung lamah eng nge awm?" He probing ngaihtuahna hi ka rilruah chak takin a rawn lut a. Ka chhungril lam mitmengah chuan êng lian tak mai chu vawi khatah a rawn lang nghal vek. Tlang lungpui chhunga meditation posture-a thu, mi thianghlinte Pathian lem, miniature cinema thlalak ang maia siam, the

ka hmai chhungah screen lian tak

radiance a awm. "Tunge i nih?" Ka

tawng chhuak ta ringawt a.

"Himalayan yogis te hi kan ni." Van lam chhân lêtna hi sawifiah a har a; ka thinlung chu a hlim hle mai.

"Ah, Himalaya tlanga kal a, nangmah ang nih hi ka duh khawp mai!" Inlarna chu a bo ta a, mahse tangkarua ang maia zungbun chu a zau zel angin a zau zel a, tawp chin nei lovin a zau ta a ni.

"Engnge hi hei mak tak mai engchhuak?"

"Iswara ka ni. 1-11." Kei hi Eng ka ni." A aw chu chhum

phum ang maiin a awm a. "Nangmah nen hian pumkhat

nih ka duh!"

Ka Pathian hlimna a tlahniam zauh zauh atang chuan Pathian zawng tura fuihna ro hlu nghet tak chu ka chhanchhuak ta a ni. "Ani hi chatuan, hlimna thar reng a ni!" He hriatrengna hi rapture ni atanga rei tak hnuah pawh a la awm reng a ni.

Hriatrengna hmasa dang chu a langsar hle a; tin, literal takin chutiang bawh chu a ni, vawiin thleng hian hliam hi ka tuar a ni. Ka u Uma nen chuan kan Gorakhpur compound-a *neem kung* hnuaiiah chuan zing hma takah kan thu a . Bengali primer hmangin min pui a, engtik lai nge ka mit chu ka bula awm parrot te, margosa rah puitling ei thin te lakah ka humhim theih ang. Uma chuan a keah boil a awm tih a phunnawi a, hriak rintang bawm khat a rawn keng a. Ka kut hmawr ah chuan salve chu tlem ka hnawih a.

"Engati nge ti nangmah hmang damdawi chungah ani hrisel ban?"

"Awle, Sis, naktuk hian boil ka nei dawn niin ka hria. I ointment chu boil lo lang tur hmunah ka test mek a ni."

"Nangmah te dawthei a ni!"

"Sis, . ti suh ko keimah ani dawthei sawitu hma chuan nangmah hmu engnge a thleng thin chhung chumi zing." Thinrimna a ni thun khat keimah.

Uma chu a ngaihven lo va, a nuihzatna chu vawi thum a sawi nawn leh a. Zawi zawiin ka chhanna ka siam lai chuan ka aw ah chuan resolution nghet tak a ri ta.

"Keimaha duhthlanna thiltihtheihna avang hian naktuk hian ka kut ah hian he hmunah hian boil lian tawh tak ka nei dawn tih ka sawi a; *i* boil chu tuna a lian zawng aiin a let hnih in a lo hring ang!"

Zing chuan a hmun tarlannaah chuan boil nghet tak nen min hmu a; Uma boil dimension chu a let hnih zetin a pung tawh. Au thawm zet hian ka unaunu chu Nu bulah chuan a tlan nghal a. "Mukunda chu necromancer a lo ni ta!" Ngaihven takin, Nu chuan thu thiltihtheihna chu thil ṭha lo tihna atan hmang ngai lo turin min hrilh a. A thurawn chu ka hre reng a, ka zawm fo bawh.

Ka chhum tawh surgery hmanga tih a ni enkawl a ni. ANI hriat theih a ni ser, kalsan tu chumi doctor a ni incision, . hi thilpek vawiin. Chungah

ka dik kut hmawr (forearm) a ni hi ani danglam lo hriatnawntir tan chumi thuneihna chhung mipa ta a ni sheer a ni thumal.

Chu thumal awlsam leh hlauhawm lo anga lang, ngaihtuahna thuk tak nena sawi chu bomb ang maia puak thei tur leh nghawng chiang tak, hliam tuar thei mah se, siam thei tur khawpa chakna thup a nei tawh a ni. Ka hrethiam ta a, a hnuah chuan thusawiah hian puak thei vibratory power chu fing takin mi nun chu harsatna atanga chhuah zalen turin a kaihruai thei a, chutiang chuan hliam emaw, zilhna emaw awm lovin a thawk thei a ni. **1-12-ah a awm**

Kan chhungkua chu Punjab rama Lahore-ah kan insawn a. Chutah chuan Pathian Nu Kali angin Pathian Nu thlalak ka nei ta a ni. **1-13-ah a awm** Kan in balcony-a informal shrine te tak te chu a tithianghlim a. Chu hmun thianghlima ka tawngtaina sawi apiang chu tihhlawhtlinna chuan lallukhum a khum ang tih rinna chiang tak ka chungah a lo thleng ta a ni. Ni khat chu Uma nen chuan ding chungin, lane zim tak sir lehlahmah chuan building chung atanga kite pahnih an thlawk lai chu ka en a.

"Engati nge hi nangmah chuvangin reh?" Uma a nawr a keimah khelhpui takin.

"Divine Mother hian ka dil apiang min pe thin hi a va ropui zia ka

ngaihtuah mai mai a ni." "Chu kite pahnih chu She hian a pe ang che tih

ka ring!" Ka unaunu chu nuihzat hmel zet hian a nui a.

"Engati nge lo?" Ka tan reh tawngtai a ni tan an thilneih.

India ramah hian kite hmanga match khelh a ni a, a hrui chu glue leh ground glass hmanga khuh a ni. Player tin hian an khingpui string chu tihtawp an tum thin. Freed kite chu inchungte chungah a kal a; man chu nuam tak a ni. Uma nen balcony-a kan awm lai chuan, kite hrual engmah kan kutah a rawn lut thei tih chu thil theih loh ang maiin a lang a; a hrui chu a pianphungah inchung chungah a innghat ang.

Lane sir lama player-te chuan an match an tan ta a ni. Hrui pakhat chu an tan a; nghal chuan kite chu ka lam hawiin a rawn tla thla ta a. Rei vak lo chu a ding reng a, thli tleh tlahniam nghal tak hmangin, chu chu in lehlahmah cactus thing nen hrui chu nghet taka inzawm tir turin a tawk. Ka seizure atan hian perfect loop a siam a. Lawmman chu Uma hnenah ka hlan a.

"Accident mak tak mai a ni a, i tawngtaina chhanna a ni lo. Kite dang chu i hnenah a lo kal a nih chuan ka ring ang." Unaunu mitmeng dum chuan a thusawi aiin mak tihna a lantir zawk.

Crescendo intensity nen ka tawngtaina chu ka chhonzawm ta a. Player dangin nawr luih a tum avangin a kite chu a hloh nghal vek a ni. Ka lam a pan a, thlipui karah a zai a. Ka tanpuitu, cactus thing chuan kite hrui chu ka man theihna tur loop tul takah chuan a nghet leh ta a. Ka trophy pahnihna chu Uma hnenah ka hlan a.

"Tih tak zetin, Divine Mother hian a ngaithla che a ni! Hei hi ka tan chuan thil mak lutuk a ni!" Sister chu hlauthawng fawn ang maiin a bolt chhuak ta a.

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1-2 : 1.1. Thlarau lam thil zirtirtu; atangin Sanskrit tawng zung *gu r*, . ah tisang, ah chawisang.

1-3 : 1.1. ANI practitioner a ni tan yoga tih te, . "union," tih a ni. hmanlai Indian a ni Science tan inngaihtuah muk chungah Pathian.

1-4 : 1.1. Ka hming tawh tihdanglam a ni ah Yogananda chuan a ti a engtikah Ka a rawn lut a chumi hmanlai monastic a ni Swami chuan Thupek chhung 1914 khan a lo piang a. Ka guru tih hi a ni kum 1935-ah sakhaw lama *Paramhansa tih hming* min pe a (bung [24 en rawh](#) leh [42](#)).

1-5 : 1.1. Thuthlung hluiah chuan, . chumi pahnihna caste tih a ni tan indo mite an ni leh roreltute an ni.

1-6 : 1.1. Hengte hmanlai epics a ni hi chumi hoard a ni tan India ram a ni hmanlai hun zirna, thawnthu, . leh thil bul chhuina. Chu "Mi zawng zawng ta." Library" ri rin lam tehna, *Ramayana a ni leh Mahabharata chuan* , . hi ani condensation a ni chhung Sap chang tu Romesh a ni Dutt (Thar York-ah .chuan: E. P. Dutton a ni)

1-7 *Mahabharata epic*- a tel ve anga lang hi Hindu Bible a ni. English lehlín hla phuah thiam ber chu Edwin Arnold-a lehkhabu *The Song Celestial* (Philadelphia: David McKay, 75 cents) a ni. Lehlín tha ber pawl a ni nen chipchiar takin a sawi commentary a ni hi Sri Aurobindo chuan a rawn ti a *Thuthawn Tan Chumi Gita tih hi a ni* (Jupiter a ni Chilh, 16. A rilru a hah lutuk Semudoss a ni St., a ni. India ram Madras-ah \$3.50 a ni).

1-8 : 1.1. *Babu* (Mister) chuan a ti a. hi dah a ni chhung Bengali tawng a ni hmingte hmunah chumi tawp.

1-9 : 1.1. Chumi thil mak tak a ni thiltihtheihnate a ni possessed a ni tu ropui masters te an ni hi tiin a hrilhfiah a chhung [bung khat a ni 30](#) , 2019 a ni. "Chumi Dan tan Thilmak tih a ni."

1-10 : 1.1. ANI yoga hmanga tih a ni technique hmanga tih a ni chutiang chuan chumi sensory lam thil a ni tumult a ni hi a ngawi reng a, . phalna pek a ni mipa ah hlawhchhuak chu a pung zel a ni nihna cosmic consciousness nen a inzawm tlat a ni. ([Bung 26 en rawh](#) .)

1-11 : 1.1. ANI Sanskrit tawng hming tan Pathian angin Roreltu tan chumi universe (universe) a ni a; atangin chumi zung *Hi* , . ah dan. Sawtah hi 108 a ni hmingte tan Pathian chhung Hindu lehkhabu, pakhatin philosophy awmzia shade hrang hrang a keng tel vek a ni.

1-12 : 1.1. Chumi tawp nei lo thiltihtheihna (potencies) a nei tan ri derive tih a ni atangin chumi Themthiam Thumal, *Aum* , . chumi cosmic lam thil a ni vibratory a ni thuneihna hnungah zavai atom chakna (atomic energies) te. Thumal eng pawh hi hriatthiamna Chiang tak leh ngaihtuahna thuk tak nena sawi chuan materializing value a nei a ni. Aw ring emaw, ngawi renga sawi nawn lehna tan infuih tharna a ni thumalte nei ni hmu hlawkthlak chhung Coueism tih a ni leh inang system hrang hrang a awm tan rilru lam enkawlina; chumi thuruk zalh in a ni step-up a ni tan chumi rilru lam a ni vibratory a ni man. Chumi hla phuah thiam Tennyson a ni nei kalsan keini, chhung ani *Hriatrengna (Memoirs) te* , . chu sum wawna tan ani Conscious mind kaltlanga superconsciousness-a kal theihna tur repetitious device:

A kind of waking trance-this for lack of a better word-ka lo nei fo tawh a, naupan lai atang tawhin, keimah chauha ka " awm lai khan," tiin Tennyson chuan a ziak. "Hei hi ngawi renga ka hming *ka sawi nawn lehna* hmangin ka chungah a lo thleng a , vawi khatah, mimal nihna hriatna nasa tak atanga chhuak ang maiin, mimal nihna ngei pawh chu a bo vek a, a bo ta ang maiin a lang ta a ni." ramri nei lo ni, leh hei lo ani rilru tibuai nihphung mahse chumi Chiang ber, . chumi surest tan chumi Chiang ber, . utterly piaha thu-thihna chu thil theih loh nuihzatthlak tak mai a nihna hmun-mihring nihna hloh (chutiang a nih chuan) boralna awm lo ang maia lang, mahse nunna dik tak awmchhun a ni." Heti hian a ziak belh leh a:

."Nebulous ecstasy a ni lo va, thil mak tak tak, rilru fim tak nena inzawm, thil mak tihna dinhmun a ni zawk

1-13 : 1.1. Kali hi ani chhinchhiahna tan Pathian chhung chumi hmelhmang tan chatuan Nu Nihphung.

em a

Ka Nu ta a ni Thihna Leh Chumi Mystic a ni Amulet a ni

Ka nu ta a ni ropui ber chak tawh chumi inneihna tan ka upa unaupa. "Ah, ." engtikah
Ka ngai teh chumi hmai tan

Ananta nupui, he leiah hian vanram ka hmu ang!" Nuin heng thu hmang hian chhungkaw chhunzawm zel tura a India rilru na tak a sawi ka hre fo thin.

Ananta inhual lai khan kum sawm leh pakhat vel ka ni tawh. Nu chu Calcutta-ah a awm a, hlim takin inneih inbuatsaihna chu a enkawl a. Pa nen chauh chu India hmar lam Bareilly-a kan chenna inah kan awm a, chuta tang chuan Pa chu Lahore-a kum hnih a awm hnuah a sawn a ni.

Tun hmain ka unaunu upa zawk pahnih Roma leh Uma te inneihna ropui tak chu ka lo hmu tawh a; mahse Ananta tan chuan fapa upa ber a nih angin ruahmanna chu a buaithlak tak zet a ni. Nu chuan a chhungte tam tak a lo hmuak a, nitin in hla tak atangin Calcutta a thleng thin. 50 Amherst Street-a in lian tak, a neih thar takah chuan nuam takin a dah a. Engkim chu a inpeih vek tawh-ruai tui tak takte, Brother-a chu nupui nei tur in thlenga phurh tur gay lalthutthleng, êng rawng hrang hrang inzawmkhawm, cardboard sakeibaknei leh sanghawngsei lian tak takte, English, Scottish leh Indian orchestra-te, professional entertainer-te, hmân lai nunphung atana puithiamte.

Pa nen chuan gala rilru pu chungin, inkhawmpui atan a hun takah chhungkua chu zawm ve kan tum a. Mahse, ni ropui hma lawk hian inlarna tha lo tak ka nei ta a ni.

Zanlai pelh hnuah Bareilly-ah a ni. Kan bungalow piazza-a Father bula ka mut lai chuan khum chung mosquito netting rawn ri danglam tak chuan min tiharh a. Curtain flimsy tak takte chu a inthen a, ka nu hmel duh tak chu ka hmu ta a.

"I pa kha harh rawh!" A aw chu a bengchheng mai mai a ni. "Rel awm hmasa ber chu la rawh, wawiin zing dar li velah. Min hmu duh chuan Calcutta lam pan nghal rawh!" Wraithlike figure chu a bo ta.

"Pa, Pa! Nu chu a thi dawn!" Ka tone-a hlauhna chuan a tiharh nghal vek. Fatal tidings chu ka tap chhuak ta hlawl mai.

"I hallucination kha ngaihtuah ngai suh." Pa chuan a characteristic negation chu dinhmun thar ah a pe a. "I nu hi a hriselna a tha hle. Thu tha lo kan dawng a nih chuan naktuk hian kan chhuak ang."

"Tun atanga i tan loh avangin i in ngaidam ngai lovang!" Lungngaihna chuan na takin, "Ka ngaidam ngai lo vang che!"

Zing lungngaihna chu thu chiang tak nen a lo thleng a: "Nu hlauhawm takin a damlo; inneihna hun sawn a ni; lo kal nghal rawh."

Pa nen chuan ngaihtuahna tibuaitsuin kan chhuak ta a. Ka u pakhat chuan kalkawngah transfer point-ah min hmu a. Rel pakhat chu kan lam pan chuan a rawn ri ta a, telescopic increase nen a rawn lang ta a. Ka chhungril buaina atang chuan

rel kawngpuiah chuan ka inhnukdaw ta a. Ka nu hloh tawh, ruh thlenga hrisel lo tak khawvel chu ka tuar thei lo niin ka hria. Nu chu khawvela ka thian duh ber angin ka hmangaih a. A mit dum thlamuanthlak tak takte chu naupan laia thil rapthlak tak tak karah chuan ka inhumhimna Chiang ber a ni tawh.

"Ti ani thlengin nung?" Ka a titawp a tan pakhat hnahnung ber zawhna ah ka putea.

"A dam reng tih chu a chiang!" Ka hmela beidawnna awm chu a hrilhiah hreh lo. Mahse, ka ring harsa khawp mai.

Calcutta-a kan chenna in kan thlen chuan thihna thuruk mak tak hmachhawn tur chauh a ni. Nunna nei lo ang maiin ka tlu ta a. Kum tam tak a liam a, inremna engmah ka thinlungah a lut ta a ni. Van kawngkhar ngei pawh thlipuiin, ka au thawm chuan a tawpah chuan Pathian Nu chu a ko ta a ni. A thusawi chuan ka hliam suppurating-te chu damna hnuhnung ber a thlen a:

"Kei hi ka ni, nu tam tak ngilneihnaa nun hnuhnun ber, ka en reng che! Ka mitmengah hian mit dum pahni, mit mawi bo tawh chu en rawh, i zawng a ni!"

Pa nen chuan hmangaih tak takte ruang halna hun an neih zawh hnu lawkah Bareilly-ah kan kir leh ta a. Zing tin zing takah hriatrengna lungchhiatthlak tak ka nei thin- kan bungalow hmaa rangkachak hring hring lawn hrual hrual hrualtu *sheoli thing lian takah chuan pilgrimage ka nei thin. Poetical moments-ah chuan sheoli* pangpar dumte chu grassy maicham chungah chuan duhsak taka inpekna nen an intheh darh niin ka hria . Mittui chu vur nen inhmeh takin, zing atanga khawvel dang êng mak tak lo chhuak chu ka hmu fo thin. Pathian duhna nasa tak chuan minrawn bei a. Himalaya tlang lam chu chak takin ka hip niin ka hria.

Ka cousin pakhat, tlang thianghlina kan zin hun lai atanga lo piang thar chuan Bareilly-ah minrawn tlawh a. Yogi leh swami te tlang sang tak awmna chungchang a thawnthute chu duhthawh takin ka ngaithla a. **2-1 in hnehna an chang**

"Himalaya tlang lamah i tlanbo ang u." Ni khat chu Bareilly-a kan in neitu fapa naupang Dwarka Prasad hnena ka rawtna chu lainatna nei lo beng bulah a tla ta a ni. Ka upa zawk, Pa hmu tura lo thleng thar hnenah chuan ka ruahmanna chu a hrilh ta a. Naupang tê tak tê ruahmanna hmantlak loh tak mai hi nuihzat taka nuihai chuan Ananta chuan min nuihzat chu thil chiang tak a ni.

"Khawnge hi i serthlum robe ka ha em? Nangmah thei lo ni ani swami tellovinsawmi!"

Mahse, sawifah theih loh khawpin a thusawi chuan ka rilru a hneh hle. Monk anga India ram ka vakvai lai thlalak chiang tak anrawn keng tel a. Nun hlui hriatrengna an tiharh a ni mai thei; eng pawh ni se, chu hmân lai atanga din monastic order thawmhaw chu eng ang pianphung awlsam takin nge ka ha ang tih ka hmu tan ta a ni.

Zing khat chu Dwarka nen kan inbia a, Pathian hmangaihna chu avalanchic force nen a lo chhuk tih ka hria. Ka thianpa chuan a hnu lama thusawi thiamna chu a then chauh a ngaihven a, mahse ka thinlung zawng zawngin ka ngaithla a ni.

Chumi chawhnu chuan Himalaya tlang hnuai lama Naini Tal lam panin ka tlanchia

a. Ananta chuan tumruh takin a rawn um a; Bareilly bulah lungngai takin ka kir leh a ngai ta a. Pilgrimage ka phalna awmchhun chu zing khawvar laia *sheoli* thing panna tih dan phung pangngai kha a ni. Ka thinlung chuan Nu bo, mihring leh Pathiante chu a tap a.

Nu thihnain chhungkaw puanah in luah man a hnutchhiah chu siamthat theih loh a ni. Kum sawmli dawn a la awm chhungin Pa chuan nupui a nei leh ngai lo. A berâm rual tê tê tân Pa-Nu hna harsa tak chu a chelh a, a ngilnei zâwk, hnaih theih zâwk a ni tih hriat a ni. Thlamuang tak leh hriatthiamna nei takin chhungkaw harsatna hrang hrangte chu a chinfel sak a. Office hun a zawh chuan hermit ang maiin a room cell-ah a chawl a, *Kriya Yoga chu* thlamuang takin a ti a. Nu thih hnu rei takah chuan engage an tum a

Ka nu leh pa nun nuam zawka siam thei tur thil chipchiar tak tak ngaihtuah turin English nurse. Mahse Pa chuan a lu a thing a.



Ka Nu

ANI Zirtir tan Lahiri a ni Mahasaya chuan a ti a

"Ka rawngbawl na kha i nu bulah a tawp ta." A mitmeng chu a dam chhung zawnga inpekna nen a hla hle. "Hmeichhe dang hnen atanga rawngbawl na ka pawm dawn lo."

Nu boral atanga thla 14 hnuah thuchah pawimawh tak min hnutchhiah tih ka hre ta a. Ananta chu a thih dawnah a awm a, a thusawi pawh a lo record tawh baw. Kum khat chhungin chu thupuan chu min hriattir turin ngen tawh mah se, ka unaupa chuan a tikhawtlai ta a ni. Bareilly chu a chhuahsan thuai dawn a, Calcutta-ah a kal dawn a, Nuin a tana a thlan hmeichhe naupang chu nupuiah a nei dawn a ni. **2-2 in hnehna an chang** Tlai khat chu a kiangah min ko a .

"Mukunda, thu mak tak tak ka hrih duh lo che a ni." Ananta tone chuan banna note a keng a. "Ka hlauhthawn chu in chhuahsan duhna tipung turin a ni. Mahse engti kawng pawhin Pathian rilru hahnain i bristling a ni. Tun hnaia Himalaya tlang i panna kawngah ka man che khan thutlukna chiang tak ka nei ta a ni. Ka thutiam ropui tak tihhlawhtlinna chu ka sawn hla leh tur a ni lo. Ka u chuan bawm te tak te min pe a, Nu thuchah chu a rawn thlen a.

"Heng thu hi ka malsawmna hnuhnung ber ni rawh se, ka fapa duh tak Mukunda!" Nu chuan a lo ti tawh a. "I pian hnua thil thleng ropui tak tak ka sawi chhuah a ngai hun chu a lo thleng ta. I kawng tur ruat chu ka kuah naute i nih lai khan ka hre

hmasa ber a. Chumi hnuah chuan Benares-a ka guru inah ka phur che a. Zirtir tam tak hnuaiah thup deuh maiin Lahiri Mahasaya chu ngaihtuahna thuk takah a thut lai chu ka hmu thei lo hle.

"Ka fawh lai che chuan guru ropui tak chuan a hriatpui a, malsawmna pe turin ka tawngtai a. Ka ngawi renga devotional demand chu a nasa zual zel a, a mit a meng a, hnaih turin min rawn ko a. Midangte chuan ka tan kawng an siamsak a; ke thianghlimah chuan ka kun a. Ka pu chuan a kawngah a thuttir che a, thlarau lam baptisma che hmangin i hmaiah a kut a nghat a ni."

"Nu te, i fapa hi yogi a ni ang. Thlarau lam engine angin thlarau tam tak Pathian ramah a phur ang."

"Ka tawngtaina thuruk chu engkim hretu guru-in a pawmsak ka hmuh chuan lawmnain ka thinlung chu a zuang thla a. I pian hma lawk khan a kawng i zawh tur thu min lo hrilh tawh a."

"A hnuah, ka fapa, Eng Ropui i hmuh dan chu kei leh i unaunu Roma te chuan kan hre ta a, a bula pindan atang chuan khumah che thei lovin kan hmu che a. I hmel te tak te chu a eng chhuak a; i aw chu." Divine zawng tura Himalaya tlanga kal chungchang i sawi lai khan thir thutlukna nen a rawn ri ta a.

"Hetiang kawngte hian fapa duh tak, i kawng chu khawvel thil tum a\angin a hla hle tih ka hre ta a ni. Ka nunah thil thleng pakhat ber chuan nemnggehna dang a rawn thlen a- an event which now impels my deathbed message."

"Punjab-a mi fing pakhat interview a ni. Kan chhungte Lahore-a kan awm lai khan zing khat chu chhiahhlawh chu ka room-ah a rawn lut nghal vat a."

"Mistress, . ani mak *sadhu tih a ni* **2-3 a ni** hi hetah. Ani a ti nghet tlat sawmi ani "hmu chumi nu tan Mukunda." tiin a sawi.

"Heng thu awlsam tak takte hian ka chhunggrilah thuk takin a rawn deng a; tlawhtu chu chibai buk turin ka kal nghal a. A ke bulah chuan kun chungin ka hmaah hian Pathian mi dik tak a awm tih ka hrechhuak ta a ni."

"Nu," a ti a, 'leia i awm rei dawn lo tih hi pu ropui tak takte chuan hriat an duh che a ni. I natna lo awm tur chu i natna hnahnung ber a ni ngei ang.' **2-4 a ni** Ngawi rengin a awm a, chutih lai chuan alarm engmah ka hre lo va, remna nasa tak vibration chauh ka hre ta a ni. A tawpah chuan min rawn bia leh a:

"Tangkarua amulet pakhat enkawltu i ni tur a ni. Vawiin hian ka pe lo ang che; ka thusawiah thudik tak lantir nan, naktuk hian i ngaihtuah laiin talisman chu i kutah a takin a lo lang ang. I thih dawnah chuan i fapa upa ber Ananta chu amulet chu kum khat chhung vawng turin i hrilh tur a ni a, chumi hnuah i fapa pahnihna hnenah pe turin i hrilh tur a ni. Mukunda chuan talisman awmzia chu mi ropui tak takte hnen atangin a hrethiam ang." Khawvel beiseina zawng zawng kalsan a, Pathian zawn pawimawh tak a tan hun lai vel a dawng tur a ni.

2-5in ka proffer a." mi thianghlim hnenah chuan, zah takin a hmaah chuan chibai a buk a. A lak loh chuan thilhlán a hlan a, malsawmna nen a chhuak ta a ni. A tuk tlaiah chuan ka kut beng chungin ngaihtuahna senga ka thut lai chuan ka kutphah inkarah chuan tangkarua amulet a lo lang ta a, chu chu *sadhu-in* a tiam ang bawkin a ni. A inhriattir ta a ni tu ani vawt, mam khawih. Ka nei inhuatna nen vengtu a ni chumi tan belh aiin pahnih kum, leh tunah chuan Ananta kutah dah mai rawh. Ka guru ropui takin min rawn hruai tawh dawn angin ka tan lungngai suh

chhungah chumi kut a ni tan chumi Infinite nei lo. Inthlahna, ka naupang; chumi Cosmic lam thil a ni Nu duhdan humhim nangmah."

Amulet chu ka chungah chuan êng meialh a rawn lang a; hriatrengna muhil tam tak a harh chhuak ta. Talisman, round leh hmân laia quaint tak chu Sanskrit character-in a khuh a. Nun hmasa lama zirtirtu, hmuh theih lohvin ka ke pen min kaihruaitu hnen atanga lo chhuak a ni tih ka hrethiam. A awmzia dang chu a awm tak zet a ni; mahse, mi pakhat chuan amulet thinslung chu a pholang kim lo.

Ka nun dinhmun hlimawm lo tak karah a tawpah chuan talisman chu a bo ta dan; tin, a hloh chu guru ka hlawkna thu puangtu a nih dan chu he bung hian sawi theih a ni lo.

Mahse naupang te tak te, Himalaya tlang thleng tura a beihnâa tihbuaï chu nitin a amulet thla hmangin hla tak takah a kal thin.

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2-1 : 1.1. Sanskrit tawng zung awmzia tan *swami* hi "ani tunge hi pakhat nen ani Mahni (*Swa*) a ni." Apply a ni ah ani member a ni tan chumi Indian a ni thupek of monks, title hian "the reverend" tih zahna mumal tak a nei a ni.

2-2 : 1.1. Chumi Indian a ni chindan, chutiang chuan nu leh pa thlang chumi nun-a kawppui tan an naupang, nei a dodal ta a ni chumi bil assaults te pawh a awm tan hun. Indian nupa hlim tak takte percentage hi a sang hle.

2-3 : 1.1. Chu anchorite tih a ni a; pakhat tunge a zui ta a ni ani *sadhana tih a ni* emaw kawng tan thlarau lam thil khuakhirhna.

2-4 : 1.1. Engtikah Ka hmuhchhuah a ni tu hengte thumalte sawmi Nu nei possessed a ni thuruk hriatna tan ani tawi nunna, Ka hrethiam tan hmasa ber a ni hun engati nge ani nei ni a ti nghet tlat chungah hmanhmawh taka tih chumi ruahmanna siam a ni tan Ananta chuan a ti a inneihna. Pawh nise ani thi hmaah chumi inneihnaah chuan a nu duhthusam pianpui chu rites hmuhpui a ni tawh.

2-5 : 1.1. ANI tih dan phung pangngai zaizir tan zahna ah *sadhus te an ni* .

BUNG: 1.1. 3. A rilru a hah lutuk chuan a rilru a buai em em a

Chumi Mithianglim Nen Pahnih Taksa te

"Pa, chuan Ka thutiam ah kirlet in tellovin nawr luih, . maithei Ka la ani khaw hawi tlu ah Benares chuan?"

Khualzin ka hmangaihna nasa tak chu Pain a tikhawlo ngai lo. Naupang mai mai ka

nih lai pawhin khawpui tam tak leh pilgrimage spot tam tak tlawh turin min phalsak a. A tlangpuiin ka thiante zinga pakhat emaw, a aia tam emaw chuan min zui thin a; Pain a pek first-class pass hmangin nuam takin kan zin ang. Rel kawng official a nihna chu chhungkaw zinga nomad-te tan chuan a lungawithlak tawh hle.

Pa a tiam a ni ah pe ka ngen hun ngaihtuah a ni. Chumi dawtchiah ni ani koh a ni keimah leh chelh

pawn ani round-trip a ni kalpel atangin Bareilly chuan a rawn ti a ah Benares, 1999 a ni. ani a zat tan cheng a ni note, . leh pahnih lehkha thawn a ni.

"Benares-a thian pakhat, Kedar Nath Babu hnenah sumdawnna thil ka propose tur ka nei a. Vanduaithlak takin a address ka hloh ta a ni. Mahse, kan thian pangngai, Swami Pranabananda kaltlangin he lehkha hi a hnenah i thlen thei ang tih ka ring. Swami, ka unaupa zirtir hian thlarau lam dinhmun sang tak a chang tawh a ni. A company atangin hlawkna i hmu ang; he note pahnihna hi i inhriattirna atan a thawk ang.

Pa ta a ni mit a ti chhuak nghal zat angin ani a belh leh a, . "Rilru, Aih belh thlawhna thlawhna a ni atangin in!"

Ka kum sawm leh pahnih chhunga zest nen ka chhuak ta a (hun hian scene thar leh hmel mak tak takte ka lawmna chu a ti thim ngai lo nain). Benares ka thlen chuan swami awmna lam chu ka pan nghal a. Kawngkhar hma lam chu a inhawng a; Second floor-a room sei tak, hall ang maia awm chu ka pan ta a. Mipa rilru na deuh, loincloth chauh ha chu platform sang deuhah chuan lotus posture-in a thu a. A lu leh a hmai hrual lo chu a hrual fai vek a; a hmuiah chuan nuihzatthlak tak a inkhel a. Ka inrawlh tih ka ngaihtuahna tihbo nan chuan thian hlui angin min lo hmuak a.

" *Baba anand* (ka hmangaih tan hlimna)." A lawmna chu thinlung takin naupang aw ring takin a pe a. Ka bawkkhup a, a ke chu ka khawih a.

"Hi nangmah Swami chuan Pranabananda chu a ni maw?"

A lu a bu nghat a. "Bhagabati fapa i ni em?" Ka pocket atanga Pa lehkha lak chhuah hun ka neih hmain a thusawi chu a chhuak ta. Mak ti zet hian inhmelmhriattirna note chu ka pe a, tunah chuan a tul lo ang maiin a lang.

"A dik e, Kedar Nath Babu hi ka locate dawn che a ni." Mithianghlim chuan a clairvoyance chuan mak min ti leh ta a. Lehkha chu a melh kual a, ka nu leh pa chungchang chu hmangaihna nen a sawina tlemte a sawi bawk.

"I hria em, pension pahnih ka hlim ve mek a ni. Pakhat chu i pa recommendation vang a ni a, vawi khat chu ka tan chuan." hna a thawk a chhung chumi rel kawng a ni office. Chumi thildang hi tu chumi rawtna siam a ni tan ka Vanram lam a ni Pa, a tan chuan nunah ka lei hnate chu chhia leh tha hriatna nen ka hlen chhuak ta a ni."

He thusawi hi a fiah lo hle niin ka hria. "Ka pu, Van Pa hnen atangin eng pension nge i dawn? I kawr chhungah pawisa a thlak em?"

A nui suk a. "Ka sawi tum chu pension of fathomless peace-kum tam tak chhung ngaihtuahna thuk tak ka neih avanga lawmman a ni. Tunah chuan sum ka duh ngai lo. Ka thil mamawh tlemte chu a tam hle. Nakinah chuan pension pahnihna awmzia

chu i hrethiam ang.

Kan inbiakna chu a titawp nghal a, mi thianghlim chu nasa takin a che thei lo.

Sphinx ang maia boruak chuan a rawn khuh ta a. A tirah chuan a mitmeng chu a eng chhuak a, thil ngaihnawm tak a en ang maiin, chutah a thim ta hle mai. A pauciloquy chu ka zak hle a; Pa thianpa ka hmuh theih dan tur min la hrilh lo. A trifle restlessly, kan pahnih tih loh chu room hlim lo takah chuan ka chhehvel chu ka en kual a. Ka mitmeng hlim lo tak chuan a thingphel, platform seat hnuaia mu chu a rawn la lut ta a.

"Ka pu te te, **3-1.**" lungngai suh. I hmuh duh mipa chu darkar chanve hnuah i bulah a awm tawh ang." Yogi chuan ka rilru a chhiar a-a feat not too difficult at the moment!

Ngawi renga hriat theih loh khawpin a tlu leh ta a. Ka darthlalang chuan minute sawmthum a liam tawh tih min hriattir a. Swami chu a harh chhuak ta a. "Kedar Nath Babu chu kawngka bulah a awm tawh niin ka hria."

Stairs atanga mi pakhat rawn chho ka hre ta. Mak tak maiin hriatthiam lohna a lo chhuak nghal a; ka ngaihtuahna chu buai takin a tlan chhuak ta a: "Engtin nge Pa thianpa hi palai puihna tel lovin he hmunah hian koh a nih theih? Ka lo thlen tirh atang khan swami hian keimah chauh lo chu tumah a la be lo!"

Vawikhatmah room atang chuan ka chhuak a, step atang chuan ka chhuk ta a. A chanve velah chuan mipa hring, vun sei tak, a san zawng chu ka hmu a. A hmanhmawh hmel hle mai.

"Hi nangmah Kedar-a chuan Nath chuan Babu?" Thathona rawng hrang hrang a awm ka aw.

"Ni e. Hetah hian min hmu tura lo nghaktu Bhagabati fapa i ni lo maw?" Friendly fashion in a nui suk a.

"Ka pu, engtin ti nangmah thleng ah lokal hetah?" Ka savun thuahkhawm a buai hle lungawilohna chungah ani sawifiah theih loh awmna.

"Vawiin chu engkim hi thuruk a ni! Darkar khat pawh a tling lovah khan Ganges-a ka inbual zawh chiah khan." Swami chuan Pranabananda chuan a rawn ti a a rawn hnaih a keimah. Ka nei Aih ngaihtuahna engtin ani hria Ka tawh sawtah hmunah sawmi hun.

"'Bhagabati fapa hian ka apartment-ah a lo nghak reng che a ni,' a ti a. 'Ka rualin i lo kal dawn em ni?' Hlim takin ka remti a, kut insuih chungin kan kal zel a, a thing pheikhawk ha swami chuan mak tak maiin min phak lo hle a, mahse heng kekawrte hi ka ha a ni.

"'Ka awmna i thlen theih nan eng chen nge i mamawh ang?' Pranabanandaji chuan he zawhna hi min zawt turin a ding nghal zat a .

"'Lam chanve chu darkar.'

"'Tun dinhmunah chuan tih tur dang ka nei a ni.' 'Ka kalsan a ngai che a, chutah chuan Bhagabati fapa nen kan lo nghak reng ang che' tiin min rawn melh a.

"Ka sawisel hma chuan rang takin min rawn tlan pel a, mipui zingah a bo ta a. Hetah

hian a rang thei ang bera ka kal a ni."

Hei hrilhfhahna chauh pung ka buaina a chhuak. Ka tiin a zawt a engtin sei ani nei hria chumi swami.

"Nikum khan vawi engemaw zat kan inhmu a, mahse tun hnaiah erawh a ni lo.
Vawiin khan bathing *ghat -ah ka hmu leh thei hi ka lawm hle a ni* ."

"KA thei lo ring ka beng! Ni Ka chak lo a ni ka rilru? Ti tawh nangmah intawh ani chungh ani hmathlir, emaw ti tawh nangmah anihna takah chuan

hmu ani, khawih ani kut, leh ngaithla chumi ri tan ani ke?"

"Eng nge i khalh ka hre lo!" Thinrim zet hian a rawn sen a. "Ka dawt sawi lo che. Swami hmang chauh hian he hmunah hian min nghak tih ka hre thei tih i hrethiam thei lo em ni ?"

"Engvangin nge, chu pa, Swami Pranabananda chuan darkar khat vel kalta a ka lo kal tirh atang khan ka mit a la chhuahsan lo." Ka sawi chhuak vek a.

A mitmeng chu a meng zauh zauh a. "He material age-ah hian kan cheng em, a nih loh leh mumang kan nei em? Ka nunah hetiang thilmak hi ka hmu ve ka beisei ngai lo! He swami hi mi pangngai mai mai niin ka ngai a, tunah chuan keimah ka ni." find he can materialize an extra body and work through it!" Kan pahnih chuan mi thianghlim pindan chhungah chuan kan lut ta a.

ghat -a a sandal hak tak kha a ni , " Kedar Nath Babu chuan a ti sap sap a. "Tuna ka hmuh ang chiah hian loincloth chauh a ha a ni."

Angin chumi tlawhtu a ni a kun a hmaah ani, chumi mi thianghlim a hawi let a ah keimah nen ani quizzical tih a ni nui.

"Engvangin nge heng zawng zawngah hian i rilru a buai? Khawvel phenomenal inpumkhatna fiah lo tak hi yogi dik tak lakah hian thup a ni lo. Calcutta hla takah ka zirtirte chu ka hmu nghal a, ka biak nghal bawk. Chutiang bawkin gross matter-a daltu zawng zawng chu an duh angin an paltlang thei a ni.

Ka hnute naupang takah thlarau lam rilru hahna tiharh tumin swami chuan a inngaitlawm hle a ni mai thei ah hrilh keimah tan ani thiltihtheihnate a ni tan astral tih a ni radio hmanga tih a ni leh television-ah a awm a. **3-2 a ni** Mahse aiah of enthusiasm, hlauhna mak tak mai chauh ka tawng a ni. Guru pakhat bik-Sri Yukteswar, ka la tawn loh hmanga ka Pathian zawn chhuah tura ruat ka nih avangin-Pranabananda chu ka zirtirtu atan pawm duhna ka nei lo. Ringhlelhawm zet hian ka melh a, a ni em tih ka ngaihtuah a ka hmaa amah emaw, a counterpart emaw kha an ni.



Swami chuan Pranabananda chuan arawn ti a
"Chumi Mithianghlim Nen Pahnih Ruangte"

Chu Exalted a ni Zirtir tan Lahiri a ni Mahasaya chuan a ti a

Master chuan thlarau tiharhtu mitmeng pein, leh a guru chungchang thu rilru hneh thei tak tak hmangin ka lungngaihna chu hnawhchhuah a tum a.

"Lahiri." Mahasaya chuan a ti a tawh chumi ropui ber yogi tih a ni Ka reng hria. Ani tawh Pathianna Amah ngei pawh chhung chumi siam tan tisa."

Zirtîr pakhatin a duh angin tisa pianphung dang a siam thei a nih chuan, eng thilmak nge a pu tân khap theih tak tak ang?

"Guru tanpuina hlut zia ka hrilh ang che. Zantin darkar riat chhung zirtir dang nen kan inngaihtuah thin. Chhun lamah rel office-ah hna kan thawk a ngai a. Ka puithiam hna thawh kawngah harsatna ka tawh avangin Pathian tan ka hun zawng zawng hlan ka duh a. Kum riat chhung zet chu ka chhel a, zan chanve chhung chu ka ngaihtuah a. Results mak tak tak ka nei a; thlarau lam thil hriatna ropui tak takte chuan ka ti eng a ni." rilru. Mahse, kei leh Infinite inkarah hian puan tlem a awm reng a, super-human earnestness nen pawh hian zan khat chu Lahiri Mahasaya ka tlawh a, a divine intercession ka ngen a.

"Angelic Guru, ka thlarau lam lungngaihna hi chutiang chu a ni a, Hmangaih Ropui chu hmaichhana hmu lovin ka nun ka tuar thei tawh lo!"

"Engnge thei Ka ti? Nangmah ngei ngaihtuah rawh belh thuk takin."

"Aw Pathian ka Lalpa, I hnenah ka ngen a ni! Ka hmaah taksa taksaah i lo insiam tih ka hmu a; I pianzia tawp nei lo anga ka hriat theih nan mal min sawm ang che!"

"Lahiri Mahasaya chuan benign gesture in a kut a phar a. 'Tunah hian kal la, i ngaihtuah mai thei. Brahma hnenah ka tawngtai tawh che a ni.' **3-3 a ni**

"Thil teh theih loh khawpa chawimawiin ka in lamah ka kir leh ta a. Chumi zan chuan ngaihtuahnaah chuan ka nun Tum kang tak chu ka thleng ta a ni. Tunah chuan thlarau lam pension chu chawhlsan lovin ka hlim ta a ni. Chumi ni atang chuan Siamtu Hlimna chu eng screen of delusion hnuaiah pawh ka mit atang hian thup bovin a awm ngai lo.

Pranabananda hmel chu Pathian êngin a khat a. Khawvel dang thlamuanna chu ka thinlungah a lut a; hlauhna zawng zawng chu a tlanbo vek tawh. Mithianghlim chuan inrintawkna a siam belh leh ta a ni.

"Thla engemaw zat hnuaah Lahiri Mahasaya-ah ka kir leh a, thilpek tawp nei lo min pek

avangin lawmthu sawi ka tum a. Tichuan thil dang ka sawi leh a."

"Divine Guru, office-ah hna ka thawk thei tawh lo. Khawngaihin min thlah rawh. Brahma hian zu ruih chhunzawm zelin min vawng reng a ni.'

"I company atangin pension dil rawh.'

"Eng chhan nge ka pek ang, hetiang taka

ka rawngbawlnaah hian?" "I rilru put

hmang sawi rawh.'

"Chumi dawtchiah ni Ka siam ka dilna. Chumi daktawr tiin a zawt a chumi ground-ah a awm tan ka hun hmaa tihfel ngen.

"Hnathawh lamah chuan ka ruhroah hian overpowering sensation a lo chhuak tih ka hmu a. **3-4.**" Ka taksa pum pui a tuam a, ka hna thawk tur chuan min tling lo.'

"Zawhna dang zawt lovin doctor chuan pension ka dawng nasa hle a, chu chu ka dawng thuai a. Lahiri Mahasaya-a Pathian duhzawng chu doctor leh rel kawng hotute kaltlangin hna a thawk tih ka hria a, i pa pawh a tel a ni. Automatic takin guru ropui thlarau lam kaihhruaina chu an zawm a, Hmangaih tak nena inpawlna tawp lo nun atan min chhuah zalen ta a ni. **3-5 inkar a ni**

He thupuan mak tak a nih hnu hian Swami Pranabananda chu a ngawih rei tak zinga pakhat a chawl ta a ni. Angin Chawlh ka la a, zah takin a ke ka khawih a, a malsawmna min pe a:

"I nun hi inhnukdawh leh yoga kawng a ni. Ka hmu leh ang che, i pa nen, nakinah." Kum tam tak chuan heng hrilhlawkna pahnih hi tihhlawhtlinna a thlen a ni. **3-6 inkar a ni**

Kedar Nath Babu chu ka bulah chuan thim pungkawm zingah chuan a kal a. Pa lehkhathawn chu ka rawn thawn a, ka thianpa chuan kawngpui khawnvar hnuaiah a chhiar a.

"I pa chuan a rel company-a Calcutta office-ah dinhmun luah turin min rawt a. Swami Pranabananda-a'n pension a neih zinga pakhat tal nghah chu a va nuam tak em! Mahse, a theih loh; Benares hi ka chhuahsan thei lo. Alas, ruang pahnih hi ka tan a la ni lo!"

3-1 : 1.1. *Choto Mahasaya chuan a ti* a hi chumi hunbi tu khawi ani a zat tan Indian a ni mi thianghlimte address a ni keimah. Chumi a letling a ni "te Ka pu."

3-2 : Amah danah chuan physical science hian mental science hmanga yogi-te'n dan an hmuhchhuahte chu a dikzia a nemnghet a ni. Entir nan, ani demonstration neih a ni sawmi mipa nei television-a entir a ni thiltihtheihnate a ni tawh pek chungah Nov. 26, 26 a ni. 1934 khan a lo piang a hmunah chumi Royal a ni Zirna sang tan Rome khawpuiah. "Dr. Giuseppe Calligaris, neuro-psychology professor chuan subject pakhat taksa hmun thenkhat chu a press a, subject chuan mi dang leh bang sir lehlama thil awmte sawifiahna minute tlemte hmangin a chhang let a. Dr. Calligaris chuan professor dangte hnenah vun hmun thenkhat a tihbuai chuan subject chu super-sensorial impression pek a ni a, chu chuan a danglamna a hmuh theih loh thil a hmu thei a ni," a ti perceive.

3-3 : 1.1. Pathian chhung Ani hmelhmang tan Siamtu; atangin Sanskrit tawng zung *brih* , . ah tilian. Engtikah Emerson-a chuan a ti a hlathuhrih *Brahma chuan a ti a* langchhuak chhung Atlantic *tuipuah a awm Thla tin* chhung Kum 1857, 1999 a ni. ber chumi chhiartute tan a ni an a buai hle. Emerson-a chuan a rawn ti a a nui suk a. "Hrilh anni," ani sawi, "ah sawi 'Brahma' aiah 'Jehovah' tih a ni a, buaina engmah an nei lovang."

3-4 : 1.1. Chhung thuk inngaihtuah muk, chumi hmasa ber tawnhriat tan Thlarau hi chungah chumi maicham a ni tan chumi ruhro, . leh tichuan chhung chumi thluak. Chumi torrential bliss chu a hneh hle a, mahse yogi chuan a pawn lam lan chhuahna chu thunun a zir a ni.

3-5 : 1.1. Hnuah ani pension a nih chuan, . Pranabananda chuan a rawn ti a ziak pakhat tan chumi ber thuk commentary-te a ni chungah chumi *Bhagavad chuan a ti a* Gita, 1999 a ni. Bengali leh Hindi tawngin a awm.

BUNG: 1.1. 4. 4. A rilru a hah lutuk chuan a rilru a buai em em a

Ka A titawp a Thlawk Lamah Chumi Himalaya tlangah a ni

"I classroom chu thil tenawm tak tak hmangin chhuahsan la, hackney carriage chu engage rawh. Ka in chhunga tumahin an hmuh theih lohna lane-ah chuan ding rawh."

Hengte hi high school ka thianpa, Himalaya tlanga min zui tumtu Amar Mitter hnena ka thupek hnahnung ber a ni. Kan thlawhna tur chuan a tuk ni chu kan thlang tawh a. Fimkhur a ngai a, Ananta chuan mit fimkhur tak a exercise a. Ka rilruah a chungnung ber nia a rin tlanchhuahna ruahmanna chu tichhe turin a tum tlat a ni. Amulet chu thlarau lam chhangphut ang maiin ka chhungah ngawi rengin hna a thawk a. Himalaya vur tla karah chuan inlarnaah a hmel ka hmuh fo thin pu chu hmuh ka beisei.

Tunah chuan chhungkua chu Calcutta-ah an awm tawh a, chutah chuan Pa chu a awm reng tawh a ni. Patriarchal Indian tih dan zawmin Ananta chuan a nupui tur chu kan inah a rawn hruai a, tunah chuan 4 Gurpar Road-ah a awm ta a ni. Chutah chuan attic room te tak te pakhtah chuan nitin ngaihtuahna ka hmang a, Pathian zawn nan ka rilru ka buatsaih bawk.

Zing hriatreng tlak chu ruah duhawm lo tak nen a lo thleng ta. Kawngpuiah Amar tawlailir ke ka hriat chuan hmanhmawh takin puan, pheikhawk pahnih, Lahiri Mahasaya thlalak, copy khat chu ka khih khawm a Bhagavad *Gita*, tawngtaina puan hrui khat leh kawrfual pahnih. He bundle hi ka third-story window atang chuan ka paih a. Step atang chuan ka tlan thla a, ka u chu ka paltlang a, kawngka bulah sangha ka lei a.

"Engnge hi chumi thathona?" Ani gaze rawh roved a ni rinhlelh rualin chungah ka mihring.

Noncommittal smile ka pe a, lane lam pan chuan ka kal ta a. Ka bundle chu la

chhuakin, conspiratorial caution nen Amar chu ka zawm ta a. Chadni Chowk, merchandise center lam pan chuan kan tlan ta a. Thla tam tak chhung chu English thawmhnaw lei nan kan tiffin pawisa kan khawlkhawm tawh a. Ka unaupa fing tak hian awlsam takin detective chanvo a chang thei tih hriain European incheina hmanga hneh kan tum a.

Station panna kawngah chuan ka cousin, Jotin Ghosh, Jatinda tia ka koh tan chuan kan ding a. Piangthar thar a ni a, Himalaya tlanga guru nih a duh hle. Kan suit thar chu inpeih takin a ha a. Well- camouflaged, kan beisei! Hlimna thuk tak chuan kan thinlung chu a luah khat ta a ni.

"Tuna kan mamawh chu canvas shoes chauh a ni." Ka thiante chu rubber-soled kekawrte dahna dawr pakhtatah ka hruai a. "Article te chu." tan savun, gotten a ni chauh tlang chumi talh a ni tan rannung, . ngei ni awm lo on this holy trip." Ka *Bhagavad Gita* -a savun khuhna chu la chhuak turin kawngpuiah ka ding a , ka English-a siam *sola topee* (helmet) atanga savun kawrfual chu ka la chhuak bawk.

Station-ah chuan Burdwan panna ticket kan lei a, chutah chuan Himalaya tlang hnuai lama Hardwar pan tur chuan transfer kan tum a. Keimahni ang bawka rel chu a thlawh meuh chuan ka beisei ropui tak tak tlemte chu thusawi ka pe ta a.

"Ngaihtuah teh!" Ka ejaculate a. "Master-te'n min zirtir ang a, cosmic consciousness trance chu kan tawng ang. Kan tisa chu chutiang magnetism-in a charge ang a, Himalaya tlangram ramsa te chu kan bulah an rawn kal ang. Sakeibaknei te hi kan fawh nghaktu in chhunga ui thuhnuairawlh ang mai an ni lo ang !

He remark-picturing a prospect I considered entrancing, both metaphorically and literally- hian Amar hnen atangin nuihzatthlak tak a rawn keng tel a ni. Mahse Jatinda chuan a mit chu a hawisan a, window atang chuan scampering landscape lam chu a hawi ta a.

"Pawisa chu hmun thum ah then rawh se." Jatinda chuan he rawtna hmanh hian rei tak ngawi renga awm chu a titawp ta a ni. "Burdwan-ah hian kan ticket hi kan lei vek tur a ni. Chutiang chuan station-a tumahin kan tlanbo dun tih hi an ring lo ang."

Rinhlelh lohvin ka remti a. Tlai lam chuan kan rel chu Burdwan-ah a ding ta a. Jatinda chu ticket office-ah chuan a lut a; Amar nen chuan platform ah chuan kan thu a. Minute sawm leh panga kan nghak a, chutah chuan unavailing inquiries kan siam a.

Kawng tinrengah kan zawng a, hlauhna hmanhmawhthlak takin Jatinda hming chu kan au a. Mahse, station te tak te chhehvela hriat loh thim takah chuan a lo bo tawh a ni.

Ka rilru a buai em em a, ka rilru a buai em em bawk. Pathianin he thil lungchhiatthlak tak hi a hmachhawn dawn tih! A hnua uluk taka ka thlawh hmasak berna romantic occasion chu zahthlak takin a tichhe ta a ni.

"Amar, kan haw leh ngei ngei tur a ni." Naupang ang maiin ka tap a. "Jatinda callous taka a chhuah hi thil tha lo tak a ni. He zinkawng hi hlawhchhamna tur a ni."

"Hi hei i hmangaihna tan chumi Lalpa? Thei lo nangmah ding chumi te fiahna tan ani bumhmangtu kawppui?"

Amar-a'n Pathian fiahna a rawtna hmang chuan ka thinlung chu a ding nghet ta a ni. Burdwan sa thlum lar tak tak, *sitabhog* (pathian nu chaw) leh *motichur* (nuggets of sweet pearl) te hmangin kan inthiar thar a . Darkar tlemte chhungin Hardwar lam panin kan intrain a, Bareilly kaltlangin kan kal ta a. Moghul Serai-ah rel kan thlak a, platform-a kan nghah lai chuan thil pawimawh tak pakhat kan sawiho a.

"Amar, rei lo teah rel kawng hotute chuan hnai takin min zawtfiah mai thei. Ka unaupa finna hi ka ngaihthah lo! Eng pawh ni se, thudik lo ka sawi dawn lo."

"Zavai Ka zawt tan nangmah, Mukunda, 1999 a ni. hi ah vawngtha che lo. Ti suh nui emaw a nui suk a laiin Ka ni thusawi a ni."

Hetih lai hian European station agent pakhat chuan minrawn bei ta a. Telegram a han vawrh a, a import chu ka hre nghal vek.

"Hi nangmah tlan hmundang atangin in chhung thinrimna?"

"Aih!" A thumal thlan danin nasa taka chhanna min pek theih avangin ka lawm hle. Thinrimna ni lovin "divinest melancholy" tih hi ka thiltih dan pangngai lo takah hian mawhphurtu a ni tih ka hria.

Chutah official chuan Amar lam chu a hawi ta a. A hnu lama duel of wits chuan counseled stoic gravity chu ka vawng reng thei lo.

"Khawiah nge tlangval pathumna chu?" Chu pa chuan a aw-ah thuneihna ring famkim a rawn inject a. "Lo kal rawh; thudik sawi rawh!"

"Ka pu, mitmeng i bun tih ka hmuchhuak. Pahnih chauh kan ni tih i hmu thei lo em ni?" Amar chu zah lo zet hian a nui suk a. "Magician ka ni lo; thian pathumna ka conjure thei lo."

He official hian he inggaitlawm lohna avang hian a lungawi lo hle tih hriat a ni a, beihna hmun thar a zawng ta a ni. "Tunge i hming?"

"Thomas tia koh ka ni. English nu leh Kristian Indian pa piangthar fapa ka ni." "I thianpa hming chu enge?"

"KA ko ani Thompson a ni."

Hetih lai hian ka chhungril hlimna chu a sang ber a thleng tawh a; Inkhawmpui nei lovin rel lam chu ka pan a, chhuahna tur chuan ka whistle a. Amar chuan official chu a zui ve bawh a, ani chu a ring lo va, obliging tawh tak a ni European compartment pakhata min dah turin. Native-te hnena pek section-a English tlangval chanve pahnih zin chhuah ngaihtuah chuan a hrehawm hle tih a chiang. A polite taka a chhuah hnu chuan seat-ah chuan ka mu leh a, thunun theih lohvin ka nui a. Ka thianpa chuan European official veteran pakhat a hneh loh avangin blithe satisfaction lantir nan a ha a.

Telegram chhiar tura ka lo ruahman tawh platform-ah chuan. Ka unaupa hnen atang chuan hetiang hian a kal a: "English thawmhnaw ha Bengali tlangval pathum Moghul Serai kaltlangin in atanga Hardwar lam pana tlanchhia. Khawngaihin ka thlen thlengin hren rawh u. In rawngbawlina avanga lawmman tam tak dawng rawh u.

"Amar, i in chhungah hian marked timetable dah lo turin ka hrilh che a ni." Ka mitmeng chu sawiselna a ni. "Unaupa chuan chutah chuan pakhat a hmu ngei ang."

Ka thianpa chuan zak takin a thrust chu a pawm ta a. Bareilly-ah rei vak lo kan ding a, chutah chuan Dwarka Prasad chuan Ananta hnen atanga telegram kengin min lo nghak a. Ka thian hlui chuan huaisen takin min hren a tum a; Kan thlawhna chu awlsam taka tih a ni lo tih ka ring tlat a. Tun hma ang bawkin Dwarka

hnial ka sawmna ah ruahman forth a ni ah chumi Himalaya tlangah a ni.

Chumi zan chuan kan rel chu station pakhat a ding a, kei pawh a chanve vel ka muhil lai chuan Amar chu zawhna zawttu official dangin a kaitho a. Ani pawh hi "Thomas" leh "Thompson" te hybrid charm-ah a tlu lut ta a ni. Rel chuan hnehna changin Hardwar-a zing khawvar thlengin min phur ta a. Tlâng ropui tak takte chu hla takah chuan sawmna angin a rawn lang chhuak a. Station chhungah chuan kan tlan pel a, khawpui mipui zalenna hmunah chuan kan lut ta a. Kan thiltih hmasa ber chu native costume-a inthlak a ni a, Ananta hian engtin emaw takin kan European inthumna chu a rawn luhchilh tawh a ni. Ka rilruah chuan man tawhna hriatna (premonition of capture) chuan a rawn rit ta a.

Hardwar chhuahsan nghal mai chu a tha nia kan hriat avangin hmar lam pan tur chuan ticket kan lei a, chu chu Rishikesh-ah a ni a, chu chu leilung rei tak, pu tam tak kein a thianghlim tawh a ni. Rel-ah chuan ka chuang tawh a, Amar erawh chu platform-ah chuan a hnufual hle thung. Police pakhat au thawm chuan a titawp nghal a ni. Kan vengtu lawm loh tak chuan station bungalow pakhat min hrui a, kan pawisa chu a enkawl ta a ni. Ka u lo thlen hma loh chuan min chelh chu a tih tur a nih thu zah takin a hrilhiah a.

Zir sawmi chumi zirlai chhuak lote'. tumram nei ni chumi Himalaya tlangah, . chumi officer a ni inzawm ani mak thawnthu.

"Mithianghlimte lakah i â tih ka hmu! Ka hmuh aia Pathian mi ropui hi i tawng ngai lovang." nizan chauh khan. Ka unaupa officer nen hian ni nga kalta khan kan inhmu hmasa ber a. Kan patrol lai a Ganges lui kamah, tualthattu pakhat zawn nasat em em lai a ni. Kan thupek chu a dam emaw, thi emaw pawh ni se man tur a ni. Pilgrims-te rukbo tumin *sadhu* anga inthum nia hriat a ni . Kan hmaa hla vak lovah chuan misual sawina ang chi lem pakhat kan hmu a. Kan thupêk chu a ngaihsak lo va; amah hneh tumin kan tlan ta a. A hnungzang hnaih pahin, chakna nasa takin ka axe chu ka hmang a; chu pa kut dinglam chu a taksa atangin a tan vek tawh mai.

"Au thawm leh hliam rapthlak tak chu engmah mitthla lovin, mi hriat loh chuan mak tak maiin a tlan chakna chu a chhunzawm ta a. A hmaa kan zuang chhoh lai chuan ngawi rengin a rawn tawng ta a."

"KA ni lo chumi tualthattu a ni nangmah hi zawng mek a ni.'

"Pathian ang maia lang mi fing tak mipa ka hliam tih ka hmuh chuan ka lungngai hle. Prostrating." keimah ngei pawh a ke bulah chuan ngaihdam ka dil a, thisen chhuak rit tak takte tihtawp nan ka turban-puan chu ka hlan bawk.

"Ka fapa, chu chu i lam atanga hriatthiam theih thil tihsual mai a ni.' Mi thianghlim chuan ngilnei takin min en a, 'Tlan ve rawh, Nangmah leh nangmah leh nangmah leh nangmah sawichhiat suh. A kut zungtang chu a zungpui chhungah a nawr lut a,

lo!

"Ni thum hnuah chulai thing hnuaiah ka hnenah lo kal la, dam kim tawh min hmu ang. Chutiang chuan simna i nei lo vang.'

"Nizan khan ka unaupa officer nen chuan duhthawh takin hmun ruat saah kan kal a. *Sadhu chu* a awm a, a kut chu enfiah turin min phalsak a. A hliam leh hliam hnuhma a nei lo!

"KA ni kal kaltlangin Rishikesh chuan a ti a ah chumi Himalayan a ni mahni chauha awmte.' Ani malsawm keini angin ani a chhuak ta rang takin. Ka

hria sawmi ka nunna nei ni a chawi sang a tlang ani thianghlimna."

Officer chuan pious ejaculation hmangin a titawp a; a thil tawn chuan a thuk zawng pangngai aia nasain a hruai tih a chiang hle. Thilmak tih dan mak tak maiin thilmak chungchang printed clipping min pe a. Chanchinbu chi sensational tak (a bo lo, alas! India ramah pawh) a tih dan pangngaia garbled danah chuan reporter version chu a sawi uar deuh hlek a: *sadhu chu* a lo ni tawh tih a tilang a ni lu tansak a ni tawh mai!

Amar nen chuan chutianga Krista ang taka a tiduhdahtu ngaidam theitu yogi ropui tak chu kan ngai ta hle a ni. Kum zabi hnih kalta chhunga thil lama rethei, mahse Pathian hausakna sum hmanral theih loh nei India ram; thlarau lam "skyscraper" te hi kawng sirah an tawh fo thei a, he police ang khawvel mipa te pawhin an tawh thei bawh.

A thawnthu mak tak mai hmanga kan rilru hahna min tihziaawmtu officer chungah lawmthu kan sawi a. Keini aiin a vannei zawk tih a hriattir a ni mai thei: theihtawp chhuah lovin mi thianghlim eng tak a tawng tawh a; kan zawn nasa tak chu pu pakhat ke bulah ni lovin, police station hring takah a tawp tawh!

Chutiang chuan Himalaya tlang bulah leh chuti chung pawh chuan, kan saltannaah, hetiang khawpa hlaah hian, Amar hnenah chuan zalenna zawng turin a let hnih zetin ka nawr tih ka hrih a.

"Hun remchang a awm hunah i tlanbo ang u. Rishikesh thianghlim hnenah kein kan kal thei ang." Infuih tharin ka nui suk a.

Mahse ka thianpa chu kan pawisa prop stalwart tak chu kan hnen atanga laksak a nih meuh chuan pessimist a lo ni ta a ni.

"Chutiang ramngaw ram hlauhawm tak chungah chuan trek kan tan a nih chuan mi thianghlim khawpuiah ni lovin, sakeibaknei pum chhungah kan zo tur a ni!"

Ananta leh Amar te unaupa chu ni thum hnuah an rawn thleng a. Amar chuan a chhungte chu hmangaihna nen thlamuang takin a lo hmuak a. Ka inrem lo va; Ananta hian ka hnen atangin sawiselna nasa tak aia tam a dawng lo.

"I rilru put hmang hi ka hrethiam." Ka unaupa chuan thlamuang takin a tawng a. "Ka dil che chu Benares-ah mi thianghlim pakhat hmu turin min zui la, ni engemaw zat chhung chu i pa lungngai tak tlawh turin Calcutta-ah kal leh rawh. Tichuan hetah hian pu i zawn leh thei ang.

Hetih lai hian Amar chu ka bulah Hardwar-a kir leh tumna a neih loh thu sawi turin inbiaknaah hian a lut ta a ni. Chhungkaw lumna chu nuam a ti hle a. Mahse ka guru zawn chu ka bansan ngai lovang tih ka hria.

Kan intelkhawm entrained a ni tan Benares chuan a rawn ti a. Sawtah Ka nei ani singular tih a ni leh chawpchilh chhanna ah ka tawngtai a ni.

Scheme fing tak chu Ananta chuan a lo ruahman lawk tawh a. Hardwar-a min hmuh hma hian Benares-ah hian Pathian Lehkha Thua thuneitu pakhat hnenah a hnua min interview turin a lo ding tawh a. Pundit leh a fapa te pahnih chuan *sannyasi* kawng atanga ka tihbuai chu an tiam tawh a ni . **4-1 a ni**

Ananta chuan an in lamah min hruai a. Fapa, tlangval rilru na tak chuan kawtah chuan min lo hmuak a. Philosophic discourse thui takah min hruai lut a. Ka hmalam hun chungchangah hian clairvoyant knowledge a nei tih sawiin, monk nih ka ngaihdan chu a discountenance a.

"Vanduai chhunzawm zel i tawh ang a, Pathian i hmu thei lo ang, i mawhpurhna pangngai kalsan i tum tlat chuan! I karma kal tawh **4-2 in i thawk chhuak thei lo ang.**" khawvel thil tawn nei lovin."

Krishna-a thusawi thi thei lo chu ka hmuiah a lo ding chhuak a: "Karma chhe ber neia Min ngaihtuah chhunzawm zel pawh hian a thiltih \ha lo kal tawhte nghawng chu a hloh nghal vat a. Thlarau sang tak neiin, rei lo teah thlamuanna kumkhua a nei ta a ni. Arjuna, hei hi chiang takin hria ang che: Keimaha rinna nghattu devotee chu a boral ngai lo!" **4-3**

Mahse, chu tlangval chuan forceful prognostications chuan ka inrintawkna chu a tichhe deuh hlek a. Ka thinlung thahnemngaihna zawng zawng nen ngawi rengin Pathian hnenah ka tawngtai a:

"Khawngaihin ka buaina hi chinfel la, min chhang rawh, hetah leh tunah ngei hian, mi inhnukdawh emaw khawvel mi emaw nun ka hman min duh chuan!"

Pundit te in compound pawnah chuan hmel ropui tak *sadhu* pakhat a ding tih ka hmu a . Mahni inchhal clairvoyant leh keimah inkara thlarau lam inbiakna chu a lo hre tawh tih a chiang a, chu mi hriat loh chuan a bulah min ko a ni. A rilru hahdamna atang chuan thiltihtheihna nasa tak a luang chhuak tih ka hria mit.

"Fapa, chu ignoramus chu ngaithla suh. I tawngtaina chhanna atan Lalpa chuan he nunah hian i kawng awmchhun chu inhnukdawh tawhte kawng a ni tih tiam turin min hrilh a ni."

Nen mak tihna a ni angin Awle angin lawmna, Ka a nui suk a hlim takin hmunah hei thutlukna siamtu thuthawn.

"Chu pa lakah chuan lo kal bo rawh!" "Ignoramus" chuan courtyard atang chuan minrawn ko a. Ka hruaitu thianghlim chuan malsawmna dawngin a kut a phar a, zawi zawiin a chhuak ta a.

"Chu *sadhu* chu nangmah ang bawka â a ni." He thil hmuhnawm tak hi chu hoary-headed pundit kha a ni. A fapa nen chuan lungngai takin min en reng a. "Ani pawh hian Pathian zawngin a in a chhuahsan tih ka hria."

Ka hawi let a. Ananta hnenah chuan kan mikhualte nen hian sawihona dang ka nei dawn lo tih ka sawi a. Ka unaupa chuan chhuah nghal a remti a; rei lo teah Calcutta

lam panin kan entrain ta a.



Ka ding hnungah ka upa unaupa, Ananta chuan.



Sri Yukteswar-a hman hnukung ber Solstice Festival, December, 1935.
Ka Guru chu a laiah a thu a; A dinglymah ka awm a, Serampore-a a
hermitage huang lian takah chuan ka awm a ni.

"Mr. Detective, engtin nge ka thiante pahnih nen kan tlanchhia tih i
hriatchhuah?" Kan in lam panna kawngah khan Ananta hnenah ka thil hriat
duhna nung tak chu ka chhuah tir a. Misual zet hian a nui suk a.

"I sikul ah khan Amar chu a classroom a chhuahsan a, a lo haw tawh lo tih ka hmu

a. A tuk zingah a in lamah ka kal a, timetable marked tak ka lai chhuak a. Amar pa chu a lo chhuak ve chauh a ni."

tawlailir a ni leh tawh thusawi ah chumi coachman a ni.

"Ka fapa hian vawiin zing hian a sikul kal turin min chuanpui dawn lo. A bo ta!' pa chuan a ti a.

"Unaupa coachman pakhat hnen atangin i fapa leh midang pahnih, European suit ha chungin Howrah Station-ah rel an chuang tih ka hria a,' tiin chu pa chuan a sawi. 'An savun kekawrte chu cab driver hnenah thilpek an pe a ni.'

"Chuvangin Ka nei pathum clues-a awmte chu hun bituk, . chumi trio a ni tan mipa naupang, . leh chumi Sap thawmhnaw inbel tur."

Ananta thusawi chu hlimna leh lungngaihna inzawmkhawm nen ka ngaithla a. Coachman chung a kan thilphalna chu a lo dik lo deuh tawh a ni!

"A dik e, khawpui zawng zawnga station official-te hnena telegram thawm turin ka tlan nghal a, chu chu Amar-a'n timetable-ah a underline tawh a ni. Bareilly-a chu a lo check tawh a, chuvang chuan i thianpa Dwarka chu chutah chuan ka wire a. Kan Calcutta veng a zawhna ka neih hnuah, zan khat chu cousin Jatinda chu a awm lo a, mahse a tuk zingah European puan ha chungin a in a thleng tih ka hre ta a. Ka zawng chhuak a, zanriah ei turin ka sawm a ni. Amah chu." accepted, quite disarmed by my friendly manner.

"Himalaya tlang lam pan chuan thlarau lam rilru hah takin ka tan a,' tiin a sawifiah a. 'A pu te nena inhmuhna tur beiseina chuan infuih tharnain min luah khat ta a ni. Mahse, Mukunda-a'n, "Himalaya lungpui chhunga kan hlim em em lai hian sakeibaknei te chu an spellbound ang a, tame pussies ang maiin kan chhehvelah an thu ang," a tih meuh chuan ka thlarau chu a vawt ta a; ka hmaiah chuan thawmhnaw hnim hring a lo piang ta a ni. "A nih leh? "

Jatinda bo avanga ka thinrimna chu nuihzatthlak takin a bo ta. Train chhunga hilarious sequel kha ka chung a lungngaihna zawng zawng kha a phu hle. Ka lungawina tlemte nen ka inpuang tur a ni: Jatinda pawh hian police nena an inhmachhawn atang khan a la pumpelh lo!

"Ananta chuan **4-4 in hnehna a chang.** " you are a born sleuthhound!" Ka mitmeng hlimthla chu thinrimna awm lo a ni lo. "Tin, Jatinda hnenah ka hrilh ang a, a lan dan angin, bumna rilru put hmang engmahin a fuih lo va, mahni invenna instinct fing tak chauhvinn a fuih lo tih ka lawm hle!

Calcutta-a in lamah chuan, Pa chuan thinlung khawih takin min ngen a, ka ke roving tak takte chu, a tlem berah, ka high school zir zawh hma loh chuan tihtawp turin min ngen a. Ka awm loh lai khan hmangaihna nen plot a lo siam tawh a, mi thianghlim pundit, Swami Kebalananda chu **4-5 in a ruahman a ni** in lama lo kal fo turin.

"Chumi mifing duhdan ni i Sanskrit tawng zirtirtu," ka nu leh pa tih a puang inrintawkna nen.

Pa beisei a ni ah tilungawi ka sakhaw thil duhthusam (earnings) a ni tu inkaihhraina atangin ani zir chhuak a ni philosopher a ni. Mahse, dawhkante chu fiah lo takin a inher a: ka zirtirtu thar chuan, finna lama ruhro (intellectual aridities) pe a hla hle a, ka Pathian duhthusam meialh chu a rawn fan ta a ni. Pa hriat lohvin Swami Kebalananda hi Lahiri Mahasaya zirtir chawimawi tak a ni. Guru tlukpui nei lo chuan zirtir sang tam tak a nei tawh a, ngawi rengin a hnenah a hip lut a ni a Pathian magnetism do theih lohna avang hian. A hnuah ka hrechhuak a, Lahiri Mahasaya chuan Kebalananda chu *rishi* emaw illumined sage emaw tiin a sawi fo thin.

Luxuriant curls chuan ka tutor hmel mawi tak chu a frame a. A mit dum chu bumna nei lo, naupang mitmeng ang maia langtlang tak a ni. A taksa tlêm tê chetna zawng zawng chu chawlh hahtam taka ngaihtuah chhuahnain a chhinchhiahna a ni. Mi ngilnei leh hmangaihna nei rengin, hriatna tawp nei loah chuan nghet takin a inngat a ni. Kan hun hlimawm tam tak chu *Kriya* ngaihtuahna thuk takah kan hmang a .

Kebalananda hi hmân lai *shastra* emaw, lehkhabu thianghlim emaw-a thuneitu langsar tak a ni a: a thiamna chuan "Shastri Mahasaya" tih hming a pe a, chu chu a biak thin a ni. Mahse Sanskrit scholarship lama ka hmasawwna chu hriat tur a awm lo. Prosaic grammar kalsan a, yoga leh Lahiri Mahasaya chungchang sawina hun remchang apiang ka zawng a. Ka tutor chuan ni khat chu master nena an nun chanchin engemaw zat min hrilh a, min tih tur a ni.

"Khat vannei tak, . Ka tawh thei ah awm reng hnai Lahiri a ni Mahasaya chuan a ti a tan sawm kum. Ani Benares chuan a rawn ti a in chu zan tin ka pilgrimage tum ber a ni. Guru chu first floor-a front parlor te tak te pakhtah chuan a awm reng a. Thing seat hnungzang nei lo chungah lotus posture-a a thut lai chuan a zirtirte chuan semicircle-in an rawn khuh a. A mitmeng chu a eng a, Divine hlimna nen chuan a zai ta a. A chanve vel chu an inkhar reng a, inner telescopic orb kaltlangin chatuan hlimna sphere chhungah an thlir kual a. Thui tak a sawi ngai lo. A châng chuan a mitmeng chu tanpui ngai zirlai pakhat chungah a lang thin a; damna thute chu chutih lai chuan êng hrual ang maiin a luang chhuak ta a.

"Ka chhungah hian sawifiah theih loh remna a lo par chhuak a. A rimmtui chuan min rawn luah khat a, tawp nei lo lotus atanga lo chhuak ang maiin. A bula awm chu, ni tam tak chhung thumal khat pawh inthleng lo pawh ni se, ka nihna zawng zawng tidanglamtu experience a ni. If any invisible barrier rose in the path of ka concentration, guru ke bulah ka meditate thin. Chutah chuan state tenuous ber berte chu awlsam takin ka kutah an lo lut ta a ni. Chutiang ngaihdan chuan zirtirtu tlem zawkte hmaah chuan min tlanbo ta a ni. Pu chu Pathian biak in nung a ni a, a kawngkhar thup chu inpekna hmanga zirtir zawng zawng tan hawn a ni.

"Lahiri Mahasaya hi lehkhabu duh zawnga Pathian Lehkha Thu hrilhfiahtu a ni lo.

Thawhrimna tel lovin 'Pathian library'-ah a inhnim pil ta a ni." A thil zawng zawng hriatna tuikhuah atang chuan thu leh ngaihtuahna spray a rawn luang chhuak a, chu chuan kum tam tak kal ta a Vedas 4-6 - **a innghat philosophical science thuk tak chu a hawng ta a**-ni Hmanlai thuziak-a tarlan consciousness plane hrang hrangte sawifah tura tih a nih chuan nui chungin a remti ang.

"Chutiang state-te chu ka paltlang ang a, tunah chuan ka hriat dan chu ka hrilh ang che u.' Chutiang chuan a diametrically unlike a ni chumi zirtirtu te an ni tunge inpe lehkhahu zia a ni ah hriatrengna leh tichuan pe forth a ni hriat lohvin a awm abstraction te a ni.

"Khawngaihin stanzas thianghlime hi a awmzia a lo thlen angin sawifah rawh.' Taciturn guru chuan he thupek hi a bula zirtir pakhat hnenah 'I ngaihtuahna ka kaihruai ang, hrilhfiahna dik tak a nih theih nan' a pe fo thin

a ti chhuak a.' Chutiang chuan Lahiri Mahasaya-a ngaihdan tam tak chu record a ni ta a, zirlai hrang hrangte chuan commentary tam tak an pe a ni.

"A pu chuan sal rinna hi a fuih ngai lo. 'Thu chu shell chauh a ni,' a ti a.
'Ngaihtuahnaah nangmah ngeiin hlim taka i inzawmna hmangin Pathian awmna rinna hneh rawh.'

"Aih thu engnge chumi zirtirte ta a ni harsatna, chumi guru tih hi a ni tiin thurawn a pe a *Kriya chuan Yoga hmanga tih a ni* tan chu chu chhanna dik.

"I kaihruai turin taksaah ka awm tawh loh hunah yogic key hian a efficiency a hloh lo vang. He technique hi theoretical inspiration angin, bound, file, leh theihnghilh theih a ni lo. *Kriya kaltlangin zalenna kawngah i kal zel ang* , a thiltihtheihna chu practice-ah a awm a ni.'

"Keimah ngei pawh hian *Kriya hi* mihringin Infinite a zawnna kawnga a lo piang chhuak tawh zawng zawng zingah mahni inpekna hmanga chhandamna hmanraw tangkai ber niin ka ngai." Kebalananda chuan he thu dik tak sawina hmang hian a titawp a ni. "A hmanna hmang hian engkim tithei Pathian, mihring zawng zawnga thup chu Lahiri Mahasaya leh a zirtir engemaw zat tisaah hmuh theihin a lo piang ta a ni."

Lahiri Mahasaya-a Krista ang thilmak tih chu Kebalananda hmaah a thleng a. Ka mi thianghlim zirtirtu chuan ni khat chu chu thawnthu chu a sawi nawn leh a, a mit chu kan hmaa Sanskrit thuziak atanga hla tak a ni.

"Zirtir mitdel pakhat, Ramu chuan ka khawngaihna active tak chu a tiharh a. A mitmengah êng a nei tur a ni lo em ni, rinawm taka kan pu, Divine chu a kang kim vek a rawng a bawl lai khan? Zing khat chu Ramu nen inbiakna neih ka tum a, mahse darkar tam tak chhung chu kutchhuak palm-leaf *punkha hmangin guru chu a fan a* , darkar tam tak chhung chu dawhthei takin a thu a. A tawpah chuan devotee chuan pindan a chhuahsan chuan ka zui ta a ni."

"Ramu, . engtin sei nei nangmah ni mitdel?"

"Ka pian tirh atang khan, ka pu! Ka mit hi ni êng pawha malsawmna a

dawng ngai lo.' ""Kan guru thiltithei tak hian a pui thei che a ni."

Khawngaihin dilna siam rawh.'

"A tuk zingah chuan Ramu chuan lungngai takin Lahiri Mahasaya chu a pan a. Zirtir chuan a thlarau lam superabundance-ah taksa hausakna belhchhah turin a ngen chu a zak deuh hlek a ni."

"Master, cosmos Illuminator chu nangmah ah a awm a. Ka mitah A êng rawn luhtir

turin ka ngen a che, ni êng tlem zawk ka hriat theih nan.'

"Ramu, mi pakhatin dinhmun harsa takah min dah turin a inrawlh a. Damna

chakna ka nei lo.' "Ka pu, i chhunga Infinite One hian a tidam thei ngei ang.'

"Chu chu a danglam tak zet a ni, Ramu. Pathian tawp chin chu khawiah mah a awm lo! Arsi leh tisa cell te chu nunna êng thuruk hmanga tiharhtu chuan i mitmengah hmuh theihna eng a rawn thlen thei ngei ang.'

"Master chuan Ramu hmai chu a mitmeng inkar hmunah a khawih a. 4-7. " "I rilru kha dah tlat rawh." sawtah, leh fo chant a ni chumi hming tan chumi zâwlnei Rama chuan **4-8 a ni** tan pasarih a ni ni. Chumi

ropuina (splendor) a ni tan chumi ni ang nei ani danglam bik dawn a ni tan nangmah.'

"Lo! kar khat chhungin chutiang chu a ni. A vawi khatna atan Ramu chuan thilsiam hmel mawi tak chu a hmu ta a. Engkim hretu chuan a zirtir chu tihsual nei lovin mi thianghlim dang zawng zawng aia a biak Rama hming chu sawi nawn leh turin a hriattir tawh a ni. Ramu rinna chu devotionally plowed soil a ni a, chutah chuan guru-a chi chak tak, permanent chi chu a ni tidam a lo chhuak ta a ni." Kebalananda chuan a ti a tawh reh tan ani hun tawi te, tichuan petlak ani hla zawk a guru hnenah chawimawina a hlan.

"Lahiri Mahasaya-a thilmak tih zawng zawngah chuan ego- principle **4-9 hi a phal ngai lo tih a chiang hle.**" causative force anga inngai turin. Resistless surrender famkimna hmangin, master chuan Prime Healing Power chu a chhungah zalen takin a luang chhuak thei ta a ni.

"Lahiri Mahasaya hmanga hmuhnawm taka tihdam taksa tam tak chuan a tawpah chuan halralna meialh chu an chawm a ngai ta a ni. Mahse, thlarau lam harhtharna ngawi renga a tih, Krista ang zirtir a siamte chu a thilmak boral thei lote an ni.

Ka ngai lo lo ni ta ani Sanskrit tawng mi thiam tak; Kebalananda chuan a ti a zirtir keimah ani thu hriltu thumal hman dan (syntax) a ni.

.....
4-1 : 1.1. A ngial a ngan chuan, "inhnukdawkhawh." Atangin Sanskrit tawng verb tih hi a ni zung, . "ah tilang aside chuan."

4-2 : 1.1. A ngawng dan tan hunkaltawh thiltih, . chhung hei emaw ani hmasa nunna; atangin Sanskrit tawng *kri* , . "ah ti."

4-3 : 1.1. *Bhagavad chuan a ti a Gita* , . IX, 1999 a ni. 30-31 thleng a ni. Krishna chuan a ti a tawh chumi ropui ber zâwlnei tan India; Arjuna chuan a rawn ti a tawh ani hmahruaitu a ni zirtir a ni.

4-4 : 1.1. Ka englaipawhin address a ni ani angin Ananta-da chuan a rawn ti a. *Da* hi ani zahthlak takin suffix tih a ni khawi chumi upa ber unaupa chhung chu Indian a ni chhungkua nau naupang zawkte hnen atangin a dawng thin.

4-5 : Kan inhmuh lai khan Kebalananda hian Swami Order a la zawm lo va, a tlangpuiin "Shastri Mahasaya" tia koh a ni.

Ah hawisan rilru tibuai nen chumi hming tan Lahiri a ni Mahasaya chuan a ti a leh tan Hotu Mahasaya chuan a ti a (**bung 1**) a ni **9**), . Ka ni refer a ni ka hnenah Sanskrit tawng zirtirtu chauh tu ani a hnuah monastic a ni hming tan Swami chuan Kebalananda chuan a ti a. Ani biography chanchin nei ni tunhnai khan tihchhuah a ni chhung

Bengali tawng a ni. Piang chhung chumi Khulna a ni ram bial khat tan Bengal ram a ni chhung Kum 1863, 1999 a ni. Kebalananda chuan a ti a pe chunglam ani taksa chhung Benares chuan a rawn ti a hmunah chumi kum tan sawmruk leh .pariat

.Ani chhungkua hming tawh Ashutosh chuan a ti a Chatterji chuan a sawi

4-6 : 1.1. Chumi hmanlai pali *Veda-ah te pawh a awm* comprise tih a ni chungah 100 a ni extant a ni canonical a ni lehkhahu te. Emerson-a chuan a rawn ti a petlak chumi zui tribute a ni chhung ani *Journal* to Vedic thought: "A lumna leh zan leh tuifinriat thawk thei lo ang maia ropui a ni. Sakhaw lam ngaihtuahna zawng zawng, grand ethics zawng zawng, a lehlamah noble poetic mind tin tlawhtu zawng zawng a keng tel a ni. Lehkhabu dah bo hi a hlawk lo; if I trust myself in the

thingtlang hmun a ni emaw chhung ani lawng chungah chumi dil te, Nihphung siam a ni ani *Brahmin a ni* tan keimah Hei hi a tunah hian: chatuan tulna, . chatuan compensation, thiltitheihna hriatthiam theih loh, ngawi renga awm. rinna a ni. Remna, min ti a, thianghlimna leh famkimna

kalsan- . hengte damdawi damdawi (panaceas) a ni expiate rawh zavai sual leh keng nangmah ah chumi beatitude tih hi a ni ".tan chumi Pariat Pathiante u

4-7 : 1.1. Chumi thutna tan chumi "mal" emaw thlarau lam thil mit. Hmunah thihna chumi rilru harhna tan mipa hi atlangpuiin draw a ni ah hei thianglim spot, mitthi zinga mit sang tak hmuhte accounting.

4-8 : 1.1. Chumi central-ah a awm serh milem tan chumi Sanskrit tawng vanglai, *Ramayana a ni* a .

4-9 : 1.1. Ahankara, 1999 a ni. mahni inngaihsakna (egoism); a ngial a ngan chuan, "KA ti." Chumi zung chhan tan dualism (dualism) tih a ni emaw thil tihsual (illusion) a ni tan *maya* , . chutiang chuan chumi thupui (indah pawimawhna) thil angin a lang a; thilsiamte chuan thil siamtuah an inngaihtuah thin.

BUNG: 1.1. 5. A rilru a hah lutuk

ANI "Perfume a ni." Mithianglim" A lantir thin Ani Mak tak mai

"Ah engpawh thil sawtah hi ani sik leh sa hun bi, leh ani hun ah engpawh chhan hnuai chumi vanram."

Min thlamuan tur hian Solomona finna hi ka nei lo; Ka chhehvel chu zawngin ka en reng a, in atanga zin chhuahna eng pawhah, ka ruat guru hmel chu ka en reng a. Mahse ka kawng chu a kawng chu a pel lova, high school ka zir zawh hnuah chauh.

Amar nen Himalaya tlang lam pana kan thlawhna leh Sri Yukteswar-a ka nunah a lo luh ni ropui tak inkar chu kum hnih a liam ta a ni. Chutih lai chuan mi fing engemaw zat ka tawng a-"Perfume Saint," "Tiger Swami," Nagendra Nath Bhaduri, Master Mahasaya, leh Bengali scientist lar tak, Jagadis Chandra Bose te.

"Perfume Saint" nena kan inhmuhna hian thuhmahruai pahnih a nei a, pakhat chu a inmil a, pakhat chu a hlimawm hle.

"Pathian hi a awlsam. Thil dang zawng zawng hi a buaithlak vek. Nature relative world-ah hian absolute value zawng suh ."

Kali biak in lem hmaa ngawi renga ka din lai chuan heng philosophical finalities te hi zawi zawiin ka beng ah a lut a. Ka hawi let a, mipa sang tak pakhat ka hmachhawn a, a thawmhnaw, a nih loh leh a thawmhnaw tel lohna chuan *sadhu vakvai tak a nihzia a tilang a ni* .

"Ka ngaihtuahna buai tak chu i rawn luhchilh tak zet a ni!" Lawmthu sawiin ka nui suk a. "Nature-a benign leh terrible aspects buaina, Kali-a entir angin, 5-1." ka lu aia lu fing zawkte a ti buai!"

"Few there be who solve her mystery! Thil tha leh sual chu nun hian finna zawng zawng hmaah sphinx ang maia a dah thin riddle harsa tak hi a ni. Attempting no solution, attempting no solution, mipa tam zawk chuan forfeit an pe a, penalty tunah pawh Thebes hunlai ang bawkin. Hetah leh khawiah pawh, a towering lonely figure never cries defeat. From **the** maya of duality chuan inpumkhatna thutak cleaveless chu a pluck a ni."

"Nangmah tawng nen thiam loh chantirna, . Ka pu."

"Hun rei tak chhung chu honest introspection ka hmang tawh a, finna lam hawia exquisitely painful approach ka hmang tawh a. Mahni in enfiahna, mahni ngaihtuahna enkawl chhonzawm zel hi thil tawn na tak leh tichhe thei tak a ni. It pulverizes the stoutest ego. But true self-analysis operates to produce seers. The way of 'self-expression,' individual acknowledgments, results in egotists, sure of the right to their

mimal hrilhfiahnate a ni tan Pathian leh chumi universe a ni."

"Thudik inngaitlawm takin a pension a, . Aih ringhlel, hmaah chutiang invaivung originality a ni." Ka tawh nuam ti takin chumi sawiho.

"Mihring hian inngaihzawwna atanga a zalen hma chuan chatuan thudik engmah a hrethiam thei lo. Mihring rilru, kum zabi khat chhunga slime-a inhawng chu khawvel-delusions chhiar sen loh nun tenawm takin a khat a ni."

Hetah hian indona hmuna inbeihna chu a pawimawh lo hle a, mihringin chhungril hmêlma a hmachhawn hmasak ber tum hian! Hêngte hi thi thei hmêlma awm lo, chakna rapthlâk tak hmanga hneh tûr! Khawi hmunah pawh awm, chawlh hahdam lo, muhil lai pawha mihring um zuitu, fiah lo taka miasmic ralthuam hmanga thuam, heng hriat loh duhna sipaite hian min tihlum vek an tum a ni. Ngaihtuahna nei lo chu a thil tum phumtu, a inpekna neitu chu a ni common fate a ni. Thiltihtheihna nei lo, thingpui, zahthlak tih loh chu a lang thei ang em?"

"Respected Sir, mipui buai tak takte hi i lainat lo em ni?"

Sage chu rei vak lo a ngawi reng a, chutah oblique takin a

chhang ta a.

"Hmuh theih loh Pathian, Repository of All Virtues leh hmuh theih mihring, engmah nei lo anga langte hmangaih chu thil buaithlak tak a ni fo! Mahse, finna chu maze nen a inang a ni. Inner research chuan rei lo teah mihring rilru zawng zawngah inpumkhatna a rawn pholang ta a ni-mahni hmasialna rilru put hmang inzawmna nghet tak chu. In one sense at least, the brotherhood of man stands revealed. An aghast humility follows this leveling." hmuhchhuahna. Mihringte lainatnaah a puitling a, zawn chhuah nghaktu thlarau damna chaknate chu a mitdel a ni."

"Chumi mi thianghlimte tan engpawh kum, Ka pu, nei savun thuahkhawm duh nangma tan chumi lungngaihnate tan chumi khawvel."

"Mihring thuk lo chauh hian midang nun hrehawmna chhanna a hloh a, chu chu a mah ngeiin hrehawm tawrhna tawi takah a pil bo a ni." SADHU hmel khauh tak chu a nê m tih hriat theih a ni. "Practice tu chu." scalpel self-dissection chuan universal pity tihzauh a hre ang. A ego-in a beng tichhe thei thil phut atang hian chhuah zalenna pek a ni. Chutiang leiah chuan Pathian hmangaihna chu a par chhuak thin. Thilsiam chuan a tawpah chuan a Siamtu lam a hawi ta a, chu chu lungngai taka zawh mai loh chu: 'Engvangin nge, Lalpa, engvangin nge?' tih hi a ni. Natna vuakna zahawm lo tak takte chuan mihring chu a tawpah chuan Infinite Presence-ah a hruai lut a, a mawina chauh hian a hip tur a ni."

Sage nen chuan Calcutta-a Kalighat Temple-ah kan awm a, chutah chuan a ropuina hmingthang tak en turin ka kal a ni. Sweeping gesture hmangin ka chance companion chuan zahawmna cheimawi tak chu a hnawl ta a.

"Bricks." leh mortar hmanga siam a ni zai keini Aih hriat theih a ni tune a ni a; chumi thinlung a hawng a chauh ah chumi mihring chant a ni tan ni."

Kawngkhar bula ni êng sawmna hmunah chuan kan kal kual a, chutah chuan devotee tam tak an kal kual a.

"I naupang tawh a ni." Sage chuan ngaihtuahna sengin min survey a. "India pawh a la naupang hle. Hmanlai *rishis* 5-3." thlarau lam nun dan tur tihbo theih loh tur ruahmanna a siam a. An hoary dictums te hi he ni leh ram atan hian a tawh. Hun kal tawh a ni lo va, thil neih duhna bumna laka hmanraw changkang lo a ni lo va, disciplinary precepts chuan India chu a la siam reng a ni. Kum sang tam tak chhungin-mualpho zawk mithiamte chuan compute an ngaihsak zawk!-the skeptic Time chuan Vedic hlutna chu a nemnghet tawh a ni. I ro hlu atan la rawh."

Sadhu -a thusawi thiam tak chu zah takin ka thlah lai chuan , hriatthiamna Chiang tak a
rawn pholang a: "Vawin hian hetah hian i chhuahsan hnuah chuan thil danglam tak i
hmaah a lo thleng ang.

Temple precincts chu ka chhuahsan a, tum nei lovin ka vak kual ta a. Corner
pakhat ka hawi a, ka hmelhriat hlui pakhat ka tawk ta a-chutiang mipa rilru rei tak,
a inbiakna thiltihtheihnain hun a ngaihtah a, chatuan a pawmtu zinga mi a ni.

"Hun rei lo te chhungin ka thlah ang che, kan inthen kum ruk chhunga thil thleng
zawng zawng min hrilh vek chuan."

"Engnge ani paradox a ni! Ka ngei kalsan nangmah tunah."

Mahse, ka kut chu min chelh a, thu hriat tur tidbits te chu a force chhuak ta a ni.
Sakeibaknei ravenous ang mai a ni, hlim takin ka ngaihtuah a; ka thusawi rei
poh leh riltam takin thuthang a rim a. Ka chhungril lamah chuan Pathiannu Kali
hnenah chuan tlan chhuahna kawng mawi tak ngaihtuah turin ka ngen a.

Ka thianpa chuan min kalsan nghal a. Ka thaw halh a, ka tlan chakna chu a let hnih
zetin ka ti leh a, khawsik natna khirh takah chuan a lo let leh ang tih ka hlau hle.
Ka hnung lama ke pen chak tak ri hriat chuan ka tlan chakna chu ka ti chak ta hle
mai. Ka hawi let ngam lo. Mahse, bound nen chuan tlangval chuan min rawn zawm
leh a, hlim takin ka kawrfual chu a rawn kuah a.

"Gandha Baba (Perfume Saint) chanchin ka hrilh theihnghilh che a, ani hian chuta in
chu a ti mawi hle a ni." A kawhhmuh a yard tlemte vela hlaa chenna in a ni. "Do
meet him; he is interesting. Thil danglam tak i tawng mai thei. Good-by," tiin min
kalsan tak tak a ni.

sadhu chungchang thumal inang hmanga hrilhlawkna chu ka rilruah a rawn lang
chhuak ta. Definitely intrigued, in chhungah ka lut a, commodious parlor-ah min
hruai lut a. Mipui tam tak an thu a, Orient-wise, hetah leh khawiah pawh carpet
dum hring dup chungah chuan an thu a. Ka beng bulah chuan mak tih hmel zet
hian a rawn thleng a:

"Ngai teh Gandha Baba sakeibaknei vun chungah. Eng pangpar rimtui natural
perfume chu rimtui nei lo hnenah a pe thei a ni." pakhat, emaw tihnun leh rawh
ani wilted a ni pangpar, . emaw siam ani mi pakhat ta a ni vun exude tih a ni a
lawmawm hle rimtui tak a ni."

Mi thianghlim chu ka en nghal a; a mitmeng rang tak chu ka mitmengah a innghat
a. A thau hle a, hmul a nei bawk a, vun dum leh mit lian tak tak, eng mawi tak tak a
nei bawk.

"Ka fapa, ka hmu che hi ka lawm hle mai. I duhzawng sawi rawh.

Perfume i duh em?" "Eng atan nge?" A thusawi chu naupang ang deuhin ka hria.

"Perfume nuam tihna mak tak mai chu tawn turin." "Pathian chu rimtui siam turin i hmang tangkai em?"

"Engnge tan chumi? Pathian siam a ni perfume a ni engpawhnise."

"Ni e, mahse Amah hian a hnah hring bottle chak lo tak tak chu hman thar leh paih chhuah nan a fashion thin. Pangpar chu i materialize thei ang em?"

"KA thil thleng (materialize) a ni rimtui, . te thianpa."

"Tichuan rim factory hrang hrangah te duhdan kal pawn tan sumdawnna."

"An sumdawnna vawng reng turin ka phal ang! Ka thil tum ber chu Pathian thiltihtheihna lantir hi a ni." "Ka pu, Pathian finfiah a ngai em? Engkimah, khawi hmunah pawh thilmak a ti lo em ni?" "Ni e, mahse keini pawhin A thil siam chi hrang hrang tawp nei lo thenkhat chu kan lantir tur a ni."

"I art thiam theih nan eng chen nge

hun a hman?" "Kum sawm leh pahnih."

"For manufacturing scents by astral means! Ka mi thianghlim chawimawi tak, pangpar dawr atanga cheng tlemte hmanga rimtui i hmuh theih tur rimtui atan kum sawmhnih chuang i khawhral tawh niin a lang.

"Perfume te chu." chuai nen pangpar a ni."

"Perfume te chu." chuai nen thihna. Engati nge tur Ka chak sawmi khawi ka lawm e chumi taksa chauh?"

"Mr. Philosopher, ka rilru i ti lawm a. Tunah chuan i kut dinglam kha han phar rawh." Malsawmna kut zungtang a siam a .

Gandha Baba nen chuan feet tlemte ka hlaah ka awm a; midang tumah ka taksa nena inzawmna nei thei tur khawpin an hnai lo. Ka kut chu ka phar a, chu chu yogi chuan a khawih lo.

"Eng perfume nge i duh?"

"Rose."

"Ni chumi chuvangin."

Ka mak tih em em chu ka kutphah lai tak atang chuan rose rimtui mawi tak chu nasa takin a rawn chhuak a. Nui chungin ka bula vase atang chuan pangpar dum lian tak, rimtui nei lo chu ka la a.

"He pangpar rimtui lo hi jasmine hian a rawn luah

khat thei ang em?" "Chutiang chu ni rawh."

Jasmine rimtui chu a hnah atang chuan a rawn chhuak nghal vek. Thilmak titu hnenah lawmthu ka sawi a, a zirlai pakhat bulah chuan ka thu ta a. Gandha Baba, a hming dik tak Vishudhananda chuan Tibet rama mi thiam pakhat hnen atangin yoga thuruk mak tak tak tam tak a zir tih min hrilh a. Tibet mi a ni

yogi, . Ka tawh a tiam a, . nei a thleng ta chumi kum tan chungah ani sangkhat kum.

"A zirtir Gandha Baba hian a perfume-feats te hi i hmuh tak ang khan tawngkam awlsam tak hmangin a ti ngai lo." Zirlai chuan a pu chungah chhuang takin thu a sawi a. "A kalphung hi a inang lo hle a, mize hrang hrang nena inmil takin. A mak hle! Calcutta mi fing tam tak chu a hnungzuitute zingah an tel a ni."

Ka chhungril lamah chuan an number-ah hian keimah leh keimah in belh lo turin ka insiam ta a. Guru too literally "marvelous" chu ka duh zawng a ni lo. Gandha Baba chungah zahawm takin lawmthu sawiin ka chhuak ta a ni. In lam pan chuan, chu ni chuan inhmuhna chi hrang hrang pathum a thlen chu ka ngaihtuah let a.

Kan Gurpar Road kawngka ka luh rual chuan ka nau

Uma chuan min rawn hmu a. "I stylish khawp mai,

perfume i hmang!"

Tellovin ani thumal, Ka tiin a kut a phar a ani ah rim ka kut.

"Engnge chu hipna rose a ni rimtui tak! Chumi hi danglam takin chak!"

"Strengely unusual" nia ngaiin, ngawi reengin astrally scented blossom chu a hnar hnuaiah ka dah a.

"Aw, jasmine hi ka ngaina hle mai!" Pangpar chu a man ta a. Pangpar rimtui lo nia a hriat chian em em atanga jasmine rimtui chu a rim nawn fo lai chuan a hmaiah chuan thil nuihzatthlak tak a rawn kal ta a. A thiltih dan chuan Gandha Baba hian keimah chauhin rimtui ka hriat theihna tur auto-suggestive state a siam tih ka rinhlelhna chu a titawp ta a ni.

A hnuah ka thian pakhat Alakananda hnen atangin "Perfume Saint" hian thiltihtheihna a nei tih ka hre ta a, chu chu Asia ram mi maktaduai tam tak riltam takin an neih ka duh a, tunlai hian Europe ramah pawh hian an nei ve tho a ni.

"Burdwan-a Gandha Baba inah khualzin dang za chuang zet nen kan awm dun a ni," Alakananda chuan min hrilh a. "Gala occasion a ni. Yogi hian boruak thianghlim atanga thil lakchhuah theihna a nei nia sawi a nih avangin nui chungin out-of-season tangerines thenkhat materialize turin ka ngen a. Immediately the *luchis* 5-4. - banana hnah plate zawng zawnga awmte chu a puff up ta vek a. Chhang-envelope tinah chuan tangerine hnah hring (peeled tangerine) a awm tih a chiang hle. Ka ta chu hlauthawng deuhin ka bit a, mahse a tui hlein ka hria."

Kum tam tak hnuah Gandha Baba-a'n a materializations a tihhlawhtlin dan

chu inner realization hmangin ka hrethiam ta a ni. A hman dan chu, alas!
khawvela mipui riltam tak takte thlen phak loh a ni.

Mihringin a chhanna sensory stimuli hrang hrang-tactual, visual, gustatory,
auditory, leh olfactory-te hi electron leh proton-a vibratory variation avanga lo awm
a ni. Vibrations te chu "lifetrans," subtle life forces emaw finer-than-atomic
energies emaw intelligent takin sensory idea- substance hrang hrang panga
hmanga charged te hian a regulate a ni.

Gandha Baba chuan yoga tih dan thenkhat hmangin cosmic force nen a in tuning a, a kaihruai thei ta a ni lifetrans te chu an vibratory structure siam thar leh a, result duhthusam chu objectivize turin. A rimtui, thei leh thilmak dangte chu mundane vibrations materialization tak tak a ni a, inner sensations hypnotically produced a ni lo. **5-5 a ni**

"Perfume Saint"-in a lantir ang thilmak tih hi hmuhnawm tak ni mahse thlarau lamah chuan a tangkai lo hle. Intihhlimna piah lama thiltum tlemte nei lovin, Pathian zawn nasat lutuk a\anga inthlak danglamna an ni.

Hypnotism hi doctor-te chuan operation tenauah te chuan anesthetic hmanga hlauhawm thei tur mi tan psychical chloroform chi khat atan an hmang thin a ni. Mahse hypnotic state hi a tuar fo thinte tan chuan a hlauhawm hle a; a negative psychological effect a awm a, chu chuan hun kal zelah thluak cell te chu a tibuaitsu a ni.

Hypnotism chu midang hriatna ram chhunga luhchilh (trespass) a ni. A hun rei lote chhunga thil thlengte hian Pathian hriatna nei mihringte thilmak tihte nen hian engmah inang lo tak a nei lo. Pathianah harh la, mi thianghlim dik takte chuan he mumang-khawvêlah hian Creative Cosmic Dreamer nena inmil duhna hmangin inthlâk danglamna an thlen a ni.

Thiltihtheihna danglam tak lantir (ostentatious display of unusual powers) chu master-te chuan an sawisel thin. Persian mystic, Abu Said chuan vawi khat chu tui, boruak leh boruak chunga thiltihtheihna mak tak neia chhuang *fakir thenkhat chu a nuihzat a*.

"Tuiah hian frog pakhat pawh in lamah a awm!" Abu Said chuan nuihzat hmel zet hian a kawhbmuh a. "Khawpui leh sakeibaknei hi awlsam takin boruakah an thlawk a; Diabola chu khawchhak leh khawthlang lamah a rualin a awm! Mi dik tak a ni." hi ani tunge a awm thin chhung felna zingah ani thawhpui mipa, . tunge a lei thin leh a hralh a, . thlengin hi ngai lo for a single instant forgetful of God!" Vawi khat dangah chuan Persia zirtirtu ropui tak chuan sakhaw nun chungchanga a ngaihdan chu hetiang hian a sawi a: "I lu chhunga i neih (mahni hmasial duhna leh duhthusam) chu dah bo turin i kuta i neih chu zalen taka pe turin; tin, harsatna vuakna a\angin engtikah mah inhnukdawh ngai lo turin!"

Kalighat Temple-a mi fing dik lo tak emaw, Tibetan-a zirtir yogi emaw pawhin guru ka duhna chu a tihlawhtling lo. Ka thinlung chuan a hriatpuina atan tutor a mamawh lo va, a mah ngeiin "Bravos!" a ri nasa zawk a ni, a chhan chu ngawi renga koh a nih fo loh vang a ni. A tawpah ka pu ka hmuh chuan, sublimity of example chauh hmangin mi dik tak tehfung min zirtir a.

5-1 : 1.1. Kali a entir a ni chumi chatuan principle chu a ni chhung nihphung. Ani hi hnam dan anga tih a ni thlalak a ni angin ani kut pali nei hmeichhia, ding chungin chungah a form chu a ni tan chumi Pathian Shiva chuan a ti a emaw chumi A tawp nei lo, . avang nihphung emaw chumi thil mak tak a ni khawvel hi zung kai a ni chhung chumi Noumenon chuan arawn ti a. Chumi pali arms hian cardinal attribute a entir a, pahnih chu hlawkna thlent, pahnih chu tichhe thei,

matter emaw thil siam emaw inzawmna pawimawh tak a tarlang a ni.

5-2 : 1.1. Cosmic lam thil a ni thil tihsual (illusion); a ngial a ngan chuan, "chumi tehtu a ni." *maya* hi chumi magic a ni thuneihna chhung thil siam a ni tu khawi tikhawtlai theihna leh inthenna a awm a landanah chuan thilpek chhung chumi A teh theih loh leh Inthen theih loh. Emerson-a chuan a rawn ti a ziaak chumi zui hlathuhril, ah khawi ani pe *maya* tih hming chu :

Thil tihsual (illusion) a ni hna a thawk thin luh theih loh, . Puan hrual (weaving) a ni webs te a ni chhiar sen loh, . Ani gay a ni thlalak te ngai lo hlawhchham, Mipui vek thildang, veil a ni chungah veil, Charmer who will be believed Mihring .bum tuihal chuan

5-3 : 1.1. Chumi *rishis* , . a ngial a ngan chuan "hmutute," . an chumi ziaktute chuan an ziaak a

ni tan chumi *Veda-ah te pawh a awm* chhung chu tihfel theih loh antiquity.. 5-4: Indian

chhangphut flat, round tak..

ah hian: Laymen te an ni a tlem hle hrechhuak chumi zau strides tih a ni tan kum zabi sawmhnihnaah a ni Science.-5-5
Transmutation tih a ni tan metals a ni leh thildang alchemical mumang a ni hi hmuh a ni tihhlawhtlinna a ni engpawh ni
chhung center hrang hrangah a awm tan scientific lam hawi a ni zirchianna chungah chumi khawvel. Chumi eminent tak
a ni French tawng a ni chemist, . M. Georges Claude, chuan oxygen transformation chungchanga a chemical hriatna
hmangin scientific assemblage hmaah kum 1928 khan Fontainebleau-ah "thilmak" a ti a. A "magician's wand" chu
oxygen awlsam tak a ni a, dawhkan chungah tube-ah a bubbling a. Scientist hian "sand kut khat chu lung hlu takah a
chantir a, thir chu melted chocolate ang deuhin a siam a, pangpar te chu an tint a tihbo hnuah glass consistency-ah a
".chantir ta a ni

M. Claude-a chuan tuifinriat chu oxygen inthlak danglamna hmanga horsepower pound maktaduai tam takah a chantir"
theih dan a sawifiah a; engtin tui khawi a boil a hi lo a ngai a ni kangmei chhuak; engtin te mounds a ni tan vut, tu ani
mal whiff a ni tan chumi oxygen blowpipe, chu sapphire, rubie, leh topaze-ah te thlak theih a ni a; tin, tuifinriat hnuai
lama mipa kal theih hun tur chu diver-te hmanrua paih chhuah a nih hun tur pawh a sawi lawk baw. A tawpah chuan
".scientist chuan a entu te chu mak a ti hle a, ni êng atanga sen chu la chhuakin an hmai chu a dum tir ta a ni

He French scientist lar tak hian expansion method hmangin liquid air a siam chhuak a, chu chuan a chi hrang hrangte chu a
thliar hrang thei a ni gas te a ni tan chumi boruak, leh nei hmuhchhuah a ni dang dang kalkawng tan mechanical lam thil a
.ni hman tangkai dan tur tan danglamna a awm tan lum leh vawt tehna chung tuifinriat tui

BUNG: 1.1. 6. 6. A rilru a hah lutuk chuan a rilru a buai em em a

Chumi Sakei Swami chuan

"KA nei hmuhchhuah a ni chumi Sakei Swami a ni chenna hmun. Nihtir keini tlawh ani naktuk."

He lawmna rawtna hi ka high school thiante zinga mi Chandi hnen atanga lo chhuak a ni. A premonastic nunah khan a kut saruak hmanga sakeibaknei man leh dotu mi thianghlim chu hmuh ka duh hle. Chutiang thil ropui tak tak tih chungchangah chuan tlangval ang maia thahnemngaihna chu ka chhungah a nghet hle.

A tuk zingah chuan thlasik khaw vawt tak a lo ni a, mahse Chandi nen chuan hlim takin kan chhuak ta a. Calcutta pawna Bhowanipur-a ramsa man hlawk lo tak tak kan zawn hnu chuan in dik tak chu kan thleng ta a. Kawngkhar ah chuan thir ring pahnih a awm a, chu chu ka ri chhuak nghal zat. Thawm ri nasa tak awm mah se, chhiahhlawh pakhat chu hahdam takin a rawn hnaih a. A ironical chu nui implied a ni sawmi tlawhtu, . nimahse an bengchheng, an thiltihtheihna nei lo ah tibuai chumi

rilru hahdamna mi thianghlim pakhat chenna in a ni.

Ngawi renga sawiselna chu kan hre ta a, ka thianpa nen chuan parlor chhunga sawm kan nih avangin lawmthu kan sawi a. Chutah rei tak kan nghah chuan rinhlelhna nuam lo tak a siam a. Thutak zawngtu tan India ram dan zia loh chu dawhtheihna a ni a; pu chuan tumruh takin mi pakhatin a hmachhawn duhna fiahna a siam thei a ni. He psychological ruse hi khawthlang ramah chuan doctor leh dentist te chuan zalen takin an hmang thin!

A tawpah chuan chhiahhlawh chuan min ko a, Chandi nen chuan mutna apartment pakhatah kan lut ta a. Sohong hmingthang tak chu **6-1 in an chak** Swami chu a khumah a thu a. A taksa ropui tak hmuh chuan mak tak maiin min nghawng a.

Mit bulging tak nen chuan tawng thei lovin kan ding ta a. Chutiang rilru emaw, football ang chi biceps emaw chu kan la hmu ngai lo. Kawr lian takah chuan swami hmel na tak, mahse rilru hahdam tak chu lock luang chhuak, hmul leh hmul te nen a chei a. A mitmeng thim takah chuan dovel ang leh sakeibaknei ang chi mizia a rawn lang chhuak a. A thawmhnaw a ha lo a, a kawrfual (muscular waist) vel sakeibaknei vun tih loh chu.

Kan aw hmuin ka thianpa nen chuan monk chu chibai kan buk a, feline arena mak tak maia a thiamna chu kan ngaihsan thu kan sawi a.

"Khawngaihin, engtin nge ramngaw sakawlh zinga raphlak ber, lal Bengal-ho chu kut zungtang hlim taka thunun theih a nih tih min hrilh dawn lo em ni?"

"Ka fapate u, sakei do hi ka tan chuan engmah a ni lo. A tul chuan vawiin hian ka ti thei ang." Naupang ang maiin nuihzat hmel zet hian a rawn pe a. "Sakei hi sakei angin i en a; kei chuan pussycat angin ka hria."

"Swamiji, sakeibaknei hi pussycat an ni tih ngaihtuahna hmang hian ka subconsciousness hi ka ti lawm thei ang tih ka ring a, mahse sakeibaknei te hi ka ring tir thei ang em?"

"Tih tak zetin chakna pawh a ngai a ni! Sakei chu in chhunga ui anga ngaihtuah naute hnen atangin hnehna beisei theih a ni lo! Kut chak tak takte hi ka ralthuam tling a ni."

Patio lam pan chuan min zui turin min ti a, chutah chuan bang pakhat sir chu a rawn deng ta a. Brick pakhat chu leiah a tla thla a; van chuan huaissen takin bang ha bo zau tak chu a thlir kual a. Mak ti zet hian ka fairly staggered a; kulh khata bang nghet tak atanga mortared brick la chhuak thei chu, sakeibaknei ha chu a sawn chhuak thei ngei ang tih ka ngaihtuah a!

"Mipa engemaw zat chuan keimah ang taksa chakna an nei a, mahse inrintawkna cool tak an la nei lo. Taksa lama chak lo mahse rilru lama chak lote chuan ramngaw chhunga zalen taka ramsa rawn tlan chhuak an hmuh mai mai chuan an muhil thei a ni. Sakeibaknei hi a pianphung tharum thawhna leh chenna hmun hi opium ei thin circus rannung nen chuan a danglam hle a ni!.
.. .. .

"Many a man with herculean strength chu chuti chung pawh chuan lal Bengal-in a rawn beih hmian abject helplessness-ah terrorized a ni tawh. Chutiang chuan sakeibaknei chuan chu pa chu, a rilruah, to." pussycat ang bawka nerve nei lo state. Mipa pakhat, taksa chak tawh tak leh tumruhna chak tak nei tan chuan sakeibaknei chungah dawhkan te chu a tikehsawm thei a, pussycat defenselessness conviction-ah a nawr luih tir thei a ni. Chutiang chiah chu vawi engzat nge ka tih tawh!"

Ka hmaa titan khan tiger-pussycat metamorphosis a ti thei tih hi ka ring duh khawp mai. Didactic mood-ah a awm niin a lang a; Chandi nen chuan zah takin kan ngaithla a.

"Rilru hi taksa ruh hmangtu a ni. Hammer vuak chakna chu chakna hman danah a inngnat a; mipa taksa hmanruain thiltihtheihna a lantir chu a duhthlanna leh huaisenna nasa takah a inngnat a ni. Taksa hi literal takin rilruin a siam a, a chhawm nung a ni. Nunna kal tawh atanga instinct-te pressure hmangin, chakna emaw chak lohna emaw chu mihring hriatnaah a percolate zauh zauh a, chu chu tih dan angin a lang chhuak a, chu chu tih dan angin a lang chhuak a, chu chu tih dan angin a lang chhuak a, chu chu tih dan anga a lan chhuah danah a inngnat a ni. chu chu taksa duhthusam emaw duh loh zawngah a lo chang ta a ni

chhiahhlawh thupek ni se, a hnuhnung zawk chu thuneihna (autocratic) a lo ni ta a; rilru pawh chutiang bawkin taksa thupek hnuiaia intulût a, salah a awm a ni."

Kan ngenna angin, swami hmuhnawm tak chuan a nun chanchin engemaw

tak min hrilh chu a remti ta a ni. "Ka thil tum hmasa ber chu sakeibaknei

beih a ni. Ka duhzawng chu a chak hle a, mahse ka taksa erawh a chak lo

hle."

Mak tihna ejaculation ka lakah chuan a rawn chhuak ta. Tuna "Atlantean kekawrte, tuar thei tur" he mipa hian chak lohna a hre thei ang tih chu thil mak tak niin a lang.

"Hriselna leh chakna ngaihtuahnaa indomitable persistency vangin ka chak lohna hi ka hneh ta a ni. Lal Bengal-te thununtu dik tak nia ka hmuh rilru chakna hip thei tak chu fak chhan tur ka nei vek a ni.

"Swami zah tak, sakei nen hian engtikah emaw chuan ka do thei ang tih i ring em?" Hei hi chu thil tum mak tak maiin ka rilru a rawn tlawh hmasak ber a ni a, a hnuhnung ber pawh a ni bawk!

"Awle." A nui suk a. "Mahse, sakeibaknei chi hrang hrang an awm a; ðhenkhat chu mihring duhzawng ramngaw-ah an vak kual a. Sakawlhthe chu hriat loha tihltuk hian thlarau lam hlawkna a awm lo. Chhungril lama vakvai te chungah hnehtu ni zawk rawh."

"Maithei keini ngaithla, Ka pu, engtin nangmah tihdanglam a ni atangin ani tamer tih a ni tan ramhnuai sakeibaknei te ah ani tamer tih a ni tan ramhnuai passion te a awm em?"

Tiger Swami chu ngawi reingin a tlu ta a. Hmun hla tak chu a mitmengah a rawn lut a, kum kal tawhte inlarnate chu a ko ta a ni. Ka dilna chu a pawm dawn nge dawn lo tih ngaihtuah tura a rilru lama a harsatna tlemte chu ka hre Chiang hle. A tawpah chuan remti takin a nui suk a.

"Ka hmingthanna hian a sang ber a thlen chuan inchhuanna ruihhlo a rawn keng tel a. Sakei do mai ni lovin trick hrang hranga pholan ka tum a. Ka thil tum chu savawm savawmte chu ran vulh ang maia awm tir hi a ni. Ka thiltih ropui tak takte chu vantlang hmaah ka ti tan a, hlawhtlinna lawmawm tak nen."

"Pakhat tlailam ka pa a rawn lut a ka pindan chhung pensive tak a ni ngaihtuahna.

"'Ka fapa, vaukhâna thu ka nei. Natna lo thleng tur lakah ka chhanchhuak ang che, chu chu cause and effect grinding wheel-in a siam chhuak a ni.'

"Fatalist i ni em, Pa? Rinna dik lo hian tui chak tak emaw, ka thiltih emaw rawng a thlak danglam phal tur em ni?"

"Fatalist ka ni lo, fapa. Mahse, Pathian Lehkha Thu thianghlima zirtir angin phuba lakna dan dik tak chu ka ring a ni. Jungle chhungkuaah hian i chungah thinrimna a awm a; engtikah emaw chuan i senso tur a ti thei a ni."

"Ka pa, min ti mak! Sakeibaknei te hi eng nge an nih i hria-mawi mahse khawngaihna nei lo! Thilsiam vanduai tak tak ei tur lian tak an ei zawh veleh pawh hian sakeibaknei chu a ei tur thar hmuhin duhna thar nen a kang nghal vek a. Chu chu hlim tak gazelle a ni thei a, jungle grass chungah a frisking a. Capturing it and biting an opening in the soft throat, the malevolent beast mute taka tap thisen tlemte chauh a tem a, .

leh kal chu chu wanton a ni kawng.

"Jungle chi zingah chuan sakeibaknei hi hmuhsit ber an ni! Tuin nge hria ang? ka vuak hian an lu thuk takah hian ngaihtuahna fimkhur tlemte a inject mai thei. Forest finishing school-ah headmaster ka ni a, nungchang ngilnei tak tak zirtir turin!

"Khawngaihin, Pa, sakeibaknei enkawltu angin min ngaihtuah la, sakei thattu angin min ngai ngai lo. Engtin nge ka thiltih tha hian ka chungah natna a thlen theih ang? Ka nunphung ka thlak danglam tur thupek engmah pe lo turin ka ngen che a ni.'

Chandi nen chuan kan ngaihven vek a, hun kal tawha harsatna awm tawh kha kan hrethiam vek. India ramah chuan naupang chuan a nu leh pate duhdan chu awlsam takin a bawhchhia lo.

"In stoic silence Pa chuan ka hrilhfhahna chu a ngaithla a. Chu chu thupuan chhuahna nen a zui a, chu chu na takin a sawi chhuak a ni."

"Ka fapa, mi thianghlim hmui atanga hrilhlawkna tha lo tak sawi turin min nawr lui a. Nizan khan ka nitin ngaihtuahna senga veranda-a ka thut lai khan min rawn pan a.'

""Thian duh tak, i fapa belligerant tan message ka rawn keng a. A thiltih savawm tak takte chu titawp rawh se. Chutiang a nih loh chuan a sakeibaknei nena an inhmachhawn leh hunah chuan a hliam na tak a tuar ang a, chu chu thla ruk chhung zet thihna thlen thei natna a ni ang. Chumi hnuah chuan a nun hlui chu kalsanin puithiam a ni ang.""

"He thawnthu hian min ti lawm lo. Pa chu deluded fanatic pakhat rintlak tak victim a ni tih ka ngaihtuah a."

Tiger Swami chuan he thupha chawina hi dawhthei lo takin a ti a, âtna engemaw tak ang maiin a sawi a ni. Hun rei tak chhung chu lungngai takin a ngawi reng a, kan awmna chu a hre lo ang maiin a lang. A thawnthu sawina thread dangling chu a la a, chu chu rang takin, aw thuhnuaairawlh tak nen.

"Pa vaukhâna ațanga rei vak lovah chuan khawpui lian Cooch Behar chu ka tlawh a. Chu ram mawi tak chu ka tan chuan thil thar a ni a, chawlh hahdam taka inthlak danglamna ka beisei a ni. Hmun tinah chuan mipui hriat duh tak takte chuan kawngpuiah min zui a. I would catch bits of whispered comment:

"Hei hi sakeibaknei ramsa beitu

chu a ni.' ""A ke a nei em,

thingkung a nei em?'

"En hmunah ani hmai! Ani ngei ni chu tisaa lo chang tan chumi lal tan sakeibaknei te amah ngei pawh!'

"Khawpui urchin-te chu chanchinbu final edition ang maia an hnathawh dan chu i hria em! Hmeichhia te thusawi-bulletin hnuhnung zawkte chu eng ang rang takin nge in tinah an darh thin! Darkar tlemte chhungin khawpui pum pui chu ka awmna avang hian an phur hle a ni."

"Zan lamah ngawi rengin ka chawl a, chutih lai chuan sakawr tlan chak tak takte ke ruh ri ka hre ta a. Ka chenna hmun hmaah chuan an ding ta a. Police sang tak tak, lukhum ha engemaw zat an rawn lut a."

"Ka mangang hle. 'Heng mihring dan siam thilsiamte tan hian thil zawng zawng hi a theih vek a ni,' tiin ka ngaihtuah a. 'Ka hriat loh tak tak thil chungchangah hian min hruai dawn em tih ka ngaihtuah a ni.' Mahse officer-te chuan zahngaihna pangngai lo takin an kun a.

"'Honored Sir, Prince of Cooch Behar aiawhin lo hmuak turin kan tir a ni. Naktuk zing hian a lal inah a sawm che hi lawmawm a ti hle a ni.'

"He prospect chungchangah hian rei vak lo ka speculate a. Eng emaw chhan hriat loh vangin ka zinna ngawi rengah hian he tihtawp a nih avang hian paw ka ti hle. Mahse, police-te dilna rilru put hmang chuan min tichak a; kal ka remti ta a ni."

"A tuk zingah chuan sakawr paliin an hruai coach ropui takah ka kawngka atanga obsequiously escort ka nih avangin ka buai hle. Chhiahhlawh pakhat chuan ni êng chhuak nasa tak laka min humhim turin umbrella cheimawi tak a keng a. Khawpui leh a thingtlang pawn lama tlan nuam tak chu nuam ka ti hle. Lal scion ngei pawh chu lal in kawngka bulah min lo hmuak turin a awm a. Amah ngei pawhin a proffer a ni rangkachak brocaded seat, nui chungin design awlsam zawk chair-ah a insiam a.

"'Hetiang politeness zawng zawng hian eng emaw zat min sentir ngei ang!' Mak ti zetin ka ngaihtuah a, lal fapa thil tum chu casual remark tlemte hnuah a rawn lang chhuak ta a ni.

"'Ka khawpui hi i kut saruak tih loh chu engmah nei lovin ramsa sakeibaknei i do thei tih thuthang hian a khat a ni. Thudik tak a ni em?'

"'Chumi hi engemaw chen dik.'

"'Ka ring harsa khawp mai! Calcutta Bengali i ni a, khawpui mite buhfai dum hmanga enkawl i ni. Thudik tak sawi rawh, khawngaihin; ruhro nei lo, opium ei thin rannung chauh i do lo em ni?' A aw chu a ring hle a, a nuihzatthlak hle baw a, provincial accent nen a rawn inthum bawk.

"KA vouchsafed a ni Aih chhang ah ani sawichhiatna zawhna.

"'Ka sakei man thar Raja Begum nen inhnek turin ka challenge che a ni. 6-2. " Hlawhtling taka i do thei a, chain hmanga i khin thei a, a cage chu hriatna neia i dah theih chuan he lal Bengal hi i nei ang! Cheng sang eng emaw zat leh thilpek dang tam tak pek a ni baw ang. Indonaah i hmu duh lo a nih chuan state pumah i hming chu mi bum hmang angin ka blazon ang!'

"A thusawi zah lo tak takte chuan silai mu volley ang maiin min rawn deng a. Thinrim takin pawmna ka kap a. A phurna avanga chair atanga a chanve tho chhuakin lal fapa chu nuihzatthlak takin a pil leh ta a. Roman lalte, rannung arena-a

Kristiante dah nuam ti tak takte kha ka hrechhuak ta a ni."

"He match hi kar khat chhung atan set a ni ang. Sakei hi en lawk phalna ka pe thei lo che hi ka pawl ka ti hle."

"Lal fapa chuan sakawlh hi hypnotize ka tum mai ang tih emaw, a ruken opium ka pek emaw ka hlau em tih pawh ka hre lo!"

"Lal in chu ka chhuahsan a, tunah chuan lal umbrella leh panoplied coach a bo tawh tih chu hlim takin ka hrechhuak a ni."

"A kar leh lamah chuan harsatna lo thleng tur atan ka rilru leh taksa chu methodical takin ka buatsaih a. Ka chhiahhlawh kaltlangin thawnthu mak tak tak ka hre ta a. Mithianghlimin ka pa hnena a hrilhlawkna rapthlak tak chu engtin emaw takin ram pawnah a thleng a, a tlan zel angin a lo lian chho ta a ni. Khaw mipui pangngai tam tak chuan thlarau sual, pathiante chibai buk tawh chu sakeibaknei angin a lo piang thar leh a, zanah chuan ramhuai ang chi hrang hrang a nei a, mahse a awm reng tih an ring a ni nitin rannung striped hi he ramhuai-sakeibaknei hi min ti hniam tura tirh a ni tur a ni.

"Maginative version dang chu Tiger Heaven hnena rannung tawngtaina chuan Raja Begum ang maia chhanna a nei tih a ni. Min hremna hmanrua a ni tur a ni-the audacious biped, so insulting to the entire tiger species! A furless, fangless man daring to challenge a claw-armed, sturdy-limbed tiger! The concentrated venom of all humiliated tigers-the villagers declared-had gathered momentum enough to operate hidden laws and bring the proud tiger tamer.

"Ka chhiahhlawh chuan lal fapa chu mihring leh sakawlh inkara inbeihna enkawltu atan a element-ah a awm tih min hriattir lehzuah a. Thlipui laka invenna tur pavilion sak hna chu a enkawl tawh a, chu chu mi awm theihna tura duan a ni." sang tam tak a ni. Chu chu lai chelh Raja Begum a ni chhung chu lian thir bawm, a hual vel a ni pawn lam safety room pakhat hmangin. Sal tang chuan thisen chhuahna ri bengchheng tak tak a chhuah chhuak ta a. Chaw ei tlem a ni a, ei duhna thinrim tak tiharh turin. Lalpa chuan lawmman chawhmeh ni turin min beisei a ni mai thei!

"Khawpui leh khawpui pawn lama mipui pungkawmte chuan intihsiakna danglam tak puan chhuahna drum ri chu duhthusam takin ticket an lei a. Indona ni khan mi za tam tak chu thutna awm loh avangin an hawisan a ni. Mipa tam tak chuan puan in hawna chu an tichhia a, a nih loh leh gallery hnuaia hmun eng pawh an luah khat a ni.

Tiger Swami chanchin chu a tawp ber a hnaih meuh chuan ka phurna chu a lo sang chho zel a; Chandi pawh chu raptly mute a ni.

"Raja Begum hnen atanga piercing sound-explosions te, leh mipui hlauthawng deuh te hubub karah te chuan ngawi rengin ka rawn lang ta a. Scantily clad around the waist, I was otherwise unprotected by clothing. Safety room kawngkaa bolt chu ka hawng a, muangchangin ka hnungah ka lock ta a. Sakei chuan thisen a hre ta a. Leaping with a thunderous crash on his." bars, he sent forth a fearsome welcome Zaipawl chu hlauhna khawngaihthlak takin an ngawi reng a;

"Tice-ah chuan cage chhungah ka awm a; mahse kawngkhar ka han hmet lai chuan

Raja Begum chuan ka chungah a lu a ngat a. Ka kut dinglam chu beidawng takin a hrual a. Mihring thisen, sakeibaknei hriat theih damdawi ropui ber chu lui rapthlak takah a tla a. Mithianglim hrilhlawkna chu a thleng famkim dawn niin a lang."

"Ka hliam na tak ka tawh hmasak ber aṭanga ka mangang lutuk aṭang khan ka rally nghal a. Banishing the." ka kut zungtang thisen chhuak chu ka kawrfual hnuaiah ka thun a, ka kut veilam chu ruh tikehsawm takin ka han vawrh a. Sakawlh chu a hnunglam hawiin a inher a, cage hnunglam chu a rawn inher kual a, rilru na takin hmalam a pan ta a. Ka fistic punishment hmingthang tak chu a lu chungah a rawn sur ta a.

"Mahse Raja Begum-a thisen thlum chu dipsomaniac long-deprived-a wine in hmasa ber maddening ang maiin a che tawh a. Punctuated by deafening roar, the brute's assaults grew in fury. Ka kut pakhat chauh ka invenna tling lo chuan claws leh fangs hmaah min ti hlauhawm hle. Mahse, dazing retribution ka dealt out. Mutually ensanguined, we." struggled as to the death.

"'Kap rawh!' 'Sakei chu that rawh!' Zaipawl zîngah chuan au thawm a lo chhuak a, chutiang chuan mihring leh sakawlh chu an che rang hle a. guard pakhat silaimu a kal soal tih. Ka duhthusam zawng zawng ka khawl khawm a, nasa takin ka au a, a tawp berah chuan concussive blow ka la thla ta a ni. Sakei chu a tlu a, ngawi rengin a mu a.

"Duh ani pussycat chu!" Ka a rawn ti a.

Chumi swami a nui suk a chhung thinlung takin lawmpuina, tichuan a ti chhunzawm a chumi engrossing tak a ni thawnthu a ni.

"Raja Begum chu a tawpah chuan a hneh ta a ni. A lal inchhuanna chu a inngaitlawm zual sauh sauh a: ka kut hrual tawh tak takte chuan huaisen takin a hmuï chu ka hawng ta a. Hun rei tak chhung chu ka lu chu thihna kawngkhar yawning chhungah ka vawng tlat a. Chain pakhat chu ka han en kual a. Lei chung a pile pakhat atanga pakhat chu ka hrual a, sakeibaknei chu a kawr atang chuan cage bar-ah ka khin a. Hnehna changin kawngka lam pan chuan ka inher a.

"Mahse sawmi fiend tih a ni tisaa lo chang, . Raja Begum, 1999 a ni. nei stamina (stamina) a ni phu tan ani ring chhin ramhuai lam hawi chawrchhuahna. Lunge mak tak mai nen chuan chain chu a tikehsawm a, ka hnungzang chungah chuan a zuang thla ta a. Ka kekawrte chu a hmuïah nghet takin ka tla a, nasa takin ka tlu ta a. Mahse, vawi thum chhungin ka hnuaiah ka pin ta a. Khawngaihna tel lo vuakna hnuaiah chuan rannung bum hman chu semiconsciousness-ah a pil ta a ni. Tun tum chu uluk zawkin ka secure a. Zawi zawiin cage chu ka chhuahsan ta a.

"Thu buai thar takah ka inhmu a, tun tum chu lawmna a ni. Mipui lawmna chu a chhuak ang maiin a chhe ta a ni." a rilru lian tak pakhat chauh. Disastrously mauled, indona condition pathum- sakeibaknei chu tihbuai a, chain hmanga khin a, keimah tan tanpuina mamawh lovin ka kalsan chu ka la tihlawhtling lo. Chu bâkah, sakawlh râpthlâk tak chu nasa takin ka hliam a, ka ti hlauhawm em em bawk a, a kâa ka lu lawmman hun remchâng chu ngaihthah mai maiin a lungawi ta a ni!

"Ka hliamte enkawl hnuah chawimawina leh pangpar ka vuah a; ka ke bulah rangkachak za tam tak a rawn tla a. Khawpui pum chu chawlhni hun chhung a lut ta a. Sakeibaknei hmuh tawh zinga lian ber leh savawm ber pakhat ka hneh chungchangah hian kawng tinrengah sawihona tawp nei lo hriat a ni. Raja Begum chu min rawn hlan a, tiam ang ngeiin, mahse ka rilruah chuan hlimna ka nei lo. Thlarau lam inthlak danglamna chu ka thinlungah a lut tawh niin a lang. A lang."

chu cage atanga ka chhuahna hnahnung ber nen chuan ka khawvel thil tumte pawh kawngkhar ka khar tawh tih.

"Hun lungchhiatthlak tak a zui a. Thla ruk chhung zet chu thisen rimchhia vangin thihna hnaihah ka mu a. Cooch Behar chhuahsan thei tura ka dam fel meuh chuan ka pianna khuaah ka kir leh ta a ni."

"Tunah chuan ka zirtirtu chu vaukhâna fing tak petu mi thianghlim a ni tih ka hre ta.' Inngaitlawm takin ka pa hnenah he thupha chawina hi ka sawi a, 'Aw, ka hmu thei chauh a nih chuan!' Ka duhthusam chu a thinlung tak a ni a, ni khat chu mi thianghlim chu puan chhuah lohvin a lo thleng a ni.

"Tawh tan sakei taming tih a ni.' Ani a ti a nen reh rintlakna a ni. 'Lokal nen keimah; Ka duhdan zirtir nangmah ah

mihring rilru ramngaw chhunga vakvai hriat lohna sakawlhthe chu thunun rawh. Ngaithlatute i thiam tawh a ni: vantirhkoh galaxy ni rawh se, yoga lama i thiamna hlimawm tak hian a ti hlim ang che!' tiin a sawi.

"Ka mi thianghlim guru-in thlarau lam kawngah min zirtir a. Ka thlarau kawngkharte chu a hawng a, rusty leh hun rei tak hman loha do thei lo a ni. Kut insuih chungin, rei lo teah Himalaya tlanga ka training turin kan chhuak ta a ni.

Chandi nen chuan swami ke bulah chuan kan kun a, nun thlipui tak tak a sawifiahna Chiang tak avangin lawmthu kan sawi a. Cold parlor-a rei tak probationary wait ka neih chu amply repaid ka ni tih ka hria!

6-1 : 1.1. *Sohong a ni* tawh ani monastic a ni hming. Ani tawh mipui zingah chuan a lar hle hria angin chumi "Sakei Swami chuan."

6-2 : 1.1. "Prince." Princess"-chutiang chuan hming vuah a ni ah kaww sawmi hei sakawlh possessed a ni chumi a inzawm khawm a ni ferocity a ni tan sakei leh tigress a ni.

BUNG: 1.1. 7. A rilru a hah lutuk chuan a rilru a buai em em a

Chumi Levitating a ni Mithianghlim

"Yogi pakhat chu boruakah a awm reng tih ka hmu a, lei atanga feet engemaw zat a sangah, nizan khan group meeting-ah ka hmu a." Ka thianpa, Upendra Mohun Chowdhury chuan thu a sawi a, a thusawi chu a ngaihnawm hle.

Thahnemngai takin ka nui suk a. "A hming hi ka lo chhut thiam mai thei. Bhaduri Mahasaya, Upper Circular Road-a cheng kha a ni em?"

Upendra chuan a lu a bu ngat a, news-bearer ni lo turin a crestfallen deuh. Mithianghlim chungchanga ka zawhna hi ka thiante zingah chuan hriat hlawh tak a ni a; track thara min siam chu an lawm hle.

"Yogi hi ka in bulah a awm hnai em em a, ka tlawh fo thin." Ka thusawi chuan Upendra hmelah ngaihvenna nasa tak a thlen a, inrintawkna ka nei lehzual bawk.

"A thiltih ropui tak tak ka hmu tawh. *Pranayamas hrang hrangte chu thiam takin* ⁷⁻

1 in a thiam tawh a ni." Patanjali-a'n a sawi hmân lai yoga chi riat zeta a sawite chu a ni. **7-2 a ni** Vawikhat chu Bhaduri Mahasaya chuan ka hmaah *Bhastrika Pranayama chu* chakna mak tak maiin a ti a, chu chu pindan chhungah thlipui tak tak a lo chhuak niin a lang! Tichuan thawk ri chu a titawp a, superconsciousness sang takah chuan che thei lovin a awm ta a ni. **7-3 a ni** Thlipui tleh hnua remna aura chu theihnghilh theih loh khawpin a lang Chiang hle."

"KA hria sawmi chumi mi thianghlim ngai lo hnah ani in." Upendra chuan a rawn ti a tone a ni tawh ani thil tenawm tak a ni rin loh tak a ni.

"A dik tak zet a ni! Kum sawmhnihi kalta chhung khan in chhungah a khawsa tawh a. Kan kûth thianghlim hun lai, a hma lam kawngpui thlenga a kal hian a mah chauhin a thunun chu tlem a tiziaawm deuh thin! Diltute chu chutah chuan an pungkawm thin a, a chhan chu Mithianghlim Bhaduri hi a thinlung nêh tak hmanga hriat a nih vang a ni.

"Engtin ti ani awm reng chhung chumi boruak, defying a ni chumi dan tan gravitation a ni em?"

"Yogi taksa chu *pranayama thenkhat hman hnuah a grossness a hloh* . Chumi hnuah chuan levitate emaw hop about emaw ang maiin leaping frog ang maiin.

Mithianghlimte pawhin formal yoga **7-4 an practice lo** Pathian tana inpekna nasa tak awm laiin an levitate tih hriat a ni."

"He mi fing hi hriat belh ka duh khawp mai. Zan lama a inkhawmnaah hian i tel ve thin em?" Upendra mitmeng chu hriat duhnain a rawn eng chhuak a.

"Ni e, ka kal fo thin. A finna lama finna hian nasa takin min ti lawm a. A chang chuan ka nuih rei tak hian a inkhawmna solemnity a tichhe thin. Mithianghlim chu a lungawi lo lo va, mahse a zirtirte chu dagger angin an lang!

Chumi chawhnu lama sikul atanga ka haw lam chuan Bhaduri Mahasaya-a cloister chu ka paltlang a, tlawh ka tum ta a. Yogi chu mipui zahawm tak tan chuan a thleng thei lo. Zirtir pakhat chauh, ground floor luahtu chuan a pu privacy chu a veng a. Zirlai chu martinet ang mai a ni a; tunah chuan "engagement" ka nei em tih formal takin a zawt ta a. A guru chuan summary ejection atanga min chhanchhuak turin a hun takah appearance a rawn siam a.

"Mukunda chu a duh hunah lo kal rawh se." Sage mitmeng chu a rawn meng chhuak ta hlawm a. "Ka inthiarfihlim dan hi keimah thlamuanna tur ni lovin, midangte thlamuanna tur a ni. Khawvel mite chuan an rilru natna tichhe thei thil Chiang tak hi an duh lo. Mithianghlimte hi an tlem mai ni lovin an buaithlak hle. Pathian Lehkha Thuah pawh hian mualpho takin an hmu fo thin!

Bhaduri Mahasaya chu a chung lam a austere quarters thlengin ka zui a, chuta tang chuan a hrual tam lo hle. Masters te hian khawvel buaina panorama hi an ngaihthah fo thin a, out of focus till centered in the ages. Sage hun laia mite chauh hi tunlai hun ziarang (narrow present)-a awmte an ni lo.

"Maharishi, . **7-5 a ni** nangmah hi chumi hmasa ber yogi tih a ni Ka nei hria tunge englaipawhin a awm reng in chhungah a awm."

"Pathian thlai ani mi thianghlimte achangin chhung beisei loh takin lei, chuti lo chuan

keini ngaihtuah keini maithei titem Ani ah ani dan!"

Sage chuan a taksa nung tak chu lotus posture-ah chuan a lock ta a. Kum sawmsarih a tlin chuan kum upa lam emaw, thut rengna emaw chhinchhiahna nuam lo tak tak a lantir lo. Stalwart leh straight tak a ni a, kawng engkimah a ideal hle. A hmel chu a rawn lang that of a *rishi*, hmân lai thuziak-a sawi angin. Lu ropui tak, hmul tam tak nei, nghet takin a thu reng a, a mit muang tak chu Omnipresence lam a hawi reng a ni.

Chumi mi thianghlim leh Ka a rawn lut a chumi ngaihtuahna seng (meditative) a ni nihphung. Hnuah chu darkar, ani dimdawi aw a harh chhuak ta keimah.

"Silence chhungah i lut fo thin a, mahse *anubhava i nei tawh em ?*" **7-6 a ni**

Ngaihtuahna aiin Pathian hmangaih zawk turin min hriat nawn tir a ni. "Technic hi Goal a ni tih hi ngaihtuah soal suh."

Mango engemaw zat min rawn hlan a. Chutiang rilru hlimthla tha tak, a rilru put hmang chu a hlimawm em em mai nen chuan, "Mi a tlangpuiin *Dhyana Yoga* (Pathian nena inzawmna) aiin *Jala Yoga (ei leh in nena inzawmna) hi an duh zawk a ni,*" *tiin a sawi.*

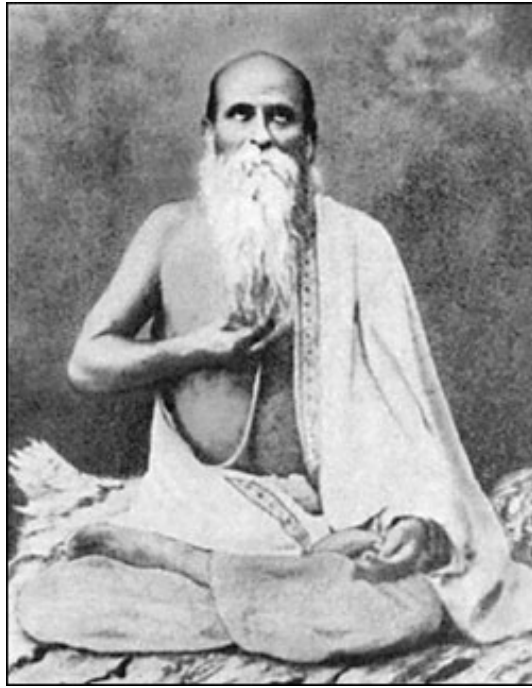
Ani yoga hmanga tih a ni pun a nghawng a ni keimah thawm ri nasa takin.

"A va nuihzat nge i neih!" A mitmengah chuan hmangaihna êng a rawn lang chhuak a. A hmel ngei pawh chu a serious reng a, chutih rualin nuihzatthlak takin a khawih a ni. A mitmeng lian tak, lotus tak chuan Pathian nuihza thup a keng tel a.

"Chu lehkhate chu America ram hla tak atanga lo kal a ni." Sage chuan dawhkan pakhatah envelope thuk tak tak engemaw zat a tarlang a. "Chutah chuan khawthlang tlemte, an member-te yoga ngaihven tak takte nen kan inbiak a. India ram hi an hmuchhuak thar leh mek a, Columbus aiin kawng kawhhamuh thiam zawkin! Anmahni tanpui hi ka lawm hle. Yoga hriatna hi dawngtu zawng zawng tan a thlawna pek a ni a, ni êng mawi lo ang maiin."

" Mihring chhandamna atana pawimawh nia an ngaih *rishi-te chu* khawthlang lam tan chuan tihthianghlim a ngai lo. Thlarau lam inang mahse pawn lam thil tawn hrang hrang nei mah se, disciplinary yoga chi khat emaw tih loh chuan khawthlang emaw, khawchhak emaw pawh an lo thanglian dawn lo.

Mi thianghlim chuan a mitmeng muang takin min chelh a. A thusawi chu zâwlnei kaihhruaina khuh bo a ni tih ka hre lo. Tunah chauh hian, heng thute ka ziah lai hian, engtikah emaw chuan India zirtirna chu America ramah ka phur dawn tih min hrih fo thin casual intimations-a awmzia kimchang ka hrethiam ta a ni.



BHADURI chuan a rawn ti a MAHASAYA
"Chumi Levitating a ni Mithianglim"

"Ka pu," ka zawt a, "engvangin nge khawvel hlawkna tur atana yoga chungchang lehkhahu i ziah loh?" "Zirtirte ka zirtir a ni," tiin a chhang a. "Anmahni leh an zirlai te hi living volume an ni ang a, hun pianphung inthlak danglamna leh sawiseltuten pianphung ni lo hrilhfiahna dodalna finfiahna an ni ang."

"Maharishi, . Ka duhsak nangmah ang ziaak ani lehkhahu chungah yoga tih a ni tan chumi chhawr tangkai tan chumi khawvel."

"Zirtir ka zirtir mek a ni. Anni leh an zirlai te hi living volume an ni ang a, hun pianphung in\hen darhna leh sawiseltu-te hrilhfiahna pianpui lo tak takte dodalna finfiahna an ni ang." Bhaduri finna chuan nuihzatna thlipui dangah min dah leh ta.

Zan lama a zirtirte an lo thlen thlengin yogi nen chuan keimah chauhin ka awm a. Bhaduri Mahasaya chuan a rawn ti a a thusawi entawn tlak loh pakhatat chuan a lut ta a. Tuilêt thlamuang tak ang maiin a ngaithlatute rilru chhe zawng zawng chu a hrufai bo a, Pathian lam hawiin a float ta a ni. A tehkhin thu mak tak takte chu Bengali tawng dik lo takin a sawi chhuak a ni.

Vawiin tlai khan Bhaduri chuan Mirabai nun nena inzawm philosophy point hrang hrang a sawifiah a, . hun laihawl laia Rajputani lal fanu pakhat, sadhus-te nena inzawmna zawng tura a lal in nun kalsan. Sannyasi ropui pakhat chuan hmeichhia a nih avangin a dawng duh lo va; a chhanna chuan inngaitlawm takin a keah a ding ta a ni.

"A pu hnenah chuan Pathian tih loh chu khawvel pumah hian Mipa an awm tih ka hre lo tih hrilh rawh; A hmaah hian hmeichhia kan ni vek lo em ni?" (Lalpa chu Positive Creative Principle awmchhun anga Pathian Lehkha Thua ngaihdan, A thil siam chu passive *maya tih loh chu engmah a ni lo* .)

Mirabai hian hla ecstatic tak tak tam tak a phuah a, chungte chu India ramah chuan an la hlut hle a; Chumi zinga pakhat chu hetah hian ka letling a ni :

"Nitin inbualna hmang hian Pathian hi
hriatchhuah theih ni ta se Sooner would I be
a whale in the deep;
A zung leh thei ei hmangin Amah chu hriat theih ni
ta se Lawm takin kel lem ka thlang ang;
Rosary chhiar hian Amah chu a pholang a
nih chuan ka tawngtaina chu mammoth beads-
ah ka sawi ang; Lung lem hmaa chibai bukin
Amah chu a pholang a nih chuan Tlâng
lungpui lian tak hi inngaitlawm takin ka

biak ang;

Duhthusamin Lalpa chu imbibed theih ni ta se,
bawnghnute leh naupang tam takin Amah chu an
hre ngei ang;

Nupui kalsan chuan Pathian a koh phawt chuan
Mi sâng tam tak chu eunuch an ni lo vang em
ni?

Mirabai chuan Pathian hmu tur chuan a
pawimawh ber chu Hmangaihna a ni tih a
hria."

Zirlai engemaw zatin Bhaduri-a slippers-ah cheng an dah a, chu chu yoga posture-a a thut laiin a bulah a awm a ni. He zah taka thilhlán, India rama tih dan phung hian zirtir chuan a thil neihte chu guru ke bulah a dah tih a tilang a ni. Thian lawmawm tak takte chu Lalpa inthuan, ama ta enkawltu chauh an ni.

"Master, i mak khawp mai!" Zirlai pakhat chuan a chawlh la a, patriarchal sage chu ngun takin a en a. "Pathian zawng tur leh finna min zirtir turin hausakna leh thlamuanna i phatsan ta a ni!" Bhaduri Mahasaya hian a naupan laiin chhungkaw hausakna nasa tak a kalsan tih chu hriat lar tak a ni a, chutih lai chuan rilru pakhat chauhvin yoga kawngah a lut ta a ni.

"Case i revers leh ta a ni!" Mithianglim hmelah chuan zilhna nem tak a awm a. "Paltry cheng tlemte ka hnutchhiah a, tlemte." petty tak a ni nuam tihna, . tan ani cosmic lam thil a ni empire a ni tan tawp nei lo nuam tak. Engtin tichuan nei Ka phal lo keimah ngei pawh eng emaw? Ro hlu insem hlimna chu ka hria. Chu chu inthawina a ni em? Khawvel mite mitthla lo tak takte hi inhnukdawk tak tak an ni tak zet! Lei lam thil infiamna kut zungtang rethei tak tak avang hian Pathian thil neih tluk loh chu an bân-san ta a ni!"

He renunciation ngaih-dan inthlau tak hi ka nuih a za hle a-chu chuan Croesus-a kawrfual chu mi thianglim diltu tu pawh chungah a dah a, chutih rualin mi hausa chhuanawm tak tak zawng zawng chu hriat loha martar-ah a chantir vek baw.

"Pathian thupek hian insurance company zawng zawng aiin kan hmalam hun chu fing zawkin a ruahman a ni." Master thutawp chu a rinna rinna (realized creed) a ni. "Khawvel hi pawn lam himna nei ringtu rilru na lo tak takte nen a khat a ni. An ngaihtuahna khauh tak chu an hmaiah hliam ang mai a ni. Kan thawk hmasa ber atanga boruak leh hnute min petu hian nitin a rawngbawltute tan thilpek a thiam hle a ni.

Sikul ban hnua ka pilgrimage te chu mi thianglim kawngka bulah chuan ka chhunzawm ta a. Ngawi renga thahnemngaihna nen *anubhava ka neih theih nan min pui a* . Ni khat chu ka Gurpar Road-a ka chenna veng atanga hla tak Ram Mohan Roy Road-ah a insawn a. A zirtir hmangaih tak takte chuan hermitage thar an siamsak a, chu chu "Nagendra Math" tia hriat a ni. **7-7 a ni**

Ka thawnthu aiin kum engemaw zat hmaah min hruai lut a, mahse hetah hian Bhaduri Mahasaya-a'n min pek thu hnunung berte chu ka sawi nawn leh ang. Khawthlang lam pan tura ka chuang hma lawk chuan ka zawng a, inngaitlawm takin a thlahna malsawmna dawng turin ka bawkkhup a:

"Ka fapa, America-ah kal rawh. I phaw atan India hoary zahawmna chu la rawh. Hnehna chu i hmuiah a inziak a; hla tak mi ropui tak takte chuan an lo dawngsawng

tha hle ang che."

7-1 : 1.1. Thiltih dan tan thunun (controlling) a ni nunna chakna

tlang dan siam a ni tan thaw. 7-2: Hmanlai yoga chungchang

sawitu hmasa ber.

French professor-te chu khawthlang ramah chuan scientifically-a superconscious-te thil awm thei chhui duh hmasa :7-3
ber an ni rilru. Professor a ni Jules-Bois-a chuan kum 1999 a ni. member a ni tan chumi L'Ecole chuan arawn ti a de
Psychology lam a ni tan chumi Sorbonne-ah a awm a. lecture a pe a chung America ramah a awm kum 1928-ah; a
ngaithlatute hnenah French scientist-te chuan superconsciousness chu hriatpuina an pe tih a sawi a, "chu chu Freud-a
subconscious mind nen a inpersan tak a ni a, mihring chu mihring tak tak leh super- animal mai ni lo siamtu faculty a ni,"
a ti. M. Jules-Bois-a chuan hriatna sang zawk harhtharna chu "Coeism emaw hypnotism emaw nena inthlau tur a ni lo.
Superconscious mind awmna hi philosophy lamah chuan hun rei tak chung hriat a ni tawh a, a takah chuan Oversoul a
ni," tiin a sawifiah thusawi a ni tan tu Emerson, kum 2019 a ni. mahse chauh tunhnai khan nei chumi ni hriat chhuah a ni
scientific lamah chuan." Chumi French tawng a ni science lam mithiam a kawhhmuh a out that chu superconsciousness
".atang hian inspiration, genius, moral values te a lo chhuak thin. "Hei hi rinna hi mysticism a ni lo nain

".hriat chhuah a ni leh hlut a ni chumi mizia te khawi mystics te an ni thu hrih a ni

a ni: St. Theresa chuan a rawn ti a tan Avila chuan leh thildang Kristian mi thianghlime 7-4

".an fo enfiah a ni chung ani nihphung tan levitation tih a ni. 7-5: "Mi fing ropui tak

.ah hian: Nihna chiah hmuhdan tan Pathian 7-6

ah hian: Chumi mithianghlime ta a ni khat hming tawh Nagendranath chuan a rawn ti a Bhaduri chuan a rawn ti a. 7-7

. Chhiarkawp kalkawng hermitage a ni emaw *ashram ah chuan*

BUNG: 1.1. 8. A rilru a hah lutuk chuan a rilru a buai em em a

India ram a ni Ropui Science lam mithiam, JC Bose chuan

"Jagadis." Chandra chuan a rawn ti a Bose-a chuan a ti a wireless hmanga tih a ni thil siam chhuah te antedated a ni saw'ng saw tan Marconi chuan."

He thusawi rilru ti na tak hi ka hriat chuan kawngpui sirah scientific discussion nei professor pawl pakhat bulah chuan ka kal hnai ta a. Anmahni ka zawm chhan chu hnam inchhuanna a nih chuan ka pawl ka ti hle. India hian physics lamah hmahruaitu a ni thei tih finfiahna ka ngaihven em em chu ka hnial thei lo va, metaphysics chauh pawh ni lovin.

"Engnge ti nangmah suaksual, Ka pu?"

Professor chuan tih tur nei takin a hrihfhiah a. "Bose hi wireless coherer leh electric wave refraction tarlanna hmanrua siamtu hmasa ber a ni. Mahse, Indian scientist hian a thil siamte chu sumdawnna atan a hmang tangkai lo. Rei lo teah inorganic atangin organic khawvelah a ngaihtuahna a sawn ta a ni. Plant physiologist anga a thil hmuhchhuah revolutionary tak takte hian physicist anga a hlawhtlinna radical tak takte pawh a phak lo hle a ni," a ti.

Ka mentor hnenah zahawm takin lawmthu ka sawi a. Tin, "Scientist ropui tak hi

Presidency College-a ka unaupa professor zinga mi a ni," a ti bawk.

A tuk zingah chuan sage chu a inah ka tlawh a, chu chu Gurpar Road-a ka chenna in bulah a awm a. Hun rei tak chhung chu zahthlak takin ka lo ngaisang tawh a. Thlan leh botanist pension tawh chuan khawngaih takin min lo hmuak a. Kum sawmnga vel zeta upa mipa hmeltha, chak tak, sam sei tak, hmai zau tak, mumang neitu mit abstract tak tak a ni. A aw ri dik tak chuan a dam chhunga science lama a tih dan chu a tilang Chiang Hle.

"Tun hnaiah khawthlang lam scientific society-a expedition ka neih atangin ka lo kir leh a. An member-te chuan ka thil siam instrument nalh tak takte chu ngaihvenna nasa tak an lantir a, chu chuan a lantir a ni

nunna zawng zawng inpumkhatna inthen theih loh. **8-1 a ni** Bose crescograph hian magnification maktaduai sawm vel zeta lian a nei a ni. Microscope hi vawi sang tlemte chauh a lian a; mahse, biological science-ah chuan chakna pawimawh tak a thlen a ni. Crescograph hian chhiar sen loh vista a hawng a ni."

"Science kutchhuak mimal lo tak takah Khawchhak leh Chhim lam inkungkaihna ti chak turin thil tam tak i ti a ni, ka pu ."

em! Chu empirical procedure chu ka Eastern heritage ni thin introspection thilpek nen a kal dun a ni. An pahnih hian natural realms long uncommunicative silences te chu ka sunder thei ta a ni. The telltale charts of my crescograph are evidence for the most skeptical that thlai te hian sensitive nervous system an nei a, a chi hrang hrang rilru lam nun. Hmangaihna, huatna, hlimna, hlauhna, nawmna, hrehawmna, rilru hahna, rilru hahna, leh thil tichaktu chhanna dik chhiar sen loh chu rannung ang bawkin thlaiah pawh a awm vek a ni."

"Thil siam zawng zawnga nunna throb danglam tak chu i lo kal hma khan poetic imagery chauh angin a lang thei, Professor! Tûn hmaa ka hriat mi thianghlim pakhat chuan pangpar a hrual ngai lo vang. 'Rosebush-in a mawina a chhuangna chu ka rukbo ang em? Ka rude divestment hmang hian a zahawmna chu zahthlak takin ka sawichhia ang em?' A lainatna thusawi chu i thil hmuhchhuah hmang hian literal takin a finfiah a ni!"

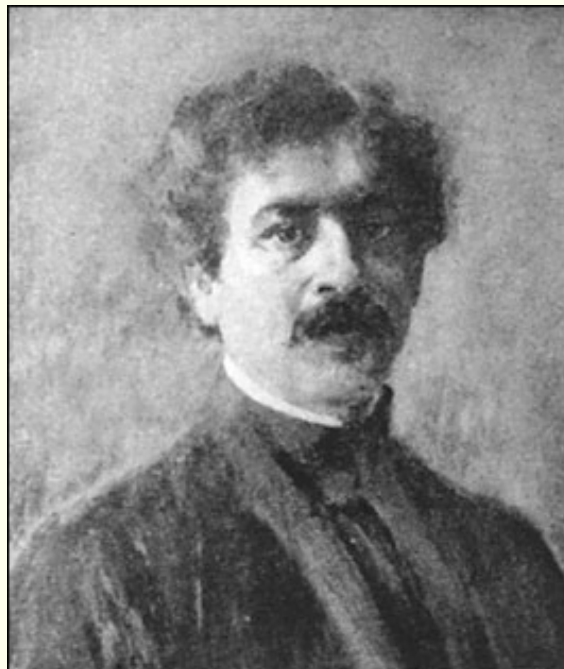
"Poet hi thutak nen a inhnaih hle a, scientist erawh chuan awkward takin a rawn hnaih thung. Engtikah emaw chuan ka laboratory-ah lo kal la, crescograph-a testimony chiang tak chu en rawh."

Lawm takin sawmna chu ka pawm a, ka chhuahna chu ka la ta a ni. A hnuah chuan botanist hian Presidency College a chhuahsan tih ka hre a, Calcutta-ah research center din a tum tih ka hre bawh.

Bose Institute hawn a nih khan inhlanna inkhawmah ka tel ve a. Mi za tam tak phur takin he hmunah hian an fang kual a. Science in thara artistry leh thlarau lam entirna chuan min ti hlim hle. A hma lam kawngkhar chu, ka hriat chhuah dan chuan, kum zabi khat chhunga thil hlui, hmun thianghlim hla tak aṅanga lo chhuak a ni. Lotus hnung lamah **8-3** fountain, hmeichhe lem lem, meialh kenga siam chuan India-in hmeichhia chu thi thei lo êng kengtu anga a zahna chu a thlen a ni. Chu huan chuan thil mak tak tak awm lovin Noumenon-a tana inhlam biak in te tak te a nei a. Pathian taksa nei lo ngaihtuahna chu maicham lem engmah a awm loh avangin a lo lang ta a ni.



Keimah hmunah Kum paruk



JAGADIS a ni CHANDRA chuan a rawn ti a BOSE a ni
India ram a ni ropui physicist, 1999 a ni. botanist, 1999 a ni. leh thil siamtu a
ni tan chumi Crescograph a ni

Bose-a chuan a ti a thusawi chungah hei ropui occasion maithei nei tihchhuah a ni
atangin chumi hmui a ni tan pakhat tan chumi inspired a ni hmanlai

. *rishis a ni*

"Vawiin hian he Institute hi laboratory mai ni lovin temple atan ka hlan a ni." A
zahna ropui tak chu auditorium mipui tam tak chungah chuan hmuh theih loh puan

ang maiin a ru a. "Ka chhui chiannate zawn kawngah hian hriat lohvin physics leh physiology ramri bial chhungah min hruai lut a. Ka mak tih ber chu ka hmuchhuak ta a ni."

ramri line bo, leh point of contact lo chhuak, nung leh nung lo ram inkara. Inorganic matter chu inert tih loh chu engmah anga ngaih a ni a; chakna tam tak thiltih hnuaiah chuan a thrill hle.

"Universal reaction chuan metal, plant leh animal te chu common law hnuaiah a hruai lut niin a lang. An vai hian a bul berah chuan hahna leh lungngaihna thil thleng inang chiah chiah an lantir a, dam leh theihna leh tan chawimawina, . angin Awle angin chumi nghet chhân lêt lohna (irresponsiveness) a ni inthlunzawmpui nen thihna. Thun khat with awe at this stupendous generalization, beiseina nasa tak nen Royal Society hmaa ka result ka puan kha a ni- result experimented by experiments. Mahse, chuta awm physiologist-te chuan an humhalhna hmunte chu luhchilh ai chuan, taksa chhui chiannaah chauh ka inkhung hran a, chutah chuan ka hlawhtlinna chu a Chiang Tawh a ni. Ka hriat lohvin caste system hriat loh domain-ah ka kal bo tawh a, chuvang chuan a etiquette chu ka tithinur ta a ni.

"An unconscious theological bias pawh a awm a, chu chuan hriat lohna leh rinna a tibuaitsu a ni. He thil siam thuruk lo inthlak danglam zel hian min hual veltu hian zawhna leh hriatthiam duhna pawh kan chhungah a tuh tih theihnghilh a ni fo. Kum tam tak hriatthiamna dik lo karah chuan science lama inpe mi pakhat nun chu inbeihna tawp loin a khat ngei ang tih ka hrechhuak ta a ni. A tan a ni." a nun chu thilhlam him tak angin-hlawkna leh hlohna, hlawhtlinna leh hlawhchhamna chungchangah, pakhat anga hlan turin.

"Hun a lo kal zel a, khawvela scientific society lar ber berte chuan ka theory leh result te chu an pawm a, science lama India ram thawhhlawkzia chu an hre Chiang ta a ni. **8-4.**" Thil tenau emaw, circumscribed emaw hian India rilru a ti lungawi thei ngai em? Thuthlung nung chhunzawm zel, leh tleirawlina thiltihtheihna pawimawh tak hmangin, he ram hian inthlak danglamna chhiar sen loh hmangin a insiamrem leh ta a ni. India mite chu an lo chhuak fo tawh a, darkar khat chhunga lawmman nghal leh hip thei tak chu paih bovin, nunah thil tum sang ber berte tihhlawhtlinna an zawng a-passive renunciation hman ni lovin, active struggle hmangin. Engmah nei lo, buaina hnawltu chak lo chuan phatsan tur a nei lo. A beitu leh hnehtu chauh hian a hnehna tawn rah chu pein khawvel a tihausa thei a ni.

"Bose laboratory-a matter chhanna chungchanga hna thawh tawh, leh thlai nunna lama beisei loh thil puan chhuah te hian physics-ah te, physiology-ah te, medicine-ah te, agriculture-ah te, leh psychology-ah te pawh zawhna chhanna hmun zau tak tak a hawng ta a ni. Tun thlenga chinfel theih loh anga ngaih harsatnate chu tunah chuan experimental investigation sphere chhungah dah a ni ta a ni."

"Mahse hlawhtlinna sang tak chu rigid exactitude tel lo chuan hmuh tur a ni lo. Chuvangin ka design-a super- sensitive instruments leh apparatus battery sei tak, wawihnah hian in hmaah ding rengin an case-ah chuan entrance hall-ah. Anni chuan hmuh loha awm reng reality-a bumna ang maia langte hnung lama luh tumin hun rei tak an beih dan te, mihringte tikhawtlai chhunzawm zelna leh chhelna leh

resourcefulness koh, mihringte tikhawtlai zel dan te an hrilh che a ni. All creative scientist-te chuan laboratory dik tak chu rilru a ni tih an hria a, chutah chuan illusions hnuaiah chuan thutak dan an pholang thin.

"He hmuna lecture pekte hi second-hand hriatna sawi nawn lehna mai a ni dawn lo. Thil thar hmuhchhuah, heng hall-a a vawi khatna atana entir a nih tur thu an puang dawn a ni. Institute hnathawh tihchhuah fo a nih avang hian heng India thawhhlawk te hian khawvel pum a thleng dawn a ni," a ti.

Mipui ta an ni ang. Patent engmah lak a ni ngai lovang. Kan hnam nunphung thlarau chuan mimal hlawkna tur chauha hriatna hman bawlhhlawhna a\angin chatuan atan kan zalen tur a ni.

"He Institute-a facilities hi a theih ang anga, ram tin atanga hnathawkte tan a awm theih nan ka duhthusam dang a ni. Hemi kawngah hian ka ram nunphung kalpui zel ka tum a ni. Kum zabi sawmhnih leh panga kalta atang khan India chuan a university hluiah te, Nalanda leh Taxila-ah te, khawvel hmun hrang hrang atanga mithiamte a lo hmuak a ni," a ti.

"Pawh ni se Science hi ni lo ve ve tan chumi Khawchhak ni lo ve ve tan chumi Chhim lam mahse chutiang ni lovin khawvel ram inkar chhung a universality, chuti chung pawh chuan India chu thawhhlawk tak tak thawh turin a bik takin a inpeih a ni. **8-5 a ni** Thudik inhnialna langsar tak tak tam tak atanga thununna thar laksak thei Indian suangtuahna kang mek chu ngaihtuahna seng (concentration) tih dan hian a thunun a ni. He insumna hian rilru chu thutak zawn kawngah dawhtheihna tawp nei lo nena vawn theihna thiltihtheihna a pe a ni."

Scientist thutawp sawi chuan ka mittui a tla zawih zawih a. "Patience" hi India ram nen a inmil tak tak lo em ni, Time leh historian-te pawh tibuitu a ni lo em ni?

Research center chu ka tlawh leh a, hawn ni atanga rei lo teah. Botanist ropui tak chuan a thutiam chu ngaihtuah chungin a laboratory reh takah min hruai a.

"He fern-ah hian crescograph hi ka attach ang; a magnification chu a ropui hle. Snail pakhat crawl chu tihpun ni ta se." chhung chumi inang proportion, 1000 a ni. chumi thilsiam ang langchhuak ah ni zin chhuak duh chu tilang zirtir!"

Ka mit chu duhthawh takin screen-ah chuan a inngat a, chu chuan magnified fern-shadow chu a rawn lang chhuak a. Minute life- movement te chu tunah chuan Chiang takin a lang ta a; ka mit hmuhdawm tak hmaah chuan thlai chu a lo thang zawi hle mai. Scientist chuan fern tip chu thir bar te tak te hmangin a khawih a. Pantomime lo thang zel chu a ding nghal vat a, rod chu an lak chhuah meuh chuan eloquent rhythm te chu a chhonzawm leh ta a ni.

"Pawn lam atanga inthlak danglamna tlemte eng pawh hian sensitive tissue te a tichhe thei tih i hmu a ni," tiin Bose chuan a sawi. "En teh; tunah chuan chloroform ka pe ang a, chutah chuan antidote ka pe ang."

Chloroform-in nghawng a neih chuan a lo thang zawn zawn a titawp vek a; antidote chu a tinung leh ta a ni. Screen-a evolutionary gestures chuan "movie" plot aiin min chelh tlat zawk. Ka thianpa (hetah hian villain role-ah hian) chuan fern hmun thenkhatah chuan instrument nalh tak a rawn nawr lut a; natna chu spasmodic flutters hmangin a lantir a ni. Razor pakhat chu a zung atanga a then a paltlang chuan, thlalak chu nasa takin a tibuai a, chutah chuan thihna

chhinchhiahna hnahnung ber hmangin a ti reh ta a ni.

"Thing lian tak pakhat chloroforming hmasa ber khan hlawhtling takin ka thlak thei ta a ni. A tlangpuiin, chutiang ramngaw lalte chu an sawn hnuaah an thi nghal vat thin." Jagadis chuan nunna chhanhimna kawng a sawi lai chuan hlim takin a nui suk a. "Ka hmanrua nalh tak tak graph-ah chuan thingte hian circulatory system an nei tih a finfiah a; an sap movement hi rannung taksa thisen sang nen a inmil a ni. Sap chhoh dan hi mechanical grounds hmasawn tak tak, capillary attraction ang chiah hian sawifiah theih a ni lo. He phenomenon hi crescograph hmangin cell nungte hnathawh angin chinfel a ni tawh. Peristaltic waves hi cylindrical tube atanga chhuak a ni chu chu thing hnuaiah a inzar pharh a,

thinlung tak tak angin a thawk a ni! Kan hriat thuk poh leh, ruahmanna inang tlang chuan chi hrang hrangte chu chi hrang hrangah a thlunzawm tih finfiahna chu a langsar zual sauh sauh a ni."

Chumi ropui science lam mithiam a kawhhmuh a ah adang Bose chuan hmanrua.

"Tin pakhata experiment ka entir ang che. Metal-a nunna chakna hian stimuli chu a chhe lo emaw, a hlawkpui emaw a chhang let a. Ink marking hian reaction hrang hrangte chu a register ang."

Deeply engrossed, atom structure-a characteristic wave record tu graph chu ka en a. Professor chuan tin-ah chloroform a hnawih chuan vibratory writings chu a tawp ta a ni. Zawi zawiin metal chu a dinhmun pangngai a neih leh avangin an tan leh ta a ni. Ka thianpa chuan a dispens a chemical rimchhia (poisonous chemical) a ni. Tin, tin tawp quivering nen a rualin, needle dramatic takin chart-ah chuan thihna hriattirna a ziaak a.

"Bose instrument-te chuan metal, scissor leh machinery-a hman thin steel ang chi te chu a chau thei tih a tarlang a, hunbi neia chawlh hahdamna hmangin efficiency an nei leh thin. Metal-a life-pulse hi electric current emaw heavy pressure emaw hmanga nasa takin a tichhe emaw, a thim emaw pawh a ni thei ."

Ka a han en a vel chumi pindan hmunah chumi tam tak a ni thil siam chhuah, . thusawi thiam tak thu hriattirna a ni tan ani chau lovin thiamna (ingenuity) a ni.

"Ka pu, i mechanism mak tak takte hman kim zawkna hian mass agricultural development a ti chak lo hi a pawh hle. An zinga thenkhat chu laboratory experiment rang tak takah hman a, thlai chi hrang hrangin thlai chinna kawnga nghawng a neih dan lantir chu awlsam takin a theih dawn lo em ni?".. tiin a sawi.

"I sawi dik a ni. Bose instrument hmanna chhiar sen loh chu nakin lawka thangtharte'n an hmang dawn a ni. Scientist hian contemporaneous reward hi a hre tlem hle; creative service hlimna neih hi a tawk a ni .

Mi fing hahdam lo tak chung a lawmthu sawina rilru pu chungin, ka chawlh ka la ta a. "A genius fertility mak tak mai chu a tawp thei tawh ang em?" Ka ngaihtuah a.

Kum tam tak nen chuan tlahniamna a lo thleng lo. Chumi hnua Bose chuan instrument inthup tak, "Resonant Cardiograph" a siam chhuak a, India ram thing leh mau chhiar sen loh chungchangah zirchianna nasa tak a nei ta a ni. Damdawi tangkai tak tak, rinhlelh loh pharmacopoeia lian tak chu a lo chhuak ta a ni. Cardiograph hi unerring accuracy hmanga siam a ni a, chu chuan second za zela hmun khat chu a tarlang a ni a graph a ni. Resonant record hian thlai, rannung leh mihringah infinitesimal pulsation a teh thin ruangam. Botanist ropui tak chuan a

cardiograph hman hian vivisection on a thlen dawn tih a sawi lawk a rannung aiah thlai chi hrang hrang.

"Damdawi pakhat, thing leh mau pakhat a ruala pek chuan a nghawng dan side by side recording-ah chuan mak tak maiin unanimity a awm a ni," tiin a tarlang. "Mihringah hian engkim hi thlaiah hian a lo en lawk tawh a ni. Thing leh mau chungchanga experiment neih hian mihringte hrehawm tawrhna tihziaawmna kawngah a pui dawn a ni."

Kum tam tak hnuah Bose-a hmahruaitu thlai thil hmuhchhuah chu scientist dangte pawhin an nemngnet ta a ni. Kum 1938-a Columbia University-a hnathawh chu *The New York Times* -in hetiang hian a report a ni:

Kum tlemte kalta chhung khan nerve-in thuchah a thawn chhuah hunah thluak leh taksa peng dangte inkarah electrical impulse tenau tak tak a lo piang chhuak a ni. Heng impulse te hi galvanometer nalh tak tak hmanga teh a ni a, tunlai amplifying apparatus hmangin vawi maktaduai tam tak tihpun a ni baw. Tun thleng hian rannung nung emaw mihring emawa nerve fiber kal tlanga impulse kal dan zir chianna kawng lungawithlak tak hmuh tur a awm lo a, chu chu a ropui vang a ni heng impulse te hi an kal chakna a ni.

Drs. K. S. Cole leh H. J. Curtis-a te chuan tui thianglim thing nitella-a cell pakhat sei tak, rangkachak sangha bawm-a hman fo chu nerve fiber pakhata cell pakhat nen a inang tlang hle tih an hmuchhuak tih an sawi. Chu bâkah, nitella fiber-te chu an excited chuan, ran leh mihringa nerve fiber-te nena inmil, velocity tih loh chu kawng tinrêngah electrical wave an thehdarh tih an hmuchhuak baw. Thlai chhunga electrical nerve impulse chu rannung aian a slow zawk hle tih hmuhchhuah a ni. Chuvangin he thil hmuhchhuah hi Columbia hnathawkte chuan nerve-a electrical impulse kal dan slow motion picture lakna hmanrua atan an hmang ta a ni.

Chutiang chuan nitella thing chu rilru leh thil awm dan ramri hnai tak, thuruk venhimna hnai tak takte sawifahna atana Rosetta lung chi khat a lo ni thei a ni.

Hla phuah thiam Rabindranath Tagore hi India rama idealistic scientist thian ngnet tak a ni. A hnenah chuan Bengali hla phuah thiam duhawm tak chuan a hnuai thute hi a sawi a: **8-6**

sama tih chu thu dik takin ko rawh ; "Tho
rawh! Harh rawh!" A *shastric lore* chhuangtu
mi chu ko rawh From vain pedantic
wringings profitless, Chu inchhuang â tak
chu ko la, thilsiam hmaah, he lei zau takah
hian lo chhuak turin ko rawh, He kohna hi i
mithiam pawl hnenah tir chhuak rawh I mei
inthawina chu hual vel rawh
An vai hian inkhawm rawh se. Chutiang
bawkin kan India, Kan ram hlui chu a
hnenah lo kir leh rawh se
Vawi khat chu hna ngnet takah kir leh
rawh, Duty leh devotion-ah, a trance-
ah

Tan tih tak zetin inngaihtuah muk; nihtir ani thu
Vawi khat chu rilru buai lo, duhâm lo, inhnialna
nei lo, thianghlim, 0 vawi khat chu a thutna sang
takah chuan
Leh dawhsan, zirtirtu tan zavai ram hrang hrang.

8-1 : 1.1. "Zavai Science hi thil thleng (transcendental) a ni emaw bakah pass a ni hmundang. Botany lam a ni hi tunah acquiring tih hi a ni chumi dik theory-a tih chu a ni avatars te pawh a awm tan Tunah hian Brahma hi natural history zirna bu a ni dawn a ni."- *Emerson* .

8-2 : 1.1. Atangin chumi Latin tawng a ni zung, *crescere* , a ni. ah belh. Tan ani crescograph hmanga siam a ni leh thildang thil siam chhuah, . Bose chuan tawh knighted a ni chung 1917 khan a lo piang a.

8-3 : 1.1. Chumi lotus tih a ni pangpar hi chu hmanlai thianghlim chhinchhiahna chhung India; chu chu a inhawng chhuak a hnah (petals) a awm thurawn chumi tihzauh a ni tan chumi thlarau; a lo chhuahna leilung a\anga a mawina thianghlim lo thang lian chuan thlarau lam thutiam \ha tak a keng tel a ni.

8-4 : "Tun dinhmunah chuan accident rapthlak ber chauh hian American college zirlai thuneihna hnuaiah India a hruai lut a ni. University pariat (Harvard, Yale, Columbia, Princeton, Johns Hopkins, Pennsylvania, Chicago, leh California) te chuan Indology emaw Sanskrit emaw chair an nei a, mahse India hi history, philosophy, fine arts, political science, department hrang hrangah chuan a tel lo tak zet a ni. sociology, 1999 a ni. emaw engpawh tan chumi thildang department hrang hrangah a awm tan mifing tawnhriat chhung khawi, angin keini nei hmu tawh, India nei thawhhlawk tak tak a ni.Chuvangin, zirlai department engmah, a bik takin humanities-ah chuan eng department mahah pawh a awm lo tih kan ring

major university chu a discipline-a Indic phase hrang hranga specialist mumal tak nei lo chuan hmanraw kimchang tak a nei thei a ni. Kan ring a, . pawh, sawmi engpawh zirna in khawi a tum a ni ah buatsaih chu chu zir chhuakte tan a ni tan remhria hnathawk chhung chumi khawvel khawi hi ah ni anmahni ta chu nung chhung, ngei nei chungah chu chu thawktu ani mi thiam tak a ni tlak chhung chumi civilization (civilization) a ni tan India."-A chhuahna hmun atangin chu thil tu Professor a ni W. Norman-a chuan a zia a Uk tan chumi Zirna sang tan Pennsylvania-a awm a ni khawi langchhuak chhung chumi Maithei, Kum 1939, 1999 khan. buaina tan chumi *Bulletin tihchhuah a ni* tan chumi American Council-in a sawi tan Zir chhuah a ni Society hrang hrang, . 907 a ni 15-na a ni St., a ni. Washington, 1999 a ni. D. C., a ni. 25. A rilru a hah lutuk cent a ni copy rawh. Hei buaina (#28) a ni. tel chungah 100 a ni pheh hrang hrangah "Indic .Studies atana Bibliography bulpui" tih a ni

8-5 : 1.1. Chumi atomic a ni ruangam tan thu tawh hriat hlauh tak a ni ah chumi hmanlai Hindu te an ni. Pakhat tan chumi paruk system hrang hrang a awm tan Indian a ni thil bul chhuina chu *Vaisesika* a ni , . atangin chumi Sanskrit tawng zung *visasa* , . "atomic a ni." mimal nihna." Pakhat tan chumi hmahruaitu a ni *Vaisesika a ni* sawfiahtute an ni tawh Aulukya, Kanada tia koh bawh, "the atom- eater," kum 2800 vel kalta a piang.

East-West , April, 1934- a thuziak pakhat chuan *Vaisesika scientific hriatna* khaikhawmna chu hetiang hian pek a ni: "Tunlai 'atomic theory' hi science hmasawmna thar anga ngaih a ni tlangpui nachungin, hun rei tak kal ta khan Kanada, 'atom eitu' chuan ropui takin a lo sawifiah tawh a ni." Sanskrit *anus hi dik takin* 'atom' tia lehlin theih a ni a, a hnunung zawk hi a awmzia takah chuan 'uncut' emaw, indivisible emaw a ni thei lamah magnet te, . (2) . chumi circulation a ni tan tui chhung thlai, (3) . *akash* emaw ether, 1000 a ni. inert a ni leh structure nei lo, . angin ani basis a ni chakna fiah lo tak tak thawh chhuahna atan, (4) ni mei chu lumna chi dang zawng zawng thlentu atan, (5) lumna chu molecular inthlak danglamna thlentu atan, (6) lei- atom-a awm quality avanga gravitation dan chu an attractive power pe turin emaw hnuai lam pan chuan pawt, (7) . chumi kinetic a ni nihphung tan zavai chakna thahrui; causation (causation) a ni angin englaipawhin zung kai a ni chhung chu sum hmanna (expenditure) a ni tan chakna thahrui emaw a sem lehna (redistribution) a ni tan chetna, (8) . khawvel pum huap a ni a inthiarfihlim tlang chumi inthen darh (disintegration) a ni tan atom, . (9) . chumi radiation a ni tan sa leh light rays, particle te tak te tawp nei lo, ngaihtuah phak loh khawpa ,chakna zawng zawng tlan chhuak (tunlai 'cosmic rays' theory)

.chumi relativity (relativity) a ni tan hun leh awl . (10)

Vaisesika. " assigned a ni chumi chawrchhuahna tan chumi khawvel ah atom, . chatuan chhung an nihphung, chu chu, " Tun . an tawp ber thil danglam bik (peculiarities) te. Hengte atom-te chu vibratory motion tawp lo nei anga ngaih an ni. hnaia atom pakhat chu ni zung (miniature solar) a ni tih hmuhchhuah a ni

tihdan ang ni Aih chanchinthar ah chumi upa *Vaisesika a ni* philosopher-te, . tunge pawh tihhniam a ni hun ah chu chu hla ber a ni mathematics lam thil a ni concept chu hun unit tenau ber (*kala*) chu atom pakhatin a unit of space a " .paltlang theihna tura hun a hman chhung anga sawiin

8-6 : 1.1. Lehlin a ni atangin chumi Bengali tawng a ni tan Rabindranath chuan a rawn ti a Tagore, 1999 a ni. tu Manmohan chuan a ti a Ghosh, 1999 a ni. chhung *Viswa- Bharati tih a ni*.

**BUNG: 1.1. 9. A rilru a hah lutuk chuan a rilru a buai em
em a**

***Chumi Blissful tak a ni Devotee a ni Leh Ani Cosmic lam thil a ni
Romance lam hawi***

"Te Ka pu, khawngaihni ni thut lai a ni. Ka ni thusawi ah ka Thianghlim Nu."

Ngawi rengin mak ti zet hian room chhungah chuan ka lut tawh. Master Mahasaya vantirh koh hmel chuan ka mit a tidel khawp mai. Silky dum hmul leh mitmeng lian tak tak, eng mawi tak nei chuan thianghlimna taksaah lo chang ang maiin a lang. A hmu hruah leh a kut inbeng chuan ka tlawh hmasak ber chuan a inpekna karah a tibuai tih min hre chiang hle.

A chibai bukna thu awlsam tak chuan tun thlenga ka nature-in a tawn tawh zawng zawng zingah chuan nasa ber a ni. Ka nu thihna inthenna na tak chu hrehawmna zawng zawng tehfung niin ka lo ngai tawh a. Tunah chuan ka Divine Mother nena inthenna avanga hrehawmna chu thlarau hrehawm tawrhna sawifah theih loh a ni ta. Ka tap chhuak ta ringawt a.

"Te Ka pu, reh nangma!" Chumi mi thianghlim tawh lainat takin lungngai tak a ni.

Tuipui chhe lai eng emaw zat karah chhuahsan ka nih avangin ka

chhanchhuahna lawng pakhat chauh atan a ke chu ka chelh tlat a. "Ka pu

thianghlim, i tawngtaina! Divine Mother hnenah A mithmuhah duhsakna ka

hmu em tih zawt rawh!"

Hei thutiam hi pakhat lo awlsam takin pek a ni a; chumi hotu tawh tikhawtlai a ni ah reh.

Ringhlelhawm loh khawpin Master Mahasaya chu Universal Mother nen intimate converse an nei tih ka ring tlat a ni. Hetih lai pawh hian mi thianghlim mitmeng dik lo nei lo atanga hriat theih Amah chu ka mit adel tih ka hriat chuan mualphona thuk tak a ni. Zah lo takin a ke ka man a, a thusawi nem tak takte chu bengchheng lovin, a inrawlh khawngaihna chu ka ngen nawn leh a.

"I ngenna chu Hmangaih hnenah ka siam ang." Master inpekna chu zawi zawiin, lainatna nen a rawn thleng a .

Engnge thuneihna chhung saw'ng saw tlem thumalte, sawmi ka ni tur hria tichhuak atangin chu chu thlipui tleh a ni sal tanna?

"Ka pu, i thutiam kha hre reng ang che! A thuchah atan ka lo kir leh thuai ang!" Ka aw-ah chuan hlim takin beisei a rawn ri a, rei vak lo kalta chauh khan lungngaihna a tap a.

Stairway sei tak atanga ka chhuk chuan hriatrengna chuan min hneh hle. He in 50 Amherst Street-a awm, tuna Master Mahasaya chenna hmun hi hmân laiin ka chhungte chenna hmun a ni tawh a, ka nu thihna hmun a ni. Hetah hian ka mihring thinlung chu nu bo tawh tan chuan a lo na tawh a; tin, hetah hian vawiin hian ka thlarau chu Pathian Nu awm lohna avanga khenbeh ang maiin a awm tawh bawk. Kulh thianghlim, ka hliam na tak takte leh damna hnahnung ber hriatpuitu ngawi reng!

Gurpar Road-a ka in lam pan chuan ka ke pen chu a chak hle. Ka attic te tak tea inthiarfihlimna zawngin dar sawm thlengin meditation-ah ka awm a. Indian zan lum thim chu inlarna mak tak maiin a rawn eng ta thut mai a.

Haloed in splendor, Divine Mother chu ka hmaah a ding a. A hmel, ngilnei taka nui hmel chu mawina tak tak a ni.

"Englaipawhin nei Ka hmangaih a ni ka ni! Reng ang Ka hmangaihna ka ni!"

Chumi van lam thil a ni tones a ni che lo ring a rawn ri ta chhung chumi boruak, Ani a bo ta a.

A tuk zingah chuan Master Mahasaya ka tlawh vawi hnihnaah chuan ni chu angle of decorum-ah a lo chhuak tawh lo. Hriatrengna rilru khawih tak tak awmna in chhunga staircase chu ka chho a, a pindan chhawng lina chu ka thleng ta a. Kawngkhar khar knob chu puanin a khuh a; a hint, ka hria, mi thianghlim chuan privacy a duh tih. Landing-a thutlukna siam lo taka ka din lai chuan kawngkhar chu master lo hmuaktu kut chuan a rawn hawng ta a. A ke thianghlim bulah chuan ka bawkkhup a. Playful mood-ah chuan ka hmaiah solemn mask ka ha a, divine elation chu ka thup a.

"Ka pu, ka lo kal-a hma hle mai, ka inpuang e!-i thuchah avang hian. Nu Duhtak chuan ka chungchang engmah a sawi em?"

"Nghal te Ka pu!"

Lo adang remark a ni ang ani siam. A landanah chuan ka assumed a ni gravity a ni tawh a ngaihnaawm lo.

"Engati nge chuvangin mak, chuvangin evasive a ni em? Ti mi thianghlimte ngai lo tawng chiang takin?" Maithei Ka tawh ani te a tithinur hle.

"Min test a ngai em?" A mitmeng muang tak chuan hriatthiamna a khat a. "Nizan dar sawm vela Nu Mawi tak ngei hnen atanga rintlakna i dawn kha vawiin zing khan thumal khat pawh ka belh thei ang em ?"

Master Mahasaya chuan ka thlarau tuilian kawngkharte chu thuneihna a nei a: a ke bulah chuan ka bawkkhup leh ta a. Mahse tun tumah chuan ka mittui chu hlimna atangin a luang a, hrehawmna a ni lo, past bearing atangin.

"I inpekna chuan Khawngaihna tawp nei lo chu a khawih lo niin i ngai em? Pathian Nu nihna, mihring leh Pathian chi hrang hranga i biak tawhna chuan i au thawm kalsan tawh chu a chhang thei lo thei lo vang."

He mi thianghlim awlsam tak, Universal Thlarau hnena a dilna tlem ber chu pawmpuina thlum tak nena inhmukhawmtu hi tu nge ni? Khawvela a chanvo chu inngaitlawm tak a ni a, chu chu ka hriat tawh zawng zawnga inngaitlawm tak mi ropui ber nen a inhme hle. He Amherst Street inah hian Master Mahasaya 9-1 mipa naupang tan high school tenau tak a kalpui a. Hremna thu engmahin a hmui a paltlang lo va; dan leh ferule engmahin a discipline chu a vawng reng lo. Heng

classroom tlemteah hian Mathematics sang zawk zirtir a ni tak zet a, hmangaihna chemistry chu zirlaibu-ah pawh a awm lo. A finna chu tui luh theih loh thupek aiin thlarau lam hri kai hmangin a thehdarh zawk a ni.

Pathian Nu hmangaihna rilru na lo takin a ei zo tawh a, mi thianghlim chuan naupang aiin pawn lam zahna chi hrang hrang a phut tawh lo.

"I guru ka ni lo; rei vak lo hnuah a lo kal ang," min ti a. "A kaihhruaina hmang hian hmangaihna leh inpekna lam hawia Pathian chungchanga in thil tawn te chu a finna hriatthiam theih loh thu-ah a letling ang."

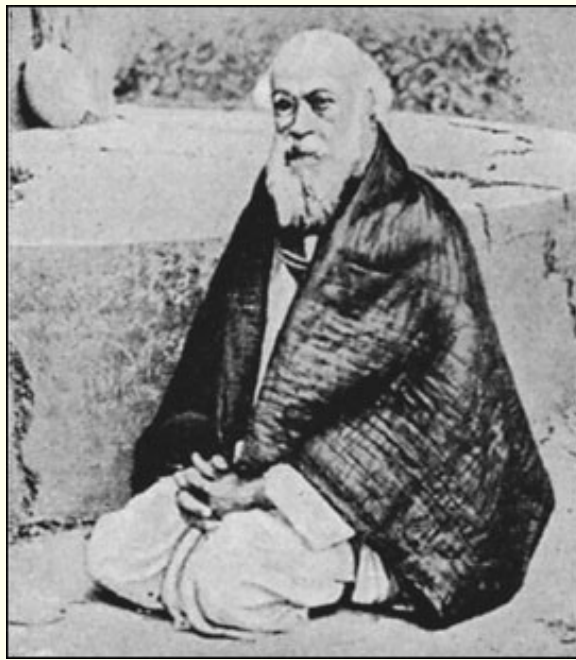
Chawhnu lam apiangin Amherst Street-ah ka in betook thin. Master Mahasaya-a Pathian no, a khat em em chu ka zawng a, a tui tlate chu nitin ka nihna chungah a luang chhuak thin. Tun hmain zah takin ka kun ngai lo; tunah chuan Master Mahasaya-a'n a tihthianglim tawh leilung ang bawka ke pen pawh hi chanvo teh theih loh niin ka hria .

"Ka pu, khawngaihin he champak garland hi i tan a bik takin ka fashion sak hi ha rawh." Tlai khat chu ka rawn thleng a, ka pangpar chain chu ka keng a. Mahse zak takin a inhnukdawka a, chawimawina chu a hnawl fo bawka. Hriatthiamna ka hliam, a tawpah chuan a nui suk consent.

"Nu rawngbawltu kan nih ve ve avangin, he taksa biak in chungah hian pangpar chu i dah thei a, a chhunga awm Amah hnena thilhlan atan." A nihna zau tak chuan eng egotistical consideration pawhin ke a pen theihna tur hmun a nei lo.



PAHNIH UNAUTE TAN THERESE a awm bawka NEUMANN chuan a rawn ti a
Ka ding nen anni chung Konnersreuth-a chuan a rawn ti a. Bavaria ram a ni.



HOTU MAHASAYA

Reng engrossed a ni chung ani himna a ni cosmic lam thil a ni romance a ni.

"Naktuk hian ka guru-in chatuan atana a tihthianglim Dakshineswar Temple-ah i kal ang u." Master Mahasaya hi Krista ang zirtirtu, Sri Ramakrishna Paramhansa zirtir a ni.

A tuk zinga mel li zeta thui chu Ganges luiah lawngin kan kal a. Kali Temple, dome 9 neiah chuan kan lut a, chutah chuan Divine Mother leh Shiva lemte chu tangkarua lotus mawi takah an inngat a, a par sang tam tak chu uluk taka chisel a ni. Master Mahasaya chu enchantment-in a rawn eng chhuak ta a. Hmangaih tak nena an inhmangaihna tawp thei lo chu a buaipui ta a ni. A hming a sak lai chuan ka thinlung him tak chu sangkhatah a chhe vek ang maiin a lang.

A hnuah chuan hmun thianglimah chuan kan kal kual a, tamarisk huan pakhatah chuan kan ding ta a. He thing hian a lan chhuahna manna chu Master Mahasaya-a'n van chaw a pek chu a entir a ni. Pathian a kohnate chu a chhunzawm zel a. Tamarisk pangpar pink feathery tak tak karah chuan grass-ah chuan rigid takin ka thu a. Taksa atanga rei lo te chhung awm lovin, supernal visit-ah ka thlawk thla ta a.

Hei hi zirtirtu thianglim nen Dakshineswar-a pilgrimage tam tak zinga a hmasa ber a ni. A hnen atangin Nu, a nih loh leh Pathian Khawngaihna lam hawia Pathian thlumzia ka zir chhuak a ni. Naupang ang maia mi thianglim hian Pa lam, a nih loh leh Pathian Rorelna dik takah hian ngaihvenna a hmu tlem hle. Stern, exacting, mathematical rorelna chu alien a ni a mizia ngilnei takah chuan.

"Van vantirhkohte tan pawh leia prototype angin a thawk thei a ni!" Duhawm takin ka ngaihtuah a, ni khat chu a tawngtai lai chu ka en reng a. Sawiselna leh sawiselna

thaw pawh nei lovin, hun rei tak chhunga Primal Purity hriat tawh mit nen khawvel a survey a. A taksa, rilru, thusawi leh thiltihte chu theihtawp chhuah lovin a thlarau awlsamna nen a inmil a ni.

"Ka Master chuan chutiang chuan min hrilh a ni." Mimal thusawi a\anga inhnukdaw chungin, mi thianglim chuan mi fing thurawn eng pawh chu he chhiah danglam thei lo hmang hian a titawp ta a ni. Sri Ramakrishna nena an inzawmna chu a thuk em em a, Master Mahasaya no

rei zawk ngaihtuah tawh ani ngaihtuahna angin ani nei.

Kut inkung chungin, mi thianghlim nen chuan tlai khat chu a sikul block-ah kan kal a. Ka hlimna chu thusawi rei tak hmanga min phurrittu kan hriat chian em em pakhat lo kal chuan a ti thim ta a ni.

"He pa hian a ti lawm lo che tih ka hmu." Mithianghlim ka hnena a thusawi chu egotist chuan a hre lo va, a monologue-in a spellbound hle. "Hemi chungchang hi Divine Mother nen kan sawi dun tawh a; Kan harsatna lungchhiatthlak tak hi a hre chiang hle. Chutah chuan red house kan thlen meuh chuan sumdawnna hmanhmawh zawk a hriat nawn tir leh dawn tih a tiam a ni.

Ka mit chu chhandamna hmunah chuan a innghat tlat mai. A kawngkhar sen a thlen chuan chu pa chu chhanna nei lovin a hawi let a, a chhuak ta a, a sentence chu a ti zo lo va, a thlah lo baw. Assaulted air chu remnain a thlamuan a.

Ni dangah chuan Howrah rel station bulah keimah chauha ka kal lai min hmu leh a. Temple pakhat bulah chuan rei vak lo ka ding a, ngawi rengin mipa pawl tlemte, drum leh cymbal kenga tharum thawha hla an sawi lai chu ka sawisel a.

"Engtiang chiahin nge undevotional takin Lalpa Pathian hming chu mechanical repetition-ah an hman thin," ka ngaihtuah let a. Master Mahasaya rawn hnaih chak lutuk chu ka mitmeng chu mak a ti hle. "Ka pu, engtin nge hetah i lo kal?"

Mithianghlim chuan ka zawhna chu ngaihsak lovin ka ngaihtuahna chu a chhang a. "A dik lo maw, ka pu te te, Hmangaih hming hi hmui zawng zawng atangin a thlum a, hriat loh emaw, fng emaw pawh ni se?" Duhawm takin min rawn kuah a; A magic carpet-ah chuan Merciful Presence-ah chuan ka phur ta tih ka hmu ta.

"Bioscope thenkhat hmuh i duh em?" Master Mahasaya hnen atanga chawhnu khata zawhna he zawhna hi thil mak tak a ni a; chu thumal chu India ramah chuan motion picture sawina atan an hmang ta a ni. Ka remti a, eng dinhmunah pawh a company-a ka awm chu ka lawm hle. Kawng chak tak chuan Calcutta hma lam huan chu kan thleng ta a Zirna sang. Ka thianpa chuan *goldighi emaw*, *tuikhuah emaw* bulah bench pakhat a kawhbmuh a .

"Hetah hian minute engemaw zat i thu ang u. Ka Master hian tui zau tak ka hmuh apiangin ngaihtuahna seng turin min ti fo thin. Hetah hian a thlamuanna hian Pathian thlamuanna zau tak min hriatchhuah tir a. Thil zawng zawng hi tuiah a lang thei ang bawkin, chutiang bawkin universe pumpui hi Cosmic Mind luiah hian a inlan vek a ni. Chutiang chuan ka *gurudeva chuan* a sawi fo thin.

Rei lo teah university hall pakhat kan lut a, chutah chuan lecture an nei a. A dull hle tih a chiang a, mahse a chang chuan lantern slide illustrations hmangin a danglam a, chutiang bawkin ngaihnaawm lo tak a ni.

"Chuti a nih chuan hei hi a master-in min hmuh duhna bioscope chi khat chu a ni!"
Ka ngaihtuahna chu dawhthei lo tak a ni a, chuti chung chuan ka hmaiah borenness
pholangin mi thianghlim chu ka ti na lovang. Mahse, thuruk takin ka lam chu a
rawn hawi a .

"Ka hmu a, ka pu te, he bioscope hi i duh lo tih hi. Divine Mother hnenah ka sawi
tawh a; Kan pahnih hi a lainat tlat a ni. Tunah chuan electric light chu a thim dawn
tih min hrilh a, room atanga chhuah theihna hun kan neih hma chuan a eng leh
dawn lo tih min hrilh bawk.

A thusawi chu a tawp rual chuan hall chu thim zingah a pil ta vek mai. Professor aw ri nasa tak chu mak ti takin a reh a, chutah, "He hall-a electrical system hi a chhia niin a lang," tiin a sawi. Hetih lai hian Master Mahasaya nen chuan him takin threshold kan pel ta a. Corridor atanga ka hawi let leh chuan kan martarna hmun chu a eng leh ta tih ka hmu a.

"Ka pu te te, chu bioscope kha i beidawng a, 9-2." mahse, a danglam zawk chu i duh ngei ang tih ka ring." Mithianghlim nen chuan university building hmaa kawngpui sirah chuan kan ding a. Ka thinlungah zawi zawiin a rawn beng a.

A transforming silence a lo awm ta a ni. Tunlai "talkies" te hi sound apparatus a inthlak danglam chuan hriat theih loh motion picture an lo ni ta ang bawkin, Divine Hand chuan thilmak mak tak mai hmangin leia buaina chu a titawp ta a ni. Kea kalte bakah trolley car kal tlang te, motor te, bawng tawlailir te, leh thir ke nei hackney tawlailir te pawh chu thawm nei lovin an kal vek a. Khawi hmunah pawh mit nei ang maiin ka hnung lama awm, leh a sir lehlamah, hma lama awmte ang bawkin awlsam takin ka hmu a. Chu Calcutta hmun tlemtea thiltih hmuhnawm zawng zawng chu thawm nei lovin ka hmaah a liam ta vek a. Mei êng êng tak, vut hring hring hnuaia hmuh theih loh ang maiin, eng mawi tak chuan panoramic view chu a rawn luah khat ta vek a ni.

Ka taksa ngei pawh chu thlalak tam tak zinga pakhat aia tam lo ang maiin a lang a, mahse che thei lo mah se, midang erawh chu muang takin an rawn thlawk kual vel a. Tlangval engemaw zat, ka thiante chuan an rawn hnaih a, an rawn kal pel a; min en nghal mah se, hriat lohvin a ni.

Pantomime danglam tak chuan sawi theih loh ecstasy min rawn thlen a. Blissful fount thenkhat atang chuan ka in thuk hle. Vawikhatmah ka rilru chuan Master Mahasaya hnen atangin vuakna nem tak a dawng leh ta a. Khawvel pandemonium chuan ka beng duh lo takah chuan a rawn puak darh ta a. Gossamer mumang atanga harsh taka harh ang maiin ka tlu chhuak ta hlawm a. Transcendental wine chuan ka thlen theih loh khawpin a paih chhuak ta.

"Ka pu te te, i duh angin bioscope pahnihna i hmu tih ka hmu." Mithianghlim chu a nui suk a; A hmaa leiah chuan lawmthu sawina ka tla thla tan ta. "Tunah chuan chutiang chu ka chungah i ti thei tawh lo; i temple-ah pawh Pathian a awm tih i hria! Divine Mother hian i kut hmangin ka ke a khawih tir dawn lo!"

Mipui tamna kawngpui atanga kan kal lai chu tu emaw chuan master inngaitlawm lo tak leh keimah ngei pawh hi min lo en a nih chuan, a entu chuan zu ruih kan nih a ringhlel ngei ang. Ka hriat dan chuan a falling shades of tlai lam chu khawngaih takin Pathian nen an rui a. Zan lama thim a lo harh chhuah chuan, . Ka ecstatic mood nei lovin zing thar chu ka hmachhawn ta. Mahse, hriatrengnaah engtik lai pawha enshrined chu a ni Pathian Nu-Master Mahasaya fapa seraphic!

A ngilneihna dik tak siam tumin thu \ha lo tak tak hmanga bei chungin, Master Mahasaya leh, ka kawng zawhtu mi thianghlim mitthla thuk tak tak zinga mi dangte chuan kum tam tak hnuah, khawthlang ram pakhtah chuan, Pathian betu anga an nun chanchin ka zia dawn tih an hria em tih ka ngaihtuah a ni. An hriat lawk chuan mak ka ti lo vang a, hetiang thlenga ka bula lo kal ka chhiartute pawh hi mak ka ti lo vang.

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9-1 : 1.1. Hengte hi zahthlak takin title hrang hrang a awm tu khawi ani tawh tih dan phung angin address a ni. Ani hming tawh Mahendra chuan a rawn ti a Nath chuan Gupta chuan; ani a literary works te chu "M" tih maiin a sign a.

9-2 : 1.1. Chumi Oxford-ah a awm a Sap Tawng lehlinna lehkhabu a pe a, . angin vang, hei hrilhfhahna tan *bioscope*

hmanga siam chhuah : . ANI thlir tan nunna; sawmi khawi a pe a chutiang ani thlir. Chuti a nih chuan Master Mahasaya-a

thumal thlan chu a danglam bik hle a ni.

BUNG: 1.1. 10. A rilru a hah lutuk

Ka Intawk Ka Hotu, Sri Yukteswar a ni

"Pathian rinna hian zirlai tel lova exam vawi khat pass tih loh chu thilmak eng pawh a siam thei." Distastefully ka lehkhabu lakkhawm chu idle moment-ah ka khar ta a.

"A ziaktu exception hian a rinna tlakchhamna tak tak a tilang a ni," ka ti a. "Chap rethei tak, zanlai oil hi a zah em em a ni!"

Pa hnena ka thutiam chu high school ka zir zawh tur thu a lo ni tawh a. Taima angin ka inlan thei lo. Thla kalta chhung khan Calcutta inbualna *ghats* bula hmun hla tak takah aiin classroom ah min hmu tam lo zawk a ni . A kiana crematory grounds, a bik takin zan lama rapthlak tak takte chu ngaihtuah tawh sang tak a ni hipna tu chumi yogi tih a ni. Ani tunge ang zawnghmu chumi Thihna nei lo Awmzia ngei luruh chei loh tlemte avanga lungngai suh. Mihring tling lo chu ruh hrang hrang awmna hmun thim takah chuan a chiang ta hle. Chutiang chuan zanlai thlenga ka vigil-te chu scholar-a vigil-te nen chuan a danglam ta a ni.

Hindu High School-a final exam neih tur kar chu a hnai tawh hle. Hei interrogatory period, sepulchral haunts ang bawkin, hlauhawmna hriat hlawh tak a siam a ni. Chuti chung pawh chuan ka rilru chu a thlamuang hle. Ghoul-te huaisen takin lecture hall-a hmuh loh hriatna ka la chhuak a. Mahse Swami Pranabananda-a thiamna a tlachham a, awlsam takin hmun hnih ah vawi khatah a rawn lang ta a ni. Ka zirna lama ka harsatna chu Infinite Ingenuity chungchang a ni tih a chiang hle. Hei hi ka ngaihdan a ni a, mi tam tak tan chuan a awmze nei lo niin a lang. Devotee-te rilru dik lo chu Pathianin harsatna a tawh lai hian sawifah theih loha a lantir sang tam tak a\angin a lo chhuak a ni.

"Hello, Mukunda! Tunlai hian ka hmu lo che!" Classmate pakhat chuan chawhnu khat chu Gurpar Road-ah min rawn bei a.

"Hello, Nantu! Sikul-a ka hmuh theih lohna hian chutah chuan dinhmun nghet takah min dah tak zet a ni." A friendly look hnuaiah chuan ka phurrit chu ka phelh ta a.

Nantu, 1999 a ni. tunge tawh ani vengva zirlai, a nui suk a thinlung takin; ka harsatna tawh tawh lo tellovin ani comic a ni

hmelhmang.

"Nangmah hi utterly inpeih lo tan chumi finals a ni! Ka ringchhin chumi hi chunglam ah keimah ah tanpui nangmah!"

Thu awlsam tak takte chuan ka beng bulah Pathian thutiam a thlen a; with alacrity ka thianpa in chu ka tlawh a. Instructor-te ruat theih nia a ngaih harsatna hrang hrangte chinfel dan chu ngilnei takin a sawi a .

"Heng zawhnate hi naupang rintlak tam tak exam trap-a man thei tur bait a ni. Ka chhannate kha hre reng la, hliam tuar lovin i tlanchhuak ang."

Ka chhuah dawn chuan zan chu a liam daih tawh. Bursting with unseasoned erudition, ni pawimawh tak tak lo awm tur atan chuan a awm reng theih nan rinawm takin ka tawngtai a. Nantu hian ka subject hrang hrangah min coach tawh a, mahse, press of time hnuaiah chuan Sanskrit ka course chu a theihnghilh ta a ni. Thahnemngai takin Pathian chu enkawlina chu ka hriat nawn tir a .

A tuk zingah chuan kea kal rei vak lo turin ka chhuak a, ka hriatna thar chu ke pen chhuahna rhythm-ah ka dah khawm ta a ni. Corner lot pakhata hnim hring zingah short cut ka lak lai chuan ka mit chu loose printed sheet tlemte chungah a tla ta a. Hnehna changtu pounce chuan Sanskrit verse an nihzia a tichiang ta a ni. Ka tluang taka hrilhfiahnaah puihna tur pundit ka zawng a. A aw hausa tak chuan boruak chu hmân lai ɽawng mawina êng nei lo, khawizu ang maia mawi tak chuan a rawn luah khat ta a ni. **10-1 a ni**

"Heng stanzas danglam tak takte hi i Sanskrit test-ah hian a pui thei lo." Mithiam chuan rinhlelhna nei takin a hnawtchhuak ta a ni.

Mahse chu hla bik chu ka hriat chian avangin a tuk zingah chuan Sanskrit exam ka pass thei ta a ni. Nantu-a'n hriatthiamna nei taka a ɽanpuina hmanh hian ka subject dang zawng zawnga hlawhtlinna grade tlem ber pawh ka hmu bawk.

Pa chuan ka thu ka zawm a, secondary school course ka zo ta chu a lawm hle a. Ka lawmthu sawina chu Lalpa chungah a chak hle a, a kaihhruaina awmchhun chu Nantu ka tlawhnaah leh leilung chhe tak tak awmna hmuna ka kalna kawng pangngai lo tak karah chuan ka hmu ta a ni. Playfully A chuan ka chhanchhuahna atana a hun taka a design chu dual expression a pe tawh a ni.

Lehkhabu paih chhuah, a ziaktuin exam hall-a Pathian hmahruaina a hnialna chu ka hmu ta a. Ka thusawi ngawi renga awm chu ka nuihzatthlak hle mai:

"He mipa buaina hi a belhchhah mai ang, ruang zinga Pathian ngaihtuahna hi high school diploma zir theihna kawng tawi a ni tih ka hrilh a nih chuan!"

Ka zahawmna tharah chuan tunah chuan tlang takin in chhuahsan ka tum ta a. A
thian naupang tak, Jitendra Mazumdar nen an inkawp a, **10-2 in an inhnehtawk**
Benares-a Mahamandal hermitage pakhat zawm ka tum a, a thlarau lam discipline
pawh ka dawng ta a ni.

Zing khat chu ka chhungte nena inthen ka ngaihtuah a, ka chungah chhiatna a lo
thleng a. Nu thih atang khan ka hmangaihna chu a bik takin ka unaupa naupang
pahnih Sananda leh...

Bishnu chuan a rawn ti a. Ka retreat lam pan chuan ka tlan phei nghal a, chu attic te tak te, ka *sadhana* buai takah chuan scene tam tak hmu tawh a ni . **10-3 a ni** Darkar hnih chhung zet mittui tla chungin, alchemical cleanser engemaw zat ang maiin, singular takin ka inthlak danglam niin ka hria. Attachment zawng zawng **10-4** a bo ta a; ka chhunga granite ang maia insiam thiante thian anga Pathian zawng tura ka thutlukna. Ka zinna inbuatsaihna chu rang takin ka zo ta a.

"Thil ngenna hnahnung ber ka siam a ni." Malsawmna hnahnung ber dawng tura a hmaa ka din lai chuan Pa chu a lungngai hle. "Kei leh i unau lungngai tak takte hi kalsan suh."

"Pa zah tak, engtin nge ka hmangaihna hi ka hrilh theih ang che! Mahse, chu aia nasa zawk chu Van Pa ka hmangaihna hi a ni a, ani hian leia pa famkim thilpek min pe a ni. Min thlah rawh, engtikah emaw chuan Pathian hriatthiamna sang zawk nen ka lo kir leh theih nan.

Nu leh pa remtihna duh lo chungin, hermitage-a Benares-a awm tawh Jitendra-a zawm turin ka insiam ta a. Ka thlen chuan head swami naupang Dyananda chuan thinlung takin min lo hmuak a. Tall and thin, of thoughtful mien, min ti lawm hle. A hmel mawi tak chuan Buddha ang maia rilru hahdamna a nei a.

Ka in thar hian attic a neih avangin ka lawm hle a, chutah chuan zing leh zing darkar ka hmang thei ta a ni. Ashram member-te chuan meditation tih dan an hre tlem hle a, ka hun zawng zawng chu pawl hnathawhnaah ka hmang vek tur a ni tih an ngaihtuah a. An office-a chawhnu hna ka thawh avangin fakna min pe a.

"Hetiang taka Pathian man tum suh!" He khawsakpui pakhat hnen atanga nuihzatna hian ka zinga pakhat chu a zui ve bawh attic lam pan hmasa ber. Dyananda hnenah chuan ka kal a, Ganges lui thlir theihna hmun thianghlim te tak teah chuan ka buai hle.

"Swamiji, **10-5 in a chak a.**" Hetah hian ka lakah eng nge phut tih hi ka hrethiam lo. Pathian hriatna (direct perception) ka zawng a ni. Amah tel lo chuan inzawmna emaw, rinna emaw, thil tha tihnaah emaw ka lungawi thei lo."

Orange puan ha ecclesiastic chuan hmangaihna nen min rawn pat a. Mock rebuke stage-in, a bula zirtir tlemte chu a fuih a. "Mukunda hi tibuai suh. Kan kawng a zir dawn a ni."

Ka rinhlelhna chu zahawm takin ka thup a. Zirlaite chuan an hremna avanga ben lutuk lovin pindan chu an chhuahsan ta a ni. Dyananda chuan ka tan thu dang a nei leh a.

"Mukunda, i pa hian pawisa a thawh fo che tih ka hmu a. Khawngaihin a hnenah pe kir leh rawh; hetah hian engmah i mamawh lo. I discipline atana thupek pahnihna

chu ei tur chungchang a ni. riltam i neih lai pawhin sawi suh.

Ka mitmengah riltamna a eng em tih pawh ka hre lo. Ka ril a tam tih chu ka hre Chiang Lutuk Chauh. Hermitage chaw ei hmasak ber hun chhung chu chawhnu dar sawm leh pahnih a ni. Ka in chhungah ngei pawh dar kua velah chawhmeh lian tak ei ka lo thiam tawh a.

Darkar thum chhunga inthlauhna chu nitin tawp thei loin a lo awm ta a ni. Minute sawm chhunga chaw siamtu chu ka sawisel theih lai Calcutta kum kha a liam ta. Tunah chuan ka ei duhna thunun ka tum ta a; ni khat chu darkar sawmhnih leh pali chhung chaw nghei ka tum a. Double zest nen a tuk chawhnu lam chu ka nghak ta a.

"Dyanandaji rel a tlai tawh; a lo thlen hma chuan kan ei dawn lo." Jitendra chuan he thu lungchhiatthlak tak hi min rawn thlen a. Kar hnih chhung zet lo awm tawh swami lawmna lantir nan chuan chaw tui tak tak tam tak chu an inpeih tawh a ni. A rimtui tak chuan boruak chu a rawn luah khat ta vek a. Thil dang hlan lo, nizan lama chaw nghei hlawhtlinna avanga inchhuanna tih loh chu eng nge ei theih ang?

"Lalpa rel kha ti vat rawh!" Dyananda-a'n min ngawih tir khapnaah chuan Vanram Petu chu a tel ve lo niin ka hria. Pathian Ngaihtuahna chu hmun dangah a awm a, mahse; darkar plodding a ni khuh a ni chumi darkar. Thim a ni tawh chhuk thla angin kan hruaitu a rawn lut a chumi kawngkhar. Ka chibai bukna chu hlimna lem lo tak a ni.

"Dyanandaji hian chaw kan rawn pe hmain a inbual ang a, a ngaihtuah ang." Jitendra chuan ill omen sava angin min rawn pan leh a.

Ka tlu hnai tawh hle. Ka pum naupang, tlakchhamna lama thar chuan chakna hnim hring nen a dodal a. Tâm tuar thlalak ka hmuh tawhte chu ka hmaah chuan wraithlike-in a liam ta a.

"Benares-a riltam avanga thihna lo awm tur chu he hermitage-ah hian vawi khatah a thleng dawn a ni," ka ti a. Dar 9 velah chuan impending doom chu a averted. Ambrosial koh a ni! Hriatrengnaah chuan chu chaw ei chu nun darkar famkim zinga mi angin a lang Chiang hle.

Intense absorption yet chuan Dyananda chuan absent-minded-in a ei tih ka hmu thei tho. Ka gross pleasures aiin a sang zawk niin a lang.

"Swamiji, . an ni lo nangmah riltam?" Hlim takin surfeited, . Ka tawh a malin nen chumi hruaitu chhung ani zir.

"O yes! Ni li hnunng ber chu ei leh in lohvin ka hmang a. Rel-ah hian ka ei ngai lo, khawvel mite heterogenous vibrations-in a khat. Strictly I observe the *shastric* **10-6.**" ka order bik monk-te tan dan.

"Kan pawl hnathawh chungchanga harsatna thenkhat chu ka rilruah a awm a. Zanin hian in lamah ka zanriah ei kha ka ngaihthah a. Eng nge hmanhmawh? Naktuk hian chaw ei tur dik tak ei hi ka tum ber ang." Hlim takin a nui a.

Mualphona chu ka chhungah chuan thawk hah ang maiin a darh ta a. Mahse, ka tihduhdahna ni liam ta kha awlsam taka theihnghilh a ni lo; Thusawi dang ka ventured leh ta a.

"Swamiji, ka buai hle. I thupek zawm chuan ei tur ka dil ngai lo ang u, tumahin min pe lo ang. Ka riltam tur a ni."

"Chuan thi rawh!" He thurawn hlauhawm tak hian boruak a tizau ta a ni. "I thih a ngai a nih chuan Mukunda! Pathian thiltihtheihna hmanga nung ni lovin ei leh in thiltihtheihna hmanga nung i ni tih hi pawm ngai suh! Ei leh in chi hrang hrang siamtu, ei duhna petu chuan a rawngbawltu chu a chhawm nung tih a hmu ngei ang! Buhfai hian a enkawl che tih ngaihtuah suh, a nih loh leh sum emaw, mipa emaw chuan an thlawp che tih ngaihtuah suh! Lalpan i nunna thaw hi a laksak che a nih chuan an pui thei ang em? A hmanrua indirect tak tak an ni." merely.I thiamna eng emaw hmangin i pum chhungah chaw a ei thin em?

tlang chumi chain a awm bawk tan dawr hmunpui leh hmu chumi Mal Chhan!"

A thusawi incisive tak takte chu deep marrow thenkhatah a lut tih ka hmu. Gone chu kum tam tak kalta atanga taksa lama thil tulte'n thlarau a hneh tawhna rilru dik lo (delusion) a ni. Chutah leh chutah chuan Thlarau thil zawng zawng a tlinzia chu ka tem ta a. Khawpui mak tam takah, ka nun hnahnung lama zin chhuah chhunzawm zel karah khan, Benares hermitage-a he zirlai hi rawngbawl na a nihzia finfiah theihna hun remchang a lo awm ta!

Calcutta atanga ka zuitu ro hlu awmchhun chu Nuin min hnutchhiah SADHU-a tangkarua amulet kha a ni. Kum tam tak chhung ka veng tawh a, tunah chuan ka ashram room-ah uluk takin ka thup ta a ni. Talismanic testimony-a ka hlimna siam thar leh turin zing khat chu bawm khar chu ka hawng a. Sealed covering chu khawih lohvin, lo! amulet chu a awm tawh lo. Lungngai takin a envelope chu ka phelh a, tihsual lohvin ka chiang ta. SADHU-a sawi lawk angin, a kohna ether-ah chuan a bo tawh a ni.

Dyananda zuitute nen kan inzawmna chu a chhe zual sauh sauh a. Chhungkaw chu alienated a, . ka inhlat taka awm ka tum tlat avangin a hliam. In ka chhuahsan tawh Ideal tak tak leh khawvel thil tum zawng zawngte ngaihtuahna khauh taka ka zawm tlat avangin kawng tinrenga sawiselna thuk lo tak a ko chhuak a ni.

Thlarau lam lungngaihna min tikehsawm a, zing khat chu attic-ah ka lut a, chhanna a awm hma loh chuan tawngtai ka tum ta a ni .

"Khawngaihna Nu Khawvel Nu, Nangmah ngeiin inlarna hmangin min zirtir ang che, a nih loh leh Nangmah tirh guru hmangin min zirtir ang che!"

Darkar kal zel chuan ka tap chhuak dilna chu chhanna awm lovin a hmu ta. Vawikhatmah taksa ang maiin ka chawi sang a, sphere uncircumscribed-ah ka insiam nghal a.

"I." Hotu a lo thleng ta vawiin!" ANI thianghlim hmeichhe lam hawi aw lokal atangin hmun tinah leh khawiah mah a awm lo.

He supernal experience hi locale chiang tak atanga au thawm chuan a rawn chhuah ta a ni. Puithiam naupang pakhat Habu tia koh chuan hnuai lam kitchen atang chuan min rawn call a.

"Mukunda, . tawk tan inngaihtuah muk! Nangmah hi mamawh a ni tan chu errand a ni."

Ni dangah chuan dawhthei lo takin ka chhang mai thei; tunah chuan ka mittui tla hmai chu ka hrufai a, thuhnuairawlh takin kohna chu ka zawm ta a ni. Habu nen chuan Bengali tawnga bazar hmun hla takah kan kal dun ta a pawl then tan Benares

chuan a rawn ti a. Chumi ngilnei lo Indian a ni ni tawh lo thlengin hmunah zenith a ni angin keini siam kan thil lei te bazar-ah te a awm a. In neitute, kaihruaitute, puithiamte, hmeithainu incheina mai mai, Brahmin zahawm tak tak, leh hmun tina awm bawngpa thianghlimte inzawmkhawmna rawng hrang hrangah chuan kan kal ta a. Lane langsar lo tak ka paltlang a, ka lu ka hawi a, a sei zawng chu ka survey a.

Krista ang mi pakhat, swami ochre puan ha chu kawngpui tawp lamah chuan che thei lovin a ding a. Instant leh ancient takin a hre Chiang hle niin a lang; ka mitmeng chu riltam takin a chawm a. Tichuan rinhlelhna chuan min rawn bei ta a.

"Nangmah hi buaithlak tak a ni hei a vakvai monk a ni nen tu emaw hria ah nangmah," Ka ngaihtuah. "Mumang neitu, ." kal

chungah."

Minute sawm hnuah chuan ka keah chuan a na hle tih ka hria. Lungah lo chang ang maiin hla zawkah min phur thei lo. Laboriously ka hawi let a; ka ke chu a normal leh ta. Kawng lehlamah ka hmachhawn a; again curious weight chuan min tiduhdah leh ta.

"Mithianghlim hian magnetic takin a bulah min hruai a ni!" He ngaihtuahna nen hian ka parcel te chu Habu kut ah chuan ka dah khawm ta a. Ka ke hnathawh dan mumal lo tak chu mak ti takin a lo en reng tawh a, tunah chuan a nui ta hle mai .

"Engnge ails a ni nangmah? Hi nangmah atchilh?"

Ka buaina chhuak rilru natna (emotion) a ni ven a ni engpawh chhanna pe rawh; Ka a chak hle ngawi rengin hmundang.

Ka ke pen chu wing-shod ang maiin ka hnungtawlh a, lane tawi tak chu ka thleng ta a. Ka mitmeng rang tak chuan mipa reh tak chu a rawn lang a, ka lam chu nghet takin a melh reng a. Step tlemte ka kal a, a ke bulah chuan ka awm ta a.

"Gurudeva chu!" **10-7 inkar a ni** Pathian hmel chu tu dang ni lovin ka inlarna sangkhat zingah chuan amah chauh a ni. Heng halcyon mitmeng, lu leonine ha, hmul hrual leh lock luang chhuak te hian ka zan lama ka thil hmuh thinte thim zingah chuan ka lo thlir kual fo thin a, ka hriatthiam kim loh thutiam chu an keng tel a ni.

"Aw ka ta, ka hnenah i lo kal ta!" Ka guru chuan Bengali tawngin thu chu a sawi nawn leh a, a aw chu himnain a khur ta hlawm a. "Kum engzat nge ka lo nghah tawh che!"

Ngawi renga inpumkhatnaah kan lut ta a; thumal chu rankest superfluities angin a lang. Thusawi thiamna chu zirtirtu thinlung atanga zirtir thlengin ri nei lo takin a luang chhuak a. Irrefragable insight antenna hmangin ka guru hian Pathian a hre tih ka hre ta a, A hnenah min hruai dawn tih ka hre ta a ni. He nun thim tak hi nau neih hmaa hriatrengna zing chhe takah chuan a bo ta a ni. Hun dramatic tak a ni! Hun kal tawh, tunlai leh hmalam hun chu a cycling a ni scene hrang hrang a awm. Hei hi heng ke thianghlim bula min hmuh hmasak ber ni a ni lo!

Ka kut chu a kutah, ka guru chuan khawpui chhunga Rana Mahal section-a a chenna hun eng emaw chen atan min hruai a. A athletic figure chu firm tread nen a che a. A sang a, a ding a, hetih lai hian kum sawmnga leh panga vel a ni a, a thawkrim hle leh tleirawl lai pawhin chak tak a ni. A mit dum chu a lian hle a, finna plumbless tak nen a mawi hle. Sam hrual deuh chuan striking power hmel chu a ti nem a. Chakna chu thuhnuairawlhna nen a inhmeh lo hle.

Ganges lui thlir theihna in pakhat lung balcony lam kan pan lai chuan
hmangaihna nen:

"KA duhdan pe nangmah ka hermitage-ah te a awm a leh zavai Ka nei."

"Ka pu, Ka lokal tan finna leh Pathian nena inbiakpawhna. Saw'ng saw hi i ro- troves a
ni Ka ni hnuah!"

Indian twilight chak tak chuan ka pu a thusawi leh hmain a half-curtain chu a thlak
ta a. A mitmeng chuan hriatthiam theih loh khawpa ngilneihna a keng tel a.

"KA pe nangmah ka unconditional a ni lo hmangaihna."

Thu hlu tak tak! A hmangaihna chu auricular proof dang ka neih hma chuan kum zabi kua a liam ta. A hmui chu ardor-ah chuan mak tak a ni a; ngawi renga awm chu a tuifinriat thinlung a lo ni ta a ni.

"Chutiang hmangaihna thuhmun nei lo chu min pe dawn em ni?"

Naupang ang maia rinnain min en a. "Chatuan atan ka hmangaih ang che, Gurudeva!"

"Hmangaihna pangngai chu mahni hmasialna a ni a, duhna leh lungawinaah zung kai thim tak a ni. Pathian hmangaihna chu dinhmun nei lo, ramri nei lo, inthlak danglamna nei lo a ni. Mihring thinlung luang chhuak chu hmangaihna thianghlim transfixing touch-ah chuan chatuan atan a bo ta a ni. Inngaitlawm takin, "Pathian hriatna dinhmun atanga tlu ka hmuh i hmuh chuan ka lu chu i kawngah dah la, kan pahnih hian kan biak Cosmic Beloved hnena min hruai kir leh theih nan min pui turin min tiam ang che," a ti bawk.

Chutah chuan thim pungkawm zingah chuan a tho a, pindan chhung lam pakhatah min hruai ta a. Mango leh almond sweetmeat kan ei lai chuan, ka nihna hriatna nghet tak chu a inbiaknaah chuan ngaihven lohvin a thun lut a. A finna ropuizia, pianpui inngaihtlawmna nena inzawm mawi tak chu mak ka ti hle.

"I amulet vang hian lungngai suh. A thil tum a hlen chhuak tawh." Pathian darthlalang ang maiin ka guru hian ka nun pum pui a rawn man tawh niin a lang.

"Chumi nung anihna tak tan i awmna, Hotu, hi lawmna piahah engpawh chhinchhiahna."

"Chumi hi hun tan ani thlak, inasmuch a ni angin nangmah hi hlim lo takin awm a ni chhung chumi hermitage a ni."

Ka nun chungchang hi engmah ka sawi lo va; tunah chuan thil tul lo ang maiin an lang ta! A pianpui, ngaih pawimawh loh dan atang chuan a clairvoyance-ah chuan mak tak maia ejaculation a duh loh thu ka hrethiam ta.

"Nangmah tur kal hnung ah Calcutta-ah a awm a. Engati nge paih chhuak rawh laina atangin i hmangaihna tan mihring nihna?"

A rawtna chuan min ti lungngai hle. Ka chhungte chuan ka lo haw leh tur chu an lo sawi lawk tawh a, mahse lehkhah hmanga ngenna tam tak chu ka chhang lo. "Sava naupang chu metaphysical vanah chuan thlawk rawh se," Ananta chuan a lo sawi tawh a. "A thlate chu boruak rit takah chuan a chau ang. In lam pan a, a pinions a fold a, inngaitlawm takin kan chhungkaw bu-ah a chawl tih kan la hmu ang." He

simile tichak lo tak hi ka rilruah a thar a, Calcutta lam hawia "swooping" tih loh ka tum tlat a ni.

"Sir, ka haw dawn lo. Mahse khawi hmunah pawh ka zui ang che. Khawngaihin i address min pe la, i hming pawh min pe bawh ang."

"Swami Sri Yukteswar Giri. Ka chief hermitage chu Serampore-ah a awm a, Rai Ghat Lane-ah a awm a. Hetah hian ka nu hi ni engemaw zat chauh ka tlawh dawn a ni."

Pathianin Amah betute nena an inkhelh dan buaithlak tak chu mak ka ti hle. Serampore hi Calcutta atanga mel sawm leh pahnih chauh a hla a ni a, chutih rualin chutiang bialah chuan ka guru chu ka hmu ngai lo. Kan zin chhuah a ngai tawh a ni

khawpui hlui Kasi (Benares)-a kan inhmukhawmna, Lahiri Mahasaya hriatrengnain a thianghlim a ni. Hetah pawh hian Buddha, Shankaracharya leh Yogi- Krista dangte ke chuan leilung chu mal a sawm tawh a ni.

"Kar li hnuah ka hnenah i lo kal ang." A vawikhatna atan Sri Yukteswar aw chu a khauh hle. "Tunah chuan ka chatuan hmangaihna chu ka hrih tawh a, ka hmuh che ka hlimzia pawh ka lantir tawh bawk-chuvang chuan ka ngenna hi i ngaihthah a ni. Kan inhmuh leh hunah chuan ka ngaihvenna chu i tiharh leh a ngai dawn a ni: Zirtir angin awlsam takin ka pawm lo vang che. Ka training khauh tak zawm avanga inpekna famkim a awm tur a ni.

Ka rilru na takin ka ngawi reng a. Ka guru chuan awlsam

takin ka harsatna chu a rawn luhchilh ta a. "I chhungte hian

an nuihzat ang che i ring em?"

"KA duhdan lo kirlet."

"Nangmah duhdan kirlet chhung sawmthum ni tin."

"Ngai lo." A ke bulah zah takin kun chungin, buaina chhuak nasa tak chu tiziaawm lovin ka chhuak ta a. Angin Zalai thim zingah chuan ka kal ta a, engvangin nge thilmak tak inkhawmna chu inrem lo takin a tawp tih ka ngaihtuah a. The dual scales of *maya* , hlimna zawng zawng leh lungngaihna inthlauhna! Ka thinlung naupang tak chu ka guru kut zungtang danglam tak takte chu a la malleable lo.

A tuk zingah chuan hermitage member-te rilru put hmangah hmêlma a pung tih ka hmu a. Ka ni te chu invariable rudeness nen a spike ta hle mai. Kar thum chhungin Dyananda hian Bombay-a conference neihnaah tel turin ashram a chhuahsan a; ka lu vanduai tak chungah pandemonium a rawn chhuak ta.

"Mukunda hi parasite a ni a, a kir lehna tur dik tak siam lovin hermitage hospitality a pawm a ni." He thusawi ka hriat hian Pa hnena ka pawisa thawh let tura ngenna ka zawm chu a vawi khatna atan ka inchhir ta a ni. Thinlung rit takin ka thian pakhat chauh, Jitendra chu ka zawng ta a.

"KA ni chhuahsan ta. Khawngaihin hriattir ka zahthlak takin pawl a ti hle ah Dyanandaji chuan a rawn ti a engtikah ani a rawn kir leh ta a ni."

"Kei pawh ka chhuak ang! Hetah hian ngaihtuahna senga ka beihna hian nangmah aia duhsakna a tawh lo." Jitendra chuan tumruh takin thu a sawi a.

"KA nei an inhmuh a ani Krista ang mi thianghlim. Nihtir keini tlawh ani chhung Serampore a ni."

Leh chuvangin chumi "sava" inbuatsaih ah "swoop" tih a ni. hlauhawm takin khar ah Calcutta khawpui a ni!

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10-1 : 1.1. *Sanskrit tawng* , . polished a ni a; zo. Sanskrit tawng hi chumi upa ber unaunu tan zavai Indo-European tawng a ni tawng hrang hrang. Chu chu alphabet angin a awm thuziak is *Devanagari* , a awmzia chu "Pathian chenna" tihna a ni. "Tunge ka grammar hrechiang hian Pathian a hria!" Hmanlai India rama philologist ropui Panini chuan Sanskrit tawnga Mathematical leh psychological perfection chu he chawimawina hi a hlan a ni. Tawng chu a lair thlenga zuitu tur chuan engkim hretu anga tawp a ngai tak zet a ni.

10-2 : 1.1. Ani tawh lo Jatinda chuan a rawn ti a (Jotin.) tiin Ghosh), 1999 a ni. tunge duhdan ni a

hrechhuak ta tan ani a hun takah huatna (aversion) a ni ah sakeibaknei te! 10-3: Pathian panna

kawng emaw, kawng hmasa ber emaw.

10-4 : 1.1. Hindu a ni Pathian Lehkha Thute zirtir sawmi chhungkua zawm hi delusive tih a ni chuan chumi a veng thei chumi devotee a ni atangin zawng mek chumi Thilpek petu tan malsawmna zawng zawng, . telin chumi pakhat tan hmangaihna nei laina, lo ah kochhuak nunna amah ngei pawh a ni. Isua chutiang bawkin zirtir: "Tunge hi ka nu? tin, ka unaute chu tute nge ni?" (*Matthaia* 12:48.)

10-5 : 1.1. *Ji* hi ani tih dan phung pangngai zahthlak takin suffix, . a bik takin hmang chhung tlang chenna hmun; chuvangin "swamiji," tiin a sawi. "guruji," tiin a sawi. "Sri." Yukteswarji," "paramhansaji" tih hi a ni.

10-6 : 1.1. Pertaining chungchang ah chumi *shastras* , . a ngial a ngan chuan, "serh lehkhahu te," comprising a ni pali class hrang hrangah a awm thin tan Pathian thu: chumi *shruti*, . *smriti*, . *purana*, leh *tantra* . Hengte huapzo treatises te pawh a awm khuh engpawh hmelhmang tan sakhaw thil leh vantlang nunna, leh chumi field hrang hrangah a awm tan dan, damdawi, architecture, art, etc. *Shrutis* te hi "directly heard" emaw "revealed" scriptures, *Vedas te an ni* . Smritis emaw "remembered" lore *emaw* chu a tawpah chuan hun kal tawh hla takah khawvela epic poem sei ber, *Mahabharata* leh the *Ramayana a ni* a . *Puranas te pawh a awm* hi a ngial a ngan chuan "hmanlai" tehkhin thute; *tantras tih a ni* a ngial a ngan chuan suaksual "rites" tih a ni. emaw "rituals" tih te; hengte treatises te pawh a awm thutak thuk tak takte chu entirna chipchiar tak puan hnuaiah a thlen a ni.

10-7 : 1.1. "Thianghlim zirtirtu," chumi tih dan phung pangngai Sanskrit tawng hunbi tan pakhat ta a ni thlarau lam thil zirtirtu (preceptor) a ni. Ka nei rendered a ni chumi chhung Sap angin "Master" tih mai mai a ni .

BUNG: 1.1. 11. A rilru a hah lutuk

Pahnih Penniless a ni Tlangval te Chhung Brindaban a ni

"Pain a rochun che a nih chuan a rawng a bawl dik ang che, Mukunda! I nunna hi i âthhlak em em a ni!" Upa leh unaupa sermon pakhat chuan ka beng a rawn beng a.

Jitendra nen chuan rel atanga lo chhuak thar (figure of speech mai mai; leivutin kan khuh) chu tun hnaia Calcutta atanga khawpui hlui Agra-a sawn Ananta-i chenna in chu kan thleng chauh a ni. Unaupa hi Bengal-Nagpur Railway-a supervising accountant hna thawk a ni a.

"I hria em, Ananta, ka rochan hi Van Pa hnen atangin ka zawng

a ni." "Pawisa hmasa ber; Pathian chu a hnuaiah a lo kal thei ang!

Tuin nge hria ang? Nun hi a rei lutuk mai thei." "Pathian hmasa

ber; sum hi a bawih a ni! Tuin nge sawi thei ang? Nun hi a tawi

lutuk mai thei."

Ka retort chu chutih laia exigencies-in a ko a, presentiment a nei lo. Mahse, hun hnah chu Ananta tan chuan finality hmasa ber thlengin a inhawng ta a; kum engemaw zat hnuah **11-1 in an inhnehtawk** bank note hmanna hmasa ber emaw, a hnahnung ber emaw a hman lohna ramah chuan a lut ta a ni.

"Hermitage atanga finna, ka ring! Mahse Benares i chhuahsan tawh tih ka hmu." Ananta mitmeng chu lungawinain a eng chhuak a; chhungkaw bu chhungah ka pinions chu humhim a beisei tho tho.

"Benares-a ka awm chhung kha a hlawhtling lo! Ka thinlungin a duh zawng zawng chu chutah chuan ka hmu vek! I pundit emaw a fapa emaw a ni lo tih i chiang mai thei!"

Ananta chuan nuihzatthlak takin min rawn zawm ve a; a thlan Benares "clairvoyant" chu hun rei lote thlir thiam tak a nih thu a pawm a ngai tawh a ni.

"Engnge hi i ruahmanna siamte, . ka a vakvai unaupa?"

"Jitendra chuan Agra-ah min fuih a. Taj Mahal mawina chu 11-2 in kan en ang." hetah hian," ka hrilhfiyah a. "Chuti a nih chuan ka guru hmuh thar, Serampore-a hermitage nei hnenah kan kal dawn a ni."

Ananta chuan mikhual takin kan thlamuanna tur min ruahman sak a. Zanolai lamah waw engemaw zat a mit chu ngaihtuahna fim takin min en reng tih ka hmu a.

"KA hria sawmi en!" Ka ngaihtuah. "ANI rel hi brewing a ni!"

Chumi denouement tih a ni la hmun laiin kan hma tukthuan.

"Chuvangin Pa hausakna atanga inngnat lo takin i inhria." Nizan inbiakna barb chu a rawn chhonzawm leh a, Ananta mitmeng chu a sual lo hle.

"KA ni harhfm tan ka inngnahna (dependence) a ni chungah Pathian."

"Thu chu a man tlawm! Tun thleng hian nun hian a humhim che a ni! I ei leh in tur leh chenna tur zawnga Kut Hmuh Loh lam hawi tura nawr luih i nih chuan a va hrehawm tak em! Kawngpuiah i dil thuai dawn a ni!".. tiin a sawi.

"Engtikah mah! Pathian aiin kawngpui kalte hi ka ring lo vang! A devotee tan dilna bawm bakah hian resources sangkhat a duang thei a ni!"

"Retic tam zawk! I vaunted philosophy chu he khawvel thil hmuh theihah hian fiahnaah dah turin ka rawt ta ang u ?"

"KA ang pawmpui! Ti nangmah confine tih a ni Pathian ah ani speculative tak a ni khawvel?"

"Kan hmu ang; wawiinah hian ka ngaihdan hi tihzauh emaw, nemnggeh emaw theihna hun remchang in nei ang!" Ananta chu dramatic moment atan a chawl a; tichuan zawi zawiin leh serious takin a sawi ta a.

"Vawiin zing hian nang leh i zirtirpui Jitendra hi Brindaban khawpui hnai takah tirh ka rawt a ni. Cheng khat pawh i la tur a ni lo; i dil tur a ni lo, ei tur emaw, pawisa emaw i dil tur a ni lo; i harsatna chu tumah i puang chhuak tur a ni lo; i chaw ei

lohvin i kal tur a ni lo; Brindaban-ah pawh i tangkhang tur a ni lo. Zanin dar sawm leh pahnih hmaa hetah hian ka bungalow-ah i kir leh a nih chuan, tel lovin." fiahna dan eng pawh bawhchhiain, Agra-a mi mak ber ka ni ang!"

"Challenge hi ka pawm a ni." Ka thusawiah leh ka thinlungah pawh inhnialna a awm lo. Instant Beneficence chungchang lawmthu sawina hriatrengna a rawn lang chhuak a: Lahiri hnena ngenna hmanga cholera thihna thlen thei ka tihtamna

Mahasaya thlalak; Uma nen Lahore inchungah kite pahnih an khelhpui thilpek; ka beidawnna karah amulet remchang tak chu; pundit-te in compound pawna hriat loh Benares *sadhu* kaltlanga thuchah thutlukna siamtu ; Pathian Nu hmuh leh A hmangaihna thu ropui tak takte; Ka mualphona tlemte chu Master Mahasaya kaltlangin a ngaihvenna rang tak; ka high school diploma tihlawhtlingtu minute hnuhnung bera kaihhruaina; leh malsawmna hnuhnung ber, dam chhung zawnga mumang hrual atanga ka Lal nung. Khawvel harsh proving ground-a tussle engmah nen a inang lo ka "philosophy" hi ka pawm thei ngai lo!

"I duhna hian i credit a ni. Rel-ah chuan vawi khatah ka escort ang che." Ananta chuan hmui inhawng Jitendra lam chu a hawi a. "Thuhretu angin i kal ve tur a ni a, a nihna takah chuan, victim pui angin i kal ve ngei tur a ni!"

Darkar chanve hnuah Jitendra nen chuan kan impromptu trip tur one-way ticket kan nei ta a. Kan submit a, station hmun hla takah, kan mite zawng turin. Ananta chuan hoard thup kan keng lo tih chu a lungawi nghal vat a; kan *dhotis* awlsam tak **tak 11-3** a tul aia tam engmah thup lo.

Rinnain sum leh pai lama thil pawimawh tak takte a rawn luhchilh lai chuan ka thianpa chuan duh lohna lantirin thu a sawi a. "Ananta, invenna atan cheng khat emaw cheng hnih emaw min pe rawh. Tichuan vanduai a nih chuan telegraph ka pe thei ang che."

"Jitendra!" Ka ejaculation chu sharply reproachful a ni. "Final security atana pawisa i lak chuan test hi ka kalpui dawn lo."

"Coins clink-ah hian thil thlamuanthlak tak a awm." Jitendra chuan khauh taka ka en lai chuan a ti tawh lo .

"Mukunda, . Ka ni lo thinlung nei lo." ANI hrilhthawi tan inngaihtlawmna nei a rawn chhuak ta a chhungah Ananta chuan a ti a aw. Chumi maithei ni a chhia leh tha hriatnain a vuak tih; khawpui danga naupang insolvent pahnih a tirh avang pawh a ni mai thei; a sakhaw lama rinhlelhna avang pawh a ni mai thei. "Eng thil thleng mai mai emaw, khawngaihna emaw avanga Brindaban harsatna hi hlawhtling taka i paltlang a nih chuan i zirtir atan min insiam tir turin ka ngen ang che."

He thutiam hian thil dik lo engemaw zat a nei a, chu chu hun pangngai lo tak nen a inmil hle. India chhungkaw pakhata unaupa upa ber hian a junior-te hmaah a kun ngai lo va; pa hnuaiah zahna leh thu awihna a dawng a ni. Mahse ka comment tur chuan hun a la awm lo; kan rel chu a chhuahna hmunah a awm ta.

Kan rel chuan mel tam tak a tlan lai chuan Jitendra chuan lungngai takin a ngawi reng a. A tawpah chuan a inhnukdawk ta a; leaning over, hmun awlai takah chuan hrehawm takin min rawn pinch a.

"Pathianin kan chaw ei tur a supply dawn tih

chhinchhiahna ka hmu lo!" "Thu ngawi reng rawh,

Thomas-a ringhlel rawh; Lalpa chuan min thawkpui

mek a ni."

"A hmanhmawh theih nan pawh i ruahman thei ang em? Kan hmaa prospect awm mai maiah hian ka riltam tawh hle. Benares hi ka chhuahsan a, Taj-a thlanmual en turin ka chhuak a, ka mausoleum-ah lut turin ka chhuak lo!"

"Lawm rawh, Jitendra! Brindaban thilmak thianghlim kan hmuh hmasak ber tur kan ni lo em ni? **11- 4. 4. A rilru a hah lutuk chuan a rilru a buai em em a** Lal Krishna kein a tihthianghlim lei chu ka ke pen ka ngaihtuah hian hlimna thuk tak ka nei a ni."

Kan compartment kawngkhar chu a rawn inhawng a; mi pahnih an thu a. Rel chawlhna tur dang chu a hnuhnung ber a ni ang.

"Young lads, Brindaban-ah hian thian in nei em?" Ka hmaa mi hriat loh chuan mak tak maiin ngaihven a hlawh hle.

"Pakhatmah tan i sumdawwna!" Rude takin Ka averted a ni ka gaze rawh.

"Stealer of Hearts enchantment hnuaiah in chhungte hnen atangin in thlawk bo mai mai a ni mai thei. **11-5.**" Keimah ngei pawh hi devotional temperament nei ka ni. Chaw ei tur, leh he khaw lum nasa tak atanga inhumhimna in dawn hi ka tih tur tha takah ka siam ang."

"Ni lo, ka pu, kan sawi mai mai ang. I ngilnei hle a; mahse in atanga chhuak lo anga min rorel hi i tisual a ni."

Inbiakna dang a awm tawh lo; rel chu a ding ta a. Jitendra nen platform-a kan chhuk lai chuan kan chance thiante chuan min rawn link a, sakawr cab an ko ta a.

Ram enkawl that tak, thing hring hring zingah chuan hermitage ropui tak hmaah kan alit a. Hetah hian kan mi \angkaitute chu hriat hlawh tak an ni tih a chiang a; tlangval nuihzatthlak tak chuan comment awm lovin parlor pakhatmah min hruai a. Rei lo teah hmeichhe upa tak, zahawm takin min rawn zawm ta a.

"Gauri Ma, lal fapate chu an lo kal thei lo." Mipa pakhat chuan ashram hostess chu a bia a. "Hun hnuhnung berah chuan an ruahmanna chu a dik lo hle a; pawh tihna thuk tak an thawn a. Mahse mikhual dang pahnih kan rawn hruai a. Rel-a kan inhmuh meuh chuan Lal Krishna rawngbawltu angin anmahni hi ka hip ta niin ka hria.



(Left to right) Brindaban-a "penniless test"-a ka thianpa Jitendra Mazumdar;
Lalit-da, ka cousin; Swami Kebelananda ("Shastri Mahasaya"), ka Sanskrit
zirtirtu thianghlum tak; keimah ngei pawh, high school thalai ka nih lai khan



Ananda chuan arawn ti a Moyi chuan Ma
chumi Bengali tawng a ni "Joy-Permeated a ni." Nu."



Himalaya tlanga Ranikhet bula Drongiri tlanga Babaji-a luah lungpui zinga
pakhat. Lahiri Mahasaya-a pafa pakhat, Ananda Mohan Lahiri (dinglam
atanga pahnihna, a dum) leh mi dang pathum chuan he hmun thianglim hi
an tlawh mek a ni.

"Good-by, thian thalai te u." Kan hmelhriat pahnih chu kawngka lam pan chuan
an kal ta a. "Pathianin a duh chuan kan inhmu leh ang."

"Hetah hian i lo lawm a che." Gauri Ma chuan a beisei loh thubuai pahnih
chungchangah nu ang maiin a nui suk a. "Ni tha zawkah chuan i lo kal thei lo. He

hermitage-a lal patron pahnih ka beisei a ni. Ka chaw siam hian ngaihlu tu tumah
hmu lo se chuan a va zahthlak tak em!"

Heng ei duhna thute hian Jitendra-a chungah nghawng tha lo tak a nei a: a mittui a tla zawih zawih a. Brindaban-a a hlauhthawn "prospect" chu lal intihhlamna angin a lo chang ta a; a rilru insiamrem nghal chu a tan chuan a tam lutuk tih a chiang hle. Kan hostess chuan hriat duhna nen a en a, mahse engmah sawi tur a awm lo; tleirawl thil mak tak takte chu a hre chiang hle mai thei.

Chawhmeh ei tur puan a ni a; Gauri Ma chuan dining patio, spicy leh savory odors lam pan chuan a hruai a. A bula kitchen pakhtah chuan a bo ta a.

He hun hi ka lo ngaihtuah lawk tawh a. Jitendra-a taksa peng hrang hranga hmun remchang thlangin, rel-a min pek ang chiah chiah pinch ka pe a.

"Ringhlel a ni." Thomas, kum 2019 a ni. chumi Lalpa hnathawh-in ani hmanhmawh, pawh!"

Hostess chu *punkha nen a rawn lut leh ta a* . Kan ang bawkin Oriental fashion-in min fan nget tlat a ni blanket-seat mawi tak takah chuan a thu a. Ashram zirtirte chu course sawmthum vel nen an kal kual a. "Chaw" tih ai chuan a sawifahna chu "sumptuous repast" chauh a ni thei. He planet kan thlen tirh atang khan Jitendra nen hian hetiang thil tui tak hi kan la ei ngai lo.

"Dishes fit for princes indeed, Honored Mother! He banquet-a tel ai chuan i lal patron-te'n hmanhmawhthlak zawka an hmuh theih tur chu ka ngaihtuah thei lo! A tan hriatrengna min pe a ni." dam chung zawng!"

Ananta-i thil phut avanga ngawi renga awm mah ila, kan lawmthu sawina hian awmzia pahni a nei tih hmeichhe khawngaihthlak tak hnenah chuan kan hrilhfiah thei lo. Kan thinlung tak takna chu a tlem berah chuan patent a ni. A malsawmna leh hermitage tlawh leh tura sawmna ngaihnaawm tak nen kan chhuak ta a ni.

Pawn khaw lum chu khawngaihna nei lo a ni. Ka thianpa nen chuan ashram kawtah lal cadamba thing pakhat inhumhimna tur kan siam a. Thu chiang tak tak a rawn zui a; waw khat chu Jitendra chu rinhlelnain a rawn tuam leh ta.

"A fine mess you have got me into! Kan luncheon kha accidental good fortune chauh a ni! Engtin nge he khawpui hmun mawi tak takte hi kan hmuh theih ang, kan inkarah pice pakhat mah awm lovin? Tin, engtin nge khawvelah hian Ananta te inah min hruai kir leh ang?"

"Pathian i theihnghilh nghal vat a, tunah chuan i pum a khat tawh." Ka thusawi, thlum lo, puhmawhna a ni. Pathian duhsakna atân mihring hriatrengna chu a va tawi tak êm! Mihring tumah a tawngtaina thenkhat tihlawhtlinna hmu lo chu an nung lo.

"KA ni lo nih hmel ah theihnghilh ka âtna chung venturing tih a ni pawn nen ani madcap tih a ni duh nangmah!"

"Ni reh, Jitendra chu! Chumi inang Lalpa tunge fed a ni keini duhdan lantir keini Brindaban, 1999 a ni. leh kirlet keini ah Agra chuan."

Tlangval tlêm tê, hmel duhawm tak mai chu chak takin a rawn hnaih a. Kan thing hnuaiah chuan a ding a, ka hmaah chuan a kun a.

"Thian duh tak, nang leh i thianpa hi hetah hian mikhual in ni ngei ang. I mikhual leh kaihruaitu ka nih hi min phalsak ang che ."

Indian pakhat tan chuan a hring chhuak thei lo hle a, mahse Jitendra hmel chu a na nghal vek thung. Zahawm takin ka hnawl a.

"Min hnawtchhuak lo tak tak em?" Chu mi hriat loh alarm chu thil dang eng pawhah chuan comic a ni ngei ang .

"Engati nge lo?"

"Ka guru i ni." A mitmeng chuan ka mitmeng chu rintlak takin a zawng a. "Chawhnu lama ka inpeknaah khan malsawm Lal Krishna chu inlarnaah a rawn lang a. He thing hnuaiah hian milem kalsan pahnih min hmuhtir a. Hmel pakhat chu i ta a ni, ka pu! Ngaihtuahna lamah ka hmu fo tawh! Ka rawngbawlina inngaitlawm tak hi i pawm chuan eng lawmna nge ni ang!"

"Kei pawh min hmuh avangin ka lawm hle mai. Pathian emaw mihring emaw hian min kalsan lo!" Ka hmaa hmel duhthusam tak chu nui chungin che thei lo mah ila, chhungril lama chibai bukna chuan Divine Feet-ah min paih ta a ni.

"Duhtak thiante, duhdan nangmah lo zahawmna ka in tan ani tlawh?"

"I ngilnei hle a; mahse ruahmanna chu a tih theih loh. Agra-a ka unaupa

mikhual kan ni tawh." "A tlem berah chuan Brindaban-a i tour lai kha min

hriatrengna min pe rawh."

Lawm takin ka remti ta a. Tlangval hian a hming Pratap Chatterji a ti a, sakawr tawlailir pakhat chu a fak hle a. Madanamohana Temple leh Krishna hmun thianghlim dangte kan tlawh a. Kan temple devotion-a kan awm lai chuan zan a lo tla ta a.

Sandesh ka hmuh chung hian min ngaidam rawh ." **11-6 ah a awm** Pratap chu rel station bula dawr pakhatah a lut a. Jitendra nen chuan kawngpui zau takah chuan kan tlan kual a, tunah chuan a lumna tlukpuiah chuan mipui an tam hle tawh. Kan thianpa chu hun engemaw chen a awm lo a, mahse a tawpah chuan sa thlum tam tak thilpek kengin a rawn kir leh ta a ni.

"Khawngaihin he sakhaw lama thatna hi ka neih theih nan min phalsak ang che." Pratap chuan Agra panna tur rupee note bundle leh ticket pahnih, a lei thar chu a rawn phar chhuak a, ngenna ang maiin a nui suk a.

Ka pawm zahna chu Hmuh theih loh Kut chungah a ni. Ananta-in a nuihzat a, A thilpek hian a tulna a phak lo em ni?

Keini zawng pawn ani inthiarfihlim a ni hmunbik hnai chumi chawlhmun.

tunlai yogi ropui ber Lahiri Mahasaya *Kriya* ka zirtir ang che . A technique chu i guru a ni ang."

Initiation chu darkar chanve chhungin an titawp ta a ni. " *Kriya* hi i *chintamani a ni* ," **11-7** Zirlai thar chu ka hrilh a. "I hmuh angin a awlsam em em technique hian mihringte tih chakna art a keng tel a ni."

thlarau lam evolution a ni. Hindu lehkhabuah chuan incarnating ego hian *maya atanga zalenna a hmuh theih nan kum maktaduai khat a mamawh tih a zirtir a* . He natural period hi *Kriya Yoga hmangin nasa takin a tawi phah a ni* . Jagadis Chandra Bose-a'n thlai thanna chu a rate pangngai aia nasa zawka chak theih a nihzia a lantir ang bawkin mihring rilru lam hmasawinna pawh chhungril science hmangin a ti chak thei bawk. I thiltih danah rinawm takin awm rawh; guru zawng zawng Guru chu i pan ang."

"He yoga key, hun rei tak atanga zawn tawh hi zawng turin ka phurh a ni!" Pratap chuan ngaihtuahna fim takin a rawn ti a. "Ka sensory bonds-a a unshackling effect hian higher spheres atan min chhuah zalen ang. Vawiin a Lord Krishna vision hi." ka thatna sang ber tihna chauh a ni thei."

Ngawi renga hriatthiamna neiin rei vak lo kan thu a, chutah zawi zawiin station lam pan chuan kan kal ta a. Rel ka chuan lai chuan himna chu ka chhungah a awm a, mahse hei hi Jitendra mittui tlak ni a ni. Pratap-a hmangaihna nena kan inhmuhna chu ka thian pahnihte thawm ri bengchheng tak takte chuan a lo titawp tawh a ni. Khualzinna chuan vawi khat chu Jitendra chu lungngaihna welter-ah a hmu leh ta a. Tun tumah hian amah tan ni lovin, amah lakah.

"Engtin pawnlang ka ring! Ka thinlung nei ni lung! Ngai lo chhung hma hun ang Ka ringhlel Pathian ta venhimna!"

Zanlai chu a hnai tawh hle. "Cinderella" pahnih, pawisa nei lo tirh chhuah chu Ananta mutna pindan chhungah chuan an lut ta a. A hmel chu a tiam ang ngeiin mak tih hmel zeta zir chianna a ni. Ngawi reengin dawhkan chu cheng ka shower a.

"Jitendra, thudik tak chu!" Ananta tone chu a jocular hle mai. "He tlangval hian

holdup a stage lo em ni?" Mahse, thawnthu chu a inher chhuah rual chuan ka

unaupa chu a fimkhur ta a, chutah chuan a solemn ta a ni.

"Demand leh supply dan hian ka ngaihtuah aiin ram fiah lo zawkah a thleng a ni." Ananta chuan a hmaa hriat ngai loh thlarau lam phurna nen a sawi a. "Khawvel vault leh vulgar accumulations i ngaihsak lohna hi a vawi khat nan ka hrethiam."

Tlai deuh mahse ka unaupa chuan *diksha* **11-8 dawng turin a nawr lui tlat a** *Kriya Yoga* ah a lut ta a ni . "Guru" Mukunda chuan ni khatah zirtir zawn loh pahnih mawhpurhna chu a phur a ngai a ni.

A tuk zing chawhmeh chu a hma ni khata awm lo inrem takin an ei a. Jitendra chu ka nui suk a .

"Nangmah ang lo ni bum a ni tan chumi Taj. Nihtir keini thlir chumi hmaah tan a ni tan Serampore a ni."

Ananta thlah a, ka thianpa nen chuan Agra ropuina, Taj Mahal hmaah kan awm thuai a. Ni chhuahnaah marble dum a ti eng a, pure symmetry vision a ding a ni. A setting tha ber chu dark cypress, glossy lawn, leh tranquil lagoon a ni. A chhung lam chu a mawi hle a, lacel ang chi carvings inlaid in semiprecious stones a awm bawk. Marble, brown leh violet atang hian wreath leh scroll nalh tak tak te chu inthup takin a lo chhuak thin. Dome atanga eng lo chhuak chu Emperor Shah-Jahan leh a lalram leh a thinlung lalnu Mumtaz Mahall-te cenotaph-ah a tla a ni.

Tawh tan khaw hawi! Ka tawh duhthusam tan ka guru tih hi a ni. Jitendra chuan a ti a leh Ka an rei lo teah zin chhuak chhim tu

zirtir lamah Bengal ram a ni.

"Mukunda, thla tam tak chhung chu ka chhungte ka hmu tawh lo. Ka ngaihdan ka thlak tawh a; a hnuah Serampore-ah i pu ka tlawh leh mai thei."

Ka thianpa, mize danglam tak anga sawi mai theih chu Calcutta-ah min kalsan ta a ni. Local train hmangin rei lo teah hmar lam mel sawm leh pahnih vela hla Serampore chu ka thleng ta a.

Ka guru nena Benares inhmukhawnma atang khan ni sawmhni leh pariat a liam tawh tih ka hriat chuan mak tihna throb chuan ka chungah a rawn ru bo ta a. "Kar li hnuah ka hnenah i lo kal ang!" Hetah hian ka awm a, thinlung na tak zetin, a courtyard chhungah Rai Ghat Lane reh takah ka ding a. Kum sawm chhunga a tha ber ber ka hmanna tur hermitage-ah chuan a vawi khat nan India rama *Jyanavatar*, " finna mihring lo piang" nen ka lut a.

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11-1 : 1.1. Hmu bung khat a ni 25.

11-2 : 1.1. Chumi khawvel huapa hmingthang tak a ni thlanmual a ni..

11-3 : 1.1. ANI *dhoti* -puan hi knot a ni vel chumi kawng leh a khuh a ni chumi ke te..

11-4 : 1.1. Brindaban, 1999 a ni. chhung chumi Muttra a ni ram bial khat tan United Province hrang hrang, . hi chumi Hindu a ni Jerusalem. Hetah Lalpa Krishna chuan a ti a tih a ni mihringte hlawnkna tur atana a ropuinate..

11-5 : 1.1. Hari chuan; chu endearing tak a ni hming tu khawi Lalpa Krishna

chuan a ti a hi hria ah ani devotees te an ni. 11-6: India rama sa thlum tak

pakhat..

11-7 : 1.1. ANI thawnthu (mythological) a ni gem nen thuneihna ah phalsak duhzawngte.

11-8 : 1.1. Thlarau lam thil intan tir; atangin chumi Sanskrit tawng zung *diksh* , . ah inhlan rawh mahni ngei pawh.

BUNG: 1.1. 12. A rilru a hah lutuk

Kum Chhung Ka Master's a ni Hermitage a ni

"I lo kal ta." Sri Yukteswar chuan balcony nei sitting room leiah sakeibaknei vun atang chuan min lo hmuak a. A aw chu a vawt hle a, a awm dan chu rilru hah lo tak a

ni.

"Awle, duhtak Hotu, Ka ni hetah ah zui nangmah." Khup a, . Ka a khawih a ani ke.

"Engtin thei sawmi ni? Nangmah haider ka duhthusam a ni."

"Aih rei zawk, . Guruji chuan! I duhsak ang ni ka dan!"

"Chu chu a tha zawk! Tunah chuan i nunah

mawhpurhna ka la thei tawh ang." "I duhsak takin

phurrit chu ka transfer a, Master."

"Chuti a nih chuan ka ngenna hmasa ber chu i chhungte hnenah in lama haw leh rawh. Calcutta-ah college luh ka duh a ni. I zirna hi chhunzawm zel tur a ni."

"A tha khawp mai, ka pu." Ka mangang lutuk chu ka thup ta a. Lehkhabu rilru na tak takte chuan kum tam tak chhung chu min zui ve ang em? Pa hmasa ber, tunah chuan Sri Yukteswar!

"Engtikah emaw chuan khawthlang lamah i kal dawn a ni. Hindu zirtirtu mak tak hian university degree a neih chuan a mite chuan India finna hlui chu an dawngsawng zawk ang."

"I hre Chiang ber, Guruji." Ka thim chu a bo ta. Khawthlang lam sawina chu mak ka ti hle a, hla tak a ni; mahse, thuâwihna hmanga Master tihlâwm theihna hun remchâng ka neih chu a pawimawh hle.

"Nangmah duhdan ni hnai chhung Calcutta khawpuiah; lokal hetah engtiklaipawhin nangmah zawngmu hun."

"Nitin a theih chuan, Master! Lawmthu sawiin ka nun chhung zawng zawngah i thuneihna hi ka pawm a- condition pakhatah."

"Awle?"

"Sawmi nangmah thutiam ah inpuang Pathian ah keimah!"

Darkar khat chhung zet thusawi inhnialna a chhuak ta a ni. Pu thu chu a dik lo thei lo; awlsam taka pek a ni lo. Thutiam-a thil awmzia hian metaphysical vista zau tak a hawng a ni. Guru chuan Siamtu nen hian intihtmlimna (intimate terms) an nei tak zet tur a ni a, chu chu Amah chu a rawn inlan tura a tih tur a ni! Sri Yukteswar-a Pathian inpumkhatna chu ka hrechhuak a, a zirtir angin ka hlawkna tur chu nawr chhuah ka tum tlat a ni.

"I duhthusam (exacting disposition) i ni!" Tichuan Master remtihna chu lainatna

tawp lam nen a ri ta a: "I duhthusam chu ka duhthusam ni rawh se."

Ka thinlung atang chuan dam chhung zawnga thlalak a lo chhuak a; zawn chhuahna mumal lo, hetah leh yon, chu a tawp ta. Guru dik takah chatuan inhumhimna ka hmu tawh a ni.

"Lo kal rawh; hermitage chu ka entir ang che." Master chu a tiger mat atang chuan a tho chhuak a. Ka lam chu ka han melh a; ka mit chu mak tih hmel zet hian wall picture, jasmine spray-a khuh chungah a tla a.

"Lahiri." Mahasaya chu!"

"Ni e, ka divine guru." Sri Yukteswar-a tone chu zah takin a vibrant hle. "A ropui zawk a, mihring leh yogi angin, zirtirtu dang zawng zawng aiin, a nun chu ka chhui chianna huam chhunga lo thleng a ni."

Ngawi rengin thlalak hriat lar tak hmaah chuan ka kun a. Ka nausen lai malsawmtu, he darkar thlenga ka ke penna min kaihruaitu, peerless master hnenah chuan soul-homage chu a tlan chak hle.

Ka guru kaihhruaina hnuaiah in leh a ground-ah chuan ka fang kual a. A lian a, hmanlai leh sak that a nih avangin, he hermitage hi hual lian tak, lungphum nei courtyard-in a hual vel a ni. Pawn lam bang chu moss-in a khuh a; pigeon-te chu flat grey roof chungah chuan an thlawk kual a, ceremonial takin ashram quarters chu an insem ta a ni. Hnung lam huan pakhat chu jackfruit, mango leh plantain thingte nen a nuam hle. Building chhawng hnih chhunga pindan chunglam balcony balustraded te chu a sir thum atang chuan courtyard lam hawi a ni. Ground-floor hall zau tak, ceiling sang tak, colonnade-a thlawp chu hman a ni a, Master chuan a sawi a, a bik takin *Durgapuja -a kum tin lawmna hun hmannaah hman a ni* . **12-1 a ni** Stairway zim tak chuan Sri Yukteswar-a thutna pindan chu a pan a, a balcony te tak te chuan kawngpui a thlir a. Ashram chu a inchei chiang hle a; engkim mai chu a awlsam a, a thianghlim a, a tangkai hle bawk. Khawthlang lam style-a siam thutphah, bench leh dawhkan engemaw zat chu a lang chiang hle.

Master chuan zan riah turin min sawm a. Zirtirtu naupang pahnih, hermitage training dawng mekte chuan thlai curry zanriah an ei a.

"Guruji, khawngaihin i nun chungchang hi min hrilh teh." A sakeibaknei vun bulah chuan straw mat-ah ka thu a. Arsi friendly tak takte chu an inhnaih hle niin a lang, balcony piah lamah chuan.

Kum 12-2 in ka piang a ni ." hetah Serampore-ah hian, Pa chu sumdawng hausa tak a ni. He pi leh pute in, tuna ka hermitage hi min hnutchhiah a ni. Ka formal school kal lai chu a tlem hle a; Ka hmu a, a slow a, a thuk lo hle bawk. Mipa ka nih tirh lamah chuan in neitu mawhphurhna ka la a, fanu pakhat ka nei a, tunah chuan nupui nei tawh a ni. Ka middle life chu kaihhruainain malsawmna a dawng a Lahiri Mahasaya-a a ni. Ka nupui thih hnuah Swami Order ka zawm a, hming thar of Sri Yukteswar Giri chuan a rawn ti a. **12-3 a ni** Chutiang chu ka annals awlsam tak takte chu a ni."

Master chuan ka duhthusam hmel chu a nui suk a. Biographical sketch zawng zawng ang bawkin a thusawi hian chhungril mihring chu a pholang lo va, pawn lam thil dik tak chu a pe tawh a ni.

"Guruji, ." Ka ang duh ah ngaithla engemawzat thawnthu te tan i naupanlai."

"Tlemte ka hrilh ang che-moral nei ve ve!" Sri Yukteswar mitmeng chu a vaukhâna

avang chuan a meng chhuak ta hlawm a. "Ka nu hian vawikhat chu pindan thim tak chhunga thlarau awm chanchin rapthlak tak hmangin min ti hlauthawng a tum a. Ka kal ta a." chutah chuan a awm nghal a, thlarau ka hmuh loh avangin ka lungawi loh thu ka sawi bawk. Nu chuan horror-tale dang min hrilh ngai lo. Moral: Hlahna hi hmaiah en la, a tibuai tawh lo ang che.

"Hriatrengna hmasa dang chu ka thenawmte ta ui tenawm tak ka duhna hi a ni. Chu ui chu ka hmuh theih nan kar tam tak chhung chu ka chhungte chu ka buai tir a. Ka beng chu prepossessing appearance nei zawk pets offers-ah chuan a bengchheng hle. Moral: Attachment is blinding; it lends an imaginary halo of attractiveness to the object of desire."

"Thu pathumna chu tleirawl rilru plasticity chungchang a ni. Ka nuin a sawi fo ka hre thin: 'Tu pawh hnuai hna pawmtu chu sal a ni.' Chu ngaihdan chu tihbo theih loh khawpin a fix ta a, ka nupui neih hnuah pawh hna zawng zawng chu ka hnaw! vek a, ka chhungkaw endowment chu ramah ka invest a, Moral: rawtna tha leh tha tak takte chuan mi rilru na tak takte chu a zirtir tur a ni naupang beng. An ngaihtuahna hmasa berte chu hun rei tak chhung chu sharply etched a la ni reng a ni."

Master chu ngawi rengin a tlu ta a. Zalai velah chuan khum zim takah min hruai a. Zan hmasa berah chuan ka guru inchung hnuai chuan mut chu a nuamin a thlum hle.

Sri Yukteswar chuan a tuk zingah chuan a *Kriya Yoga* initiation min pe turin a thlang ta a ni. Lahiri Mahasaya zirtir pahnih-Pa leh ka tutor, Swami Kebalananda hnen atanga technique ka dawn tawh kha-mahse Master hmaah chuan thiltihtheihna thlak danglam thei ka hre ta a ni. A khawih chuan ka nihnaah chuan êng ropui tak a rawn chhuak a, ni chhiar sen loh ropuina ang maiin a rawn inher chhuak ta a ni. Sawi theih loh hlimna tuilian, ka thinlung chhungril ber thlenga tuamtu chu a tuk zingah chuan a chhonzawm zel a. Chumi chawhnu lam chu hermitage chhuahsan tura ka rawn hruai theih hma chuan a tlai tawh hle.

"Ni sawmthum hnuah i lo kir leh ang." Calcutta-a ka in ka thlen chuan Master hrilhlawkna tihhlawhtlinna chu ka hnenah a rawn lut ta a. Ka chhungte zingah chuan "soaring bird" lo lang leh tur chungchanga ka hlauhthawn tawh thu chiang tak tak chu an sawi lo.

Ka attic te tak teah chuan ka chho a, hmangaihna nena mitmeng ka pe a, mi nung chungah ang maiin. "Ka ngaihtuahnate chu i hmu tawh a, ka *sadhana* mittui leh thlipui te pawh i hmu tawh baw! . Tunah chuan ka Pathian zirtirtu lawng chawlhna hmun ka thleng ta a ni."

"Ka fapa, kan pahnih tan hian ka lawm e." Pa nen chuan tlai lamah muang takin kan thu dun a. "I hmu ta." i guru, thilmak takin vawi khat chu ka ta ka hmuh ang khan. Lahiri Mahasaya kut thianghlim chuan kan nun a veng reng a ni. I pu hian Himalaya mi thianghlim thlen theih loh a ni lo tih a finfiah a, a bul hnaia awm pakhat chauh a finfiah zawk a ni. Ka tawngtainate chu chhan a ni ta: Pathian i zawnnaah hian chatuan atan i paih bo lo ka mit atang chuan."

Pa pawhin ka zirna mumal tak chu a chhonzawm leh dawn avangin a lawm hle a; ruahmanna fel tak a siam a. A tuk zingah Calcutta-a Scottish Church College-ah ka inziak lut a.

Thla hlim tak tak a liam ta. Ka chhiartute chuan college classroom-ah hian ka hmu tlem hle tih rinhlelh rual lohvin rinhlelhna chiang tak an siam a ni. Serampore hermitage chuan lure chu do theih loh lutuk a keng tel a. Master chuan hmun tina ka awmna chu comment awm lovin a pawm ta a ni. Ka thlamuanna ber chu zirlai

hall-te chu a sawi tam lo hle. Scholar tan chuan cut out ka ni ngai lo tih chu mi zawng zawng tan Chiang hle mah se, a chang chuan minimum passing grades ka hmu thei a ni.

Ashram-a nitin nun chu a kal tluang a, a danglam fo lo. Ka guru chu zing khawvar hmain a harh ta a. A muhil emaw, a châng chuan khumah thuin emaw, *samadhi dinhmunah a lut ta a ni*. **12-4 ah a awm** Master a harh huna hmuhchhuah chu thil awlsam tak tak a ni: abrupt halt of stupendous snores. **12-5 inkar a ni** Sigh khat emaw pahnih emaw; taksa chetna a ni mai thei. Tichuan thawk hahdamna ri nei lo: yoga hlimna thuk takah a awm ta a ni.

Tukthuan ti tawh lo zui; hmasa ber lokal ani sei kal tu chumi Ganges a ni. Saw'ng saw zing a strolls a nen ka

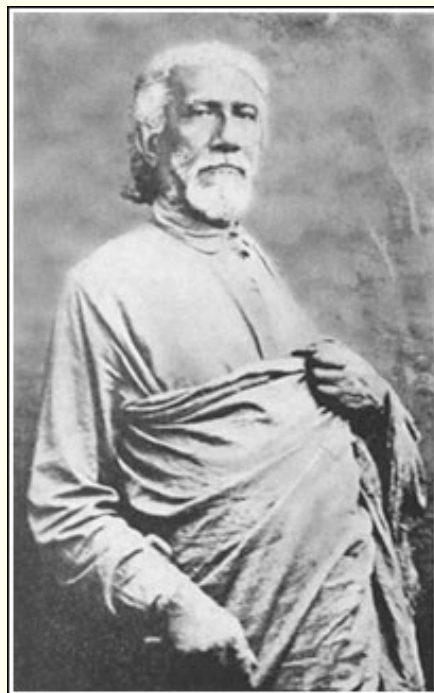
guru-a va tak tak leh Chiang em em a la ni reng! Hriatrengna kaihtawh awlsam takah hian a bulah ka inhmu fo thin: ni hmasa ber chuan lui chu a ti lum hle. A aw chu a ri chhuak a, finna dikna nena hausa tak a ni.

A inbualna chu; tichuan chawhnu lam chaw ei kha. A buatsaih chu, Master-in nitin a thupek angin, zirtir naupangte hna uluk tak a ni tawh a. Ka guru chu vegetarian a ni a. Mahse, monkhood a pawm hma chuan artui leh sangha a lo ei tawh a ni. Zirlaite hnena a thurawn chu, mahni danpui nena inmil, ei leh in awlsam tak tak zawm tur a ni.

Hotu ei te; fo buhfai, rawng hrang hrang a awm nen aieng emaw thiltui tan beets a ni emaw antam leh buffalo *ghee* emaw melted butter emaw nen tlem a theh. Ni dangah chuan lentil- *dhal* emaw *channa emaw* a nei mai thei **12- . 6. 6. A rilru a hah lutuk chuan a rilru a buai em em a** curry leh thlai chi hrang hrang. Dessert atan chuan mango emaw orange emaw rice pudding nen, emaw jackfruit tui emaw nen.

Chawhnu lamah tlawhtute an rawn lang a. Khawvel atang chuan lui nghet tak chu hermitage thlamuang takah chuan a luang lut ta a. Mi zawng zawngin Master-ah hian zahna leh ngilneihna inang an hmu a. Taksa emaw, ego emaw ni lovin thlarau anga inhriat chian tawh mipa tan chuan mihring dangte hian aspect inang lo tak tak an nei a ni.

Chumi mi dangte ngaihsak lohna tan mi thianghlimte hi zung kai a ni chhung finna. Masters te an ni nei a tlanchhuak ta a ni *maya* ; chu chu alternating tih a ni finna leh idiocy hmelte chuan nghawng nei lian takin an thlir tawh lo. Sri Yukteswar-a chuan thiltitheh leh thil ti theh tak takte chu a ngaihsak bik lo va; mi dangte pawh an retheihna emaw, ziaak leh chhiar thiam lohna emaw avângin a hmusit lo. Naupang hnen atanga thudik thute chu zah takin a ngaithla ang a, pundit inngaitlawm tak chu tlang takin a ngaihsak lo ang.



KA HOTU, SRI YUKTESWAR a ni
Zirtir tan Lahiri a ni Mahasaya chuan a ti a

Dar riat chu zanriah ei hun a ni a, a châng chuan mikhual awm reng an hmu ̣thin. Ka guru chuan amah chauhva chaw ei turin a inthiam lo vang; tumahin a ashram chu riltam leh lungawi lo takin an chhuahsan lo. Sri Yukteswar chu a ni ngai lo

at a loss, beisei loh taka tlawhtute'n an tihbuai ngai loh; chaw tlemte chu a resourceful kaihhruaina hnuaiah ruai angin a lo chhuak ang. Mahse, a economical hle a; a sum tlemte chu a kal thui hle. "I purse chhungah nuam takin awm rawh," a ti fo thin. "Extravagance hian discomfort a lei ang che." Hermitage intihhlamna chipchiar takah pawh ni se, a sak leh siamthat hnaah emaw, thil tangkai dang dangah emaw pawh ni se, Master hian thil siam chhuahna rilru originality a lantir a ni.

Zanlai darkar reh tak takte chuan ka guru thusawi pakhat, hun kalh zawnga ro hlute chu a rawn keng tel fo thin. A thusawi zawng zawng chu finnain a teh a, a chisel bawk. Mahni inrintawkna ropui tak chuan a thusawi dan chu a chhinchhiahna a ni: chumi tawh danglam. Ani a ti a angin pakhatmah thildang chhung ka tawnhriat reng a ti a. Ani ngaihtuahnate chu pawn lam incheina a phal hmain inthliarna balance nalh takah a rit a. Thutak bulpui ber, taksa lam hawi zawng zawng pawha huam vek chu thlarau chhuahna rimtui tak ang maiin a hnen atangin a lo chhuak a ni. Thil nung lan chhuahna hmaah ka awm tih ka hre reng a ni Pathian ta a ni. A Pathianna rit tak chuan automatic in a hmaah ka lu a nghat ta a.

Khualzin tlai zawkte chuan Sri Yukteswar chu Infinite-ah a inhmang chho ta tih an hriat chuan rang takin inbiaknaah a inhmang ta a ni. Pose a strike thei lo va, a chhungril lama inhnukdawkna pawh a pholang thei lo. Lalpa nen pumkhat reengin, inpawlna hun hran a mamawh lo. Mahni inhriatthiamna nei master chuan ngaihtuahna stepping stone chu a kalsan tawh a ni. "Pangpar chu a rah a lo chhuah chuan a tla thin." Mahse mi thianghlimte chuan zirtirte fuihna atan thlarau lam pianphung an vawng tlat fo thin.

Zanlai a hnaih meuh chuan ka guru chu naupang pianphung angin a muhil mai thei. Khum chungchangah pawh buaina a awm lo. A mu fo thin a, pillow pawh nei lovin, davenport tawi takah chuan a mu thin a, chu chu a tih dan pangngaia sakeibaknei vun seat siamna tur background a ni.

Zan khat chhung philosophy lam sawihona chu a tlem lo hle a; zirtir tu pawhin ngaihvenna nasa tak hmangin a ko thei a ni. Chutih lai chuan hahna ka nei lo va, mut duhna pawh ka nei lo; Master tawngkam nung tak chu a tawh a. "Aw, zing a ni tawh! Ganges lui kamah hian i kal ang u." Chutiang chuan ka zan lama insiamthatna hun tam tak chu a tawp ta a ni.

Sri Yukteswar nena kan thla hmasa berte chu zirlai tangkai tak-"How to Outwit a Mosquito"-ah a tawp ta a ni. In lamah chuan ka chhungte chuan zanah venhimna puan an hmang fo thin. Chu chu ka hmuhchhuah chuan ka lungawi lo hle in the Serampore hermitage he tih dan fing tak hi a bawhchhiatnaah hian chawimawi a ni. Mahse, rulhut te chu an awm kim vek a; Ka lu atanga ke thlengin ka seh a. Ka guru chuan min khawngaih a.

"Nangmah tan curtain lei la, ka tan pawh lei bawk ang che." A nui suk a, "Pakhat chauh

i lei chuan, nangmah tan, rulhut zawng zawng hian ka chungah an innghat vek ang!"

Ka zawm avangin ka lawm hle. Serampore-a ka awm zan tin hian ka guru chuan mut hmaa puan siam tur chu ruahman turin min ti thin.

Tlai khat chu rulhut te chu a bik takin an virulent hle. Mahse Master chuan a thupek pangngai chu a pe chhuak thei lo. Insect te anticipatory hum chu hlauthawng takin ka ngaithla a. Khumah chuan ka mu a, an general lam hawiin inremna tawngtaina ka paih a. Darkar chanve hnuah ka guru ngaihven hlawh turin inngaitlawm takin ka khuh a. Ka rilru a buai em em a, ka rilru a buai em em bawk a, ka rilru a buai em em bawk a, ka rilru a buai em em bawk a, ka rilru a hah em em bawk a.

Master hnen atangin responsive stir a awm lo; Fimkhur takin ka pan hnai a. A thaw hawk lo. Hei hi yoga trance-a ka hmuh hmasak ber a ni a; hlauhna min tikhat a.

"A thinlung chu a hlawhchham tawh ngei ang!" A hnar hnuaiah dardhlalang ka dah a; thawk-vapor a lang lo. Doubly certain turin minute engemaw zat chhung chu ka kut zungtang hmangin a hmui leh hnar ka khar a. A taksa chu a vawt a, a che thei lo. Ka rilru a buai em em a, tanpuina ko turin kawngka lam chu ka hawi a.

"Chuti a nih chuan! Experimentalist budding! Ka hnar rethei tak!" Master aw chu nui chungin a nging a. "Engvangin nge i mut loh? Khawvel pum hi i tan a danglam dawn em ni? Nangmah leh nangmah inthlak rawh: rulhut hriatna kha paih bo rawh."

Thuhnuaairawlh takin ka khumah ka kir leh a. Insect pakhat mah a hnaih lo. Ka guru hian a hmain min tihlim nan chauh curtain hi a lo remti tawh tih ka hrechhuak a; thosi hlauhna a nei lo. A yoga thiltihtheihna chu an seh loh nan a duh thei a, a nih loh leh chhungril lama invulnerability-ah a tlanbo thei bawh.

"Demonstration min pe a ni," ka ti rilru a. "Chu chu yoga state ka neih theih nan ka beih tur chu a ni." Yogi chuan he leia awm ngai lo distraction tam tak pawh ngaihtuah lovin, superconsciousness-ah hian a kal lut thei tur a ni a, a chhunzawm thei tur a ni. Insect ri bengchheng takah emaw, ni êng êng zau takah emaw pawh ni se, hriatnate thusawi chu khap a ngai a ni. Chuti a nih chuan ri leh hmuhna chu a lo thleng tak zet a, mahse, hnawhchhuah tawh Eden aia khawvel fel zawkte hnenah chuan. **12-7 ah a awm**

Chumi zirtirna pe thei rulhut te rawngbawl a ni tan adang hma zirlai hmunah chumi ashram ah a awm bawh. Chumi tawh chumi dimdawi darkar khat chu tlai lam a ni. Ka guru chuan hmân lai thuziak chu tehkhin rual lohvin a hrilhfiah a. A ke bulah chuan thlamuang takin ka awm a. Rude mosquito pakhat chu idyl chhungah a lut a, ka ngaihvenna tur chu a inel ta a. Poisonous a laih lai chuan hypodermic needle ka kawr chhungah ka lut a, automatic in venging hand ka han chawi sang a. Execution lo thleng tur atanga reprieve rawh! Patanjali-a yoga aphorism pakhat chu ka hriatrengna remchang tak a lo thleng a- chu chu *ahimsa* (harmlessness) chungchangah.

"Engvangin nge hna i thawh zawh

loh?" "Master! Nunna lak hi i

advocate em?"

"Ni lo; mahse, thihna chu i rilruah a lo awm tawh a

ni." "Ka hrethiam lo."

thah *duhna* tihbo a ni ." Sri Yukteswar chuan ka rilru kalphung chu lehkhabu inhawng takah a lo hmu tawh a. "He khawvel hi *ahimsa tih* dan tak tak atan inconveniently arranged a *ni* tihchhiatna duhna."

"Guruji, ." tur pakhat thilhlan amah ngei pawh a ni ani inhlan chutiang ni lovin aiin that ani ramhnuai sakawlh?"

"Ni lo; mihring taksa hi a hlu a ni. Thluak leh ruhro (spinal center) danglam bik avang hian evolutionary value sang ber a nei a ni. Hengte hian devotee hmasawn tak takte chu Pathian nihna lam hawi zawng zawngte chu a famkimin a hrethiam thei a, a sawi chhuak thei baw. No lower form is so *equipped* mihring taksa hloh hi karma dan bawhchhiatna lian tak a ni."

Ka a ti a chhung chhawmdawlna; Pathian Lehkha Thuah tihchakna a ni tan pakhat ta a ni dan pangngai instinct (instinct) te a ni hi lo englaipawhin lo thleng tur a ni.

Chutiang chuan a thleng ta a, Master chu sakeibaknei emaw, sakei emaw nen hnaih takah ka hmu ngai lo. Mahse vawikhat chu cobra thi thei tak pakhatin a hmachhawn a, ka guru hmangaihna a hneh ta chauh a ni. He rul chi hi India ramah chuan an hlau hle a, kum tin mi sang nga chuang an thihpui thin. He inhmuhna hlauhawm tak hi Puri-ah a thleng a, chutah chuan Sri Yukteswar-a chuan hermitage pahnihna a nei a, chu chu a bulah hmun mawi takin a awm a ni chumi Vaukam tan Bengal ram a ni. Prafulla, 1999 a ni. ani naupang zirtir a ni tan a hnuah kum, tawh nen Hotu chungah hei occasion.

"Ashram bulah pawnah kan thu a," Prafulla chuan min hrilh a. "Kan bulah chuan cobra pakhat a rawn lang a, feet li zeta sei chu hlauhawm tak a ni. Kan lam pana a tlan lai chuan a hood chu thinrim takin a tizau a. Ka guru chuan naupang pakhat ang maiin lawmthu sawina nuihzatthlak tak a pe a. Master- a'n rhythmic clapping of hands a inhmang lai ka hmuh chuan mak ka ti hle A tlawhtu hlauhawm tak chu a ti lawm hle! Ka ngawi reng a, ka chhungril lamah chuan eng tawngtaina nasa tak nge ka khawlkhawm theih tih chu ka chhuah chhuak ta a. Ka guru hnaih tak rul chu tunah chuan a che thei tawh lo va, a fawhna rilru put hmang chuan magnetized ang maiin a awm ta. Hood hlauhawm tak chu a inzawm zauh zauh a; rul chu Master ke inkarah chuan a rawn tlan phei a, thinghnah zingah chuan a bo ta a ni.

"Engvangin nge ka guru hian a kut a tihchet ang a, engvangin nge cobra hian a rawn vuak loh tih te kha chutih lai chuan ka tan chuan sawifah theih loh a ni," tiin Prafulla chuan a sawi chhunzawm a. "Chumi hnuah chuan ka Pathian pu chu thil nung reng reng laka hliam tuar hlauh loh a ni tih ka hrechhuak ta a ni."

Ashram-a ka thla hmasa ber chawhnu khat chu Sri Yukteswar-a mit chu ka chungah a nghat tlat tih ka hmu a.

"Nangmah hi pawh liver, Mukunda chuan."

A thusawi chuan point sensitive tak a rawn deng chhuak a. Ka mitmeng pil bo leh ka hmel chak lo tak chu a hla hle tih ka duh dan atang chuan Calcutta-a ka room-a tonics row hrang hrangin a hriattir a. Engmah a hlawk lo; chronic dyspepsia hian naupan lai atang tawhin min lo zui tawh a. Ka beidawna hian a chang chuan zenith a thleng thin a, ka... Chutiang taksa hrisel lo tak pu chungah he nun hi kalpui a hlawk em tih ka inzawt a.

"Damdawi hian tikhawtlai a nei a; thil siamtu nunna chakna hian engmah a nei lo. Chutiang chu ring rawh: i dam ang a, i chak ang."

Sri Yukteswar-a thusawi chuan mimal taka hman theih thutak rinna a siam a, chu chu tidamtu dang tumahin- leh kei pawhin mi tam tak ka lo tum tawh!-chu ka chhungah an koh thei lo.

Ni tin, ngai teh! Ka wax a. Master malsawmna thup atanga kar hnih hnuah chuan tun hmaa min tlanbosan thin, chakna pe theitu rit chu ka khawlkhawm ta a ni. Ka pum natna awm reng chu a bo vek a

dam chung zawnga awm reng a ni. A hnua chuan ka guru-in natna hlawhawm tak-tuberculosis, zunthlum, epilepsy, a nih loh leh paralysis vei mite chu Pathianin a tihdam nghal mai chu ka hmu a. Ka ruang ang chi atanga zalenna ka neih nghal mai aia a damna avanga lawmthu sawi chu tumahin an awm thei lo .

"Kum tam tak kalta khan kei pawh hian taksa rihna tihpun hi ka buai hle a ni," tiin Sri Yukteswar chuan min hrilh a. "Natna khirh tak hnua ka dam chhoh lai khan Benares-a Lahiri Mahasaya ka tlawh a."

"Ka pu, Ka nei ni lutuk dam lo leh bo tam tak pound a ni."

"KA hmu, Yukteswar, kum 1999 a ni. **12-9-ah a awm** nangmah siam nangma dam lo, . leh tunah nangmah ngaihtuah nangmah hi liver."

"He chhanna hi ka beisei aiin a hla hle a; ka guru erawh chuan fuih takin a

sawi belh leh a: "Ka en ang; Naktuk hian i rilru a hahdam tur a ni tih ka

chiang."

"A thusawi chu ka rilru pawmtu lam hawia tihdamna thup gesture angin ka la a, a tuk zingah chuan chakna lo dawngsawng tura lawmawm tak ka hmuh chuan mak ka ti lo. Ka pu ka zawng a, lawm takin, 'Ka pu, vawiin hian ka dam leh ta hle mai,' tiin ka au chhuak ta a ni," a ti.

"Chuvang tak chuan! Vawiin nangmah chakna pe rawh nangma."

"Ni lo, ka pu!" Ka dodal a, 'Nangmah khan min pui a;

"O yes! I natna hi a na hle tawh. I taksa chu a la chak lo hle a; naktuk hian engtin nge a awm dawn tih tuin nge sawi thei ang?"

"Ka chak lohna lo kir leh mai thei tur ngaihtuahna chuan hlawhna lum tak ka nei a. A tuk zingah chuan Lahiri Mahasaya te inah chuan ka inhnukdawk thei lo."

"Ka pu, Ka ni damlo a ni leh."

"Ka guru te a ni thlir tawh quizzical tih a ni. 'Chuvangin! Vawikhat belh nangmah indispose tih loh tur nangma."

"Gurudeva, tunah chuan nitin min nuihzat thin tih ka hrechhuak ta.' Ka dawhtheihna chu a tawp ta 'Ka report dik takte i rin loh chhan hi ka hrethiam lo."

"Tih tak zetin, i ngaihtuahna vang hian chak lohna leh chakna inthlak danglamin i inhria a ni.' Ka pu chuan hmangaihna nen min en a, 'I hriselnain i beisei angin a

zawm Chiang Hle tih i hmu tawh a, chu chu electric emaw, gravitation emaw ang
maiin Mihring rilru chu Pathian hriatna engkimtitheia meialh a ni tih ka entir thei
ang che.

"Hriat a." sawmi Lahiri a ni Mahasaya chuan a ti a ngai lo a ti a hna thawk lo, . Ka
address a ni ani nen ropui awe leh lawmna:

'Hotu, chuan Ka ngaihtuah Ka ni Awle leh nei a hmu leh ta ka hmasa buk, ang sawmi thleng?'

"Chumi hi chuvangin, intluk hmunah hei hun tawi te.' Ka guru tih hi a ni a ti a nasa takin, . ani gaze rawh concentrated a ni chungah ka mit.

"Lo! Ka chakna ringawt ni lovin ka rihna a pung tih ka hria. Lahiri Mahasaya chu ngawi rengin a hnungtawlh ta a. Darkar engemaw zat a ke bula ka awm hnu chuan ka nu inah ka kir leh a, chutah chuan Benares ka tlawh lai khan ka riak a."

"Ka fapa! Eng thil nge ni? Dropsy vangin i hring em?' Nu chuan a mit a ring thei lo.

"Ka inrit a, ni khat chhungin pound sawmnga zet ka pung tih ka hmuchhuak a; ka bulah hian an awm reng a ni. Ka taksa sei tak hmutu thiante leh ka hriatte chuan mak an ti hle. An zinga thenkhat chuan an nunphung an thlak a, he thilmak avang hian Lahiri Mahasaya zirtir an lo ni ta a ni," a ti.

"Ka guru, Pathiana harh chuan he khawvel hi Siamtu mumang thil tum (objectivized dream) tih loh chu engmah a ni lo tih a hria a. Pathian Mumang neitu nena an inpumkhatna chu a hriat chian em avangin Lahiri Mahasaya chuan cosmic vision-ah a duh angin a takin a tidanglam thei a, a taksa a tichhe thei a, a tidanglam thei **bawk**

"Thil siam zawng zawng hi danin a thunun vek a ni," tiin Sri Yukteswar chuan a sawi chhunzawm a. "Pawn lam universe-a lang chhuak, scientist-te hmuhchhuah theihte chu natural laws an ti a. Mahse, yoga chhungril science hmang chauha hriat theih tur consciousness ramte thununtu dan fiah lo zawk a awm. Thlarau thlawhna thup te hian an hnathawh dan pianphung leh dan anga kalpui dan tur an nei bawk. Taksa lam scientist ni lovin thil awmdan dik tak hrethiamtu chu taksa lama inhriatthiamna famkim nei master a

ni.".. ..

Chuvangin Krista chuan chhiahhlawh beng chu zirtir pakhatin a tan hnuah a siam tha leh thei ta a ni." **12-11**

Sri Yukteswar hi Pathian Lehkha Thu hrilhfiaktu tluk lo tak a ni. Ka hriatrengna hlimawm ber ber tam tak chu a thusawiah a innghat a ni. Mahse a ngaihtuahna lunghlu hmanga siam chu ngaihsak lohna emaw, âtna emaw vut-ah a paih lo. Ka taksa hahdam lo taka chetna pakhat, emaw, ngaihtuahna fim lo takah ka tlakbuak tlemte emaw chuan Master-a sawfiahnaah hun rei tak dah turin a tawka a ni.

"Hetah hian i awm lo." Master chuan chawhnu khat chu he thupuan hian a titawp a. A hma ang bawkin ka ngaihtuahna chu a lo chhinchhiah nghal zung zung a.

"Guruji chu!" Ka tone chu protest a ni. "Ka hrual lo; ka mitmeng a che lo; i thusawi zawng zawng chu ka sawi nawn leh thei!"

"Chuti chung pawh chuan ka bulah i awm kim lo. I dodalna chuan i rilru put hmangah institution pathum i siam tih hi sawi chhuah turin min nawr a ni. Pakhat chu tlangram-a sylvan retreat a ni a, pakhat chu tlang chhip-ah a ni a, pathumna chu tuifinriat kamah a ni.

Chu ngaihtuahna mumal lo taka siam chu subconsciously deuhthaw chuan a awm tak zet a ni. Ngaihdam dil chungin ka melh a.

"Engnge thei Ka ti nen chutiang ani hotu, tunge a luhchilh thin ka tihbik nei lo musings a ni em?"



Los Angeles-a Mount Washington Estates-a main building, kum 1925-a Self-Realization Fellowship atana American headquarters atana din.



Mahni Inhriatthiamna Biakin tan Zavai Sakhaw hrang hrang, . Hollywood, 1999 a ni. California-ah a awm a.

"Chu dikna chu min pe a ni. Thudik fiah lo tak tak ka sawifiah mekte hi i ngaihtuahna famkim tel lo chuan hriatthiam theih a ni lo. A tul loh chuan midang rilru inthiarfihlimna chu ka rawn luhchilh lo. Mihring hian a ngaihtuahna zingah a ru kin a vakvai theihna chanvo pianpui a nei a. Lalpa sawm loh chu chutah chuan a lut lo; kei pawhin inrawlh ka tum lo.

"Nangmah hi reng chibai, Hotu!"

"I architectural lam thil a ni mumang a ni duhdan thil thleng (materialize) a ni a hnuah. Tunah hi chumi hun tan zir!"

Chutiang chuan accidentally ka guru chuan a kawng awlsam takin ka nunah thil

ropui pathum lo thleng tur chu a rawn pholang ta a ni. Ka naupan lai atang tawh
khan building pathum, hmun hrang hranga awm vek chu thuruk takin ka hmu thin.
Sri Yukteswar-a'n a lo tarlan tawh angin, heng inlarnate hian a tawp ber (ultimate
form) an nei ta a ni. A hmasa berin Ranchi tlangram pakhata tlangval yoga school
ka din a, chutah chuan Los-a ka American headquarters ka din leh a

Angeles-ah a awm a tlang chhip, . a tawpah chuan ani hermitage a ni chung khawthlang lam a ni California-ah a awm a tu chumi zau Pacific-a awm a ni.

Master chuan chapo takin a sawi chhuak ngai lo: "Chutiang thil chu a thleng dawn tih ka sawi lawk a ni!" A duh zawk ang hrilhthawi: "Ti suh nangmah ngaihtuah chumi maithei thleng?" Mahse ani naran thusawi thup a ni vatic a ni thuneihna. Sawtah chu a inhnukdaw lo va; a thusawi tlemte khuh chu thu dik lo a ni ngai lo.

Sri Yukteswar hi reserved tak leh matter-of-fact in demeanor a ni. A chungchangah hian visionary vague emaw, daft emaw pawh a awm lo. A ke chu leiah a nghet tlat a, a lu chu van hmun him lamah a awm a.

Mi hmantlak tak takte chuan a ngaihsanzia an tichhuak a. "Mithianghlimna hi bengchhengna a ni lo! Pathian hriatna hian theihna a tichhe lo!" a ti mai ang. "Thil \ ha tihna active taka lantir hian finna fing ber a siam \hin ."

Master nunah chuan thlarau lam thil tak tak leh thil chiang lo (obscure) inkara inthenna chu ka hmuchhuak kim vek a mysticism chu a counterpart angin spurious takin a pass thin. Ka guru chuan superphysical realms chungchang sawi a hreh hle. A aura "mak tak" awmchhun chu a awlsamna famkim a ni. Inbiaknaah chuan mak tih tur reference a pumpelh a; thiltih lamah chuan zalen takin a sawi chhuak thei a ni. Mi dangte chuan thilmak chungchang an sawi a mahse engmah a lantir thei lo; Sri Yukteswar hian dan fiah lo tak takte chu a sawi tam lo hle a, mahse a duh angin a rukin a kalpui thung.

"Mi hriatna nei chuan chhungril lama hremna a dawn hma chuan thilmak engmah a ti lo," tiin Master chuan a sawifiah a. "Pathian chuan a thil siam thurukte chu zahmawh taka puan chhuah a duh lo. **12-12.**" Tin, khawvela mimal tin hian duhthlanna zalenna chanvo laksak theih loh an nei baw. Mithianghlim chuan chu zalenna chu a rawn luah khat lo vang."

Sri Yukteswar-a silence habitual chu Infinite chungchanga a ngaihdan thuk tak avang a ni. Mahni inhriatthiam lohna nei lo zirtirtute ni luahtu "thupuan" tawp thei lote tan chuan hun a la awm lo. "Mihring thuk lo takah chuan ngaihtuahna tlemte nei sangha chuan buaina nasa tak a siam thin. Tuipui rilruah chuan infuih tharna whale te hian ruffle an siam harsa hle." Hindu lehkhabu a\anga he thil hmuhchhuah hi hlimhlawp hriatthiamna nei lo a ni lo.

Ka guru hmel hmuhnawm lo tak avang hian a hun laia mi tlemte chauhvin superman a ni tih an hre chiang hle. Thufing lar tak: "A finna thup thei lo mi â a ni," tih hi Sri Yukteswar-a tan chuan hman theih a ni ngai lo. Midang zawng zawng ang bawka thi thei anga piang ni mah se, Master chuan hun leh hmun Roreltu nen hian inzawmna a nei tawh a ni. A nunah chuan Pathian ang inpumkhatna ka hmu a. Mihring leh Divine inzawmna tur daltu hneh theih loh a hmu lo. Chutiang daltu chu a awm lo, ka hrethiam ta a, mihring thlarau lam unadventurousness tih loh chu.

Sri Yukteswar ke thianghlim khawih hian ka hlim fo thin. Yogi-te chuan zirtir chu a zirtirtu nen zah taka inbiak hian thlarau lamah magnetized a ni tih an zirtir a; current fiah lo tak a lo chhuak ta a ni. Devotee-te thluaka habit-mechanism duh loh tak takte chu a cauterized fo thin; a khawvel rilru put hmang groove chu hlawkna nei takin a tibuai. Thla khat tal chu *maya* puan thup chu a hmu mai thei lifting, leh hlimna tak tak chu glimpse. Ka taksa pum pui chuan engtik lai pawhin zalenna êng takin a chhang let thin Ka guru hmaah chuan Indian fashion-in ka khup a.

"Intluk engtikah Lahiri a ni Mahasaya chuan a ti a tawh reh," Hotu hrilh keimah, "emaw engtikah ani an titi a chungah thildang aiin

hriatna min thawng chhuak tih ka hmuchhuak ta a ni ."

Sri Yukteswar pawhin chutiang bawh chuan min nghawng ve bawh. Hermitage chhungah chuan lungkham emaw, ngaihsak lo emaw frame-a ka luh chuan of mind, ka rilru put hmang chu hriat theih loh khawpin a danglam ta a ni. Ka guru hmuh mai maiah chuan damna muanna a lo chhuk ta a. A bula ni tin hian hlimna, thlamuanna leh finna tawn thar a ni. Ka hmu ngai lo duhâma emaw, rilru natna emaw, thinurna emaw, mihring inzawmna eng pawha bum emaw, zu ruhi emaw.

Maya thim chu ngawi rengin a rawn hnai ta. Let us hie homeward within." Heng thute hi tlai lamah Master chuan a zirtirte chu *Kriya Yoga* an mamawh thu a hriat nawn tir fo thin a ni . Zirlai thar pakhat chuan yoga practice-a tel ve a tlin leh tlin loh chungchangah rinhlelhna a nei fo thin.

"Hun kal tawh kha theihngihl rawh," Sri Yukteswar chuan a thlamuan ang. "Mi zawng zawng nun bo tawh chu mualphona tam takin a thim a ni. Mihring nungchang hi Pathianah anchor a nih hma chuan rintlak loh a ni fo. Tunah hian thlarau lam thil i tih chuan nakin lawkah engkim a lo tha chho zel ang.

chelas naupang **12-13 a nei fo thin** a hermitage-ah a awm a. An thlarau lam leh finna lama an zirna chu a dam chhung zawnga a ngaihven ber a ni: a boral hma lawk pawh khan naupang kum ruk mi pahnih leh naupang kum sawm leh paruk mi pakhat zirtir turin a pawm a ni. An rilru leh nun chu chu discipline fimkhur tak hmangin a kaihrui a, chutah chuan "zirtir" tih thumal hi etymologically rooted a ni. Ashram-a chengte chuan an guru chu an hmangaih a, an zah hle a; a kut beng tlemte chuan duhthusamin a sir lamah a hruai thleng ta a ni. A mood a nih lai chuan ngawi reng leh inhnukdawh chungin tumahin thu an sawi ngam lo; a nuih chu hlim taka a ri chuan naupangte chuan an en a anmahni ta angin a chungah.

Master chuan mi dangte chu mi mal rawngbâwl na pe tûrin a ti ngai lo va, zirlai hnên aṭanga ṭanpuina chu a duhsakna chu thinlung tak a nih loh chuan a pawm lo vang. Ka guru chuan zirtirte'n chu hna chanvo ropui tak chu an ngaihthah chuan ngawi rengin a thawmhaw a sil thin. Sri Yukteswar hian hnam dan anga ocher rawng swami puan a ha a; a pheikhawh laceless, yogi tih dan angin, sakeibaknei emaw, sakeibaknei emaw vun a ni.

Master chuan English, French, Hindi, leh Bengali tawng thiam tak a ni a; a Sanskrit chu a fair hle. A zirtir naupangte chu English leh Sanskrit zirna atana fng taka a siam chhuah kawng tawi thenkhat hmangin dawhthei takin a zirtir a.

Hotu tawh fimkhur tan ani taksa, laiin withholding tih a ni solicitous a ni zawm. Chumi A tawp nei lo, . a ti a, taksa leh rilru hriselna hmangin dik takin a lang chhuak a ni. Extreme eng pawh chu a discountenance a. Vawikhat chu zirtir pakhat chuan chaw nghei rei tak a tan a. Ka guru chuan a nui mai mai a: "Engvengin nge ui chu ruh i paih loh vang?"

Sri Yukteswar-a hriselna chu a tha hle a; A damlo hi ka hmu ngai lo. **12-14-ah a awm**
Zirlaite chu a tha nia a hriat chuan doctor rawn turin a phalsak a ni. A thil tum chu
khawvel nunphung zah a ni: "Damdawi thiamte chuan thil awm dan anga Pathian
dan hmangin tihdam hna an thawk tur a ni," tih hi. Mahse mental therapy a
chungnung zawk chu a fak hle a, a sawi nawn fo baw: "Finna hi tithianghlit
ropui ber a ni."

"Ruang hi thian bumhmang tak a ni. A chanvo pe rawh; ni tawh lo ang," a ti.
"Hrehawmna leh nawmna hi hun rei lote chhunga awm a ni a; dualities zawng
zawng chu thlamuang takin tuar la, chutih rual chuan an chelhna chu paih bo tum
baw ang che."

Suangtuahna hi natna bakah damna luhna kawngkhar a ni. I damloh lai pawhin natna tak tak chu ring lo la; hriat loh tlawhtu chu a tlanchhia ang!"

Master chuan a zirtir zingah doctor tam tak a chhiar a. "Tisa dan ferret out tawhte chuan awlsam takin thlarau science hi an chhui thei a ni," tiin a hrilh. "Thlarau lam mechanism fiah lo tak chu taksa insiam dan hnung lamah chiah a thup a ni." **12-15**
thleng a ni

Sri Yukteswar chuan a zirlai te chu khawthlang leh khawchhak lam thil \hate nena inzawmna nung tak ni turin a fuih a. Amah ngei pawh pawn lam thila executive Occidental a ni a, chhungril lamah chuan thlarau lam Oriental a ni. Khawthlang ramte hmasawmna, resourceful leh hygienic habits te, leh khawthlang ramte tana century halo pe thei sakhaw thil tumte chu a fak hle.

Thununna chu ka hriat loh a ni lo: in lamah chuan Pa chu a khauh hle a, Ananta chu a na fo baw. Mahse Sri Yukteswar-a training hi drastic tih loh chu sawi theih a ni lo. Perfectionist, ka guru hian a zirtirte chu a sawisel nasa hle a, chu chu hun rei tak chhung emaw, nungchang nuances fiah lo tak takah emaw pawh ni se.

"Thinlung tak nei lo nungchang tha chu hmeichhe thi mawi tak ang a ni," tiin hun remchang takah a sawi. "Civility tel lova straightforwardness hi surgeon knife ang a ni a, effective mahse a nuam lo. Candor with courtesy is helpful and admirable."

Master chuan ka thlarau lam hmasawmna chu a lungawi hle niin a lang a, chu chu a sawi tam lo hle a; thil dang dangah chuan ka bengte chu sawiseln tur mikhuah a ni lo. Ka thil tihsual ber chu ngaihtuahna fim lo, lungngaihna rilru pu chungah inhmang thin, nungchang dân thenkhat zawm loh, leh a châng chuan hmanraw hman loh thilte a ni.

"I pa Bhagabati-a thiltih dan chu kawng engkimah a inruah fel leh a inthlau dan chu en rawh," ka guru chuan a ti a. Lahiri Mahasaya zirtir pahnih chu an inhmaw tawh a, Serampore-a ka pilgrimage ka tan hnu lawkah. Pa leh Sri Yukteswar chuan ngaihsan takin pakhat zawk hlutna chu an ennawn a. An pahnih hian thlarau lam granite hmanga chhungril nun an lo siam tawh a, chu chu hun kal tawhte laka inthiarfihlim theih loh a ni.

Ka nun hmasa lama zirtirtu transient tak takte hnen atangin zirlai dik lo tlemte ka lo imbibe tawh a. A *chela* , ka hrilh a, khawvel hnate chu nasa taka ngaihtuah a ngai lo va; ka hnate ka ngaihthah emaw, fimkhur lo taka ka thawh lai emaw chuan ka hrem lo. Mihring nihphung chuan chutiang zirtirna chu assimilation awlsam hlein a hria. Mahse, Master-a tiang khawngaih lo hnuaiah chuan mawhphurhna nei lo tih ngaihdan dik lo tak takte chu rei lo teah ka harh chhuak ta a ni.

"He khawvel tana tha lutuk te hian midang an chei a ni," tiin Sri Yukteswar chuan a

sawi. "Lei boruak zalen i thawh chhung chuan lawmthu sawina rawngbawl na i nei a ni. Amah chauh hian thawk thei lo dinhmun hi **12-16 in a thiam kim vek a ni.**" cosmic imperatives atanga chhuah zalen a ni. famkimna hnahnung ber i neih hunah chuan ka hriattir lo ang che."

Ka guru chu thamna pek theih a ni ngai lo, hmangaihna pawhin. Keimah ang bawka duhsak taka a zirtir ni tura inpe tu chungah pawh ngilneihna a lantir lo. Master nen hian a zirlai emaw, mi hriat loh emawin kan hual vel emaw, mahni chauha awm dun emaw pawh ni se, Chiang takin a sawi fo thin a, na takin a sawisel fo thin. Thil tenawm tak a ni lo lapse into shallowness or inconsistency chuan a zilhna a pumpelh a ni. He flattening treatment hi a harsa hle

endure, mahse ka thutlukna chu Sri Yukteswar-a chu ka psychological kinks tinte iron out phalsak hi a ni. He titanic transformation-a a thawhrim lai hian a disciplinary hammer rit tak hnuaiah vawi tam tak ka nghing a .

"Ka thusawi hi i duh loh chuan engtik lai pawhin chhuah zalenna i nei a ni," Master chuan min tiam a. "I hnen atangin nangmah hmasawnna tih loh chu engmah ka duh lo. Hlawkna i neih i hriat chauhvin awm rawh."

Ka vanity chu inggaitlawm taka a vuak apiangah te, ka metaphorical jaw-a ha zawng zawng chu thil tum mak tak nena a knock loose apiangin, eng facility of expression pawh ni lovin ka lawm hle. Mihring egotism hard core hi rudely tih loh chu paih chhuah theih a ni lo. A chhuahna nen chuan Divine chuan a tawpah chuan kawng dang tihbuai loh a hmu ta a ni. A hlawhtling lo Mahni hmasialna thinlung flinty tak takte zingah luang chhuak a tum a ni.

Sri Yukteswar-a finna chuan a luhchilh em em a, thusawi ngaihsak lovin, mi pakhatin a sawi loh thil hmuh chu a chhang fo thin. "Miin a hriat anga a ngaihtuah chu, leh thusawituin a sawi tak tak chu pole hrang hrang a ni thei a ni," a ti. "Mipa verbiage buaithlak tak hnuaia ngaihtuahna awmte chu hriat tum ang che."

Mahse Pathian hriatna hi khawvel beng tan chuan a hrehawm a; Master hi zirlai chunglam (superficial students) tan chuan a lar lo hle. Mi fing, tlemtea awm rengte chuan an zah hle a ni. I daresay Sri Yukteswar hi India rama guru zawn ber a ni ngei ang, a thusawi kha chutiang taka chiang leh censorious tak ni lo se.

"Ka training tura lo kalte hi ka harsat hle a ni," tiin min pawm. "Chu chu ka kawng a ni; la la, kalsan rawh." chumi. Ka duhdan ngai lo inremna. Mahse nangmah duhdan ni tam kinder zawk ah i zirtirte; sawmi hi i kawng. Meipui na tak takah chauh tihthianghlim ka tum a, average toleration beyond beyond kang. A hnaih dan nê̄m tak chu tan hmangaihna hi pawh tihdanglam (transfiguring) a ni. Chumi inthlak danglam thei lo leh chumi yielding a ni hmanraw hrang hrang hi finna nena hman a nih chuan a hlawhtling ve ve. Ram dangah i kal ang a, chutah chuan ego-a blunt assaults chu ngaihlu a ni lo. Zirtirtu pakhat chuan India thuchah chu khawthlang ramah a thehdarh thei lo va, ample fund of ample of accommodative patience and forberance." A hnua ka lo thlen thudik zat hi sawi ka duh lo Master thusawiah hmu rawh!

Sri Yukteswar-a thusawi langsar lo tak chuan leia a awm chhungin zuitu tam tak a dal thei lo nachungin, chuti chung pawh chuan a thlarau nung chu tûn laiah khawvê̄l pum puiah a lang chhuak a, zirlai thinlung tak takte kaltlangin a *Kriya Yoga* leh zirtirna dangte. Alexander-a'n leia a mumang aain mihring thlarauah thuneihna a nei lehzual a ni.

Pa chu ni khat chu Sri Yukteswar-a zahna lantir turin a lo thleng a. Ka nu leh pate chuan ka faknaah thu thenkhat an hriat an beisei a, a rinawm hle. Ka famkim lohna

chanchin rei tak sawi a nih chuan a mangang hle a. A tlin lohna awlsam tak, ngaihthah theih lohte chu air of portentous hmanga sawi nawn leh chu Master-a tih dan a ni gravity a ni. Pa chuan min rawn hmu nghal vat a. "I guru thusawi atang chuan wreck tling tak zawng che ka ngaihtuah a!" Ka nu leh pa chu mittui leh nuih inkar ah an awm a.

Chutih laia Sri Yukteswar-a lungawi lohna chhan awmchhun chu, a thurawn nem tak kalh zawngin, mi pakhat chu thlarau lam kawng zawh tura ka beih vang a ni.

Nen thinrim takin chak Ka zawng pawn ka guru tih hi a ni. Ani dawng keimah nen downcast mit, angin pawh nise

thiam loh chantirna hre reng. Ka hmaa Pathian sakeibaknei thuhnuairawlh ka hmuhna awmchhun a ni. Hun danglam tak chu a hlimawm hle.

"Ka pu, engvangin nge ka pa mak ti tak hmaah hian zahngaihna tel lovin

min rel? Chu chu a dik em?" "Ka ti leh tawh lovang." Master tone chuan

ngaihdam a dil a.

Instantly ka disarmed nghal vek. Mi ropui chuan a sualna chu a va pawm awlsam em! Pa rilru thlamuanna chu tibuai leh tawh ngai lo mah se, Master chuan a duh hun apiangah leh a duhna hmun apiangah min dissect chhunzawm zel a.

Zirtîr tharte chuan Sri Yukteswar-a chu mi dangte sawiselna thui takah an zawm fo thîn. Guru ang maia fing! Flawless discrimination model te chu! Mahse offensive latu chu invenna nei lo a ni tur a ni lo. Master-a'n a analytical quiver atanga shaft tlemte an lam hawia vantlang hmaa a chhuah meuh chuan carping zirlai vek chu rang takin an tlanchhia ta a ni.

"Chhûng lam chak lohna nê̄m tak, sawiselna tlemtea hel chu taksa peng natna ang mai a ni a, nalh taka hman hma pawhin a hnungtawlh thîn. Hei hi Sri Yukteswar-a'n flighty ones chungchanga a thusawi hlimawm tak kha a ni.

Zirtirtu an awm a, anmahni ang chiaha siam guru zawng thin. Chutiang zirlai te chuan Sri Yukteswar hi an hrethiam lo tiin an phunnawi fo thin.

"Pathian pawh i hrethiam lo!" Vawikhat chu ka chhang let ve bawk. "Mi thianghlim pakhat i hnena a Chiang hunah chuan pakhat i ni ang." Second tin sawifah theih loh boruak thawk chhuak, thuruk trillion zingah chuan, tuin nge master pakhat hriatthiam theih loh mizia chu a rang thei ang bera hriat theih turin ngen ngam ang?

Zirlaite an lo kal a, a tlangpuiin an kal bawk. Oilly sympathy leh comfortable recognitions kawng duhtute chuan hermitage-ah chuan an hmu lo. Master chuan kum tam tak chhung chu chenna tur leh beram enkawl hna a pe a, mahse zirtir tam tak chuan zahthlak takin ego-balm pawh an phut bawk. Eng inngaihtlawmna pawh aiin nun mualphona chhiar sen loh chu an duh zawkin an kalsan ta a ni. Master-a ê̄ng ê̄ng, a finna ni ê̄ng chhuak zau tak chu an thlarau lam natna atân chuan a chak lutuk a ni. Zirtirtu tlem zawk engemaw zat an zawng a, chu chuan anmahni chu flattery-in a khuh a, hriat lohna muthilh fiah tak chu a phalsak a ni.

Master-a ka awm tirh lai khan a zilhnate chu hlauhna rilru na tak ka tawng tawh a. Chûngte chu a verbal vivisection diltu zirtîrte tân chauh dah a ni tih ka hmu thuai a ni. Zirlai writhing tu pawhin nawrh huaihawt se chuan Sri Yukteswar chu thinrim lo takin a ngawi reng ang. A thusawi chu thinrimna a ni ngai lo va, finna nena mimal lo

tak a ni.

Master-a hriatthiamna chu tlawhtu pangngai beng inpeih lote tan a ni lo va; an tlin lohnate chu langsar tak pawh ni se, a sawi tam lo hle. Mahse a thurawn zawngtu zirlai chungah chuan Sri Yukteswar chuan mawhphurhna lian tak a nei niin a hria a. Ego- permeated humanity-a crude ore tihdanglam tumtu guru chu huaisen tak a ni! Mi thianglim huaisenna chu he khawvel mit nei lo tlu tawhte a lainatna atanga lo chhuak a ni.

Thinrimna hnuaia awm chu ka kalsan tawh chuan ka hremna chu a tlahniam hle tih ka hmu a. Kawng fiah lo takin Master chu comparative clemency-ah a melt ta a ni. Hun a kal zel a, mihring miziain a tlangpuiin a invenna rationalization leh subconscious reservation wall zawng zawng chu ka tichhia vek a ni. **12-17 thleng a ni** Lawmman chu ka guru nena thawhrimna tel lo inremna a ni. Chutih lai chuan rintlak, ngaihsak tak leh ngawi renga hmangaihtu a ni tih ka hmuchhuak ta a ni. Mahse, a lantîr lo va, hmangaihna thu engmah a pe lo.

Ka mizia ngei pawh hi a bulpui berah chuan devotional a ni. Ka guru, *jnana -a saturated mahse bhakti- a dry ang maia lang* chu a tir lamah chuan a buaithlak hle , **12-18** thlarau lam mathematics lum tak hmang chauhvîn a sawi chhuak a ni. Mahse a nihna ka tune lai chuan Pathian hnena ka inpekna kawngah hian tlahniamna ka hmuchhuak lo va, a pung zawk zawk a ni. Mahni inhriatthiamna nei master chuan a zirtir hrang hrangte chu an essential bias natural line-ah a kaihruai thei kim vek a ni.

Sri Yukteswar nena kan inzawmna, eng emaw chen chu a sawifiah lo hle a, chuti chung pawh chuan thusawi thiamna zawng zawng a nei vek a ni. Vawi tam tak chu ka ngaihtuahnaah a silent signature ka hmu a, thusawi chu thil tangkai lo takah a siam thin. Ngawi reingin a bulah ka thu a, a bounty chu ka nihna chungah thlamuang takin a rawn luang lut tih ka hria.

Sri Yukteswar-a dikna dikna (impartial justice) chu ka college kum khatna summer vacation-ah khan a langsar hle. Serampore-a thla tam tak tihtawp loh ka guru nena hun hman theihna hun remchang chu ka lawmpui hle.

"Hermitage enkawltu i ni mai thei." Master chuan phur taka ka lo thlen chu a lawm hle. "I hna chu mikhual lo dawnsawn a ni ang a, zirtir dangte hnathawh enkawl a ni ang."

Bengal hmar lam atanga lo piang khaw tlangval Kumar chu kar hnih hnuah hermitage training nei turin an pawm a. Mak tak maiin a fing a, Sri Yukteswar-a hmangaihna chu a hlawh chhuak nghal vat a ni. Eng emaw chhan hriat theih loh avangin Master chuan a cheng thar chu a ngilnei hle a ni.

"Mukunda, Kumar hian i hna thawk rawh se. I hun hman dan tur chu sweeping leh cooking ah hmang rawh." Master chuan heng thupekte hi naupang thar chu thla khat zet kan bula a awm hnuah a rawn pe ta a ni.

Hruaitu nihnaah chawimawiin Kumar hian chhungkaw thuneihna tenawm tak a hmang a. Ngawi renga helnaah chuan zirtir dangte chuan nitin thurawn dawng turin min zawng chhonzawm zel a.

"Mukunda hi thil theih loh a ni! Supervisor min siam a, chuti chung chuan midangte chuan a hnenah an kal a, a thu an awih a ni." Kar thum hnuah Kumar chuan kan guru hnenah a complain a. A bula pindan pakhat atang chuan ka hre ta a.

"Chuvang chuan ani chu kitchen ah ka dah a, nang chu parlor ah ka dah bawk." Sri Yukteswar-a aw hring hring chu Kumar tan chuan thil thar a ni. "Chutiang chuan hruaitu tling chuan rawngbawl duhna a nei tih i hrechhuak ta a, thunun duhna a nei lo. Mukunda dinhmun chu i duh a, mahse merit hmangin i vawng reng thei lo. Tunah chuan cook assistant hna i thawh hmasak ber kha kir leh rawh."

He inngaitlawm tak thil thleng hnu hian Master chuan Kumar chungah chuan a hmaa a rilru put hmang, a tih dan phung pangngai lo, inngaitlawmna rilru put hmang chu a rawn chhonzawm leh ta a ni. Tuin nge attraction thuruk chu chingfel thei ang? Kumar-ah chuan kan guru chuan tuikhuah mawi tak a hmuchhuak a, chu chu zirtirpuite tan chuan a spurt lo. Tlangval thar chu Sri a ni tih a chiang viau nachungin

Yukteswar duh ber, lungngaihna ka nei lo. Mimal idiosyncrasies, master-te pawhin an neih chuan nunphung chu a buaithlak hle. Ka nihna hi thil chipchiar takin a thunun fo lo; Sri Yukteswar hnen atangin pawn lam fakna aiin hlawkna hmuh theih loh zawk ka zawng a ni.

Kumar a ti a venomous takin a awm ah keimah pakhat ni tellovin chhan; Ka tawh thuk takin na tuar.

"I lu chu a puak thei khawp mai!" Vaukhâna ka belh leh a, chu chu a thudik chu intuitive takin ka hre ta a ni: "I kawng i siam that loh chuan engtikah emaw chuan he ashram hi chhuahsan tura tih i ni ang."

Nuihzat hmel zet hian Kumar chuan kan guru, room chhunga lut thar hnenah chuan ka thusawi chu a sawi nawn leh a. Hausak ka nih beiseiin thuhnuairawlh takin corner pakhat a ka chawl ta a.

"Mukunda hian a sawi dik mai thei." Master-in naupang chu a chhanna chu khawsik danglam tak nen a rawn thleng a. Thununna awm lovin ka tlanchhuak ta a ni.

Kum khat hnuah Kumar-a chuan a naupan lai chenna in tlawh turin a chhuak ta a. A zirtirte che vel chu thuneihna nei takin a thunun ngai lo Sri Yukteswar-a duh lohna ngawi reng chu a ngaihsak lo. Thla engemaw zat hnuah Serampore-a naupang a lo kir leh chuan inthlak danglamna chu nuam lo takin a lang ta a ni. Gone was the stately Kumar, a hmel chu a thlamuang hle. Loneitu langsar lo tak chauh kan hmaah a ding a, tun hnaia thil tha lo engemaw zat nei tawh a ni.

Master chuan min ko a, thinlung kehchhiain chu tlangval chu tunah chuan monastic hermitage nun atan a tling tawh lo tih chu a sawiho a.

"Mukunda, naktuk hian Kumar-a chu ashram chhuahsan tura thupek pe turin i kutah ka dah ang; ka ti thei lo!" Sri Yukteswar mittui chu a ding reng a, mahse a insum nghal vat a. "Tlangval chu ka thusawi ngaithla a, thian duh lohte nena inpawh turin a kal bo lo a nih chuan heng thuk takah hian a tla ngai lovang. Ka humhimna chu a hnawh tawh a; khawvel khawngaihna nei lo chu a guru a la ni reng ngei ang.

Kumar-a chhuah chuan himna engmah min thlen lo; lungngai takin engtin nge chakna nei pakhatin hnehna a chan theih ang tih ka ngaihtuah a master hmangaihna chuan allures man tlawm zawkte chu a chhang thei ngai lo. Uain leh sex nuam tihna hi mihring pianpui atanga lo chhuak a ni a, an ngaihhlutna atan hian hriatna tui tak tak a ngai lo. Sense wiles hi evergreen oleander nen tehkhin theih a ni a, a pangpar rawng hrang hranga rimtui tak a ni: a thlai hmun tin hi rimchhia a ni. Damna ram chu a chhungah a awm a, chu himna mitdel anga zawn chhuah, kawng dik lo sang tam takah chuan a eng chhuak a ni. **12-19 thleng a ni**

"Keen intelligence is two-edged," Master chuan vawi khat chu Kumar-a rilru fing

tak sawiin a sawi a. "Chemte ang maia siam\hatna emaw, tihchhiatna emaw atan hman theih a ni a, hriat lohna boil tikehsawm nan emaw, mahni lu tan nan emaw hman theih a ni. Thlarau dan tlanbo theih lohna rilruin a pawm hnuah chauh finna hi dik takin kaihhruai a ni.

Ka guru chu mipa leh hmeichhia zirtirte nen zalen takin a inhmeh a, mi zawng zawng chu a fate angin a enkawl a. An thlarau intluktlanna a hriat chuan inthliarna leh inthliarna a lantir lo.

"Chhung mu, nangmah ti lo hria emaw nangmah hi ani mipa emaw ani hmeichhia," ani sawi. "Chiah angin ani mipa,

hmeichhe lemchan, pakhat a lo ni lo va, chuvangin thlarau, mipa leh hmeichhia inlanin, sex a nei lo. Thlarau chu Pathian lem thianghlim, danglam thei lo a ni."

Sri Yukteswar hian hmeichhiate hi thlemna thilah a pumpelh ngai lo va, a dem ngai lo bawk. Mipa pawh hmeichhia tan chuan thlemna an ni tih a sawi bawk. Vawikhat chu ka guru hnenah hian engvangin nge hmân lai mi thianghlim ropui tak pakhatin hmeichhiate chu "Hremhmun kawngkhar" a tih chhan ka zawt a.

"Hmeichhe naupang pakhat hian a naupan lai khan a rilru thlamuanna chu a ti buai hle a ni ngei ang," ka guru chuan caustic takin a chhang a. "Chutiang a nih loh chuan hmeichhia ni lovin, mahni inthununna lama famkim lohna engemaw zat chu a sawisel ngei ang."

Tlawhtu pakhatin hermitage-ah hian thawnthu ngaihnaawm tak a sawi ngam a nih chuan Master chuan chhanna nei lovin a ngawi reng ang. "Hmêl mawi tak vuakna rilru tibuaite chuan in vuak phal suh u," tiin zirtirte chu a hrilh a. "Engtin nge sense slave-te hian khawvel hi an hlim theih ang? A thlum fiah lo tak takte chuan primal mud-a an grovel laiin an tlanchhiatsan. Discrimination tha zawng zawng chu elemental lusts nei mipa tan chuan a bo vek a ni.

Zirlai dualistic *maya* delusion atanga tlanchhuah tumte chuan Sri Yukteswar damlo leh hriatthiamna nei tak counsel an dawng.

"Ei leh in tum chu duhâmna ni lovin riltam tihreh a nih ang bawkin, sex instinct hi natural law anga chi hrang hrangte inpumkhatna atana siam a ni a, duhthusam tihreh theih loh tiharh nan a ni ngai lo," a ti. "Tunah hian duhthusam dik lote tichhe rawh; chuti lo chuan astral taksa chu a taksa bungrua atanga a inthen hnuah an zui ang che. Tisa a chak loh lai pawhin rilru chu a do reng tur a ni. Thlemnain chakna tenawm tak hmanga a rawn beih che chuan mize nei lo thlirletna leh duhthlanna thunun theih loh hmangin hneh rawh. Thilsiam zawng zawng chu i thiam thei a ni."

"I thiltihtheihnate humhalh rawh. Tuipui lian tak ang mai ni la, hriatna lui lian zawng zawng chhungah hip lut rawh. Duhthusam tenau te chu i chhungril thlamuanna tuikhuah chhunga inhawng a ni a, thil neih duhna thlaler leilunga tihdamna tui hmanral a phalsak a ni. The forceful activating impulse of wrong desire is the greatest enemy to the happiness of man. Roam in the world as a lion of mahni inthununna (self-control) chu chak lohna rulhut-te chuan an vawm lo che tih en rawh."

Devotee chu a tawpah chuan instinctive compulsion zawng zawng atangin a chhuak ta a ni. Mihring hmangaihna a mamawhna chu Pathian chauh duhnaah a chantir a, hmangaihna chu hmun tina awm a nih avangin mahni chauha awm a ni.

Sri Yukteswar-a nu hi ka guru ka tlawh hmasak berna Benares-a Rana Mahal district-ah a awm a. Khawngaihna leh ngilnei tak, ngaihndan dik tak nei hmeichhia a

la ni reng a ni. Ni khat chu a balcony-ah ka ding a, nu leh fapa an inkawp lai chu ka en reng a. A ngawi reng leh ngaihtuahna fim tak hmangin Master chuan thil engemaw takah chuan a rilru hneh tir a tum a. A hlawhtling lo niin a lang, chak takin a lu a thing a.

"Ni lo, ." ni lo, . ka fapa, . kal hmundang tunah! I fing thumalte hi lo tan keimah! Ka ni lo i zirtir!"

Sri Yukteswar chu inhnialna dang awm lovin a hnungtawlh ta a, naupang hausak ang maiin a hnungtawlh ta a ni. A nu rilru dik lo tak takah pawh a zahna nasa tak chu ka khawih hle. A fapa te ang chauhvin a hmu a, .

mi fing angin ni lovin. Thil thleng tlemte chungchangah chuan charm a awm a; ka guru mizia danglam tak, chhungril lama inngaitlawm leh pawn lam atanga ben theih loh chu sidelight a pe a ni.

Monastic regulations chuan swami chu an formal severance hnuah pawh khawvel inzawmna nena inzawmna nei reng turin a phal lo. In neitu chungah tih tur ceremonial family rites chu a ti thei lo. Mahse, hmân lai Swami Order dintu Shankara chuan thupekte chu a ngaihthah a ni. A nu duh tak a thih chuan a ruang chu van mei hmangin a hal a, chu chu a kut chawi sang atang chuan a rawn chhuah tir ta a ni.

Sri Yukteswar pawhin khapna hi a ngaihsak lo a, fashion hmuhdawm lo zawkin a ngaihsak lo. A nu a boral chuan Benares-a Ganges lui thianglelim bulah ruang halna inkhawm chu a ruahman a, kum tam tak kaltaa tih dan angin Brahmin tam tak chu a chawm baw.

Shastric khapna siamte hi swami - te'n narrow identifications an hneh theihna tura puih tum a ni. Shankara leh Sri Yukteswar-a te chuan an thilsiamte chu Mimal lo Thlarau-ah an inzawm khawm vek tawh a; anni dan hmanga chhanchhuahna a mamawh lo. A châng chuan, master chuan a thu bul chu form aia chungnung zâwk leh a nihna atanga inngat lo anga vawng reng tûrin tumruh takin canon chu a ngaihthah a ni. Chutiang chuan Isuan chu ni chuan buh chu a hrual a of chawlh hahdamna. Sawiseltu pumpelh theih lohte hnenah chuan: "Sabbath chu mihring tan siam a ni a, mihring tan chuan siam a ni lo," a ti a. **12-20 thleng a ni**

Pathian Lehkha Thu pawnah chuan Sri Yukteswar-a chhiarnain chawimawina lehkhabu a awm ngai lo. Mahse, science lama thil hmuhchhuah thar ber ber leh hriatna lama hmasawnna dangte chu a hre chiang hle. Thusawi thiam tak a nih avangin a mikhualte nen thupui chhiar sen loh chungchangah ngaihdan an inthleng thin. Ka guru ready wit leh rollicking laugh chuan sawihona apiang a ti nung vek. Vawi tam tak chu grave, Master chu a lungngai ngai lo. "Lalpa zawng tur chuan a hmel tihchhiat a ngai lo," tiin a remark ang. "Pathian hmuh hian lungngaihna zawng zawng vui a ni dawn tih hre reng ang che."

Hermitage-a lo kal philosopher, professor, lawyer leh scientist zingah hian orthodox religionist nena inhmuhna beiseiin an tlawh hmasak ber atan mi engemaw zat an lo thleng a ni. Supercilious smile emaw, amused tolerance glance emaw chuan a chang chuan mi tharte chuan pious platitude tlemte chauh an beisei lo tih a phatsan thin. Mahse, an chhuah duh lohna chuan Sri Yukteswar-a chuan an specialized field-ah hriatthiamna dik tak a lantir tih rinna chiang tak a thlen ang.

Ka guru chu a tlangpuiin mikhualte chungah ngilnei leh ngilnei tak a ni a; a lo hmuakna chu duhawm takin a lo hmuak a ni. Mahse, inveterate egotist-te chuan a châng chuan invigorating shock an tawh thin. Master-ah chuan frigid indifference

emaw, dodalna hlauhawm tak emaw an hmachhawn a: ice emaw iron emaw!

Chemist lar tak pakhat chuan vawi khat chu Sri Yukteswar nen khandaih an cross a. Tlawhtu chuan Pathian a awm tih a pawm lo vang, science-in Amah hriat theihna tur kawng a ngaihtuah loh phawt chuan.

"Chuvangin sawifiah theih lohvin i test tube-a Supreme Power chu i isolate thei lo a ni!" Master mitmeng chu a na hle mai. "Experiment hriat ngai loh hi ka rawt a ni. Darkar sawmhnih leh pali chhung chu i ngaihtuahna chu chawlhan lovin enfiah rawh. Tichuan Pathian awm lohna chu mak ti tawh suh."

ANI lawm a ni pundit a ni dawng ani inang jolt a ni. Nen ostentatious tak a ni thahnemngaihna, . chumi mi thiam tak a ni a ti nghing a chumi ashram ah a awm bawh

*Upanishads te chu , . **12-21 thleng a ni** chumi Bhasyas chuan a ti a **12-22 thleng a ni** tan .Shankara chuan arawn ti a*

"Quotations a awm tawh a, superabundance-ah." Master thusawi chuan hlim takin min ti buai a, ka corner-ah chuan ka khup a, tlawhtu nen chuan zah takin ka hlat hle. "Mahse, eng original commentary nge i supply theih ang, i nun bik danglamna atang hian? Eng thuziak thianghlim nge i hip lut a, i ta i siam? Eng kawngtein nge heng thutak hun kal tawh lote hian i nihna chu a siam thar leh? Mipa dangte thusawi chu mechanical-a sawi nawn lehin, hollow victrola nihah i lungawi em?.....
.....
.....

A vawi khatna atân pawh ni se, comma chu hriatthiamna nei taka dahna chuan thlarau lam coma chu a khum lo tih a hrethiam a ni mai thei.

Hotu tiin a sawi uar hle chungah thildang hun hman danah chumi thil hlawk lo tihna tan mere lehkhabu zir.

Sri Yukteswar-a chuan Pathian Lehkha Thu siam\hatna lama a thil tawn pakhat a sawi a. He hmun hi Bengal hmar lama forest hermitage a ni a, zirtirtu lar tak Dabru Ballav-a kalphung a enfiah a ni. A hman dan, vawi khata awlsam leh harsa tak chu hmân lai India ramah chuan a awm fo tawh a ni.

Dabru Ballav chuan a zirtirte chu sylvan solitudes-ah a bulah a lo ko khawm tawh a. An hmaah chuan *Bhagavad Gita* thianghlim chu a inhawng a. Dik takin darkar chanve chhung zet chu kawngkhar pakhat chu an en a, chutah an mit an chhing ta a. Darkar chanve dang a liam leh ta. Master chuan comment tawi a pe a. Che thei lovin

darkar khat chhung zet chu an ngaihtuah leh ta a. A tawpah chuan guru chuan a rawn ti ta a.

"Nei nangmah hrethiam?"

"Awle, Ka pu." Pakhat chhung chumi pawl ventured a ni hei assertion tih hi a ni.

"Ni lo; a famkim lo. Heng thute hian kum zabi khat hnu kum zabi khata India ram tithar leh thei tura thiltihtheihna petu thlarau lam chakna chu zawng rawh." Darkar khat dang chu ngawi rengin a bo leh ta. Master chuan zirlai te chu a hnawtchhuak a, Sri Yukteswar lam chu a hawi ta a.

"Aih, Ka pu, lo takzet; pawh nise ka mit leh rilru nei tlan tlang chu chu phek hrang hrang a awm tam tak wawi tam tak."

"Mi sang tam takin min chhan dan a danglam tawh!" Mi fing ropui tak chuan Master chu malsawmna atan a nui suk a. "Mi pakhat chu Pathian Lehkha Thu hausakna pawn lam lan chhuahnaah a buai a nih chuan, lungflu man to tak takte hnung lama ngawi renga chhungril lama inhnim pilna hun engzat nge la awm?"

Sri Yukteswar chuan a zirtirte zirlai chu chutiang bawka intensive method of one-pointedness hmangin a kaihruai a ni. "Finna hi mit nen a inmil lo va, atom nen a inzawm khawm zawk a ni," a ti. "Thudik pakhat i rinna chu i thluak chungah chauh ni lovin i nihnaah a awm chuan, a awmzia chu hrehawm takin i nemnghet mai thei." Zirlai pakhatin lehkhahu-hriatna chu anga a hrilhfiah duhna eng pawh chu a titawp a ni thlarau lam thil hriatchhuahna atana hmalakna tul tak a ni.

" *Rish-ho* hian sentence khatah thuk tak tak an zia a, commenting scholar-te chu thlah tam tak chung an buaipui thin a ni," tiin a sawi. "Literary controversy tawp nei lo hi rilru sluggard tan a ni. 'Pathian chu a ni'-ni lo, 'Pathian' tih aia zalenna nei ngaihtuahna eng nge awm ang?"

Mahse mihring chu awlsam takin thil awlsam lamah a kir leh lo. A tan chuan "Pathian" a ni fo lo va, learned pomposities a ni zawk. A ego chu a lawm hle a, chutiang erudition chu a man thei tih hi.

Khawvel dinhmun sang tak chhuang taka hre reng mipa te chuan, Master hmaah chuan, an thil neih dangteah ingaihtlawmna an belhchhah mai thei. Vawikhat chu tualchhung magistrate pakhat chu Puri-a tuipui kama hermitage-ah interview nei turin a lo thleng a. Chu pa, zahngaihna nei lo anga hmingthang tak chuan ashram atanga min hnawhchhuah chu a thuneihna chungah a nei tha hle. Ka guru chu despotic possibilities chungchangah ka vaukhân a. Mahse, boruak inrem lo takin a thu a, mikhual chu chibai buk turin a tho lo. Tlemte chuan a hlauthawng a, . Kawngkhar bulah chuan ka khur a. Chu pa chuan thing bawm pakhat a lungawi a ngai a; ka guru chuan chairrawn hruai turin min ngen lo. Magistrate-in a pawimawhzia chu inkhawmpui hmanga pawm a nih tur thu chiang tak a beisei chu a thleng famkim lo.

Metaphysical chungchang sawihona a awm ta a ni. Khualzin chuan Pathian Lehkha Thu hrilhfiahna dik lo hmangin a tisual a ni. A dikna a tlahniam zel chuan a thinrimna chu a sang chho ta hle mai.

"MA exam-ah khan pakhatna ka ni tih i hria em?" Reason chuan a kalsan tawh a, mahse a la au thei tho.

"Mr. Magistrate, hei hi i courtroom a ni lo tih i theihnghilh a ni," Master chuan inang tlangin a chhang a. "I naupan lai thusawi atang khan i college career kha a mak lo tih ka ring mai ang. University degree hi, engti kawng pawhin, Vedic realization nen hian hla tak a inzawm lo. Mithianghlimte hi accountant angin semester tin batch-ah an siam chhuak ngai lo.

Hnuah ani a ti rilru a buai hle reh, chumi tlawhtu a ni a nui suk a thinlung takin.

"Hei hi van magistrate nena kan inhmuhna hmasa ber a ni," a ti. A hnuah chuan formal request a siam a, couched in the legal terms which were evidently part and parcel of his being, a

"probationary" tih a ni. zirtir a ni.

Ka guru chuan a thil neih enkawl na nena inzawm thil chipchiar tak takte chu mimal takin a ngaihtuah a. Mi fing lote chuan hun hrang hrangah Master-a pi leh pute ram chu luah ngei tumin an bei a. Tumruhna nen leh thubuai siamsakna hman pawhin Sri Yukteswar hian a khingpui zawng zawng chu a hneh vek a ni. Heng thil hrehawm tak takte hi diltu guru nih ngai loh duhna avang emaw, a zirtirte chung a phurrit ni ngai lo tura duhna a\angin a tawh a ni.

Sum leh pai lama a zalenna chu ka Master hlauhawm tak, thusawi thiam tak chu diplomacy finna lama a sual loh chhan pakhat a ni. Anmahni thlawptu, ka guru te flatter ngai zirtirtu te ang lo takin mi dangte hausakna nghawng, inhawng emaw, fiah lo emaw pawh ni se, a tuar thei lo. Eng thil atan pawh pawisa a dil emaw, a hint emaw pawh ka hre ngai lo. A hermitage training chu zirtir zawng zawng hnenah a thlawna leh a thlawna pek a ni .

Court deputy zah lo tak pakhat chu ni khat chu Serampore ashram-ah Sri Yukteswar rawngbawl turin legal summons nen a thleng a. Zirtir pakhat Kanai leh keimah pawh kan tel ve a. Officer chuan Master laka a rilru put hman chu a tithinur hle.

"I hermitage thlalak chhuahsan a, courtroom boruak dik tak thawh chhuah chu a tha ang che." Deputy chuan hmusit hmel zet hian a nui suk a. Ka insum thei lo.

"Adang thumal tan i impudence tih hi a ni leh nangmah duhdan ni chungah chumi chhuat!" Ka pek lawk hlauhawm takin.

"I rethei tak!" Kanai au thawm chu ka au thawm nen a rualin a awm. "I sawichhiatnate hi he ashram thianghlamah hian i rawn luhpui ngam em?"

Mahse Master chu a tihbwaitu hmaah chuan humhemin a ding a. "Engmah avanga phur suh. He mipa hian a tih tur dik tak a ti chauh a ni."

Chumi officer, . dazed a ni hmunah ani a danglam thei inhmuahna, zah takin offer a ni ani thumal tan ngaihdam dil rawh leh a chak hle hmundang.

Chutiang meialh duhna nei pu chu a chhungril lamah hetiang hian a muang thei tih hmuh chu mak tak a ni. Pathian mi tih hi Vedic-in a sawifahna nen a inmil hle a: "Pangpar aiin a nem zawk, ngilneihna lam hawi chuan; rial ai pawhin a chak zawk, thu bulte a buaina hmunah chuan."

He khawvelah hian Browning-a thusawi anga, "Eng tuar lo, awm" tih hi an awm fo thin themselves obscure." Pawn lam mi pakhat chuan Sri Yukteswar chu a suangtuahnaa lungawi lohna avang hian a sawisel fo thin. Ka guru buai thei lo tak chuan zahawm takin a ngaithla a, sawiselna chhungah hian thudik tlemte a awm em tih en turin a inbuatsaih a. Heng scene te hian Master-a thil hmuh entwahn theih

loh pakhat chu ka rilruah a rawn keng tel ang: "Mi thenkhat chuan midang lu
tansak a, sang taka awm an tum
thin!"..
..

Mi thianghlim rilru hahdam lo tak chu sermon engmah aiin a ngaihnawm hle. "Thinur
duh lo chu mi chak aiin a tha zawk a, khawpui luahtu aiin a thlarau thununtu a tha
zawk bawk." **12-23-ah a awm**

Ka fo a rawn lang chhuak sawmi ka ropui tak a ni Hotu thei awlsam takin nei ni chu
lalber a ni emaw khawvel- ti nghing

indo mi chuan a rilru chu hmingthanna emaw, khawvel hlawhtlinna emaw lam hawi a nih chuan. Chu ai chuan thinurna leh mahni inngaihhlutna chhungril kulhpui, a tlukna chu mihring sang ber a nih chu beih a thlang zawk a ni.

.....
12-1 : "Durga biakna." Hei hi Bengali kum chhunga festival lian ber a ni a, September thla tawp vel hian ni 9 chhung a awm thin. Rangtakin zui hi chumi ni sawm chhung a ni kutpui tan *Dashahara a ni* ("chumi Pakhat tunge a paih chhuak sawm sual"-pathum tan taksa, pathum tan rilru, pali tan thusawi). Pahnihin *pujas tih a ni* hi serh ah Durga, 1999 a ni. a ngial a ngan chuan "chumi A thlen theih loh," chu hmelhmang tan Thianghlim Nu, Shakti, hmeichhe thil siam chakna personified.

12-2 : 1.1. Sri Yukteswar a ni tawh piang chungah Maithei 10, 10 a ni. 1855 khan a lo piang a.

12-3 : 1.1. *Yukteswar a ni* kalkawng "inpumkhatna." ah Pathian." *Giri* hi ani classificatory tih a ni thliar hranna tan pakhat tan chumi sawm hmanlai Swami chuan branch hrang hrang a awm. *Sri*
.kalkawng "thianghlim" tih; chumi hi lo ani hming mahse ani nihna tan zahna

12-4 : 1.1. A ngial a ngan chuan, "ah tlang huho." *Samadhi a ni* hi ani superconscious tak a ni nihphung tan ecstasy a ni chhung khawi chumi yogi tih a ni a hrechhuak chumi thlarau leh Thlarau inhriatthiamna (identity) a ni.

12-5 : 1.1. A bengchheng, . milin ah taksa lam thiamte, . hi chu hriattirna a ni tan utter tih hi a ni chawlh hahdamna (ah chumi oblivious a ni practitioner a ni a, . chauh).

12-6 : 1.1. *Dhal a ni* hi ani chhah tuihil siam atangin thenhrang chana emaw thildang pulses a ni. *Channa* hi ani cheese tan tharlam curdled a ni bawnghnute, zai square-ah siamin, potato nen curry a ni.

12-7 : Yogi thiltitheihna hmun tina awm, a pawn lama thilsiam zinga a pumkhatna a hmuh, a hriat, a tem, a rim leh a hriat theihna chumi hman tan sensory lam thil a ni taksa peng hrang hrang, . nei ni sawifah a ni angin a zui a ni chhung chumi *Taittiriya chuan a ti a Aranyaka chuan* : "Chumi mitdel mipa pierced a ni lungflu chu; kut zungtang nei lote chuan thread an dah lut a; kawr nei lote chuan an ha a; lei nei lote chuan an fak ta a ni."

12-8 : 1.1. Chumi cobra tih a ni rang takin a rawn strike hmunah engpawh moving thil chhunglam atangin chu chu zau zawng. Zo che thei lo hi atlangpuiin pakhat ta a ni chauh ring himna chungchang .

12-9 : 1.1. Lahiri a ni Mahasaya chuan a ti a anihna takah chuan sawi "Priya" tiin. (hmasa ber emaw pek hming), lo "Yukteswar" tih a ni. (monastic) (monastic) a ni hming, lo dawng tu ka guru chu laiin Lahiri a ni Mahasaya a ni dam chhung zawng). (Hmu [page 109 a ni](#).) . "Yukteswar" tih a ni. hi substitute a ni hetah, leh chhung ani tlem thildang hmun he lehkhawh hian, chhiartute tan chuan hming pahnih inthlauhna awm lo turin.

12-10 : 1.1. "Chuvangin Ka sawi to nangmah, Engnge thilte chuti chung pawh chuan ye chak, engtikah ye tawngtai, ring sawmi ye dawng anni, leh ye shall have them."- *Marka* 11:24. Pathian Hmuh theihna neitu Master-te chuan an hriatna chu zirtir hmasawn zawkte hnenah an hlan thei kim vek a, chu chu Lahiri Mahasaya-a'n he hunah hian Sri Yukteswar-a tan a tih ang bawkin.

12-11 : 1.1. "Leh pakhat tan anni smote a ni chumi chhiahhlawh tan chumi sang puithiam, leh zai titawp ani dik beng. Leh Isua tiin a chhang a leh a ti a, "Hetiang hi tuar rawh u," a ti a. Tin, a beng a khawih a, a tidam ta a ni."- *Luka* 22:50-51.

12-12 : 1.1. "Pe lo sawmi khawi hi thianghlim to chumi ui, . ni lo ve ve tilang ye i lungflu a ni hmaah vawh, . chuti lo chuan anni trample rawh anni an ke hnuaiah la, hawi leh la, hrual rawh u."- *Matthaia* 7:6.

12-13 : 1.1. Zirtirte; atangin Sanskrit tawng verb tih hi a ni zung, "ah rawngbawlsak."

12-14 : 1.1. Ani tawh vawikhat damlo chhung Kashmir-ah, 1999 a ni. engtikah Ka tawh awm lo atangin ani. (Hmu [bung khat a ni 23](#).) tih a ni.

12-15 : 1.1. ANI huaisen tak a ni damdawi lam mipa, Charles-a chuan a rawn ti a Robert-a chuan Richet, 1999 a ni. chawimawina hlan a ni chumi Nobel a ni Lawmman chhung taksa lam thil, . ziaik angin follows: "Metaphysics hi official takin science a la ni lo a, chutiang anga pawm a ni. Mahse a ni dawn a ni.At." Edinburgh-ah kum 1999 a ni. Ka tawh thei ah

Avang

.lam a ni angin chu thilmak tihna (occult)

Bernard-a kum 1999 a ni. leh

" .hi kal ah thlak mihring ngaihtuahna orientation a ni

12-16 : 1.1. *Samadhi a ni* : 1.1. sawisel bo union a ni tan chumi mimal tinte tan a ni thlarau nen chumi Infinite nei lo Thlarau.

12-17 : 1.1. Chumi subconscious takin a awm kaihhruaina hnuaiah rationalizations te pawh a awm tan chumi rilru hi utterly danglam atangin chumi tihsual nei lo kaihhruaina tan thutak chu thupui hrang hrang atangin chumi superconsciousness tih hi a ni. Kaihruai tu French tawng a ni science lam mithiamte tan chumi Sorbonne-ah a awm a. Khawthlang lam ngaihtuahna neitute hi tirlam mihringah Pathian hriatna a awm theih dan chhui turin.

Kum sawmhnhn kalta chhung khan Freud-a thununna hnuaia psychology zirlaite chuan an hun zawng zawng chu "subconscious zawng turin an pe a." lalramte," Rabbi chuan a rawn ti a Israel ram a ni H. Levinthal a ni a kawhhmuh a pawn chhung 1929 khan a lo piang a. "Chumi hi dik sawmi chumi subconscious a ni a puang chhuak tam tan mihring thiltih sawifiah thei thuruk, mahse kan thiltih zawng zawng erawh sawifiah thei lo. Thil danglam tak chu a sawifiah thei a, mahse chunglam thiltih erawh a sawifiah thei lo chumi pangngai. Chumi hnunung ber rilru lam thil, . sponsored a ni tu chumi French tawng a ni sikul hrang hrang, . nei hmuhchhuah a ni ani thar rambung chhung mipa, khawi chu chuan superconscious a ti a. Kan pianphung tui hnuaia current awmte aiawhtu subconscious nen a danglamna chu a puang chhuak a ni chumi a san zawng a ni ah khawi kan nihphung thei thleng. Mipa a entir a ni ani vawi thum, . lo ani thiang, mizia; kan harhfim tin, subconscious being chu superconsciousness-in a khum bawh. Kum tam tak kal ta khan English psychologist, FWH Myers chuan 'kan nihna thuk takah hian bawhlhlahw bawm bakah ro hlu dahna hmun thup a ni' tiin a rawt a. Mihring pianphungah hian a zirchianna zawng zawng chu subconscious-ah a dah pawimawh ber psychology nen a danglamna chu, he superconscious psychology thar hian a ngaihvenna chu treasure-house-ah a dah a, chu chu mihringte .thiltih ropui, mahni hmasial lo, huaisen tak takte chauh sawifiah theihna bial a ni

12-18 : 1.1. *Jnana* , . finna, leh *bhakti tih a ni* , . inpekna: 1.1. pahnih tan chumi puiber kawng hrang hrang ah Pathian.

12-19 : 1.1. "Mipa chhung ani harh chhuak nihphung a dah a forth a ni chhiar sen loh a ni thawhrimna a ni tan tawn tawh a ni sensual tih a ni nuam tihna te; engtikah chumi zavaiin group of sensory organs chu a chau a, a kuta nuam tihna pawh a theihnghilh a, thlarauah chawlh hahdamna tur, a nihna takah chuan a muhil ta a ni," tiin Shankara, Vedantist ropui tak chuan a ziaak a ni. "Ultra-sensual bliss is thus extremely easy of attainment and is far superior to sense delights which always end in disgust."

12-20 : 1.1. *Mark* 2:27-ah a awm.

12-21 : *Upanishad* emaw *Vedanta* (literally, "end of the *Vedas*"), *hi Veda* hmun thenkhatah chuan thupui tawi pawimawh tak angin a awm a. *Upanishad-te* hian Hindu sakhaw thurin bulpui a pe a ni. Schopenhauer hnen atangin hetiang hian chawimawina an dawng a ni: "Engtin a pum puiin ti chumi *Upanishad a ni* thaw tluanin chumi thianghlim thlarau tan chumi *Veda-ah te pawh a awm* ! Engtin hi mi zawng zawng chu thlarauvin a thlarau thuk tak thlenga a tiharih chu chu lehkhahu tehkhin rual loh chu a hre chiang ta! Thumal tin atang hian thuk, dik tak, leh sublime a ni ngaihtuahna thochhuak, leh chumi pumpui hi pervaded a ni tu ani sang leh thianghlim leh tih tak zetin thlarau. . . . *Upanishad* hmanga *Veda* hmuh theihna hi ka mithmuhah chuan kum zabi hmasa zawng zawng hmaa he kum zabi hian a chanvo ropui ber a ni."

12-22 : 1.1. Thuziak (Commentary) te. Shankara chuan a rawn ti a

peerless takin a sawifiah a chumi *Upanishads te pawh a awm* . 12-23:

Thufingte 16:32.

BUNG: 1.1. 13. A rilru a hah lutuk

Chumi Mut a nei lo Mithianghlim

"Khawngaihin Himalaya tlanga kal hi min phalsak ang che. Pathian inpawlna chhonzawm zel tur hian mahni chauha awm ka beisei."

A nihna takah chuan vawi khat chu heng lawmthu sawi loh thute hi ka Pu hnenah ka sawi a. Devotee chu a chang chuan a rawn bei thin, a sawi lawk theih loh delusions pakhatin a man a, hermitage hna leh college zirnaah dawhtheihna ka nei lo zual sauh sauh a. Thil awmdan tihziaawmna chak lo tak chu ka rawtna hi Sri Yukteswar nen thla ruk chauh kan awm lai khan ka siam a ni. A san zawng sang tak chu ka la survey kim lo.

"Tlang mi tam tak hi Himalaya tlangah an cheng a, chutih rualin Pathian hriatna an nei lo." Ka guru chhanna chu zawi zawiin leh awlsam takin a rawn thleng a. "Tlang inert atanga finna hi mi hriat chian tak hnen atanga zawn a tha zawk ."

Tlâng ni lovin, amah chu ka zirtîrtu a ni tih Master-in a sawi Chiang tak chu ngaihthah chungin ka ngenna chu ka sawi nawn leh a. Sri Yukteswar chuan chhanna a dawng lo tih a sawi. A ngawih rengna chu remtihna atan ka la a, chu chu mi pakhatin a remchan dan anga pawm theih hrilhfhahna mumal lo tak a ni.

Chumi tlai chuan Calcutta-a ka chenna inah chuan zin chhuahna tur inbuatsaihnaah ka buai hle a. Blanket chhunga thuziak tlemte ka khih lai chuan, chutiang bawbaw bundle, kum engemaw zat kalta a ka attic window atanga thup taka tla thla chu ka hrechhuak ta a. Hei hi Himalaya tlang lam panna thlawhna ill-starred dang a ni ang em tih ka ngaihtuah a.

Ka thlarau lam hlimna chu a vawi khatna atan a sang hle a; zanin hian ka guru chhuahsan ka ngaihtuah chuan chhia leh tha hriatna chuan a na hle.

A tuk zingah Scottish Church College-a ka Sanskrit professor Behari Pundit chu ka zawng a.

"Ka pu, Lahiri Mahasaya zirtir ropui tak nen in inthianthatna kha min hrilh tawh a. A address min pe rawh."

"Ram Gopal Muzumdar i sawina a ni. 'Mithianghlim muhil lo' ka ti a ni." Ecstatic consciousness-ah a harh reng a, a chenna in chu Tarakeswar bula Ranbajpur-ah a awm a ni."

Ka lawmthu a sawi chumi pundit, 1999 a ni. leh entrained a ni rangtakin tan Tarakeswar-a chuan a rawn ti a. Ka beisei a ni ah reh ka rinhlelnate chu "mithianghlim muhil thei lo" hnen atangin Himalayan meditation lonely-a ka inhmang turin sanction ka hrual a. Behari thianpa chuan kum tam tak lungpui hmun hla tak takah *Kriya Yoga a tih hnuah êng a hmu tih ka hria*.

Tarakeswar-ah chuan hmun thianghlim hmingthang tak pakhat ka pan hnai a. Hindu-ho chuan France rama Lourdes hmun thianghlim Catholic-te zahna ang bawkin an ngai a ni. Tarakeswar-ah hian tihdamna thilmak chhiar sen loh a thleng tawh a, ka chhungte zinga pakhat tan pawh a thleng tawh bawbaw.

"Chutah chuan kar khat chhung chu temple-ah ka thu a," vawikhat chu ka pi upa ber chuan min hrilh a. "Chaw nghei tluantling zawm chungin i Uncle Sarada chu natna khirh tak atanga dam leh turin ka tawngtai a. Ni sarh ni khan ka kut ah hian herb materialized ka hmu a! A hnah atang hian brew ka siam a, i u hnenah ka pe a. A ta natna chu vawi khatah a bo ta a, a lo lang leh tawh ngai lo."

Tarakeswar hmun thianghlim thianghlimah chuan ka lut a; maichâmah chuan lung zungbun tih loh chu engmah a awm lo. A chhehvel, bul tanna nei lo leh tawp nei lo chuan Infinite-a thil pawimawh tak a nihzia a tilang Chiang Hle. Cosmic lam thil a ni

abstractions hi India rama loneitu inngaitlawm ber tan pawh alien a ni lo;
khawthlang mite chuan an puh tawh a, a nihna takah chuan abstraction-a
nungah an puh tawh a ni!

Chutih lai chuan keimah ngei pawhin ka mood chu a austere em em a, lung
chhinchhiahna hmaah chuan kun duh lovin ka inhria. Pathian chu zawn tur a ni, ka
ngaihtuah let a, thlarau chhungah chauh.

Temple chu bengchheng lovin ka chhuahsan a, chak takin khaw pawn lam
Ranbajpur lam pan chuan ka kal ta a. Ka kal lai pakhat hnena kaihhruaina ka
ngenna chuan ngaihtuahna rei tak takah a pil ta a ni.

"Engtikah nangmah lokal ah ani kawngpui inkar, . inher dik leh vawngtha kal," ani a
tawpah chuan tih a ni oracular hmanga tih a ni.

Thupek zawm chungin canal pakhat kamah chuan ka kal ta a. Thim a lo tla ta a;
ramngaw khaw pawn lam chu meikhu mitmeng hrual leh a bula awm sakeibaknei
au thawm chuan a nung reng a. Thla eng chu a thim lutuk a, engmah inrintawkna a
pe thei lo; Darkar hnih chhung zet chu ka tlu ta a.

Cowbell ri chu lawmawm tak a ni! Ka au nawn fo hian a tawpah chuan

loneitu pakhat chu ka lamah a rawn hruai ta a ni. "Ram Gopal Babu ka zawng
mek a ni."

"Kan khuaah hian chutiang mi chu an awm lo." Chu pa tone chu a surly hle
mai. "Detective dawt sawi i ni ngei ang ."

Politics lama buai tak a rilruah rinhlelhna tihziaawm beiseiin, ka harsatna chu
thinlung khawih takin ka sawifah a. A inah min hruai a, mikhual takin min lo hmuak
a.

"Ranbajpur hi hetah hian a hla hle a ni," tiin a sawi. "Kawngpui inkar ah chuan
veilamah i hawi tur a ni a, dinglam i hawi tur a ni lo."

Ka informant hmasa zawk kha, lungngai takin ka ngaihtuah a, khualzinte tan chuan
hlauhawm tak a ni. Chaw tui tak, buhfai hring, lentil- *dhal* , leh curry of potatoes
with raw banana ei hnu chuan, huang bula khum te tak te pakhat chuan ka chawl
ta a. Khaw hla takah chuan khaw mipuite chuan *mridangas* **13-1**ri ring takin an sa
a leh cymbals te pawh a awm baw. Chumi zan chuan mut chu ngaihtuahawm a ni
lo; Yogi thuruk, Ram Gopal hnena hruai ka nih theih nan thuk takin ka tawngtai a.

Ka pindan thim takah chuan zing khawvar hmasa berte chuan a rawn luhchilh a,
Ranbajpur lam panin ka chhuak ta a. Buh hmun hnim hring tak takte chu ka

paltlang a, thingnah hring hring leh lei hring hring hruah hruah, sickled stumps-ah chuan ka kal kual a. Loneitu, a chang chuan inhma thin pakhat chuan, a danglam bik lo, ka kalna tur chu " *krosha* (mile hnih) chauh" a nih thu min hriattir thin . Darkar ruk chhungin ni chuan hnehna changin horizon atanga meridian thlengin a kal a, mahse Ranbajpur atanga *krosha* khatin ka hlat tawh dawn tih ka hre tan ta a ni .

Chawhnu lamah chuan ka khawvel chu buh hmun tawp nei lo a la ni. Van boruak pumpelh theih loh atanga lumna rawn luang chhuak chuan ka tlu hnai tawh hle. Mipa pakhat chu rilru hahdam taka a rawn hnaih lai chuan ka zawhna pangngai chu ka sawi ngam lo va, chuti lo chuan monotonous: "Just a *krosha* ."

Chumi hmelhriatloh a titawp ta a bul keimah. Tawi leh tlemte, . ani tawh taksa lamah pawh a ngaihnawm lo humhim tan chu

tha bik kawppui tan piercing tih a ni thim mit.

"Ranbajpur chhuahsan ka tum a, mahse i thil tum a tha a, chuvang chuan ka nghak reng che a ni." Ka hmel mak tih hmel takah chuan a kut zungtang a rawn thing a. "I fing lo em ni, puan lohvin min rawn bei thei ang tih ngaihtuah i fing lo em ni? Chu professor Behari chuan ka address pe che turin dikna a nei lo."

He pu hmaah hian ka inhriattirna chu thusawi mai mai a ni ang tih ngaihtuah chungin, ka lo dawnawn danah chuan ka rilru a na deuh hlek a, tawng thei lovin ka ding ta a ni. A thusawi leh tur chu a rawn dah nghal a.

"Hrilh keimah; khawngge ti nangmah ngaihtuah Pathian hi?"

"Engati nge, Ani hi chhunglam atangin keimah leh hmun tinah." Ka rinhlelh rual lohvin a han en a angin a buai hle angin Ka savun thuahkhawm.

"All-pervading, eh?" Mithianghlim chu a nui suk a. "Chuti a nih chuan engvangin nge, young sir, nizan khan Tarakeswar temple-a lung chhinchhiahnaah Infinite hmaah i kun loh? **13-2.**" I inchhuanna chuan vei leh ding inthliarna tha tak takte'n a tibuai lo, kawngpui kal lai chuan a hruai sual theihna hremna a thlen che a ni. Vawiin pawh hian hun nuam lo tak i tawng tawh a ni!"

Ka hmaa taksa chhinchhiah tlak loh chhungah chuan engkim hre thei mit pakhat a inthup tih mak ka ti hle a, mak ka ti hle. Damna chakna chu yogi a\angin a lo chhuak a; Field lum takah chuan ka hahdam nghal vek .

"Devotee chuan Pathian panna kawng chu kawng awmchhun niin a ngai a ni," a ti. "Yoga, a chhunga Pathianna hmuh theihna chu kawng sang ber a ni tih rinhlelh rual a ni lo: chutiang chuan Lahiri Mahasaya chuan min hrilh a ni. Mahse, chhungril lama Lalpa kan hmuhchhuah chuan pawnah kan hmu thui a. Tarakeswar leh hmun danga hmun thianghlim thianghlimte chu thlarau lam thiltihtheihna nuclear center anga chawimawi a ni dik hle.

Mithianghlim censorious rilru put hman chu a bo ta a; a mit chu khawngaihthlak takin a nêh ta hle mai. Ka kawngah a rawn fawp a.

"Yogi naupang, i pu lakah i tlanchhia tih ka hmu. I mamawh zawng zawng a nei vek a; a hnenah i kir leh tur a ni. Tlangte hi i guru a ni thei lo." Ram Gopal chuan chutiang ngaihtuahna chu a rawn sawi nawn leh a chu chu Sri Yukteswar-a'n kan inhmukhawmna hnunung berah khan a lo sawi tawh a ni.

"Masters te hi an chenna hmun khap turin cosmic compulsion hnuaiah an awm lo." Ka thianpa chuan zawhna zawt chungin min rawn melh a. "India leh Tibet rama Himalaya tlangte hian mi thianghlimte chungah thuneihna an nei lo. A chhunga hmuh a buai loh chu ruang chu hetah leh khawiah pawh phurh chhuah hian a

hmuchhuak dawn lo. Devotee chuan thlarau lam êng nei tura lei tawp thleng pawha kal a *duh* meuh chuan a guru chu a bulah a rawn lang ta a ni.

Ngawi rengin ka remti a, Benares hermitage-a ka tawngtaina chu ka hrechhuak a, chu chu Sri Yukteswar nen kawngpuiah mipui tamna hmunah kan inhmuh leh a.

"Hi nangmah thei ah nei ani te pindan khawnge nangmah thei khar chumi kawngkhar leh ni a malin?"

"Awle." He mi thianghlim hi general atanga particular-ah chuan disconcerting speed-in a chhuk tih ka ngaihtuah let a.

"Chu chu i lungpui chu a ni." Yogi chuan ka theihnghilh ngai loh êng mitmeng min pe a. "Chu chu i tlang thianghlim chu a ni. Chutah chuan Pathian ram i hmu ang."

A thusawi awlsam tak takte chuan Himalaya tlang lam ka dam chhung zawnga ka rilru put hman chu a hnawtchhuak nghal vek a ni. Buh hmun kang takah chuan chatuan vur tla mumang monticolous tak tak atang chuan ka harh ta a.

"Young sir, i Pathian tuihalna hi fak tlak a ni. Hmangaihna nasa tak ka nei che a ni." Ram Gopal chuan ka kut chu arawn vuan a, khaw mawi tak pakhatat min hruai a. Adobe in te chu coconut hnah hmanga khuh a ni a, rustic entrance-a chei a ni bawk.

Mithianghlim chuan a cottage te tak tea bamboo platform umbrageous takah chuan min thuttir a. Lime tui thlum tak leh rock candy chi khat min pek hnu chuan a patio-ah chuan a lut a, lotus posture chu a pu ta a. Darkar li vel chhungin ka mitmeng (meditative eyes) chu ka meng a, yogi-a thla eng lem chu a la che thei lo tih ka hmu a. Mihring hi chhang chauhvinn a nung lo tih ka pum chu khauh taka ka hriat nawn tir lai chuan Ram Gopal chuan minrawn pan hnai a.

"KA hmu nangmah hi riltam takin; chaw duhdan ni inpeih vat."

Patio-a leilung oven hnuaiah mei a alh a; buhfai leh *dhal chu* rang takin banana hnah lian takah anrawn pe a. Ka mikhual chuan chaw siam hna zawng zawngah min puihna chu zah takin a duh lo. Hindu thufing pakhat, "Khual chu Pathian a ni," tih hian hun kal tawh atang tawhin Pathian ngaihsakna thupek a lo pe tawh a ni. A hnu lama khawvel ka zinnaah khan ram tam tak thingtlang hmun hrang hrangah pawh tlawhtute zahna ang chiah hi a lang tih ka hmuh chuan ka rilru a hneh hle. Khawpui mi chuan mikhual lawmna keen edge chu hmêl mak tak takte superabundance-in a tichhe tih a hmu a.

Jungle khaw te tak te inhlat takah chuan yogi bulah ka squat lai chuan mipa mart te chu hla tak atanga thim ang maiin a lang. Cottage room chu thil mak tak a ni a, light mellow tak a awm bawk. Ram Gopal chuan ka khum atan leiah blanket hrual thenkhat a dah a, straw mat-ah chuan a thu ta a. A thlarau lam magnetism chuan min hneh hle a, dilna ka venture ta a.

"Ka pu, engati nge ti suh nangmah phalsak keimah ani *samadhi tih hi a ni*?"

"Duh tak, Pathian inzawmna hi ka thlen thei hi ka lawm hle ang, mahse chutiang ti tur chuan ka hmun a ni lo." Mithianghlim chuan mitmeng chanve zetin minrawn en a. "I pu chuan chu experience chu rei lo teah a pe ang. I taksa hi tuned a la ni lo. Lamp te tak te hian electrical voltage tam lutuk a tuar thei lo ang bawkin i nerve pawh a tuar thei lo." cosmic current atan an inpeih lo. Tunah hian ecstasy tawp nei

lo chu ka pe che a nih chuan i kang ang cell tin hi kang vek ni ta se.

"Ka hnen atangin êng i dil a ni," yogi chuan ngaihtuahna seng chungin a ti chhonzawm a, "ka ngaihtuah lai hian- keimah ang bawka ngaihtuah theih loh, leh ngaihtuahna tlemte ka tih tawh nen-Pathian tih lawm ka hlawhtlin tawh em, leh a tawp berah chuan A mithmuhah eng hlutna nge ka hmuh theih ang," tiin.

"Ka pu, nei nangmah lo ni thinlung pakhat chauhvin zawng mek Pathian tan ani sei hun?"

"Ka la ti tam lo. Behari hian ka nun chanchin eng emaw a hrilh che a ni ngei ang. Kum sawmhnih chhung zet chu grotto thup pakhat ka luah a, ni khatah darkar sawm leh pariat zet chu ka ngaihtuah a. Chutah chuan lungpui thlen theih loh zawkah ka insawn a, kum sawmhnih leh panga chhung chu chutah chuan ka awm a, nitin darkar sawmhnih chhung chu yoga union-ah ka lut a. Kei mut a ngai lo, Pathian hnenah ka awm reng si a. Ka taksa chu subconscious state pangngai thlamuanna tlemte avanga a awm theih aiin superconsciousness-a thlamuanna famkim takah chuan a chawl zawk a ni.

"Muscle te hi mut laiin an relax a, mahse thinlung, lung leh circulatory system te chu hna an thawk reng a; chawlh an hmu lo. Superconsciousness-ah chuan internal organs te chu suspended animation state-ah an awm reng a, cosmic energy in electrified an ni. Chutiang kawng chuan kum tam tak chhung mut a ngai lo tih ka hmu ta a ni. Nang pawhin mut i dispense hun tur chu a lo thleng dawn a ni.

"Ka thatna, rei tak i ngaihtuah a, chuti chung pawh chuan Lalpa duhsakna i chiang lo!" Mak ti zet hian ka en reng a. "Anih chuan keini mihring thi thei retheite hi engtin nge kan awm ang?"

"Awle, ka fapa duh tak, Pathian chu Chatuan ngei a ni tih i hmu lo em ni? Kum sawmli leh panga chhung ngaihtuahna hmanga Amah chu a hre kim thei tih ngaihtuah chu beisei awm lo tak a ni zawk. Mahse, Babaji chuan ngaihtuahna tlemte pawh hian thihna hlahna rapthlak tak leh thih hnua dinhmunte lakah a chhanchhuak tih min tiam a ni. Tlang tenau takah i thlarau lam thil tum chu siam tha suh la, arsiaah hitch rawh.. .. . unqualified divine attainment. I thawhrim chuan i thleng thei ang."

Chu beiseina chuan a tithinur hle a, thu êng zâwk pe tûrin ka dîl a. Lahiri Mahasaya-a guru, Babaji nena an inhmuh hmasak ber chanchin mak tak mai a sawi a. **13-3 ah a awm** Zanolai pelh velah chuan Ram Gopal chu a ngawi reng a, ka puan chungah chuan ka mu ta a. Ka mit ka chhing a, lightning eng mawi tak tak ka hmu a; ka chhunga hmun zau tak chu êng hnim hring awmna pindan a ni. Ka mit ka meng a, chutiang bawka dazzling radiance chu ka hmu bawk. Chu pindan chu chu vault tawp nei loah chuan a tel ta a, chu chu interior vision nen ka en a.

"Engati nge ti suh nangmah kal ah mu?"

"Ka pu, engtin thei Ka mu chhung chumi awmna tan kawlphe, blazing a ni emaw ka mit hi khar emaw hawng?"

"Hetiang thil tawn hi malsawmna i dawng a; thlarau lam radiation te hi awlsam taka

hmuh theih a ni lo." Mithianghlim chuan hmangaihna thu tlem a rawn belh leh a.

Zing lamah Ram Gopal chuan lungpui candies min pe a, ka chhuah ngei ngei tur a ni a ti. Amah chu thlah duh lohna ka nei a, ka mittui chu ka hmuiah a rawn luang chhuak ta a.

"KA duhdan lo nihtir nangmah kal kut ruak a ni." Chumi yogi tih a ni a ti a ngilnei takin. "KA duhdan ti engemaw tan nangmah."

A nui suk a, nghet takin min en a. Leiah chuan zung karah ka ding a, ka mit kawngkhar atang chuan tuilian nasa tak ang maiin thlamuanna a rawn tlan lut a. Ka hnungzang natna chu a dam nghal vek a, chu chuan kum tam tak chhung chu a hun takah min tibuai tawh a ni. Insiam thar lehin, hlimna êng tak tuipuah ka inbual a, ka tap tawh lo. Mithianghlim ke ka khawih hnu chuan ramngaw chhungah chuan ka tlan lut a, a tropical lai chuan ka kal ta a

tangle hma chuan Ka thleng Tarakeswar-a chuan arawn ti a.

Chutah chuan hmun thianghlim hmingthang takah chuan pilgrimage vawi hnihna ka nei a, maicham hmaah chuan ka bawkkhup kim vek a. Lung zungbun chu ka chhungril hmuh hmaah chuan a lian chho zel a, chu chu cosmical spheres, ring within ring, zone after zone, all dowered with divinity a lo ni ta a ni.

Darkar khat hnuah hlim takin Calcutta lam panin ka entrain ta a. Ka zinnate chu tlang sang takah ni lovin, Himalayan-a ka Lalpa hmaah a tawp ta a ni.

.....
13-1 : 1.1. Kut hmanga khelh a ni khuang, . hmang chauh tan devotional lam hawi rimawi.

13-2 : 1.1. Pakhat hi tih hriat nawn tir a ni hetah tan Dostoevski-a chuan a sawi hmuhdan: "ANI mipa tunge a bows a hnuailam ah engmah thei ngai lo tuar chumi a phurrit phur a ni."

13-3 : 1.1. Hmu bung khat a ni 35.

BUNG: 1.1. 14. A rilru a hah lutuk

Chu Tawnhriat Chhung Cosmic lam thil a ni Rilru harhna

"KA ni hetah, Guruji chuan." Ka mualphona a ti a belh thusawi thiam takin tan keimah.

"Kitchen lamah kal ila, ei tur kan zawng ang." Sri Yukteswar-a awm dan chu ni ni lovin darkar tam tak min inthen ang maiin a pianphung a ni.

"Master, hetah hian ka hna ka chhuahsan nghal mai hian ka ti beidawng che a ni ngei ang; ka chungah i thinrim mai thei tih ka ngaihtuah a."

"Ni lo, a dik lo! Thinrimna hi duhna tihbuai a\ang chauhvin a lo chhuak \hin. Midang lakah engmah ka beisei lo va, chuvangin an thiltih hi ka duhthusam nen a inkalh thei lo. Ka thil tum atan ka hmang lo ang che; nangmah hlimna dik takah chauh ka hlim a ni.

"Ka pu, Pathian hmangaihna thu hi kawng fiah lo takin a hre thin a, mahse a vawi khatna atan i vantirhkoh nihnaah hian entawn tur Chiang tak ka nei ta a ni!
Khawvelah hian pa pawhin a fapa chu vaukhâna tel lova a nu leh pate sumdawnna a chhuahsan chuan awlsam takin a ngaidam lo. Mahse, nang chuan lungngaihna

tlehte pawh i lantir lo, i tih ngei ngei tur ni mah se." hna thawh zawh loh tam tak ka hnutchhiah avangin harsatna nasa tak ka tawh a ni."

Kan mittui tla zawih zawih zawih zawih zawih zawih zawih zawih hian kan in en a. Lawmna thlipui chuan min rawn khuh ta a; Lalpa chuan ka guru angin ka thinlunga meialh te te chu cosmic love-in a tihbuai theih loh khawpin a tizau tih ka hre Chiang hle.

Zing engemaw zat hnuah Master-a thutna pindan khar lam pan chuan ka kal ta a. Ngaihtuah ka tum a, mahse ka thiltum fak tlak tak chu thu awih lohna ngaihtuahnain a sawipui lo. Ramsa mantu hmaah chuan sava ang maiin an darh ta a .

"Mukunda!" Sri Yukteswar-a chuan a ti a aw a rawn ri ta a atangin ani hla tak a ni chhungril lam balcony ah a awm.

Ka ngaihtuahna ang bawkin hel ka ni tih ka hria. "Master hian ngaihtuahna seng turin min fuih fo thin," ka ti rilru a. "A room ka rawn kal chhan a hriat lai hian min tibuai tur a ni lo."

Min ko leh a; Ka rilru na takin ka ngawi reng a. A vawi thumnaah chuan a aw chuan zilhna a keng tel ta a ni. "Sir, ka meditate a ni," protest takin ka au chhuak a.

"I ngaihtuah dan ka hria," ka guru chuan a ti a, "i rilru chu thlipui tleh ang maia sem chhuakin! Hetah hian ka hnenah lo kal rawh."

Snubbed a ni leh tilangchhuak, Ka siam ka kawng lungngai takin ah ani sir.

"Tlangval rethei, tlangte hian i duh chu an pe thei lo." Master chuan caressive takin, thlamuan takin a sawi a. A mitmeng muang tak chu ngaihtuah phak loh khawpin a lang. "I thinlung duhzawng chu a thleng famkim ang."

Sri Yukteswar hian thufing (riddle)-ah a inhmang tam lo hle a; Ka buai hle mai. Thinlung chunglam ka beng chu zawi te hian a rawn vawm a.

Ka taksa chu che thei lovin a zung a kai ta a; ka lung atang chuan magnet lian tak tak ang maiin thaw a rawn chhuak ta a. Thlarau leh rilru chuan an taksa saltanna chu an hloh nghal vek a, ka pore tin atang chuan fluid piercing light ang maiin an luang chhuak ta a ni. Tisa chu thi ang maiin a awm a, chuti chung pawh chuan ka hriatna nasa takah chuan tun hmain ka dam kim ngai lo tih ka hria. Ka hriatna chu taksa pakhtah chauh a inngat tawh lo va, a chhehvela atom awmte chu a pawm ta zawk a ni. Kawngpui hla tak takah chuan mite chu keimah ngei pawhin ka chhehvel hla tak chungah chuan zawi zawiin an kal ang maiin a lang. Thlai leh thing zung chu a rawn lang chhuak ta a leilung a dim transparency; An tui

chhungril lam luang chhuak chu ka hre chiang hle.

Ka hmaah chuan a chhehvel zawng zawng chu a lang chhuak vek. Tunah chuan ka hmalam mit hmuh dan pangngai chu mit hmuhna zau tak, a ruala thil zawng zawng hriat theihnaah a inthlak ta a ni. Ka lu hnunglam atang chuan Rai Ghat Road atanga hla takah mipa kal ka hmu a, bawng dum pakhat, hahdam taka rawn hnaih pawh ka hmu bawk. Ashram gate inhawng hmaa hmun a thlen chuan ka taksa mit pahnih hmangin ka en a. A kal pelh lai chuan, brick bang hnung lamah chuan chiang takin a la ding reng tih ka hmu a.

Ka panoramic gaze chhunga thil awm zawng zawng chu quick motion picture ang maiin a khur a, a vibrate bawk. Ka taksa, Master's, pillar courtyard, furniture leh floor, thing leh ni êng te chu a chang chuan nasa takin a buai a, tuifnriat eng takah a lo hmin vek thlengin sugar crystal ang pawhin, paih chhuah

tui glass khatah dah la, a hmin hnuah hmin rawh. Unifying light chu materializations of form nen a inthlak a, metamorphoses te chuan thil siama cause and effect dan chu a rawn pholang a ni.

Tuipui hlimna chuan ka thlarau tuipui kam tawp nei lo reh tak chu a rawn tikehsawm ta a. Pathian Thlarau chu, ka hrechhuak ta, Bliss tawp thei lo a ni a; A taksa hi êng tissue chhiar sen loh a ni. Ka chhungah chuan ropuina hring dup mai chu a rawn lang tan ta khawpui, continent, lei, ni leh stellar system, tenuous nebulae, leh floating universe te a khuh a ni. Zan lama hla taka hmuh khawpui ang maia zawi zawia eng chhuak cosmos pumpui chu ka nihna tawp nei lo chhungah chuan a eng chhuak vek a. Sharply etched global outlines chu a hla ber berteah chuan a bo deuh a; chutah chuan eng mawi tak, tlahniam reng reng chu ka hmu thei a. Sawifiah theih loh khawpin a fiah lo hle a; planetary thlalak te chu grosser light atanga siam a ni.

Chatuan Hmun atanga lo luang chhuak, galaxy-a kang chhuak, sawi theih loh auras-a inthlak danglam, êngte Pathianin a darh darh chu. Vawi tam tak ka hmu fo thin creative beams te chu constellation ah an inzawm khawm a, chutah chuan sheets of transparent flame ah an resolve leh thin. Rhythmic reversion hmangin sextillion khawvelte chu diaphanous luster-ah an kal ta a; mei chu boruak (firmament) a lo ni ta a ni.

Empyrean khawpui lairil chu ka thinlunga intuitive perception point pakhat angin ka hre Chiang hle. Ka nucleus atanga universal structure hmun tinah irradiating splendor a chhuak. Blissful *amrita*, thih theih lohna nectar chuan quicksilverlike fluidity in ka chhungah a rawn pulse a. Pathian thil siam aw *Aum*, ~~14-1~~ tiin a ri chhuak tih ka hre ta Cosmic Motor vibration a ni.

Vawikhatmah thaw chu ka lungah a rawn let leh ta. Beidawnna tuar theih loh tluk zet nen chuan ka ropuina tawp nei lo chu a bo ta tih ka hrechhuak ta. Vawi khat chu taksa mualphona kawngkhar chhungah ka inkhung leh ta a, Thlarau tan awlsam taka insiamrem thei lo. Naupang tlanbo ang maiin ka macrocosmic home atang chuan ka tlanhhia a, microcosm tawi takah ka inkhung ta a ni.

Ka guru chu ka hmaah chuan che lovin a ding a; Hun rei tak chhunga ka lo zawn tawh cosmic consciousness-a thil tawn avanga lawmthu sawiin a ke thianghlim bulah chuan ka tla thla ta a. Min ding nghet a, muangchangin, inlan lo takin a sawi a.

"Ecstasy-ah i ruih lutuk tur a ni lo. Khawvelah hian hna tam tak i tan a la awm. Lo kal rawh; balcony floor chu i sawp ang u; chutah chuan Ganges lui kan zawh ang."

Broom ka rawn keng a; Master chuan balanced living thuruk min zirtir tih ka hria. Thlarau chu cosmogonic abysses chungah a inzar pharh tur a ni a, chutih lai chuan taksa chuan nitin hna a thawk a ni. A hnua kan chhuah dawn chuan sawi theih loh

khawpa rapture-in ka la luhchilh reng a. Kan taksa chu astral picture pahnih angin ka hmu a, lui kama kawngpui pakhat, a essence chu sheer light a ni.

"Pathian Thlarau hian universe chhunga pianphung leh chakna zawng zawng chu active takin a chhawm nung a; chuti chung pawh chuan vibratory phenomena khawvel piah lama hlimna nei lo, siam loh hmun ruak (blissful uncreated void)-ah chuan transcendental leh aloof a ni," **14-2** Master chuan a hrilhfi a. "Tisa lama awm lai pawha an Pathian nihna hrechiantu mithianghlimte." chutiang bawka awmna pahnih nei chu hre rawh. Lei lama hnathawhnaah chhia leh ṭha hriatna nêna an inhmang a, chuti chung pawh chuan chhûngril malsâwmnaah an inhnawih reng a ni. Lalpa chuan a nihna hlimna tawp nei lo a\angin mihring zawng zawng a siam a ni. Taksain hrehawm takin a tikhawtlai nachungin, chuti chung pawh chuan Pathian chuan A anpuia siam thlaraute chu a tawpah chuan hriatna hriat theihna zawng zawng chungah an tho chhuak ang a, Amah nen an inzawm leh ang tih a beisei a ni."

Cosmic vision hian zirlai nghet tak tak tam tak a hnutchhiah a ni. Nitin ka ngaihtuahnate tihrehawmin, ka taksa chu tisa leh ruh tam tak, thil leilung khauh tak paltlang a ni tih rinna dik lo tak a\angin chhuahna ka hmu thei a ni. Thâwk leh rilru hahdam lo chu, ka hmu a, thlipui ang maiin êng tuifinriat chu thil chi hrang hrang-lei, van, mihring, rannung, sava, thingte thlipuiaha a rawn vawrh lut a ni. Chu thlipuite tihreh mai loh chu Infinite chu Eng Pakhat anga ngaihna a awm thei lo. Ka ngawih reng ang bawkin pianphung buaina pahnih chu, thilsiam thlipui tam tak chu tuifinriat êng takah a hmin lai ka hmu a, tuifinriat thlipui, a thlipui reh tak takte chu thlamuang takin inpumkhatnaah a lo inher chhuak ang bawkin.

Master chuan a zirtir chuan ngaihtuahna hmanga a rilru a tichak a, chu chu vistas zau tak takte chuan a hneh loh tur khawpa a tichak a nih chuan cosmic consciousness Pathian thil tawn chu a pe a ni. Mihring rilru lama duhna emaw, rilru zau tak emaw hmang chauha thil tawn chu pek theih a ni ngai lo. Yoga practice leh devotional *bhakti hmanga tihpunna tling chauh hian* rilru chu a buatsaih thei a ni hmun tinah awmna zalenna shock chu absorb rawh. Mi rinawm tak tan chuan natural inevitability nen a lo thleng a ni. A duhna nasa tak chuan Pathian chu do theih loh chakna hmangin a rawn hruai tan ta a ni. Lalpa chu Cosmic Vision angin a zawngtu magnetic ardor chuan a range of consciousness-ah a hruai lut a ni.

Ka kum hnuehnung lamah chuan, a cosmic state ropuizia sawi chhuah tumin, a hnuaia hla, "Samadhi" hi ka ziaak a:

Eng leh hlim puanzar chu a bo ta,
Lungngaihna thlipui zawng zawng a
chawi sang a,
Lawmna rei lo te chhunga êng zawng
zawng chu lawngin a kal bo vek a, Gone
the dim sensory mirage.
Hmangaihna, hua, hrisel, natna, nunna, thihna,
Boral ta hengte diklo thlalak (shadow) te chungah chumi puanzar tan
duality tih hi a ni.
Nuihzatna thlipui, sarcasm scyllas, melancholic whirlpools,
Hlimna tuipui zau takah chuan a hmin.
Chumi thlipui tan *maya* a ti nghut a
Tu magic a ni wand a ni tan hriatthiamna thuk.
Universe, mumang theihnghilh tawh, subconsciously-in a
lurk a, Ka hriatrengna harh thar divine rawn bei turin a
inpeih reng.
Cosmic shadow tel lovin ka nung
a, Mahse, a ni lo, min hloh tawh;
Tuipui chu tuifinriat tel lovin a awm

angin, Tuipui tel lovin an thawk lo.

Mumang, harh, dinhmun thuk tak *turia* mut,
Tuna, hun kal tawh, hmalam hun, ka tan chuan
a awm tawh lo,

Mahse, awm reng, engkim luang chhuak Kei, kei,
hmun tinah. Planet, arsi, arsi leivut, leilung, .

Doomsday chhiatna nasa tak, Siamte molding
furnace, .

Glacier-te chu a awm a tan reh x-ray neih a ni a, . kangmei chhuak
electron hmanga siam a ni tuilian, .

Mi zawng zawng ngaihtuahna, hun kal tawh,
tunlai, lo thleng tur, Thing hnah tinreng,
keimah ngei, mihringte, .
Vek particle a ni tan khawvel pum huap a ni vaivut,
Thinrimna, duhâma, ðha, ðha lo,
chhandamna, duhâma, ka ei vek a, ka
transmuted vek
Ka Mihring pakhat thisen tuifinriat zau takah
chuan! Hlimna meikhu chhuak, ngaihtuahnain a
tiharh fo Ka mittui tla chu a tidel a,
Hlimna meialh thi thei loah puak
darh, Ka mittui, ka frame, ka zawng
zawng chu a ei zo vek. Nang hi kei i
ni, Kei hi Nang ka ni, .
Hriatna neiin, . Hretu, . Hria, angin Pakhat!
Thrill thlamuang, tawp lo, chatuan nung, remna thar reng! Beisei
theih loh khawpa nuam, *samadhi* nuam tak!
Lo chu nikhaw hre lo nihphung
A nih loh leh rilru lam chloroform tumruh
taka lo kir leh lo, *Samadhi* mahse, ka
hriatna ram chu a tizau a, Thi thei frame
huam chin piah lamah a tizau thung
Chatuan ramri hla ber thlengin
Kei, Cosmic Sea, .
Thlir chumi te indah pawimawhna floating a ni chhung Keimah.
Sparrow, sand chi tin chu Ka hmuh lohvin an tla lo. Khawvel
zawng zawng hi Ka rilru tuipuah hian iceberg ang maiin a
inphah chhuak vek a.
Colossal a ni Container, 1000 a ni. KA, tan zavai thilte siam.
Thuk zawk, rei zawk, tuihal zawk, guru-in a pek
ngaihtuahna hmangin He van *samadhi hi a lo thleng
thin* .
Chesawn thei a ti mur mur a tan atom a ni hi hria,
Lei thim, tlang, ruam, lo! molten liquid a ni! Tuipui
luang chhuakte chu nebula vapor-ah an chang ta!
Aum vapor-te chungah a puak a, mak tak maiin an puan a
hawng a, Tuipuite chu lang chhuakin an ding a, electron
eng chhuak,
Till, at last sound of the cosmic drum,
Vanish the grosser lights into chatuan êng
Of all-pervading bliss.
Hlimna a\angin ka lo kal a, hlimnain ka nung a, hlimna
thianghlimah ka hmin. Ocean of mind, thilsiam zawng
zawng thlipui ka in thin.

Veil pali solid, liquid, vapor, light, Lift
aright.

Keimah, chhung engpawh, a rawn lut a chumi Ropui Keimah.
Chatuan bo tawh, fitful, thi thei hriatrengna thlalak
hlimthla. Spotless hi ka rilru van, hnuai lam, hmalam leh
chunglam sang tak a ni.

Chatuan leh kei, one united
ray. Nuihzatna bubble te tak
te, I

Ni ni chumi Tuipui tan Mirth a ni Amah ngei pawh.

Sri Yukteswar chuan malsawmna tawn chu duh duhin koh dan min zirtir a, chubakah an intuitive channel siam a nih chuan midangte hnena thawn chhuah dan min zirtir bawk. Thla tam tak chhung chu ecstatic union-ah ka lut a, *Upanishad*-te'n Pathian chu *rasa* , "the most relishable" an tih chhan hrethiam chungin. Mahse, ni khat chu buaina pakhat Master hnenah ka hruai a.

"Ka hriat duh ka pu-engtikah nge

Pathian ka hmuh ang?" "Amah chu i

hmu ta a ni."

"O." Aih, Ka pu, Ka ti suh ngaihtuah chuvangin!"

Ka guru chu a nui suk a. "Vorable Personage i beisei lo tih ka chiang a, cosmos antiseptic corner engemaw zatah lalthutthleng chei chu i beisei lo! Mahse, chu possession chu i suangtuah tih ka hmu a ni." thilmak thiltihtheihnate chu Pathian hriatna a ni. Mi pakhat chuan universe pumpui a nei thei a, Lalpa chu hmuh theih lohvin a la hmu mai thei! Thlarau lama hmasawmna chu pawn lam thiltihtheihna hmanga teh a ni lo va, a ngaihtuahna lama a hlimna thukzia.

" *Ever-new Joy Is God* . A tawp thei lo; kum tam tak chhunga i ngaihtuahna i chhunzawm zel chuan finna tawp nei loin a bum ang che. Nangmah ang devotee Pathian lam panna kawng hmu tawhte chuan hlimna dang nena inthleng hi mumang an nei ngai lo; Inelna ngaihtuah phak bak a thlem thei a ni ."

"Lei lam nawmsakna hi kan chau vat vat em! Thil neih duhna hi a tawp thei lo; mihring hi a lungawi kim ngai lo va, thil tum pakhat hnu pakhatin a zawm zel a ni. 'Thil dang' a zawn chu Lalpa a ni a, ani chauh hian hlimna nghet tak a pe thei a ni."

"Pawn lam duhna hian Eden chhungril atang hian min hnawtchhuak a; thlarau hlimna ang maia hlimna dik lo an pe a. Paradis bo chu Pathian ngaihtuahna hmangin a lo lang leh nghal vat a ni. Pathian chu beisei loh Ever-Newness a nih angin Amah hi kan chau ngai lo. Chatuan zawng zawnga hlimna nen kan surfeited thei ang em?

"Tunah chuan ka hrethiam ta, ka pu, engvangin nge mi thianghlimte hian Lalpa hi hriatthiam theih loh an tih hi. Chatuan nunna pawh hi Amah tehna atan a tawk thei lo."

Kriya Yoga hmanga rilru chu hriatna lama harsatna awmte a tihfai hnuah, ngaihtuahna hian Pathian finfiahna chi hnih a pe a ni. Lâwmna thar reng reng chu A awmna finfiahna a ni a, kan atom-te ngei pawh a rintlak hle. Tin, ngaihtuahnaah chuan A kaihhruaina nghâl tak, harsatna tinrêng a chhân lêtna tling tak a hmu

bawk.

"Ka hmu e, Guruji; ka harsatna chu i chinfel sak tawh." Lawmthu sawiin ka nui suk a. "Tunlai hian Pathian ka hmu ta tih ka hre chiang ta a ni, a chhan chu ka active hun chhunga ngaihtuahna hlimna chu subconsciously-a a lo kir leh apiangin, engkim, thil chipchiar tak takah pawh kawng dik zawh turin fiah lo takin min hriattir thin a ni.

"Mihring nun chu lungngaihna a tuam a, chu chu Pathian Duhzawng (Divine Will) nena inmil dan kan hriat hma loh chuan a 'kawng dik' hian egoistic intelligence chu a ti buai fo thin. Pathian hian cosmos phurrit chu a phur a; Amah chauh hian thurawn dik lo a pe thei a ni.

14-1 : 1.1. "Chhung chumi tirlam tawh chumi Thumal, leh chumi Thumal tawh nen Pathian, leh chumi Thumal tawh Pathian."- *Johana* 1:1-ah a awm.

14-2 : 1.1. "Tan chumi Pa roreltu a ni Aih mipa, mahse a nei tawh intiamkam zavai rorelna a ni to chumi Fapa."- *John* 5:22-ah a awm. "Aih mipa a nei tawh Pathian a hmu a hmunah engpawh hun; chumi chauh piang a ni Fapa, . khawi hi chhung chumi bosom tih a ni tan chumi Pa, ani a nei tawh a puang ta a ni amah."- *John* 1:18-ah a awm. "Tih tak zetin, dik tak chuan, . Ka sawi to nangmah, ani sawmi a ring chungah keimah, chumi hna a thawk thin sawmi Ka ti ang ani ti pawh; leh ropui zawk hna a thawk thin aiin henge a ti ang em; ka Pa hnenah ka kal dawn si a."- *Johana* 14:12. "Thlamuantu, Thlarau Thianglim, Pain ka hminga a tirh tur erawh chuan engkim a zirtir ang che u a, ka sawi tawh zawng zawngte chu in hriatrengna atan a rawn hruai ang che u."- *Johana* 14:26.

Heng Bible thute hian Pathian nihna pathum Pa, Fapa, Thlarau Thianglim (*Sat* , *Tat* , *Aum* in the Hindu scriptures) tiin a sawi a ni. Pathian chumi Pa hi chumi Absolute, . A lan chhuah loh, . awm mek *piahah* vibratory a ni thil siam a ni. Pathian chumi Fapa hi chumi Krista Hriatna (Brahma chuan a ti a emaw *Kutastha tih hi a ni Chaitanya chuan a rawn ti a*) . awm mek *chhunglam atangin* vibratory a ni thil siam; hei Krista Rilru harhna hi chumi "piang awmchhun" emaw, Siam loh Infinite lantirna awmchhun emaw a ni thei. A pawn lam lan chhuahna emaw "hretu" emaw chu *Aum* emaw Thlarau Thianglim emaw a ni a, chu chu thil siam zawng zawngte chu vibration hmanga siamtu Pathian, thil siam, hmuh theih loh thiltihtheihna .a ni. *Aum* the blissful Comforter chu ngaihtuahnaah hriat a ni a, devotee hnenah Thutak tawp ber chu a puang chhuak thin

BUNG: 1.1. 15. A rilru a hah lutuk

Chumi Cauliflower a ni Rukrukna a ni

"Master, i tan thilpek! Heng cauliflower lian tak tak paruk hi ka kut hmanga phun a ni a; a fa hnute enkawltu nu pakhat enkawl na ngilnei tak nen an lo thang lian zel hi ka enkawl a ni." Thlai bawm chu ceremonial flourish nen ka hlan a.

"Ka lawm e!" Sri Yukteswar-a nuih chu lawmthu sawina nen a lum hle. "Khawngaihin i room-ah dah la; Naktuk hian zanriah ei tur bik atan ka mamawh dawn a ni."

15-1 in ka thleng chauh a ni ka college summer vacation chu ka guru nen a tuipui kama hermitage-ah hun hmang turin. Master leh a zirtirte sak niin, Bay of Bengal- a retreat te tak te, chhawng hnih nei hlim tak chu a hmalam a ni.

A tuk zingah chuan ka harh hma hle a, tuifinriat thli tleh leh ka chhehvel boruak mawi tak chuan min tiharh a. Sri Yukteswar aw mawi tak chuan a rawn ko a; Ka

cauliflower duhthusam chu ka en a, ka khum hnuaiah chuan felfai takin ka dah a.

"Lokal, nihtir keini kal ah chumi tuipui kam." Hotu kaihruai chumi kawng; thenkhat naupang zirtirte an ni leh keimah a zui a chhung

ani darh nuai pawl. Kan guru tih hi a ni survey a ni keini chhung hlek sawiselna.

"Kan khawthlang lam unaute an kal hian an inpumkhatin an chhuang tlangpui. Tunah chuan, khawngaihin a zawnin kawng hnih in kal ula; rhythmic step in kalpui rawh u." Sri Yukteswar chuan kan thu awih lai chu a lo en reng a; heti hian a sa tan a: "Tlangvalte chu an kal leh chhuak a, a inzawm tlem hle." Master-a'n a zirlai naupangte chakna chak tak nena a inmil theih dan chu ka ngaihsan lo thei lo.

"Halt rawh!" Ka guru te a ni mit zawng ka ta. "Ti tawh nangmah hrereng ah kalh chumi hnung kawngkhar tan chumi hermitage a ni em?"



KA GURU'S SEASIDE-AH chuan HERMITAGE a ni HMUNAH PURI a ni

Khawvel atang chuan tlawhtu luang chhuak nghet tak chu hermitage thlamuang takah chuan an rawn luang lut ta a. Mi thiam engemaw zat chu orthodox religionist hmu tura beiseiin an lo kal a. Supercilious smile emaw, amused tolerance glance emaw chuan a chang chuan mi tharte chuan pious platitude tlemte chauh an beisei lo tih a betray thin. Mahse, an chhuah duh lohna chuan Sri Yukteswar-a chuan an hriatna field bikte chu hriatthiamna dik tak a lantir tih rinna chiang tak a thlen ang.

Ka guru hian a hermitage-ah hian zirtirtu resident naupang tak tak a nei fo thin. An rilru leh nun chu chu discipline fimkhur tak hmangin a kaihruai a, chutah chuan "zirtir" tih thumal hi etymologically rooted a ni.

"KA ngaihtuah chuvangin, Ka pu."

Sri Yukteswar chu minute engemaw zat chu a ngawi reng a, a hmuiah chuan nuihzatna chanve zet chu a thunun a. "Ni lo, i theihnghilh a ni," a tawpah chuan a ti ta a. "Pathian ngaihtuahna hi thil neih fimkhur lohna chhanna atan siam tur a ni lo.

Ashram humhalh kawngah i mawhphurhna i ngaihthah a; hrem i ni tur a ni."

Ka ngaihtuah ani tawh chiang lo takin fiamthu a sawi engtikah ani tih belh a ni: "I paruk cauliflower a ni duhdan vat ni chauh panga."

Keini a hawi let a vel hmunah Master's a ni thupek a ni leh a kal ta a hnung hma chuan keini an khar ah chumi hermitage a ni.

"Rei lo te chawlh hahdam rawh. Mukunda, kan veilam compound sir lam chu han en teh; a piah lam kawngpui chu en rawh. Mi pakhat chu tunah hian a rawn thleng dawn a; ani chu i hremna hmanrua a ni ang."

Heng hriatthiam theih loh thusawi avang hian ka thinrimna chu ka thup ta a ni. Loneitu pakhat chu rei lo teah a rawn lang ta a kawng; grotesque takin a zai a, awmze nei lo kut zungtang hmangin a kut a vawrh kual vel bawk. Thil hriat duhna avanga paralyzed deuh mai chuan ka mit chu hilarious spectacle-ah chuan ka glue a. Chu pa chuan kawngpuih kan hmuh theih lohna hmun a thlen chuan Sri Yukteswar chuan, "Tunah chuan, a lo kir leh ang," a ti a.

Loneitu chuan a kalna tur chu a thlak nghal a, ashram hnung lam pan chuan a kal ta a. Sandy tract pakhat a pel chuan a hnunglam kawngka atang chuan building chhungah chuan a lut ta a. Ka guru sawi ang pawh khan khar lohvin ka dah tawh a ni. Chu pa chu rei vak lovah a rawn chhuak a, ka cauliflower hlu tak pakhat chu a keng a. Tunah chuan zah takin a kal zel a, thil neih zahawmna nen a invest a ni.

Ka chanvo chu bewildered victim ang maia lang, unfolding farce chu a buaithlak vak lo va, thinrim taka ka zawnaah ka hlawhchham ta a ni. Kawngpui chanve vel ka kal lai chuan Master chuan min rawn hawi let leh a. Nui chungin a lu atanga ke thlengin a nghing a.

"Chu mipa â rethei tak chuan cauliflower a duh em em a ni," himna puak darh karah chuan a sawifah a. "I ta pakhat a hmuh chuan a tha ang tih ka ring, so ill-guarded!"

Ka room lam pan chuan ka tlan phei nghal a, chutah chuan rukru, thlai fixation nei nia lang chuan ka rangkachak zungbun, darthlalang leh pawisa te chu khawih lohvin a dah bo vek tih ka hmu a, chu chu blanket chungah chuan tlang takin a mu vek a ni. Chu ai chuan khum hnuaiah chuan a rawn tlan lut ta zawk a, chutah chuan, casual sight atanga inthup vek, ka cauliflower pakhat chuan a thinlung pakhat chauh duhna chu a tiharh ta a ni.

Chumi tlai chuan Sri Yukteswar-a chu thil thleng sawifah turin ka ngen a, chu thil thleng chuan, ka ngaihtuah chuan, thil buaithlak tlemte a nei a ni .

Ka guru chuan a lu a thing zauh zauh a. "Engtikah emaw chuan i hrethiam ang. Science hian heng dan thup tlemte hi a hmuchhuak thuai dawn a ni."

Kum engemaw zat hnua khawvel mak tak maia radio mak tak takte a puak chuan Master-a hrilhlawkna chu ka hrechhuak ta a ni. Kum tam tak kaltaa hun leh hmun chungchanga ngaihdan hrang hrangte chu tihboral a ni ta a; loneitu chenna in chu

hetiang taka tawi hian a awm lo London emaw Calcutta emaw an lut thei lo tih!
Dullest intelligence chu sawisel theih loh hmain a lo lian ta a ni mihring awmna
hmun tina kawng khat finfiahna.

Chumi "rel" tan chumi cauliflower a ni comedy a ni thei ni tha ber hrethiam tu ani
radio hmanga tih a ni tehkhin thu (analogy) a ni. Sri Yukteswar chu mihring radio
tha famkim a ni. Ngaihtuahna chu ether chhunga vibration nem tak tak kal mai mai
a ni lo. Sensitized radio chuan kawng tinrenga programme dang sang tam tak zingah
musical number duhthusam a pickup ang bawkin, ka guru pawhin chu mipa rilru
hahdam tak, hankered thin ngaihtuahna chu a man thei tawh a ni tan ani
cauliflower, . pawn tan chumi chhiar sen loh ngaihtuahna tan broadcasting a ni
mihring wills tih a ni chhung khawvel a ni. **15-2 a ni** A duhthlanna chak tak hmangin
Master chu mihring broadcasting station a ni bawk a, hlawhtling takin loneitu chu a
ke penna hnunglam hawiin room pakhatat pakhat chauh kal turin a lo hrilh tawh a
ni

cauliflower a ni.

Intuition **15-3 ah hian a awm** chu thlarau kaihhruaina a ni a, mihringah chuan a rilru a thlamuang lai tak takah chuan a pianphungah a lo lang thin. Mi zawng zawng deuhthaw hian sawifiah theih loh khawpa dik "hunch" experience an nei tawh a, an nei tawh baw a ngaihtuahna chu mi dang hnenah \angkai takin a transfer ta a ni.

Mihring rilru, static of restlessness atanga zalen chuan a antenna of hmangin a ti thei a ni radio mechanism buaithlak tak takte hnathawh zawng zawng intuition-a ngaihtuahna thawn leh dawng, leh duh loh zawng tuning out. Radio chakna hi electrical current awm zat a inngat angin a hmang thei a, chuvangin mihring radio chu mimal tinte duhna thiltihtheihna a zirin chakna pek a ni .

Ngaihtuahna zawng zawng hi cosmos-ah hian chatuan atan a vibrate vek a ni. Deep concentration hmang hian master chuan eng rilru pawh, nung emaw, thi emaw ngaihtuahna chu a hre thei a ni. Ngaihtuahna hi khawvel pum huap a ni a, mimal zung kai lo; ani thutak chu siam theih a ni lo va, hriat theih chauh a ni. Mihring ngaihtuahna dik lote chu a hriatthiamna tha famkim lohna avanga lo chhuak a ni. Yoga science thil tum ber chu rilru tihlum a ni a, chutiang chuan tihdanglam lohvin universe-a Pathian hmuh theihna chu a entir thei ang.

Radio leh television chuan hmun hla tak takte ri leh hmuh theihna chu mi maktaduai tam takte mei bulah a rawn thlen a: mihring chu engkim huap thlarau a ni tih scientific intimation faint hmasa ber a ni. Space-a hmun khata inkhung hran taksa ni lovin, thlarau zau tak, barbaric mode tam zawka ego-in cramp tura a ruahmanna chu a hlawhtling lo hle.

"Thil mak tak tak, mak tak tak, thil thleng thei lo ang maia langte chu a la lang thei a, chu chu vawi khat din a nih hunah chuan tuna kum zabi kalta chhunga science-in min zirtir zawng zawngte mak tihna aiin min ti mak lo zawk ang," tiin Charles Robert Richet, Nobel Prizeman in physiology chuan a puang. "Tuna mak tih loha kan pawm phenomena te hian hriatthiam a nih avangin kan mak tihna a tichhuak lo niin an ngai. Mahse hei hi a ni lo. Mak min ti lo a nih chuan." hriatthiam an nih vang ni lovin, an hriat chian vang zawk a ni; hriatthiam loh chuan mak min ti tur a nih chuan engkim mak kan ti tur a ni-lung pakhat boruaka paih a tlak te, acorn chu oak-a lo chang te, mercury chu a lum chuan a zau zel a, thir chu magnet-in a hip a, phosphorus chu a hnawih chuan a kang thin.Tunlai science hi a thil eng (light matter) a ni a; kum sangkhat chhunga a tawn tur revolution leh evolution te hian beisei huaisen ber berte pawh a phak lo hle ang. Thudik-kan thlahte'n an hmuhchhuah tur thudik mak tak tak, mak tak tak, beisei loh tak takte-te chu tunah pawh hian kan chhehvel zawng zawngah a awm tawh a, min mitmengah min en reng a, chuvang chuan thu sawi turin, chuti chung pawh chuan kan hmu lo. Mahse, kan hmu lo tih chauh hi a tawh lo; kan ti a ni hmuh duh lo; beisei loh leh hriat loh thudik a lo chhuah veleh hriatna kan neihna hmun tlanglawn tak takte framework-ah dah kan tum a, tu pawhin enchhin belh ngam turin kan thinrim hle a

ni," a ti.

Chutiang taka rintlak loh taka cauliflower ka rukbo hnu ni engemaw zat hnuah thil hlimawm tak a thleng a. Kerosene lamp pakhat chu hmuh theih a ni lo. Tun hnaiah ka guru thil zawng zawng hretu ka hmuh tawh avangin hrefiah, Ka ngaihtuah ani ang entir sawmi chumi tawh naupang ta a ni inkhel ah locate rawh chumi meichher.

Hotu hriat chhuah a ni ka beisei a ni. Nen tih uar lutuk gravity a ni ani tiin zawhna a zawt a zavai ashram ah a awm bawkhaw mipuite an ni. ANI

zirtir naupang chuan khâwnvâr chu hnunglam huana tuikhuah lam pan nân

a hmanh tih a inpuang a. Sri Yukteswar chuan thurawn ropui tak a pe a:

"Tuikhuah bulah chuan khawnvar chu zawng rawh."

Chutah chuan ka tlan nghal vat a; khawnvar a awm lo! Crestfallen, ka guru hnenah chuan ka kir leh ta a. Tunah chuan thinlung takin a nui ta a, ka beidawnna avanga lungngaihna nei lovin.

"Too bad lamp bo tawh lam ka hruai thei lo che; fortune teller ka ni lo!" Mitmeng hrual chungin, "Sherlock Holmes satisfactory pawh ka ni lo!"

Ka hrechhuak sawmi Hotu ang ngai lo tarchhuak ani thiltihtheihnate a ni engtikah challenge a ni a, . emaw tan ani thil tenawm tak tak.

Kar nuam tak tak a liam ta. Sri Yukteswar chuan sakhaw lam kawngzawh a ruahman a. Puri khawpui leh tuipui kamah zirtirte hruai turin min ti a. Kût ni chu thlasik ni lum ber zinga mi niin a lo chhuak ta a ni.

"Guruji, ." engtin thei Ka la chumi kekawr bul lo ha zirlai te an ni chungah chumi meialh a ni sands?" Ka a ti a beidawng takin.

"Thuruk ka hrilh ang che," Master chuan a chhang a. "Lalpa chuan chhum hrual (umbrella) a rawn tir ang a; in zain thlamuang takin in kal ang."

Hlim takin kawngzawh chu ka buatsaih a; kan group chu ashram atang hian *Sat-Sanga* banner nen kan tan a. **15-4 ah a awm Sri Yukteswar-a design a ni a, single 15-5** chhinchhiahna a keng tel a ni mit, intuition-a telescopic gaze a ni .

Hermitage kan chhuahsan meuh chuan van lam hmun chu magic hmanga tih ang maiin a khat ta a ni. Khawi lam zawng zawng atanga mak tak maia chhuak ejaculation te nen, . ruah sur nasa tak a tla a, khawpui kawngpui leh tuipui kam kang chu a ti lum hle. Parade darkar hnih chhungin soothing drops te chu a rawn chhuk thla a. Kan pawl chu ashram-a kan kir leh nghal tak takah chuan chhum leh ruah chuan hnuhma awm lovin a liam ta a ni.

"Pathianin min ngaihsak dan hi i hmu a ni," Master chuan lawmthu ka sawi zawh hnu chuan min chhang a. "Lalpa chuan mi zawng zawng a chhang let a, mi zawng zawng tan a thawk a ni. Ka ngenna avanga ruah a surtir ang bawkin, a rawngbawltu duhzawng dik tak pawh a hlen chhuak vek a ni. Mihringte hian Pathianin an tawngtaina a ngaihlak fo dan hi an hre tlem hle. Mi tlemte tan pawh a ngaihsak lo va, rintlak taka Amah pan apiangte thu a ngaithla zawk a ni. A fate hian engtikah mah an Pa hmangaihna ngilneihnaah hian rinna chiang tak an nei tur

Sri Yukteswar hian kum tin festival pali, equinox leh solstice-ah te a sponsor a, chutah chuan a zirlai te chu hla tak leh hnai tak atangin an inkhawm thin a ni. Thlasik solstice lawmna hi Serampore-ah neih a ni a; ka kal hmasak ber khan malsawmna nghet tak min hnutchhiah a.

Zingkar atang khan kawngpui dungah kekawr bul lovah kawngzawh hmangin lawmna hun hi hman tan a ni. Zirlai zakhat aw chu sakhaw hla thlum tak takin a ri a; musician tlemte chuan flute leh *khol kartal* (drums leh cymbals) an tum a. Khaw mipui thahnemngai tak takte chuan kawng chu pangpar hmangin an theh darh a, Lalpa hming malsawm kan fakna ri nasa tak avanga prosaic task atanga koh kan nih chu an lawm hle. Tour rei tak chu

hermitage huangah a tawp ta a ni. Chutah chuan kan guru chu kan hual vel a, upper balcony-a zirlaiten marigold par min rawn shower bawk.

channa leh orange pudding dawng turin inchungah an chho a . Vawiin a chaw siamtu anga rawngbâwl mek unau zirtîr pâwl pakhat hnênah chuan ka kal ta a. Chutiang inkhawmpui lian tak takte ei tur chu pawnah bawm lian tak takah siam a ngai a ni. Thingpui lumna brick stove siam tharte chu meikhu a ni a, mittui a ti na hle a, mahse kan hnathawh chu hlim takin kan nui a. India ramah hian sakhaw kût hi ngaihtuah a ni ngai lo buaina siamtu; vek pakhat ti ani bung hrang, supplying a ni sum, buhfai, thlaihna, emaw a mimal rawngbawl na a ni.

Master chu kan zingah a rawn thleng thuai a, ruai chipchiar tak chu a enkawl a. Hun tin a buai em em a, zirlai naupang chak ber nen chuan a kal zel a.

Sankirtan (group chanting), harmonium leh kut chhuak Indian drums nena inzawm chu second floor-ah chuan a kal zel a . Sri Yukteswar chuan lawmthu sawiin a ngaithla a; a musical sense chu acutely perfect hle.

"An off key tawh!" Master chuan chaw siamtute chu kalsanin artist-te chu a zawm ta a ni. A thluk chu a ri leh ta a, tun tumah chuan dik takin a letling a ni.

India ramah chuan music bakah lemziak leh drama hi Pathian kutchhuak anga ngaih a ni. Brahma, Vishnu leh Shiva-Chatuan Trinity-te chu musician hmasa ber an ni. Divine Dancer Shiva chu Pathian Lehkha Thuah chuan A cosmic dance of universal creation, preservation, and dissolution-ah hian rhythm modes tawp nei lote chu a thawk chhuak niin a lang a, Brahma erawh chuan time-beat chu a tizual thung **clanging cymbals, leh Vishnu chuan mridanga** thianghlim emaw drum emaw chu a ti ri a. Vishnu tisaa lo piang Krishna hi Hindu art-ah chuan flute nen an entir fo thin a, chutah chuan *maya* -delusion-a mihring thlarau vakvai te chu an chenna dik takah hriatrengna hla ngaihnaawm tak chu a play thin. Saraswati, finna pathian chu *vina -a zai anga entir a ni a* , chu chu stringed instrument zawng zawng nu a ni. Sama *Veda* of India-ah hian khawvela musical science chungchanga zia k hmasa berte a awm a.

Hindu music lungphum chu *ragas* emaw fixed melodic scales emaw a ni. *Ragas* bulpui paruk te hi derivative *raginis* (nupui) leh *putras* (fapa) 126-ah an in\hen darh a ni. *Raga* tin hian a tlem berah note panga a nei a: hmahruaitu note (*vadi* emaw lal emaw), secondary note (*samavadi* emaw prime minister emaw), helping note (*anuvadi* , attendants), leh dissonant note (*vivadi* , hmelma) te an ni.

Raga bulpui paruk zinga pakhat zel hian ni khata darkar engemaw zat, kum khat chhunga hun engemaw chen, leh thiltihtheihna bik petu pathian kaihhruaina nena inmilna (natural correspondence) an nei vek a ni. Chutiang chuan (1) *Hindole Raga chu* thlasik zing lamah chauh hriat a ni a, chu chu khawvel pum huap hmangaihna rilru put hmang tiharh nan a ni a; (2) *Deepaka Raga* hi thlasik laiin tlai lamah an

play thin a, lainatna tiharh nan; (3) *Megha Raga* hi ruah sur laiin chawhnu lam atan, huaisenna koh nan a melody a ni a; (4) *Bhairava Raga* hi August, September, October zing lamah an khel thin a, thlamuanna a awm theih nan; (5) *Sri Raga* hi thlasik atan dah a ni twilights, hmangaihna thianghlim neih theihna tur; (6) *Malkounsa Raga* hi thlasik laiin zanlai pelh hnuah hriat a ni a, huaisenna atan.

Hmanlai rishi-te chuan heng thilsiam leh mihring inzawmna dik tak dante hi an hmuchhuak a ni. A chhan chu nature hi chu thil tum (objectification) tih a ni tan *Aum* , . chumi Primal a ni Ri emaw Vibratory a ni Thumal, mipa thei nei thunun

mantra emaw chant thenkhat hmanga thilsiam lan chhuahna zawng zawng chungah . **15-7 ah a awm** Historic document-ah chuan kum zabi sawm leh paruknaa Akbar the Great-a court musician Miyan Tan Sen-a thiltihtheihna mak tak takte chu a sawi a. Lalber thupek angin ni êng a awm laiin zan *raga hla sa turin* , . Tan Sen intoned a ni ani *mantra a ni* khawi instant takin avanga lo awm chumi pumpui lal in chhungah precinct-ah te a awm a thimah khuh bo turin.

Indian music hian octave hi *srutis* emaw demi-semitones emaw 22-ah a then a. Heng microtonal interval te hian Western chromatic scale semitones 12 hmanga hmuh theih loh musical expression shade tha tak tak a phalsak a ni. Octave-a note bulpui pasarih zinga pakhat zel hi Hindu thawnthuah chuan a rawng, leh sava emaw sakawlh emaw pianpui au thawm- *Do* with green, and the peacock; *Re* leh sen, leh skylark chu a ni a; *Mi* nen rangkachak, leh kêl; *Fa* chu sen dum hring, leh heron nen; *Sol* chu dum nen, leh nightingale nen; *La* leh sen, leh sakawr; *Si* leh rawng hrang hrang inzawmkhawm, leh sakeibaknei.

Scale pathum-major, harmonic minor, melodic minor-te chauh hi Occidental music-in a hman a, mahse Indian music hian *thatas* emaw scale 72 a outline a ni. Musician hian fixed traditional melody emaw *raga emaw vel a improvisation tawp nei lo tur creative scope a nei a* ; structural theme-a sentiment emaw definitive mood emaw-ah a rilru a pe a, chutah chuan a originality huam chin thlengin a embroider leh a ni. Hindu musician hian set note a chhiar ngai lo va; he clothes anew at each playing the bare skeleton of the *raga* , a tam zawkah chuan melodic sequence pakhat a inkhung tlat a, a subtle microtonal leh rhythmic variation zawng zawng chu repetition hmangin a sawi nawn leh thin. Bach, khawthlang lam hla phuahtute zingah, . kawng hrang hrang za chuang zeta danglam deuha ri repetitious sound-a charm leh power hriatthiamna a nei a ni.

Hmanlai Sanskrit literature-ah chuan *tala 120* emaw hun tehna emaw a sawi a. Traditional founder of H i n d u m u s i c , B h a r a t a h i a n lark hlaah *tala chi 32* a isolated niin an sawi . *Tala emaw rhythm* lo chhuahna hi mihring chetna atanga lo chhuak a ni-kal hun pahnih, leh mut laiin thawk hun vawi thum, thawk chhuah hun rei zawng aain a let hnih a ni. India hian engtik lai pawhin mihring aw chu aw hmanrua famkim ber a nih thu a hre Chiang Hle. Chuvangin Hindu music hian a tam zawk chu octave thum aw range-ah a inngat a ni. Chutiang bawkin, harmony (note inzawmkhawm inzawmna) aain, melody (note inzawmkhawm inzawmna) hi a ngaih pawimawh zawk a ni.

Rishi-musician hmasa berte thil tum thuk zawk chu mihringin occult spinal center harh chhuahna hmanga hriat theih Cosmic Song nen hla phuahtu chu inzawmkhawm tir a ni. Indian music hi subjective, spiritual, leh individualistic art a ni a, symphonic brilliance ni lovin Oversoul nena mimal inremna siam tum a ni. Sanskrit tawnga musician tihna thumal chu *bhagavathar* , "Pathian fakna hla satu" tih a ni. Sankirtans emaw musical gatherings hi yoga emaw thlarau lam discipline

tha tak a ni a , ngaihtuahna thuk tak, thlai ngaihtuahna leh aw-a nasa taka inhmang a ngai a ni. Mihring ngei pawh hi Siamtu Thu lantîrna a nih avângin, aw hian a chungah nghawng chak ber leh nghâl ber a nei a, a Pathian aţanga lo chhuahna hriatrengna kawng a pe a ni.

Festival ni-a Sri Yukteswar-a second-story sitting room aţanga sankirtan chhuak chu steaming pot karah chuan chaw siamtute tan chuan a rilru a hneh hle . Ka unaupa zirtirte nen chuan hlim takin refrains chu kan sa a, kan kut hmangin hun kan vuak a.

khichuri (buhfai leh lentils), thlai curry, leh buhfai pudding te kan rawn pe tawh a . Courtyard chungah chuan cotton blanket kan dah a; rei vak lovah chuan assemblage chu arsi vault hnuaiah chuan an bawkkhup ta a, Sri Yukteswar hmui atanga finna lo luang chhuak chu ngawi rengin an ngaihven ta a ni. Mipui hmaa a thusawiah chuan *Kriya Yoga* hlutna a sawi uar hle a , mahni inzahna, rilru hahdamna, tumruhna, ei leh in awlsam, leh exercise neih fo nun chu a sawi uar hle bawk.

Chutah chuan zirtir naupang tak tak pawl pakhat chuan hla thianghlim tlemte an sa a; inkhawmpui chu *sankirtan hmangin an titawp a ni* . Dar sawm atanga zanlai thleng khan ashram-a chengte chuan bêl leh bêl an sil a, huang chu an tifai bawk. Ka guru chuan a bulah min ko a.

"Vawiin leh kar kalta chhunga inbuatsaihna in thawhrimna hi ka lawm hle. Ka bulah ka duh che a; zanin hian ka khumah i mu mai thei."

Hei hi ka chanvoah a tla ang tih ka ngaihtuah ngai loh chanvo a ni. Pathian thlamuanna nasa takah rei vak lo kan thu a. Khum kan mut hnu minute sawm chauh a liam hnuah Master chu a tho a, a inchei tan ta a.

"Eng nge ni ta, ka pu?" Ka guru bula mut hlimna beisei loh takah chuan thil tak tak lo ang maiin ka hria .

"Zirlai tlemte an rel connection dik lo chu hetah hian an lo thleng thuai dawn niin ka hria. Chaw ei tur kan buatsaih ang."

"Guruji, ." Aih pakhat ang lokal hmunah pakhat dar a ni chhung chumi zing!"

"Cham chhung khum; nangmah nei ni hnathawk lutuk sak. Mahse Ka ni kal ah chhum."

Sri Yukteswar-a tone thutlukna siamah chuan ka zuang tho a, second-floor chhungril balcony bula nitin hman thin kitchen te tak teah chuan ka zui ta a. Rice leh *dhal* chu rei lo teah a lum ta.

Ka guru chu duhawm takin a nui suk a. "Zanin hian hahna leh thawhrim hlauhna i hneh ta a; nakin lawkah chuan anmahni hian an tibuai ngai lo vang che."

Hêng damchhung malsâwmna thute a sawi lai hian tualchhûngah chuan ke pen ri a ri ta a. Inhnuaiah chuan ka tlan thla a, zirlai pawl khat chu ka admit a.

"Unau duh tak, he darkar hian Master tihbui kan hreh tak em!" Mi pakhat chuan ngaihdam dil chungin min rawn bia a. "Rel schedule chungchangah kan tisual a, mahse kan guru hmuh loh chuan kan haw thei lo niin kan hria."

"Ani nei ni beisei a ni nangmah leh hi intluk tunah inbuatsaih mek a ni i chaw."

Sri Yukteswar lawmna aw chu a rawn ri ta a; Mak ti taka tlawhtute chu kitchen lam pan chuan ka hruai a. Master chuan mitmeng hrual chungin min rawn hawi a.

"Tunah sawmi nangmah nei zo tawh tehkhin dan note, . Aih ringhlel nangmah hi lungawi sawmi kan mikhualte an ni takzet

ti tawh thelh an zirtir!"

Darkar chanve hnuah a mutna pindan thlengin ka zui a, pathian ang guru bulah ka mu dawn tih ka hre chiang hle.

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15-1 : 1.1. Puri, 2019. lam 310 a ni miles chhim tan Calcutta-ah, 1999 a ni. hi ani lar pilgrimage neih a ni khawpui tan devotees te an ni tan Krishna chuan; ani chawimawina chutah chuan kum tin kût lian tak tak pahnih, *Snanyatra* leh *Rathayatra -te hmangin an hmang thin* .

15-2 : 1.1. Chumi 1939 khan a lo piang a hmuhchhuah a ni tan ani radio hmanga tih a ni microscope hmanga tih a ni tilangchhuak ani thar khawvel tan tun thleng hian hriat loh rays a ni. "Mipa amah ngei pawh a ni angin Awle as all chi hrang hrang tan tih a ni inert a ni thu inzawmzat a chhuah tir thin chumi rays a ni sawmi hei hmanrue 'a hmu a,'" report a ni chumi *Inthlunzawmpui Chilh* . "Telepathy, second sight, leh clairvoyance ringtute chuan he thuchhuahah hian mi pakhat atanga mi dang thlenga kal tak tak, hmuh theih loh rays awmna scientific proof hmasa ber an nei a ni. Radio device hi a takah chuan radio frequency a ni." spectroscope hmanga enfiah a ni. Chumi ti chumi inang thil tan dai, nonglowing a ni thu sawmi chumi spectroscope hmanga enfiah a ni ti engtikah chumi arsi siamtu atom chi hrang hrangte a puang chhuak a ni.Mihring leh thil nung zawng zawng atanga lo chhuak chutiang êng awm chu a ni tawh

rinhlelh a ni tu science lam mithiamte tan tam tak kum. Vawiin hi chumi hmasa ber experimental a ni fiahna tan an awmna. Chumi hmuhchhuah a ni a tilang thilsiam chungu atom tin leh molecule tin hi radio broadcasting station kal zel Chutiang chuan thih hnuah..... a nih thu. pawh the

mipa ni thin thil chuan a êng nalh tak chu a thawn chhuak chhunzawm zel a ni. Heng rays te wave sei zawng hi tuna broadcasting atana hman zawng zawng aiin a tawi zawk atanga radio wave chi hrang hrang sei ber thlengin a awm a ni. Heng rays te jumble hi ngaihtuah theih loh tluk a ni. Sawtah hi maktaduai tam tak a ni tan anni. ANI mal lutuk hrawl molecule maithei pe titawp 1,000,000 a ni danglam vai a sei zawng a ni chutih rual chuan. Hetiang chi wave sei zawk hi Pakhat a awm..... radio wave awlsam leh rang takin an kal thin.

mak danglamna karah chumi thar radio hmanga tih a ni rays a ni leh hrebel rays a ni duh eng. Hei hi chumi rei tak a ni hun, amounting a ni kum sang tam tak thleng, chu chu heng radio wave-te hian thil tihbuai loh a\angin an chhuah chhunzawm zel ".ang

15-3 : Mi pakhat chuan "intuition" hman a hreh hle; Hitler hian tihchhiat tumna nei zawkte nen chuan thu chu a tichhe ta mai mai a ni. Latin tawng a ni zung awmzia tan *hriatthiamna* hi "inner." venhimna a ni." Chumi Sanskrit tawng thumal *agama* kalkawng intuitional a ni hriatna piang tan thlarau hriatna dik tak; chuvângin, rishi-te ziah hmân lai thuziak thenkhat chu *agamas an ti a ni* .

15-4 : 1.1. *Thu* hi a ngial a ngan chuan "ni," chuvangin "awmzia; anihna tak." *Sanga* hi "pawl." Sri Yukteswar a ni ko ani hermitage organization *Sat-Sanga* , "thutak nena inzawmna."

15-5 : 1.1. "Chuan chuvangin i ta a ni mit ni mal, thy pumpui taksa ang ni khat tan eng."- *Matthaia* 6:22-ah a awm. Laiin thuk inggaihtuah muk, single a ni emaw thlarau lam thil mit a lo ni ta a ni hmuh theih a ni chhunglam atangin chumi central-ah a awm bung hrang tan chumi chal. Hei engkim hretu mit hi chi hrang hrangin refer a ni to in Pathian Lehkha Thute angin chumi pathumna mit, chumi arsi tan chumi Khawchhak, chumi chhungril lam mit, chumi dove a ni chhuk thla atangin vanram, chumi mit tan Shiva, 1999 a ni. intuition mit, etc. a ni.

15-6 : 1.1. "Ani sawmi phun a ni chumi beng, ang ani lo ngaithla? ani sawmi siam a ni chumi mit, ang ani lo hmu? ani sawmi zirtir a ni mipa

.hriatna, ang ani lo hria em?"- *Sam* 94:9- 10-ah hian a lang

15-7 : Mi zawng zawng chanchin (folklore of all peoples)-ah hian thilsiam chungu thuneihna neia incantations sawina a awm a. American Indian-ho hi hriat hlauh tak an ni ah nei changkang ri ritual tihte a ni tan ruah leh thli. Tan Sen, 2019. chumi ropui Hindu a ni musician, . tawh thei ah quench rawh mei by the thuneihna tan ani hla. Charles-a chuan arawn ti a Kellogg, 1999 a ni. chumi California-ah a awm a naturalist, . pe ani demonstration neih a ni tan chumi ngawng tan tonal tih a ni vibration a awm mei alh a ni chung 1926 khan a lo piang a hmaah ani pawl tan Thar York-ah a awm a kangthelhtute an ni. "A pass a." ani kun, duh chu tihzauh a ni violin hmanga siam a ni kun, rang takin paltlang chu aluminium hmanga siam a ni thirkut, ani siam chhuah a ni ani a au chhuak ta duh nasa tak radio hmanga tih a ni static a ni. Instant takin chumi eng gas a ni meialh, . pahnih ke sang, a zuang chhuak ta chhunglam glass tube hollow tak, inches ruk zeta sangah a tlahniam a, sputtering blue flare a lo ni ta a ni. Bow hmanga beih lehna leh vibration au thawm dang chuan a titawp ta a ni."

BUNG: 1.1. 16. A rilru a hah lutuk

Outwitting a ni Chumi Arsi te

"Mukunda, engvangin nge astrological armlet i neih

loh?" "Ka ti tur em ni, Master? Astrology hi ka ring

lo."

Rinna chungchang a ni ngai lo ; eng thupui pawha scientific rilru put hmanz neih theih awmchhun chu a *dik em tih hi a ni* . Newton-a hma ang bawkin gravitation dan hian a thawk tha hle a ni. Mihring rinna phalna tel lo chuan a dante hi a thawk thei lo a nih chuan cosmos hi a buai tawh hle ang."

"Charlatans te hian stellar science hi tuna a hmingchhiatna dinhmunah hian an hruai lut ta a ni. Astrology hi a zau lutuk a, an pahni hian mathematically **16-1 in an inhnehtawh a ni.**" leh philosophy lamah chuan hriatthiamna thuk tak nei mite tih loh chu dik taka hriatthiam theih a ni bawh. Mi hre lote chuan vanram an chhiar dik lo a, chutah chuan script aiah scrawl an hmu a nih chuan, chu chu he khawvel famkim lo takah hian beisei tur a ni. Mi pakhat chuan finna chu 'mi fing' nen a paih bo tur a ni lo.

"Thil siam peng zawng zawng hi inzawmkhawm a ni a, an nghawng dan pawh an inthlak danglam vek a ni. Universe rhythm inthlau tak hi reciprocity-ah a inngat a ni," ka guru chuan a ti chhunzawm a. "Mihring hian a mihring lam hawiah chuan chakna chi hnih a do a ngai a- pakhatnaah chuan a nihna chhunga buaina, lei, tui, mei, boruak leh ethereal element inzawmkhawm avanga lo awm te; pahnihaah chuan nature pawn lam thiltihtheihna inthen darh thei te. Mihringin a thihna a beih chhung chuan van leh lei mutations tam takin a nghawng a ni."

"Astrology hi mihringin planetary stimuli a chhan dan zirchianna a ni. Arsi te hian conscious benevolence leh enmosity an nei lo; positive leh negative radiation an thawh chhuak mai a ni. Anmahni atang chuan hengte hian mihringte hi an pui lo va, an tichhe lo va, pawn lam atanga an hnathawhna tur dan anga channel an pe zawk a ni a chhan leh a nghawng equilibriums (equilibrium) a awm khawi vek mipa nei ruahman chhungah chetna chhung chumi hunkaltawh.

"Naupang chu chu ni leh chu darkar chuan van lam êng chu a mimal karma nena mathematical harmony a nih laiin a piang a. A horoscope hi portrait harsa tak a ni a, a hun kal tawh tihdanglam theih loh leh a hmalam hun atana a result awm thei turte a pholang a ni. Mahse natal chart hi dik takin mipa intuitive wisdom chauhvin an hrilhfiar thei a ni: hengte hi an tlem hle."

"A pian tirh laia vanram huaisen taka thuchah puan chhuah hi chanvo-a hun kal tawha thil \ha leh \ha lo rah chhuah-a sawi uarna tur a ni lo va, mihringin a khawvel pum huap bawih a nihna atanga tlan chhuah duhna tiharh tumna a ni zawk. A thil tih chu a tidanglam thei a ni. Amah tih loh chu tu mah hi a nunah tuna nghawng eng pawh lo awm tawh chhan siamtu a ni lo. Eng tikhawtlai pawh a hneh thei a ni, a chhan chu a

ni.. a
hmasa berah chuan a thiltih hmanga siam a ni a, chu chu planetary pressure hnuaia awm lo thlarau lam thil a neih avangin a ni.

"Astroology ngaihsakna dik lo chuan automaton, sal anga mechanical guidance-a innghat a siam a ni. Mi fing chuan a planet- chu chu a hun kal tawh tihna a ni-a a rinawmna chu thilsiam atanga Siamtu hnena a sawn avangin a hneh a ni. Thlarau nena a inpumkhatna a hriat chian poh leh matter-in a thunun thei lo. Thlarau chu zalenna nei reng a ni; piang nei lo a nih avangin thihna nei lo a ni. A ni thei lo." arsi hmanga regimented a ni.

"Mihring hi thlarau *a ni a , taksa pawh a nei* baw. A hriatna (sense of identity) dik taka a dah chuan compulsive pattern zawng zawng a kalsan vek a ni. Thlarau lam hriatrengna (spiritual amnesia) dinhmun pangngaiah a buai reng chhung chuan environmental law-a fitters fiah lo tak takte chu a hre vek ang."

"Pathian chu inremna a ni; a insiamremtu devotee chuan thiltih dik lo a ti ngai lo vang. A thiltih chu astrological dan nena inmil takin a hun dik leh pianphungah a ni ang. Tawngtai thuk tak leh ngaihtuahna a neih hnuah chuan a Pathian hriatna nen a inzawm tlat a; chu chhungril lama venhimna aia thiltihtheihna lian zawk a awm lo.

"A nih leh Master duhtak, engvangin nge astrological bangle ka hak i duh?" He zawhna hi rei tak ka ngawih hnuah ka ventured a, chutih lai chuan Sri Yukteswar-a thusawi ropui tak chu assimilate ka tum tawh a ni.

"Khualzin chuan a tum a thlen hnuah chauh a map-te paih chhuah chu a dik a ni. Khualzin chhung hian kawng tawi awlsam apiang a hmang tangkai a ni. Hmanlai rishi-te chuan mihringte inbuatsaihnaa saltanna hun chhung tihtlem dan kawng tam tak an hmuchhuak a. Karma danah hian mechanical feature thenkhat a awm a, chu chu finna kut zungtang hmanga thiam taka siamrem theih a ni."

"Mihring natna zawng zawng hi khawvêl pum dân bawhchhiatna engemaw zât a\ anga lo chhuak a ni. Pathian Lehkha Thu chuan mihringin thilsiam dânte a hlen chhuah a ngai tih a târ lang a, chutih rualin Pathian thiltihtheihna chu a tichhe lo. A sawi tûr a ni: 'Lalpa, Ka ring chhung Nang, . leh hria Nang chuan canst tanpui keimah, mahse Ka pawh duhdan ti ka tha ber ah undo tih a ni engpawh thil dik lo ka ti tawh a ni.' Kawng hrang hrang hmangin-Ṭawngṭaina hmangin, duhthlanna hmangin, yoga ngaihtuahna hmangin, mi thianghlimte nena inrawnkhawmna hmangin, astrological bangles hmangin-hmanlai thil tihsualte nghawng ṭha lo chu tihtlem emaw, tihbo emaw theih a ni.

"In pakhatah hian lightning shock hip turin copper rod dah theih a nih ang bawkin taksa temple pawh hi venhimna hrang hrang hmangin hlawkna a awm thei a ni. Kum tam tak kalta khan kan yogi-te chuan pure metals hian astral light a pe chhuak tih an hmuchhuak a, hei hian planet-te negative pullls lakah chak takin a dodal thei a ni."

Electrical leh magnetic radiation fiah lo tak takte chu universe-ah hian a inher kual reng a; mipa taksa tanpui a nih lai hian a hre lo; a tihchhiat lai hian hriat lohnaah a la awm reng a ni.

Thei ani ti engpawh lam chumi?

"He harsatna hian kan rishi-te ngaihven a hlawh hle a; an hmuh dan chuan thir inzawmkhawm chauh ni lovin, thing leh mau leh-a hlawk ber chu all-faultless jewels of not less than two carats. The preventive uses of astrology have seldom been seriously studyed outside of India. One little- thudik hriat lar tak chu, lunghlu, thir,

emaw, thlai siamna dik tak chu a rit mamawh chu a nghet lo a nih loh chuan, leh heng remedial agents te hi vun bulah bun a nih loh chuan hlutna a nei lo tih hi a ni.

"Sir, i thurawn hi ka la ang a, bangle ka la ang. Planet pakhat outwitting ngaihtuahna hi ka ngaihven hle!"

"A tlangpuiin rangkachak, tangkarua leh dar hmanga siam armlet hman ka rawt a ni. Mahse thil tum bik atan chuan tangkarua leh lead hmanga siam pakhat i neih ka duh a ni." Sri Yukteswar chuan fimkhur takin kaihhruaina a rawn belh leh a.

"Guruji, ." engnge 'chiang chhan' ti nangmah suaksual?"

"Arsi te hian ṭhian ṭha lo takin an ngaihven dawn che a ni, Mukunda. Hlau suh; i humhim ang. Thla khat vel hnuah i thin hian harsatna nasa tak a thlen ang che. Natna hi thla ruk chhung a awm tura ruahman a ni a, mahse astrological armlet i hman hian ni sawmhnih leh pali thlengin a ti tawi ang.

A tuk zingah chuan jeweler ka zawng a, rei lo teah bangle chu ka ha ta a. Ka hriselna a tha hle a; Master hrilhlawkna chu ka rilru atangin a rawn tla thla a. Serampore chhuahsanin Benares a tlawh a. Kan inbiak atanga ni sawmthum hnuah chuan ka thin (liver) bial ah chuan natna ka nei nghal a. A hnu karte chu natna khirh tak tak mumang ang mai a ni. Ka guru tibuai duh lovin, huaisen takin ka fiahna chu keimah chauhin ka tuar ang tih ka ngaihtuah a.

Mahse ni sawmhnih leh pathum hrehawm tawrhna chuan ka thutlukna chu a tichak lo hle a; Benares tan ka entrain a. Chutah chuan Sri Yukteswar chuan rilru natna danglam tak nen min lo hmuak a, mahse ka hrehawmnate chu mimal taka hrilh theihna hun min pe lo. Chumi ni chuan devotee tam tak chuan Master chu an tlawh a, *darshan neihna tur chauh a ni* . **16-2 a ni** Ill and neglected, corner pakhtah ka thu a. Zanniah ei kham hnuah chauh mikhuah zawng zawng chu an chhuak ta vek a. Ka guru chuan a rawn ko a me chu in balcony octagonal lam pan chuan.

"I liver disorder vangin i lo kal a ni ngei ang." Sri Yukteswar-a mitmeng chu a hawisan a; a kal kual a, a chang chuan thla eng chu a lo dang ve baw. "Ka en teh; ni sawmhnih leh pali chhung zet i damlo tawh a ni lawm ni?"

"Awle, Ka pu."

"Khawngaihin ti chumi pumpui insawizawi Ka nei zirtir nangmah."

"Ka hrehawm tawrhna zau zawng hi i hriat chuan Master, exercise turin min ti lovang." Chuti chung pawh chuan a thu awih tumin chak lo takin ka bei a.

"Natna i nei tih i sawi a; kei chuan i nei lo ka ti. Engtin nge chutiang inhnialna chu a awm theih?" Ka guru chuan zawhna zawt chungin min en a.

Ka rilru a buai a, chutah hlim taka hahdamnain min hneh ta a ni. Kar tam tak chhung mut theih loh khawpa min awmtirtu hrehawm tawrhna chhunzawm zel chu ka hre thei tawh lo; Sri Yukteswar thusawi chuan hrehawmna chu a bo ngai lo ang maiin a bo ta a ni.

Ka tan ah khup bengchheng rawh hmunah ani ke chhung lawmna, mahse ani rang takin ven a ni keimah.

"Naupang angin awm suh. Tho la, Ganges lui chung a thla mawi tak chu en rawh." Mahse Master mitmeng chu hlim takin a rawn meng chhuak a, a bulah ngawi

rengin ka ding a. A rilru put hmang atang chuan amah ni lovin Pathian chu Tidamtu a ni tih ka hriat a duh tih ka hrethiam.

Tunah pawh hian tangkarua leh lead bangle rit tak chu ka ha a, chu ni khat chhunga hun kal tawh, ever- cherished-a hriatrengna chu mihring aia sang tak tak personage nen kan khawsa tih ka hriat thar khan. A hnu lama ka thiante chu Sri Yukteswar-a damna tura ka hruai lai pawhin a rawt fo thin

lunghlu (jewels) te emaw chumi bangle, . fakna a ni an hmang angin chu thilti tan astrological tih hi a ni finna.

Ka naupan lai atang tawhin astrology hi ka duh lo hle a, a chhan chu mi tam takin an inzawm tlat tih ka hmuh vang a ni a, a chhan pakhat chu kan chhungkaw astrologer-in a sawi lawk vang a ni: "Vawithum i innei ang a, hmeithainu vawihnih i ni ang," a ti bawk. Chu thil chu ka ngaihtuah chhuak a, . nupa pathum inneihna biak in hmaa inthawina nghaktu kel ang maia inhriatna.

"I chanvo tur chu i resign ve mai thei bawk," ka unaupa Ananta chuan a lo remark tawh a. "I horoscope ziaakah khan dik takin i kum hmasa lamah khan in atanga Himalaya tlang lam panin thlawhna hmangin i thlawk ang a, mahse tharum hmangarawn kir leh i ni ang. In inneihna tur hrilhlawkna pawh hi a dik ngei ang.

Zan khat chu hrilhlawkna chu a dik lo vek tih intuition chiang tak ka hmu a. Horoscope scroll chu mei ka hal a, chu vut chu paper bag-ah ka dah a, chutah chuan heti hian ka ziaak a: "Karma kal tawh chite chu Pathian finna meiah an hal chuan a lo chhuak thei lo. Bag chu hmun langsar takah ka dah a; Ananta chuan ka defiant comment chu a chhiar nghal a.

"He paper scroll i hal ang hian thutak chu awlsam takin i tichhia thei lo." Ka unaupa chu nuihzat hmel zet hian a nui a.

Mipa ka nih hma hian vawithum chhung chu ka chhungte chuan ka inhualna tur ruahmanna siam an tum tih chu thil dik tak a ni. A vawikhatnaah chuan ruahmannaah ka tlu duh lo a, **16-3** Pathian ka hmangaihna chu hun kal tawha astrological fuihna zawng zawng aini a hneh zawk tih hriain.

"Mihringin mahni inhriatthiamna a thuk poh leh a thlarau lam vibration fiah lo tak takte hian universe pum pui a nghawng nasa zawk a, amah ngei pawh phenomenal flux hian a nghawng tlem zawk bawk. Heng Master-a thusawi te hi ka rilruah rilru hneh takin a lo kir leh fo thin.

Tum khat chu astrologer-te hnenah ka period chhe ber tur thlang turin ka hrilh thin a, planetary indications angin, leh Ka hna ka ruat apiang chu ka la hlen chhuak zel ang. Chutiang huna ka hlawhtlinna chuan a nei tih chu a dik a ni harsatna mak tak takin a zui tawh a ni. Mahse ka rinna chu a dik reng a ni: Pathian venhimna rinna, leh mihring Pathian pêk duhzâwng dik taka hman chu "inverted bowl"-in a khawlkhawm theih loh chakna hlauhawm tak a ni.

Mi pian tirh laia arsi inziak chu, ka hrethiam ta a, mihring hi a hun kal tawha puppet a ni tihna a ni lo. A thuchah hi inchhuanna tipungtu a ni zawk; vânte ngei pawhin mihringte chu tikhawtlai zawng zawng ata zalên tûra a tumruhna chu tiharh a tum a ni. Pathian chuan mihring tinte chu thlarau angin a siam a, mimal nihna (dowered with individuality) a ni a, chuvangin khawvel pum huap insiam dan atan a pawimawh

hle a, chu chu pillar emaw parasite emaw chanvo hun eng emaw chen atan pawh ni se. A zalenna chu a tawp ber a ni a, a duh chuan a thleng nghal mai a ni; pawn lam ni lovin chhungril hnehnaah a inngnat a ni.

Sri Yukteswar chuan kum 24,000 chhunga equinoctial cycle chu tunlai kan hun laiah hian mathematical application a hmuchhuak a. **16-4 ah a awm** He cycle hi Ascending Arc leh Descending Arc-ah then a ni a, kum 12,000 vel a ni. Arc tin chhungah hian *Yuga* emaw Ages pali a tla a, chu chu *Kali* , *Dwapara* , *Treta* , leh *Satya tia koh a ni a* , chu chu Greek ngaihnan Iron, Bronze, Silver, leh Golden Ages nen a inmil a ni.

Kali Yuga emaw Iron Age hnuhnung ber , Ascending Arc-a awm chu AD 500 vel khan a intan tih a rel a, Iron Age, kum 1200 chhung zet chu materialism span a ni a it ended about AD 1700. Chumi kum chuan *Dwapara Yuga* , kum 2400 chhung zet electrical lama hman hun chhung chu a rawn thleng ta a ni leh atom-energy lama hmasawna te, telegraph, radio, thlawhna, leh space- annihilator dangte hun lai te a ni .

Kum 3600 chhung *Treta Yuga hun chhung hi* AD 4100 atang hian tan a ni ang a; a kum chu telepathic communication leh hun tichhe thei thil dangte hriatna tlanglawn takin a chhinchhiah ang. *Satya Yuga , ascending arc-a kum hnuhnung ber* kum 4800 chhung hian mipa finna chu a lo thang lian vek dawn a; Pathian ruahmanna nen inrem takin hna a thawk ang.

Kum 12,000 chhunga descending arc, kum 4800 chhunga decending Golden Age atanga tan a, chutah chuan **16-5 atanga tan a ni** khawvel tan; mihring chu zawi zawiin hriat lohnaah a pil ta a ni. Heng cycle te hi *maya* -a chatuan round te , phenomenal universe-a contrast leh relativities te an ni. **16-6-ah a awm** Mihring, pakhat hnu pakhatin, . Siamtu nena a Pathian inpumkhatna tihtawp theih loh hriatna a harh chhuah rualin thilsiam pahniha lung inah a tlanhhuak ta a ni.

Master chuan astrology chauh ni lovin khawvel lehkhabu ka hriatthiamna a tizau a. A rilru dawhkan bawhlhlawh lo chungah chuan thuziak thianghlimte chu dahin, scalpel of hmangin a dissect thei ta a ni intuitive reasoning, leh mithiamte tihsual leh interpolation te chu a tir lama zâwlneite'n an sawi chhuah thutak atanga thliar hran a ni.

"Mi pakhat vision chu hnar tawp lamah siamthat rawh." He *Bhagavad Gita stanza* pakhat hrilhfiha dik lo hi , **16-7** Khawchhak mithiam leh khawthlang lam tawnglettute pawm lar tak, Master-a sawiselna hlimawm tak tiharh nan an hmang thin.

"Yogi kawng hi a awm ang angin singular tawk a ni," tiin a sawi. "Engvangin nge a mitmeng pawh cross-eyed a siam a ngai tih hi a fuih? *Nasikagram* awmzia dik tak chu 'hnar atanga lo chhuak a ni a, 'hnar tawp' tih a ni lo." Hnar chu mitmeng pahni inkar hmun, thlarau lam hmuh theihna hmun a\angin a intan a ni." **16-8-ah a awm** *Sankhya* pakhat avang hian **16-9** aphorism, " *Iswar-ashidha* , "-Siamte Lalpa chu chhui chhuah theih a ni lo" emaw "Pathian chu finfiah a ni lo," **16-10** -mithiam tam tak chuan philosophy pumpui hi Pathian awm ring lo (atheistical) an ti.

"Châng hi nihilistic a ni lo," tiin Sri Yukteswar chuan a sawifiah. "Mi êng nei lo, rorelna hnuhnung ber zawng zawnga a hriatna a innghat tan chuan Pathian finfiahna chu hriat lohvin a awm reng tur a ni tih a tilang mai a ni. *Sankhya* zuitu dik takte chuan, ngaihtuahna atanga lo piang hriatna nghing thei lo neiin, Lalpa chu a awm a, hriat theih a ni tih an hrethiam a ni.

Master chuan Kristian Bible chu Chiang takin a sawifiah a. Kristian member nihna roll call-in a hriat loh ka Hindu guru a\angin a ni a, Bible-a thihna nei lo thupui hriatthiamna ka zir a, Krista thusawiah thudik chu ka hrethiam baw-k-a sawi tawh zawng zawng zingah chuan: "Lei leh van hi a bo vek ang a, mahse ka thusawi erawh a bo lo vang," tih hi a rilru hneh ber a ni ngei ang.

ah a awm-11 -16

India rama pu ropui tak takte chuan Isua nungchangtu Pathian ngaihsakna ang chiah hian an nun an siam a; hêng mite hi a chhûngte puan chhuah an ni: "Tupawh ka Pa vâna mi duhzâwng ti apiang chu

chutiang bawk chu ka unaupa, ka farnu leh ka nu pawh an ni." **16-12** "Ka thua in awm reng chuan," Krista chuan a kawhhmuh a, "chutichuan ka zirtirte in ni tak zet a ni; thutak chu in hre ang a, thutak chuan a zalên ang che u," tiin a sawi. **16-13-ah a awm** Zalenna zawng zawng, mahni lal, India rama Yogi-Krista te hi unau thi thei lo zinga mi an ni: Pa Pakhat hriatna zalenna nei tawhte.

"Adama leh Evi chanchin hi ka tan chuan hriatthiam phak loh a ni!" Ni khat chu allegory nena ka inbeihna hmasa berah khan lumna nasa tak nen ka enfiah a. "Engvangin nge Pathianin misual pahnih chauh ni lovin, sual nei lo thlah piang lote pawh a hrem?"

Master chu ka hriat lohna aiin ka vehemence chuan a ti nuihzat zawk. " *Genesis* hi entirna thuk tak a ni a, a awmzia dik tak hmanga hriatthiam theih a ni lo," tiin a sawifiah. "A 'nunna thing' chu mihring taksa a ni. Spinal cord chu thing inher ang mai a ni a, mihring sam chu a zung atan a ni a, afferent leh efferent nerve te chu hnah angin a awm bawk. Nervous system thing hian rah nuam tak tak, a nih loh leh hmuhna, ri, rim, thlum, leh khawih hriatna tam tak a rah a. Hengteah hian mihring hian dik takin a inhliam thei a; mahse, he was ordained the." sex experience, taksa huan lairil ber 'apple' **16-14**

"'Rul' hian sex nerve tichaktu coiled-up spinal energy a entir a. 'Adam' chu reason a ni a, 'Eve' chu feeling a ni. Mihring tu pawha emotion emaw Eve-consciousness emaw chu sex impulse-in a hneh chuan a reason emaw Adam emaw pawh a tlu lut **thin**

"Pathianin mihring chi hi a duhzawng chakna hmangin mipa leh hmeichhia taksa chu a takin a siam a; chi tharte chu chutiang bawka fa siam theihna thiltihtheihna a pe a ni." 'immaculate' emaw Pathian lam hawi emaw. **16-16-ah a awm** Mimal thlarau lama A inlanna chu tun thleng hian rannung, instinct-bound leh ngaihtuahna famkim theihna nei lote chauh a nih avangin Pathian chuan mihring taksa hmasa ber, entirna anga Adama leh Evi tia koh chu a siam a ni. Hengte hnenah hian, advantageous upward evolution atan, rannung pahnih thlarau emaw, divine essence emaw chu A transfer a ni. **16-17-ah a awm** Adama emaw mihringah emaw chuan ngaihtuahna a thunun zawk a; Evi emaw hmeichhia emaw-ah chuan hriatna chu a sang chho hle. Chutiang chuan phenomenal worlds hnuaia awm duality emaw polarity emaw chu sawi chhuah a ni. Reason leh feeling chu a mihring rilru chu rannung rilru put hmang rul ang maia chaknain a bum loh chung chuan thawhhona hlimna vanram.

"Chuvangin mihring taksa hi sakawlh atanga lo piang chhuak mai ni lovin, Pathian thilsiam bik thiltih avanga lo piang a ni. Rannung pianphungte chu Pathian nihna famkim lantir thei lo khawpin a hrual a; mihring chu a danglam bik takin rilru lama theihna ropui tak pek a ni-the 'thousand-petaled lotus' of." thluak-chutiang bawkin

ruhroa acutely awakened occult centers te pawh a awm bawk.

"Pathian emaw, siam hmasa ber nupa chhunga awm Divine Consciousness emaw chuan mihring hriatna zawng zawng hlim taka hmang turin a fuih a, mahse an ngaihtuahna chu khawih hriatnaah dah lo turin a fuih a ni. **16-18.**" Hengte hi sex organs lo thanglian loh nan khap a ni a, chu chuan mihringte chu rannung inferior method of propagation-ah a inmesh dawn a ni. Subconsciously-present bestial memories tihnun leh lo tura vaukhâna chu ngaihsak a ni lo. Fa neihna râpthlâk tak takte chu an chhonzawm leh a, Adama leh Evi chu a bul ʔanna mihring famkimte tana pianpui vân hlimna dinhmun aʔangin an tlu ta a ni.

"Hriatna tan 'tha leh sual' a kaw k a ni ah chumi cosmic lam thil a ni thil pahnih (dualistic) a ni nawr luih a ni. Tlu hnuai chumi sway rawh tan

maya a rilru leh ngaihtuahna hman dik loh hmangin, a nih loh leh Evi-leh Adama-hriatna hmangin, mihring chuan Pathian mahni inrintawkna van huana luh theihna dikna chu a bânsan a ni. **16-19 thleng a ni** Mihring tinte mimal mawhphurhna chu a 'nu leh pa' emaw, a nihna pahnih emaw chu inremna emaw Eden emaw-a inpumkhatna siam leh hi a ni."

Genesis -a phek chu zahna thar nen ka melh a . "Dear Master," ka ti a, "A

vawikhatna atan Adama leh Evi lakah hian filial obligation dik tak ka nei a ni!"

.....
16-1 : 1.1. Atangin astronomical lam thil a ni reference te a ni chhung hmanlai Hindu a ni Pathian thu, . mithiamte a ni nei ni thei ah dik takin ascertain tih a ni chumi a ziaktute date a ni. Rishi-ho scientific lama an hriatna chu a ropui hle a; *Kaushitaki Brahmana*- ah chuan astronomical dik tak kan hmu a thuziak te khawi lantir sawmi chhung 3100 a ni BC chumi Hindu te an ni an hla pek lawk chhung astronomy lam zir chianna, . khawi nei ani astrological ceremonies neih hun duhawm tak ruatnaah practical value. *East-West , February, 1934*- a thuziak pakhat chuan *Jyotish emaw Vedic astronomical treatises taksa* emaw chungchang hi a hnuaia mi hi a tawi zawngin pek a ni : "Hetah hian India ram chu hmân lai hnam zawng zawng hmahruaitu leh hriatna zawngtute mecca-a siamtu scientific lore a awm a. Hmanlai tak *Brahmagupta* , . pakhat tan chumi *Jyotish chuan a ti a* hna a thawk a, . hi chu astronomical lam thil a ni treatise tih a ni dealing tih a ni nen chutiang thil a ni angin chumi heliocentric a ni motion of chumi planetary a ni taksa te chhung kan ni zung hmanga siam a ni tihdan, chumi obliquity tih hi a ni tan chumi ecliptic, . chumi leilung ta a ni a zungpui (spherical) a ni siam, chumi a rawn lang chhuak eng thla chungchang te, lei nitin axial revolution te, Milky Way-a arsi nghet tak tak awmna te, gravitation dan te, leh Copernicus leh Newton-a hun lai thlenga khawthlang khawvelah a lo lang lo scientific fact dangte a ni.

Chumi hi tunah hriat hlauh tak a ni sawmi chumi an tih chu "Arabic tawng a ni." number hrang hrang," tellovin tu ber chhinchhiahnate a ni pek lawk mathematics lam a ni hi harsa tak, kum zabi 9-naah Europe-ah a lo kal a, Arab-ho kaltlangin, India ram atangin, chu system of notation chu hmân lai atanga siam a nih tawhna hmun a ni. Hla zawk eng chungah India ram a ni zau scientific lam hawi a ni rochun duhdan ni hmu chhung Dr. P. C. A rilru a buai em em a. Ray-a chuan *Hmanlai hun zirna Tan Hindu a ni Chemistry* , leh Dr. B. N. Seal-a lehkhabu *Positive Sciences Of The Ancient* . *Hindus -ah te pawh a awm bawh*

16-2 : 1.1. Chumi malsawmna khawi a luang chhuak thin atangin chumi mere thilmuh tan ani mi thianghlam.

16-3 : 1.1. Pakhat tan chumi hmeichhe naupangte tunge ka chhungkua thlan chhuah a ni angin ani thei mo tan keimah, a hnua chuan innei ka unau, Prabhas Chandra Ghose chuan a rawn ti a.

16-4 : 1.1. ANI inzawmzat tan sawmpathum thuziak te a ni chungah chumi chanchinbu lam a ni finfiahna a ni tan Sri Yukteswar-a chuan a ti a *Yuga a ni* thu langchhuak chhung chumi chanchibu *Khawchhak-Chhim lam* (Los.) a ni Angeles) a ni. atangin September,

Kum 1932, 1999 a ni. ah September, 1933. 16-5: Kum AD 12,500

.khan

16-6 : 1.1. Chumi Hindu a ni Pathian Lehkha Thute hmun chumi thilpek khawvel hunlai a ni angin thil thleng a ni chhunglam atangin chumi *Kali Yuga a ni* tan ani tam rei zawk khawvel pum huap a ni cycle chu Sri Yukteswar-a ngaihtuah kum 24,000 chhunga equinoctial cycle awlsam tak aiin a ni. Pathian Lehkha Thute universal cycle hi kum 4,300,560,000 zeta zau a ni a, Siam Ni emaw, kan planetary-a dam rei zawng ruat emaw a teh a ni tihdan chhung chu chu thilpek siam. Hei zau milem pek tu chumi rishis tih hi a ni hi zulzui chungah ani inlaichinna karah chumi dung of solar year leh Pi multiple (3.1416, circle pakhat circumference leh diameter ratio) a ni.

Chumi nunna tluanin tan ani pumpui universe, . milin ah chumi hmanlai hmutute, . hi 314,159,000,000,000 a ni ni zung ". hmanga siam a ni kum, emaw "Pakhat Kum Brahma- a a ni

Science lam mithiamte chhut chumi thilpek kum tan chumi khawvel ah ni lam pahnih tluklehdingawn a ni kum, basing a ni an thutlukna siam a ni chungah ani zir tan lead pockets a awm baw kalsan angin ani nghawngchhuah tan radioactivity a awm thei chung lungpui te. Chumi Hindu a ni Pathian Lehkha Thute puang chhuak rawh sawmi chu khawvel chutiang angin kan ta a ni hi a hmin tawh pakhat tan tan pahnih chhan: 1.1. chumi a chhunga chengte angin ani pumpui ni zawk zawk zavaiin tha emaw zavaiin sual. Chumi khawvel-rilru chutiang chuan thiltihtheihna a siam a, chu .chuan lei anga vawn khawm atom mante chu a chhuah tir a ni

Dire thu puan chhuah te hi a chang changin tihchhuah a ni chumi avangin chu a lo thleng dawn ta "tawp tan chumi khawvel." Chumi hnuhnung ber hrilhlawkna a ni tan doom chu Rev. Chas. G. Long of Pasadena, vantlang hmaa "Rorelna Ni" chu Sept. 21, 1945 atan a ruat a, *United Press* reporter-te chuan ka ngaihdan an zawt a; Khawvel cycle-te hian Pathian ruahmanna angin hmasawwna mumal tak an zui tih ka hrilhfiah a. Leilung boralna engmah hmuh tur a awm lo; kum tluklehdingawn hnih chhunga equinoctial cycle chho leh chhuk chu kan planet tan hian tuna a awm danah hian a la awm reng a ni. Khawvel hun hrang hranga rishi-te'n chhiarpui an pekte hi khawthlang ramah uluk taka zir chian a phu a; .magazine *Time* (Dec. 17, 1945, p. 6) chuan "statistics rintlak tak" tiin a sawi

16-7 : 1.1. bung khat a ni VI:13.

16-8 : 1.1. "Chumi eng tan chumi taksa hi chumi mit: chuvangin engtikah i ta a ni mit hi mal, thy pumpui taksa pawh hi khat tan eng; mahse i ta a nih chuan mit hi soal, thy taksa pawh hi khat tan thim a ni. La ngaihsak rawh chuvangin sawmi chumi eng khawi hi chung ka ti a ni lo thim a ni."- *Luka* 11:34-35.

16-9 : 1.1. Pakhat tan chumi paruk system hrang hrang a awm tan Hindu a ni thil bul chhuina. *Sankhya a ni* zirtir a ni final a ni emancipation tih a ni tlang hriatna tan principle sawmhni leh panga, *prakriti emaw nature emaw* atanga tan a , *purusha* emaw soul emaw atanga tawp .

16-10 : 1.1. *Sankhya a ni*

Aphorisms te hi a ni , . l:92 a ni.

16-11: *Matthaia* 24:35-ah hian a

lang.

16-12 : 1.1. *Matthaia* 12:50 a ni ang.

16-13 : *Johana* 8:31-32-ah a awm. Mithianglim Johana chuan heti hian a hriattir a: "Amah lo hmuak apiangte chu Pathian fate nih theihna a pe a; intluk ah anni sawmi ring chungah ani hming (intluk ah anni tunge hi din chung chumi Krista Hriatthiamna)." - *John* 1:12-ah a awm.

16-14 : 1.1. "Keini maithei ei tan chumi thei tan chumi thing phun a ni tan chumi huan: mahse tan chumi thei tan chumi thingkung khawi hi chung chumi lai takah tan chumi huan, Pathianin, in ei lo vang a, in khawih tur a ni lo, chutilochuan in thi ang," a ti a ni."- *Genesis* 3:2-3.

16-15 : 1.1. "Chumi hmeichhia tunge nang a pe a ni ah ni nen keimah, ani pe keimah tan chumi thingkung, leh Ka ti tawh ei. Chumi hmeichhia sawi, Rul chuan mi bum a, ka ei ta a ni."- *Gen* . 3:12-13.

16-16 : 1.1. "Chuvangin Pathian siam a ni mipa chung ani nei thlalak, chhung chumi thlalak tan Pathian siam a ni ani ani; mipa leh hmeichhia siam a ni ani anni. Leh Pathian malsawm anni, leh Pathian sawi to anni, Ni rah chhuah a ni leh tipung rawh, . leh replenish leh rawh chumi khawvel, leh thuhnuairawlh it."- *Gen* . 1:27-28-ah a awm.

16-17 : 1.1. "Leh chumi Lalpa Pathian siam a ni mipa tan chumi vaivut tan chumi chhuat, leh a thaw halh a chhungah ani hnar kawngkhar chumi thaw tan nunna; tichuan mihring chu thlarau nung a lo ni ta a ni."- *Gen* . 2:7.

16-18 : 1.1. "Tunah chumi rul (sex hmanga inpawl na tilui) tawh belh subtil tih a ni aiin engpawh sakawlh tan chumi mual" (engpawh thildang hriatna tan chumi taksa).- *Gen* . 3:1-ah a awm.

16-19 : "Tin, Lalpa Pathian chuan khawchhak lamah Eden-ah huan a siam a; chutah chuan a mi siam chu a dah ta a ni."- *Gen* . 2:8-ah a awm. "Chuvangin Lalpa Pathian chuan Eden huan ata chu a tir chhuak a, a lak chhuahna leilung chu a lo ching ta a ni."- *Gen* . 3:23-ah a awm. Pathian siam hmasak ber Pathian mihring chuan a hriatna chu a hmaiah engkim tithei mit pakhat a inngat a ni (khawchhak lam hawi). Chumi thil siam chhuak vek thei thiltihtheihnate a ni tan ani duhdan, focus a ni hmunah sawmi hmunbik, an bo ah mipa engtikah ani tan ah "till." lei" chu a taksa pianphung a ni.

Sasi Leh Chumi Pathum Sapphires a ni

"Avang nangmah leh ka fapa ngaihtuah chuvangin sang tak a ni tan Swami chuan Sri Yukteswar, kum 1999 a ni. Ka duhdan la ani en hmunah ani." Chumi

tone of voice hman Dr. Narayan Chunder Roy chuan half- wits-te whim a nuihzat tih a tilang a ni. Ka thinrimna chu ka thup a, proselyter-te hnam dan tha ber berte zingah.

Ka thianpa, ran enkawltu chu confirmed agnostic a ni. A fapa naupang Santosh chuan a pa ngaihven turin min lo ngen tawh a. Tun thleng hian ka tanpuina hlu tak chu hmuh theih loh lamah a awm deuh tawh.

A tuk zingah Dr. Roy chuan Serampore hermitage-ah min zui a. Master-a'n interview tawi te a pek hnuah, a tam zawk chu a sir lehlamah stoic silence-in a chhinchhiahna a ni a, mikhual chu brusque takin a chhuak ta a ni.

"Engvangin nge mithi chu ashram ah rawn hruai?" Sri Yukteswar chuan Calcutta skeptic chungah kawngkhar a inkhar meuh chuan zawhna zawt chungin min en a.

"Ka pu! Doctor chu a nung hle

mai!" "Mahse chhung ani tawi hun

ani duhdan ni thi."

Ka mangang hle mai. "Ka pu, hei hi a fapa tan chuan vuakna rapthlak tak a ni ang. Santosh hian a pa thil neih duhna ngaihdan thlak danglam turin hun a la beisei reng a ni. Ka ngen a che, Master, chu pa chu pui turin."

"A tha hle mai; nangmah vangin." Ka guru hmel chu a impassive hle. "Sakawr doctor chhuanawm tak chu zunthlum natnaah hian a kal tawh lo hle a, chu chu hre lo mah se. Ni sawm leh panga hnuah chuan a khumah a hruai ang. Damdawi thiamte chuan a bo angin an pe ang; he lei hi a chhuahsan hun pianpui chu vawiin atanga kar ruk a ni. I tawngtaina avang erawh chuan chu ni chuan a dam leh ang. Mahse, a dinhmun pakhat a awm. Astrological bangle i ha tir tur a ni rinhlelh rual lohvin operation hmaa a sakawr pakhat ang maiin nasa takin a dodal!" Master chu a nui suk a.

Ngawi renga ka awm hnuah, chutih lai chuan Santosh nen hian engtin nge doctor rilru hah tak chungah hian cajolery arts hi kan hman tangkai theih ang tih ka ngaihtuah a, Sri Yukteswar chuan thupuan dang a nei leh ta a ni.

"Chu pa chu a dam fel veleh sa ei lo turin thurawn pe rawh. Mahse, he thurawn hi a ngaithla lovang a, thla ruk hnuah chuan a theih ang tawka a inhriat lai tak hian thiin a tla thla ang. Chu thla ruk chhung pawh chu." extension of life chu i ngenna vang chauhvin pek a ni."

A tuk zingah chuan Santosh hnenah chuan jeweler's ah armlet order turin ka rawt a. Kar khat chhungin a inpeih tawh a, mahse Dr. Roy chuan a bun duh lo.

"Ka hriselna tha ber a ni. Heng astrological superstitions te hian min ti lawm ngai lovang." Doctor chuan indo hmel zet hian min rawn melh a.

Master chuan chu pa chu a dik takin sakawr balky tak nen a tehkhin tih chu hlim takin ka hrechhuak ta a. Ni sarih dang a liam leh a; doctor chu a damlo nghal a, thuhnuairawlh takin bangle chu bun a remti ta a. Kar hnih hnuah chuan a kal lai doctor chuan a damlo case chu beiseina nei lo a nih thu min hrilh a. Zunthlum natnain a tihchhiat dan chipchiar tak tak a supply a ni.

Ka a ti nging a ka lu. "Ka guru tih hi a ni nei sawi sawmi, hnuah ani natna a ni rei tak a ni pakhat thla, Dr. Roy chuan a rawn ti a duhdan ni Awle."

Damdawi thiam chuan rin loh hmel zet hian min en reng a. Mahse, kar hnih hnuah min zawng ta a, ngaihdam dilna boruak nen.

"Dr. Roy chu a dam chhuak vek tawh!" a ti a. "Ka thil tawn zingah chuan thil mak ber a ni. Thih tur hian hetiang sawifiah theih loh comeback hi ka la hmu ngai lo. I guru hi tihdamna zawlnei a ni tak zet a ni!"

Dr. Roy-a interview vawi khat, sa tel lo ei chungchanga Sri Yukteswar-a thurawn ka sawi nawn hnuah, thla ruk chung zet chu chu pa chu ka hmu leh ta lo. Tlai khat chu Gurpar Road-a ka chhungkaw chenna piazza-a ka thut lai chuan chat turin a ding a.

"I zirtirtu hnenah sa ei fo hian ka chakna ka nei leh vek tawh tih hrilh rawh. Diet chungchanga a ngaihdan scientific lo tak takte hian min nghawng lo." Dr. Roy hian hriselna thlalak a en tih chu a dik a ni .

Mahse a tuk zingah chuan Santosh chu a hnuah block-a a chenna in atang chuan min rawn tlan phei a. "Vawiin zing khan Pa chu a tla thla a!"

He case hi Master nena kan thil tawn mak ber pakhat a ni. A rin loh chung pawhin ran enkawltu hel tak chu a tidam a, chu mipa chu leia a pianphung hun chung chu thla rugin a ti sei a, chu chu ka ngenna nasa tak avang chauh a ni. Sri Yukteswar hian a ngilneihnaah hian tawp chin a nei lo a, chutih lai chuan devotee pakhat tawngtaina hmanhmawthlak tak hmachhawn.

College thiante ka guru hmu tura rawn hruai hi ka vanneihna chhuanawm ber a ni. Mi tam tak chuan sakhaw lama rinhlelhna an fashionable academic cloak chu an dah bo ang-ashram-ah pawh ni se!-.

Ka thiante zinga pakhat Sasi chuan Serampore-ah kar tawp hlim tak tak a hman a. Master chuan naupang chu a hmangaih hle a, a mimal nun chu ramhuai leh mumal lo tak a nih avangin a lungngai hle bawk.

"Sasi, i reform loh chuan kum khat hnuah chuan hlauhawm takin i damlo ang." Sri Yukteswar chuan ka thianpa chu hmangaihna nen thinrim takin a melh a. "Mukunda hi witness a ni: a hnuah ka vaukhân lo che tih sawi suh ."

Sasi chu a nui suk a. "Master, keimah ngei pawhin ka case lungchhiatthlak takah hian cosmos charity thlum tak interest hi i kutah ka dah ang! Ka thlarau chu a duh a mahse ka duhzawng erawh a chak lo. Leia ka chhandamtu awmchhun i ni; thil dang ka ring lo.

"Hmunah tlem ber nangmah tur ha ani carat hnih a ni pawl saphire a ni. Chumi duhdan

tanpui nangmah."

"KA thei lo tlin pakhat. Eng pawh nise, . duhtak guruji, 2019. chuan buaina a lo kal a, .
Ka a famkim ring nangmah duhdan humhim keimah."

"Kum khat hnuah sapphire pathum i rawn keng ang," Sri Yukteswar chuan thuruk
takin a chhang a. "Chutih hunah chuan an tangkai lo ang."

He inbiaknaah hian danglamna a awm fo thin. "Ka reform thei lo!" Sasi chuan beidawnna nuihzatthlak takin a ti ang. "Tin, nangmah ka rinna hi ka tan chuan lung zawng zawng aiin a hlu zawk!"

Kum khat hnuah ka guru chu a zirtir Naren Babu-a in Calcutta-ah ka tlawh a. Zing dar sawm velah chuan Sri Yukteswar nen second-floor parlor-ah ngawi reingin kan thut lai chuan hmalam kawngkhar inhawng chu ka hre ta a. Master chuan a ti ngeth sauh sauh a.

"Chu Sasi chu a ni," na takin a remark a. "Kum a tawp tawh; a lung pahni a bo tawh. Ka thurawn chu a ngaihsak lo a; ka hmu duh lo tih hrilh rawh."

Sri Yukteswar-a khauhzia avang chuan a chanve zetin mak ka ti hle a,

stairway atang chuan ka tlan thla ta a. Sasi chu a rawn chho ta a. "Aw

Mukunda! Master hi hetah hian a awm ngei ka beisei; a awm mai thei tih

hunch ka nei a."

"Awle, mahse ani ni lo duhsak ah ni tihbuai a ni."

Sasi chu a tap chhuak a, min rawn brush palh ta a. Sri Yukteswar ke bulah chuan a inhnukdawk a, chutah chuan sapphire mawi tak tak pathum a dah a.

"Omniscient guru, doctor-te chuan galloping tuberculosis ka nei an ti! Thla thum aia rei min pe lo! Inngaitlawm takin i tanpuina ka ngen a; min tidam thei tih ka hria!"

"Tunlai hian i nun ngaihtuah tur hian a tlai deuh lo em ni? I lungflu te nen chhuak rawh; an hman tangkai hun a liam tawh." Chutah Master chu sphinx ang maiin ngawi reingin a thu a, chu tlangval khawngaihna dilna au thawm chuan a titawp ta a ni.

Sri Yukteswar hian Sasi-a rinna thukzia chu Pathian tihdamna thiltihtheihna a fiahna mai a ni tih rinna intuitive tak ka nei a. Darkar khat chhung zet rilru hah tak hnuah Master chuan ka thian bawkkhup chu lainatna nei takin a en a, mak ka ti lo.

"Tho rawh, Sasi; midang inah eng ang buaina nge i siam! I sapphire te chu jeweler te hnenah pe kir leh rawh; tunah chuan senso tul lo tak a ni. Mahse, astrological bangle la la, ha rawh. Hlau suh; kar tlemte hnuah i dam leh ang.

Sasi nuihzatna chuan a mittui tla zawih zawih hmel chu ram hnim hring chungah ni rang tak ang maiin a ti eng a. "Guru duh tak, Doctor ten damdawi an pek ang kha ka ei dawn em ni?"

Sri Yukteswar mitmeng chu a longanimous hle. "I duh angin-in emaw, paih emaw ang bawkin; a ni." thil pawimawh lo. Tuberculosis natna avanga thih ai chuan ni leh thla hian an dinhmun an inthlak danglam thei zawk."

Agitated bow nen ka thianpa chu hmanhmawh takin a chhuak ta a. Kar engemaw zat hnuah vawi tam tak ka tlawh a, a dinhmun a chhe zual zel tih ka hmuh chuan mak ka ti hle.

"Sasi." thei lo hnahnung ber tlang chumi zan." Hengte thumalte atangin ani doctor, . leh chumi hmuhnawm tak a ni tan ka

thianpa, tunah chuan ruhro ang maia tihlem tawh chuan Serampore-ah posthaste-in min tir a. Ka guru chuan ka mittui tla report chu chilh takin a ngaithla a.

"Engati nge ti nangmah lokal hetah ah tibuai keimah? Nangmah nei diam hria keimah tiam rawh Sasi tan ani lakletlehna."

A hmaah chuan hlauthawng takin ka kun a, kawngka lam pan chuan ka hnungtawlh ta a. Sri Yukteswar chuan inthenna thu engmah a sawi lo va, ngawi rengin a pil ta a, a mitmeng hrual lo chu a chanve a inhawng a, an mit chu khawvel dangah a tlanhhia ta a ni.

Calcutta-a Sasi te chenna inah chuan ka kir leh nghal a. Mak ti zet hian ka thianpa chu a thu a, bawnghnute a in lai ka hmu a.

"Aw Mukunda! Thilmak tak a va ni em! Darkar li kalta khan Master awmna chu room chhungah ka hre ta a; ka natna lan chhuah dan rapthlak tak chu a bo nghal vek. A khawngaihna avang hian ka dam vek tawh tih ka hria."

Kar tlemte chhungin Sasi chu a taksa a chak zawk a, a hma aia hriselna pawh a tha zawk. **17-1 a ni** Mahse a singular a damna chhanna chuan lawmthu sawi lohna lam a nei a: Sri Yukteswar chu a tlawh leh ngai lo! Ka thianpa chuan ni khat chu a nun hlui chu a inchhir em em a, Master hmachhawn chu a zak hle tih min hrilh a.

Sasi natna hian a duhzawng tikhauhtu leh a nungchang tichhe thei khawpa nghawng danglam tak a nei tih chauh ka sawi chhuak thei.

Scottish Church College-a ka course kum hnih hmasa ber chu a tawp dawn ta. Ka classroom-a ka kal zat chu a lo spasmodic hle tawh a; zirlai tlemte ka tih chu ka chhungte nena inremna siamna tur chauh a ni. Ka private tutor pahnih chu ka inah an lo kal fo thin a; Ka awm lo fo thin: Ka scholastic career-ah hian he regularity pakhat tal hi ka hre thei!

India ramah chuan college hlawhtling kum hnih chhungin Intermediate Arts diploma a rawn keng tel a; chu zirlai chuan kum hnih dang leh a AB degree neih chu a nghakhlel thei ang.

Intermediate Arts final exam chu thil rapthlak takin hma a sawn dawn a ni. Puri-ah ka tlanhhia a, chutah chuan ka guru chuan kar engemaw zat a awm a. Vaguely beiseiin ka nonappearance chu a sanction ang tih finals-ah ka inbuatsaih lohna zahthlak tak chu ka sawi chhuak a.

Mahse Master chuan thlamuanthlak takin a nui a. "I thlarau lam hna chu thinlung zawng zawngin i zawm a, college hnathawh i ngaihthah thei lo. Kar leh atan i lehkhabu ziah kawngah taima takin inhmang rawh: i harsatna chu hlawhchham lovin i paltlang ang.

Calcutta-ah ka kir leh a, rinhlelhna dik tak, a chang chuan nuihzatna rilru na tak nena lo chhuak zawng zawng chu nghet takin ka thunun a. Ka dawhkan chungah lehkhahu tlang chu ka survey a, thlalerah khualzin bo ang maiin ka inhria. Hun rei tak chhung ngaihtuahna ka neih chuan hnathawhna tichhe thei khawpa infuih tharna min pe a. Opening pakhat zel book at random, chutianga lang chhuak pheh awmte chauh ka zir a. Kar khat chhung ni khatah darkar sawm leh pariat chhung he course hi ka zawm a, cramming art chungchangah hian thlah lo awm tur zawng zawngte thurawn pe thei turin ka inngai a.

Exam hall-a a hnu ni te chu ka kalphung pangngai anga lang chu a dikna a ni. Test zawng zawng chu ka pass vek a, mahse sam zau zawngin ka pass vek. Ka thiante leh chhungte lawmthu sawina chu nuihzatthlak takin an mak tihna betraying ejaculation nen a inhme hle.

Puri atanga a lo haw chuan Sri Yukteswar chuan mak tihna nuam tak min pe a. "Tunlai hian Calcutta zirlai chu a tawp tawh. Kum hnih hnunning ber university hnathawh kha hetah Serampore-ah ngei hian i zawm tih ka hmu ang."

Ka buai hle mai. "Ka pu, he khawpuiah hian Bachelor of Arts course a awm lo." Zirna sang zawk zirna hmun awmchhun Serampore College-ah hian Intermediate Arts-ah kum hnih chhung chauh zir theih a ni.

Master chu a nui suk a. "I tan AB college din tur hian thawhlawm khawn turin ka upa tawh lutuk. Midang kaltlangin thil hi ka ruahman a ngai dawn niin ka ring."

Thla hnih hnuah Serampore College president Professor Howells chuan kum li chhung course zir theihna tur sum tlingkhawm a hlawhtlin thu vantlang hriatah a puang a. Serampore College chu University of Calcutta branch affiliation a lo ni ta a ni. Serampore-a AB candidate anga inziak lut hmasa ber zinga mi ka ni.

"Guruji, ka chungah i ngilnei tak em! Calcutta chhuahsan a, Serampore-a nitin i bula awm hi ka duh em em a. Professor Howells hian i ngawi renga i tanpuina avanga a bat zia chu a mumang a ni lo!"

Sri Yukteswar chuan mock severity takin minrawn en a. "Tunah chuan rel-ah darkar tam tak i hmang a ngai tawh dawn lo; i zirlai atan hian hun awl tam tak i ni! Last-minute crammer i ni lo va, scholar i ni zawk mai thei." Mahse engtin emaw tak chuan a tone-ah chuan rinna a tlachham.

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17-1 : 1.1. Chhung 1936 khan a lo piang a Ka hria atangin ani thianpa sawmi Sasi tawh che lo chhung a tha lutuk hrisel.

BUNG: 1.1. 18. A rilru a hah lutuk

ANI Mohammedan a ni Mak- Hnathawktu

"Kum tam tak kal ta khan, tuna i luah pindan ngeiah hian Mohammedan thilmak

siamtu pakhat chuan ka hmaah thilmak pali a ti a!"

Sri Yukteswar a ni siam hei mak tak mai a ni thu laiin ani hmasa ber tlawh ah ka thar quarters a ni.

Serampore College ka luh hnu lawkah chuan a bul hnaia boardinghouse pakhat, *Panthi tih hming puah chuan room pakhat ka la tawh a* . Brick in hlui tak a ni a, Ganges lui hmaah a awm a ni.

"Master, eng ang thil thleng mai nge! Heng bang chei tharte hi hriatrengna nena hmanlai tak tak an ni em?" Ka room furnished awlsam tak chu ngaihvenna harh chhuak chungin ka hawi kual a.

"Thu thui tak a ni." Ka guru chu hriatrengna ang maiin a nui suk a. " *Fakir* hming **18-1.** " chu Afzal Khan a ni. A thiltihtheihna mak tak takte chu Hindu yogi nena an inhmuhna chance hmangin a lo nei tawh a ni.

"Ka fapa, ka tuihal tawh; tui min rawn la rawh.' Leivut khuh *sannyasi pakhat* chuan Afzal-a hnenah hian ni khat chu a naupan lai khan Bengal hmar lam khaw te tak te pakhatah he ngenna hi a siam a.

"Hotu, Ka ni ani Mohammedan a ni. Engtin thei nangmah, ani Hindu, . pawm ani in atangin ka kut a ni em?' a ti a.

"I thudik hian min ti lawm a, ka fa. Pathian ngaihsak lo pawl hrang hrangte ostracizing rules ka zawm lo. Kal la; tui min rawn hruai thuai rawh.'

"Afzal a ni." zah tak a ni thu awihna tawh lawmman pek a ni tu ani hmangaihna nei thlir atangin chumi yogi tih a ni.

"Nun hmasa a\angin karma \ha tak i nei a ni,' tiin ropui takin a lo en a. 'Yoga kalphung engemaw tak ka zirtir dawn che a, chu chuan hmuh theih loh ram pakhat chungah thupek a pe ang che. I ta ni tur thiltihtheihna ropui tak takte chu thil \ha tihna atan hman tur a ni; mahni hmasial takin hmang ngai suh! I perceive, alas! that you have brought over from the past some seeds of destructive tendencies. Do not allow them to thiltih soal thar hmanga tui pein hnah chhuak rawh The complexity of your karma hmasa ber chu chutiang chu a ni a, he nun hi yoga lama i thil tihhlawhtlinte leh mihringte tana thil tum sang berte inremtir turin i hmang tur a ni.'

"Hnuah zirtirna pe chumi mak a ti hle mai mipa naupang chhung ani buaithlak technique, . chumi hotu a bo ta.

"Afzal hian kum sawmhnih chhung zet chu rinawm takin a yoga exercise hi a zawm a. A thilmak tih hian mipui ngaihven a hlawh tan a. Amah hi taksa nei lo thlarau pakhatin a zui reng niin a lang a, chu chu 'Hazrat' a ti a ni." He hmuh theih loh thil hian FAKIR duhthusam tlemte pawh a tihlawhtling thei a ni.

"A pu vaukhâna ngaihthah chungin Afzal chuan a thiltihtheihnate chu a hmang soal tan ta a. Thil eng pawh a khawih a, a thlak leh chu a bo thuai ang.

"Calcutta-a jewelry dawr lian tak tak te chu a chang chuan a tlawh fo thin a, a lei thei tur angin a inlan thin. Jewel a khawih apiang chu dawr atanga a chhuah hnu rei vak lovah a bo vek thin."

"Afzal hi zirlai za tam takin an hual fo thin a, a thuruk hriat beiseina chuan a hip thin. *Fakir hian* a zinpui turin a sawm fo thin. Rel station-ah chuan ticket roll pakhat a khawih thei thin. Hengte hi clerk hnenah a kir leh thin a, heti hian a remark thin: 'Ka ngaihda ka thlak tawh a, tunah chuan ka lei dawn lo.' Mahse a hnungzuitute nen rel a chuan chuan Afzal hian ticket mamawh chu **18-2 in a nei dawn a ni**

"Heng thil ropui tak takte hian thinrimna nasa tak a siam a; Bengali jeweler leh ticket zuarte chu an rilru hahna (nervous breakdown)-ah an tlu lut ta a ni! Afzal man tum police-te chuan tanpui theih lohvin an inhmu ta a; the *fakir chuan* : 'Hazrat, hei hi la bo rawh' tih mai mai hian thubuai siamsak thei evidence a paih chhuak thei a ni."

Sri Yukteswar chu a thutna atang chuan a tho a, Ganges lui thlir theihna ka room balcony lam pan chuan a kal ta a. Mohammedan Raffles buaithlak tak takte chu hriat belh ka duh hle a, ka zui ta a.

"He *Panthei* in hi a hmain ka thianpa ta a ni. Afzal nen hian an inhriat tawn a, hetah hian a zawt a. Ka thianpa pawh hian thenawm sawmhni vel a sawm bawk a, keimah pawh ka tel ve bawk. Chutih lai chuan tleirawl ka ni chauh a, *fakir hmingthang tak chungchang hi hriat duhna nung tak ka nei* a ni Master chu a nui suk a. "Thil hlu tak tak ha lo turin fimkhur takin ka insiam a! Afzal chuan zawhna zawt chungin minrawn en a, chutah chuan a remark a:

"Kut chak tak i nei a. Huanah chuan chhuk rawh; lung hrual tak la la, chutah chuan chalk hmangin i hming ziaak rawh; chutah chuan lung chu a theih ang tawkin Ganges luiah paih rawh."

"Ka thu awih a. Lung chu thlipui hla tak hnuaia a bo meuh chuan Mohammedan chuan minrawn bia leh a:

"Thun ani pot nen Ganges a ni tui hnai chumi hma tan hei in."

"Hnuah Ka nei arawn let leh a nen ani bawm tan tui, chumi *fakir a ni* a ti a, . 'Hazrat, . dah chumi lung chhung chumi pot!' tiin a sawi.

"Lung chu arawn lang nghal a. Bungrua atang chuan ka la chhuak a, ka signature chu engtik lai pawha chhiar theih ang maiin ka hmu a." Ka lo ziaak tawh a.

"Babu, **18-3 in a chak a.**" room chhunga ka thiante zinga pakhat chuan, rangkachak hlui darthlalang rit tak leh chain a ha a. Fakir *chuan* ngaihsanawm tak nen a enfiah a. Rei lo teah an bo ta!

"Afzal, . khawngaihin kirlet ka hlu tak a ni ro hlu a ni!' a ti a. Babu tawh tep chhung mittui.

"Mohammedan chu hun engemaw chen chu stoic takin a ngawi reng a, chutah chuan, 'Thir safe-ah cheng za nga i nei a. Ka hnenahrawn hrui la, i timepiece dahna tur hmun ka hrilh ang che,' a ti a.

"Babu lungngai tak chu a in lam panin a chhuak nghal a. Rei vak lovah arawn let leh a, Afzal hnenah sum mamawh chu a pe ta a."

"I in bula kawngpui te tak teah chuan kal rawh,' tiin *fakir chuan* Babu chu a hrilh a.
'Hazrat chu ko la, darkar leh chain pe rawh.'

"Babu." a tlan nghal vat a hmundang. Chungah ani kirlet, ani tawh ha ani nui tan
chhawmdawlina leh Aih tlereuh engpawhnise.

"Hazrat-a thupek ka pek khan,' tiin a puang a, 'ka darkar chu boruak atang chuan
ka kut dinglamah a tla thla a! Hetah hian pawl ka zawm leh hmain ka safe-ah
heirloom ka khar tih i chiang mai thei!'

"Babu-a thiante, darkar khata tlanna comicotragedy hmutute chuan thinrim takin Afzal chu an lo en reng a. Tunah chuan placating takin thu a sawi ta a ni."

"'Khawngaihin hming engpawh in nangmah duh; Hazrat a ni duhdan pechhuak chumi.'

"Number pakhat chuan bawngnhnute an dil a, mi dangte chuan thei tui an dil a. Unnerved Babu-a'n whisky a dil khan ka mangang lutuk lo! Mohammedan chuan order a pe a; obliging Hazrat chuan sealed container chu boruakah lawngin a rawn thawn a, leiah a thudding a. Mipa tin hian an duhzawng in tur an hmu ta a ni."

"He ni khata thil ropui palina tiam kha kan host tan chuan a lawmawm hle tih rinhlelh rual a ni lo: Afzal chuan chawhmeh ei nghal mai tur supply a rawt a!

"'Dish man to ber ber order ila,' tiin Babu chuan lungngai takin a rawt a. 'Ka cheng za nga man atan chaw elaborate tak ka duh! Engkim hi rangkachak plate-ah dah vek tur a ni!'

"Mi tinte chuan an duhzawng an sawi chhuah meuh chuan *fakir chuan* Hazrat, a tawp thei lo chu a rawn bia a. Thawm ri nasa tak a lo chhuak ta a; rangkachak bawm, curry intricate taka siam, *luchis lum* , leh out-of-season thei tam tak, khawi atang mahin kan ke bulah a rawn tla thla a. Chaw zawng zawng chu a tui vek a. Darkar khat chhung chaw eikhawm hnuah chuan pindan atang chuan kan chhuak ta a. A. A thawm nasa tak chuan, dish an khawm ang maiin min ti hawi a, Lo!

"Guruji," ka ti tawp a, "Afzal hian awlsam takin rangkachak bawm ang chi thil a secure thei a nih chuan engvangin nge midang thil neih a duh em em?"

" *Fakir hi* thlarau lamah a hmasawn sang lo hle a ni," tiin Sri Yukteswar chuan a sawifah. "Yoga technique engemaw tak a thiamna chuan astral plane-ah a lut thei a, chutah chuan duhtusam chu a takin a thleng nghal vek a ni. Astral being pakhat, Hazrat-a agency kaltlangin Mohammedan hian a ko thei a ni." thil eng pawh atom te chu etheric energy atanga duhtlanna chak tak thiltih hmanga siam a ni. Mahse chutiang astrally-a siam thilte chu structurally evanescent an ni a; rei tak an vawn theih loh. Afzal chuan khawvel hausakna chu a la duh reng a, chu chu hlawh harsa zawk mah se, rintlak zawk a ni."

Ka a nui suk a. "Chumi pawh achangin a bo ta ber account nei lovin!"

"Afzal hi Pathian hriatna nei mi a ni lo," Master chuan a ti chhunzawm a. "Thilmak, awm reng leh hlawkthlak tak takte chu mi thianghlim dik takte chuan Siamtu thiltitheih tak nena an inrem tawh avangin an ti thin a ni. Afzal hi mi pangngai mai a ni a, thih thlenga thi theite'n an luh tlangpui loh ram fiah lo tak chhunga luh theihna thiltihtheihna mak tak nei a ni.

"KA hrethiam tunah, Guruji chuan a ti a. Chumi khawvel hnu lama thil thleng a rawn

lang ah nei engemawzat duhawm nihphung."

Master chuan a remti a. "Chu ni hnuah chuan Afzal hi ka hmu ngai lo a, mahse kum engemaw zat hnuah Babu chu ka inah Mohammedan-a vantlang hmaa a inpuanna chanchin chanchinbu-a min hmuhtir turin a rawn kal a. Chuta tang chuan Afzal-a insiam hmasak dan chungchanga ka sawi tak tak che u kha Hindu guru hnen atangin ka hre ta a ni.

Sri Yukteswar-a hriatrengna angin document chhuah hnuhnung ber thupui ber chu hetiang hi a ni: "Kei, Afzal Khan hian heng thute hi simna thiltih atan leh a zawngtute tana vaukhâna atan ka ziaak a ni," a ti thilmak tih theihna neihna. Kum tam tak chhung chu Pathian leh ka pu khawngaihna hmanga thiltihtheihna mak tak tak min pekte chu ka hmang sual tawh a ni. Egotism-ah ka rui ta a, nungchang dan pangngai piah lamah ka awm tawh niin ka hria. Ka chhiar ni chu a tawpah chuan a lo thleng ta.

"Tun hnai khan Calcutta pawn kawngpuiah putar pakhat ka hmu a. Nat takin a tlu a, rangkachak ang maia thil eng eng tak a keng a. Ka thinlungah duhâmna nen ka bia a."

"KA ni Afzal a ni Khan, 2019 a ni. chumi ropui *fakir a ni* . Engnge nei nangmah sawtah?"

fakir tan chuan ngaihven a hlawh thei lo . Ka ke ruh tidam turin ka ngen che a ni, ka pu.'

"Ball ka khawih a, chhanna awm lovin ka kal ta a. Putar chuan ka hnungah a rawn hobbled a. Rei lo teah au thawm a siam a: 'Ka rangkachak chu a bo ta!'

"Ka ngaihven loh lai chuan a taksa chak lo tak atang chuan mak tak maia chhuak stentorian aw in a rawn sawi nghal a:

""Ti nangmah lo hmelhriatna keimah?"

"He piangsual upa tak, hmuhnawm lo tak hi tu dang ni lo, hun rei tak, hun rei tak kal ta ațanga yoga lama min luhtirtu mi thianghlim ropui tak a ni tih ka hmuhchhuah hnua ka hmuh chhuah chu mak ka ti hle. A insiamrem a; a taksa chu a chak ta nghal a, a tleirawl ta nghal a ni," a ti.

""Chuvangin!' Ka guru mitmeng chu meialh ang maiin ka hmu a, i thiltihtheihnate chu mihringte hrehawm tuar pui turin i hmang lo va, i thilpek mak tak takte chu ka la let leh ta a ni!

"Hazrat-a chu lungngai takin ka ko a; a vawi khatna atan, ka chhungril mithmuhah a rawn lang lo. Mahse, puan dum eng emaw zat chu ka chhungah a rawn inhawng nghal a; ka nun sawichhiatna chu chiang takin ka hmu a ni."

""Ka guru, ka hun rei tak chhunga ka rilru tihbuai hi hnawhchhuah tura i lo kal avangin lawmthu ka sawi e.' A ke bulah chuan ka tap chhuak a, 'Ka khawvel thil tumte chu kalsan ka tiam a, ka hun kal tawh sual chu ngaihdam ka beisei a, Pathian chungchang ngaihtuahna chu keimah chauhvin ka chawl ang'.

"Ka pu chuan ngawi rengin khawngaihnain min en a. 'I thinlung tak tak chu ka hre ve a ni,' a tawpah chuan a ti ta a ni. 'Kum hmasa lama i thu awih khauh tak avang te,

tuna i simna avang te hian malsawmna pakhat ka pe ang che. Tunah chuan i thiltihtheihna dangte chu a bo tawh a, mahse ei leh in leh silhfen a mamawh apiangin Hazrat-a chu hlawhtling takin i la ko thei a, chu chu supply turin i la ko mai thei. Thinlung zawng zawngin Pathian thu sawi turin inpe rawh," a ti tlanga hmuna awmte hriatthiamna.'

"Chutah chuan ka guru chu a bo ta a; ka mittui leh ngaihtuahnaah ka awm ta a ni. Farewell, khawvel! Cosmic Beloved ngaihdam dil turin ka kal a ni."

18-1 : 1.1. ANI Moslem a ni yoga lama mi thiam; atangin chumi Arabic tawng a ni *faqir a ni* , . rethei; a tir chuan apply a ni ah dervishes a ni hnuai ani thutiam a ni tan retheihna.

18-2 : 1.1. Ka pa a hnuah hrilh keimah sawmi ani company, chumi Bengal-Nagpur inkar a ni Rel kawng, . nei ni pakhat tan chumi firm hrang hrangte a ni victimized a ni Afzal Khan-a ziah a ni.

18-3 : 1.1. Ka ti lo kolet chumi hming tan Sri Yukteswar-a chuan a ti a thianpa, . leh ngei kawhhmuh ah ani awlsam takin angin "Babu". (Mister) tih a ni.

BUNG: 1.1. 19. A rilru a hah lutuk

Ka Hotu, Chhung Calcutta-ah, 1999 a ni. A rawn lang ta Chhung Serampore a ni

"Pathian awm ring lo rinhlelhna min tuam fo thin. Mahse, rinhlelhna hrehawm takin min tibuai fo thin: thlarau thil awm thei hman loh hi a awm lo mai thei? Mihring hian a chanvo tak tak chu a chhui chhuah loh chuan a hloh lo em ni?".. tiin a sawi.

Panthei boardinghouse- a ka roommate Dijen Babu thusawi hi ka guru hmu tura ka sawmna avanga koh a ni.

"Sri Yukteswarji hian *Kriya Yoga -ah a initiate ang che* ," tiin ka chhang a. "Divine inner certainty hmangin dualistic turmoil chu a ti reh a ni."

Chumi tlai chuan Dijen chuan hermitage-ah min zui a. Master hmaah chuan ka thianpa chuan thlarau lam thlamuanna a dawng a, rei lo teah tlawhtu reng reng a lo ni ta a ni. Nitin nunah thil tenawm tak takte hi mihring tan chuan a tawk lo va; finna pawh hi native hunger a ni. Sri Yukteswar-a thusawiah chuan Dijen-a chuan chutiang beihna-a hmasa berah chuan hrehawm tak, chutah chuan theihtawp chhuah lovin zalenna-a chhungril lama mahni tak tak awmna tur chuan incentive a hmu a ni a rilru chu hun eng emaw chen atana pianna mualphona ego aiin, Thlarau tan chuan a tam tawk lo.

Dijen nen chuan Serampore College-a AB course kan zir dun lai chuan class zawh veleah ashram lam pan chuan kan kal dun thin. Sri Yukteswar chu a chhawng hnihna balcony-ah ding chungin kan hmu fo thin a, kan rawn hnaih chu nui chungin a lo hmuak a.

Chawhnu khat chu Hermitage-a cheng naupang Kanai chuan kawngka bulah

Dijen-a nen chuan thu lawmawm lo tak nen min hmu a.

"Hotu hi lo hetah; ani tawh koh a ni ah Calcutta-ah a awm a tu chu hmanhmawhthlak thil chhinchhiah."

A tuk zingah chuan ka guru hnen atangin post card ka dawng a. "Inrinni zing hian Calcutta hi ka chhuahtsan ang," tiin a lo ziaht tawh a ni. "Nang leh Dijen hian Serampore station-ah dar 9 rel nen in inhma a."

Inrinni zing dar riat leh sawmthum vel khan Sri Yukteswar hnen atanga telepathic message chu ka rilruah nghet takin a rawn eng a: "Ka tlai tawh; dar kua rel nen inhmu suh," a ti.

Ka a thlen a ni chumi hnunung ber inkaihhraina ah Dijen, 1999 a ni. tunge tawh diam a inchei a tan chhuak.

"Nang leh i intuition!" Ka thianpa aw chu hmusit takin a edged a. "Master thu ziaak hi rin ka duh zawk."

Ka lu ka thing a, quiet finality nen ka thu ta a. Thinrim zet hian Dijen chuan kawngkhar lam chu a siam a, a hnungah chuan thawm ri zet hian a khar ta a.

Room chu a thim deuh avangin kawngpui lam hawi window chu ka hnaih zawk a. Ni êng tlemte chu a lo zual nghal zung zung a, chutah chuan thir hrual window chu a bo vek a ni. He dazzling background-ah hian Sri Yukteswar-a lem chiang taka insiam chu a rawn lang ta a!

Ka mangang lutuk chu ka chair atang chuan ka tho a, a hmaah chuan ka bawkkhup ta a. Ka guru ke bula zah taka chibai ka tih dan pangngaiin a kekawrte chu ka khawih a. Hengte hi ka hriat lar tak pahnih, orange-dyed canvas, rope hmanga soled a ni. A ocher swami puan chuan min rawn brush a; A kawrfual texture chauh ni lovin, a pheikhawk chunglam gritty tak tak, leh a chhunga a ke ruhte pressure pawh chiang takin ka hre chiang hle. Thumal khat pawh sawi theih loh khawpa mak ka tih avangin ka ding chhuak a, zawhna nei takin ka en a.

"Ka telepathic message i dawn avangin ka lawm hle." Master aw chu a reh a, a normal vek. "Tunlai hian Calcutta-ah ka sumdawnna ka zo tawh a, dar sawm rel hmangin Serampore ka thleng ang ."

Ngawi renga ka la en reng lai chuan Sri Yukteswar chuan, "Hei hi inlarna ni lovin, ka tisa leh thisen pianphung a ni zawk. He thil tawn hi pe turin Pathian thupek ka ni a, leia tihhlawhtlin theih loh khawpin ka hmu a ni. Station-ah min hmu rawh; nang leh Dijen-a chuan tuna ka inchei ang hian in lam pana min rawn kal tih min hmu ang. Ka hmaah hian ka chuangpui pakhat-a little boy carrying a silver a awm ang," a ti a jug a ni."

Ka guru chuan ka lu chungah kut pahnih a nghat a, malsawmna murmuang tak nen. A thusawi tawp ber angin, " *Taba Asi* ," **19-1** Rum ri mak tak mai ka hre ta. **19-2 a ni** A taksa chu êng hrual chhungah chuan a hmin zauh zauh tan ta. A hmasa berin a ke leh a ke chu a bo ta a, chutah a taksa leh a lu, lehkhabu zial hrual ang maiin a bo ta a ni. A tawp ber thlengin a kut zungtangte chu ka sam chungah chuan a innghat lo tih ka hre thei. Effulgence chu a bo ta vek a; ka hmaah chuan barred window leh ni êng hring dup mai chauh chu engmah a la awm lo.

Ka rilru hahna chanve-ah ka awm reng a, hallucination victim ka ni lo em tih zawhna ka
siam a. A crestfallen Dijen chu rei lo teah room chhungah chuan a lut ta a.

"Master chu dar kua rel-ah chuan a chuang lo va, dar kua leh sawmthum vel pawh khan
a awm lo." Ka thianpa chuan ngaihdam dilna boruak nen a thu puan chu a siam ta a.

"Chuti a nih chuan lo kal rawh; dar sawmah a lo thleng dawn tih ka hria." Dijen kut chu ka vuan a, a nawrh huaihawt chu ngaihsak lovin ka rualin tharum hmangin ka tlanpui ta a. Minute sawm vel hnuah station chhungah kan lut a, chutah chuan rel chu a puff tawh a, a ding ta a ni.

"Rel pumpui chu Master aura êngin a khat vek! A awm!" Hlim takin ka au

chhuak a. "I mumang a ni em?" Dijen chu nuihzat hmel zet hian a nui a.

"Hetah hian i nghak ang u." Ka thianpa hnenah chuan kan guru-in min rawn pan dan tur chipchiar takin ka hrilh a. Ka sawifahna ka zawh rual chuan Sri Yukteswar chu a rawn lang ta a, hun rei vak lo kalta a ka hmuh tawh thawmhnaw ang chiah kha a ha a. Tangkarua bawm keng tlangval te tak te hnungah chuan zawi zawiin a kal a.

Rei vak lo chhung chu hlauhna lum tak chuan ka chhungah a rawn paltlang a, ka thil tawn mak tak mai, a hmaa a la awm ngai loh avangin. Materialistic, kum zabi sawmhnihna khawvel chu ka hnen atangin a tla thla niin ka hria a; hmân lai, tuifinriata Petera hmaa Isua a inlâr hun lai kha ka lo kir leh tawh em?

Tunlai Yogi-Krista Sri Yukteswar-a chuan Dijen-a nen tawng thei lo taka kan zung kaih lai hmun a thlen chuan Master chuan ka thianpa chu a nuih a, a sawi a:

"KA thawm nangmah ani thuthawn pawh, mahse nangmah an thei lo ah manbet chumi."

Dijen chu a ngawi reng a, mahse rinhlelh hmel zet hian min melh reng a. Kan guru chu a hermitage-ah kan hruai hnu chuan ka thianpa nen chuan Serampore College lam panin kan kal ta a. Dijen chu kawngpuiah chuan a ding ta a, a pore tin atang chuan thinrimna a rawn luang chhuak ta a.

"Chuvangin! Hotu thawm keimah ani thuthawn! Thlengin nangmah thup a ni chumi! Ka beisei chu hrilhfiahna!"

"I rilru darthlalang chu kan guru thupek i register theih loh khawpa lungawi lohna nen a inthlak a nih chuan ka pui thei ang em?" Ka chhang let a.

Thinrimna chu Dijen hmel atang chuan a bo ta. "I sawi tum chu ka hmu e," lungngai takin a ti a. "Mahse, khawngaihin jug hmanga naupang chungchang i hriat theih dan kha han sawi teh."

Chumi zing chuan boardinghouse-a Master-a hmel ropui tak chanchin ka sawi zawh meuh chuan ka thianpa nen chuan Serampore College kan thleng ta a.

Dijen chuan, "Kan guru thiltihtheihna chungchang ka hriat tak mai hian khawvela university eng pawh hi kindergarten chauh a ni tih min hriattir a ni," a ti.

Bung 19. A rilru a hah lutuk Thuziak hnuai lam

19-1 : 1.1. Chumi Bengali tawng a ni "Good-by" tih a ni a; a ngial a ngan

chuan, chumi hi ani beiseina a nei inhnialna (paradox) chu: "Tichuan Ka lo kal

rawh." 19-2: Taksa atom-te dematerialization-a aw ziarang.

BUNG: 1.1. 20. A rilru a hah lutuk

Keini Ti Lo Tlawh Kashmir-ah a awm a

"Ka pa, ka summer vacation chhung hian Master leh ka thiante pali hi Himalayan tlang hnuai lama min zui turin sawm ka duh a. Kashmir pan tur rel pass paruk leh kan zin senso puhrukna tur pawisa ka nei thei ang em?"

Ka beisei ang ngeiin Pa chu thinlung takin a nui a. "Hetiang hi cock-and-bull thawnthu ang chiah kha min pek vawi thumna a ni. Nikum nipui lai khan hetiang thil hi i dil lo em ni, leh chu mi hma kum khan? Hun hnuhnung berah chuan Sri Yukteswarji chuan a kal duh lo."

"A dik a ni, Pa; engvangin nge ka guru hian Kashmir chungchanga a thu chiang tak min pek loh ka hre lo. **20- 1. 1. A rilru a hah lutuk chuan a rilru a buai em em a** Mahse, i hnen atangin pass ka secure tawh tih ka hrilh chuan engtin emaw tak chuan tun tum chu chutiang chuan ka ngaihtuah thin a zin chu a remti ang."

Chutih lai chuan Pa chu a ring lo hle a, mahse a tuk zingah chuan thu hlimawm tak tak a sawi hnu chuan pass paruk leh cheng sawm bill roll khat min pe a.

"KA khat ngaihtuah i theoretical lam hawi a ni tlu mamawh a ni chutiang tih theih props a ni," ani tiin a sawi a, . "mahse hetah anni hi."

Chumi chawhnu chuan ka booty chu Sri Yukteswar hnenah ka pholang a. Ka phurna chu nuihzat mah se, a thusawi chu inpekna nei lo a ni: "Ka kal duh a; kan hmu ang." A hermitage zirtir te tak te, Kanai chu min zui turin ka ngen chuan engmah a sawi lo. Ka thian dang pathum- Rajendra Nath Mitra, Jotin Auddy, leh tlangval dang pakhat ka sawm baw. Kan chhuah hun tur chu a tuk Inrinni atan ruat a ni.

Zirtawpni leh Pathianniah chuan Calcutta-ah ka riak a, chutah chuan ka chhungte inah cousin pakhat tan inneihna hun an hmang a. Monday zing hma takah ka bungrua kengin Serampore ka thleng a. Rajendra chuan hermitage kawngka bulah min hmu a.

"Hotu hi pawn, kal. Ani nei hnial ah kal."

Kei pawh chutiang baw chuan ka lungngai a, ka rilru a hah baw. "Kashmir

tana ka ruahmanna chimerical tak takte nuihzat turin Father chu vawi
thumna hun ka pe dawn lo. Lo kal rawh; a bak zawng chu engtin pawhin kan
kal ang."

Rajendra chuan a rawn ti a a remti a; Ka kalsan chumi ashram ah a awm bawh ah
zawngghmu ani chhiahhlawh. Kanai, 2019. Ka hria, ang lo la chumi tlu

Master tel lovin, bungrua enkawltu tur mi an mamawh bawk. Behari, a hmaa ka chhungkaw in lama chhiahhlawh ni thin, tunah chuan Serampore schoolmaster pakhata hnathawk mek chu ka ngaihtuah a. Ka kal chak lai chuan Serampore Courthouse bula Kristian biak in hmaah ka guru nen kan inhmu a .

"Khawnge hi nangmah kal?" Sri Yukteswar-a chuan a ti a hmai tawh nuihzat hmel lo.

"Sir, nang leh Kanai hian kan zin tum ang kha in la dawn lo tih ka hria. Behari hi ka zawng a ni. Nikum khan Kashmir hmuh a duh em em a, hlawh nei lovin rawngbawl turin a inpe pawh a ni tih i hrechhuak ang."

"Ka hre reng. Chuti chung chuan Behari hian a kal duh ka

ring lo." Ka thinrim hle mai. "He hun remchang hi

nghakhlel takin a nghak mai mai a ni!"

Ka guru chuan ngawi reengin a kalna chu a chhunzawm leh ta a; Rei lo teah sikul hotu te in chu ka thleng ta a. Behari, courtyard-ah chuan Kashmir ka sawi meuh chuan rang takin a bo ta vek mai, thian tha takin min lo hmuak a. Ngaihdam dilna tawngkam murawm tak nen chuan chhiahhlawh chuan min kalsan a, a employer inah chuan a lut ta a. Darkar chanve vel ka nghak a, hlauthawng zet hian Behari-a tikhawtlai chhan chu a zin tur atana inbuatsaihna vang a ni tih ka inhriat tir a. A tawpah chuan kawngka hma lam chu ka kik ta a.

"Behari chu minute sawmthum vel kalta khan hnunglam stairs bulah a chhuak a," mi pakhat chuan min hriattir a. A hmuiah chuan nuihzat hmel zet hian a rawn inher chhuak a.

Ka sawmna chu a nawr luih lutuk em tih emaw, Master-in hmuh theih loh nghawng a nei em tih emaw ngaihtuah chungin lungngai takin ka chhuak ta a. Kristian kohhran ka paltlang lai chuan ka guru chu zawi zawiin ka lam pan chuan a kal tih ka hmu leh a. Ka report ngaithla nghak lovin a au chhuak a:

"Chuvangin Behari a ni ang lo kal! Tunah, engnge hi i ruahmanna a siam em?"

Naupang hel, a pa thiam tak chu dodal tum tlat ang maiin ka inhria. "Ka pu, ka pa u chu a chhiahhlawh Lal Dhari min loan turin ka ngen dawn a ni."

"I duh chuan i pa u hmu rawh," Sri Yukteswar chuan nui chungin a chhang a.

"Mahse, tlawhna chu nuam i ti dawn lo tih ka ring."

Hlauthawng mahse hel takin ka guru chu chhuahsanin Serampore Courthouse-ah ka lut ta a. Ka pa lam atanga ka u, Sarada Ghosh, sorkar ukil chuan duhawm takin min lo hmuak a.

"Vawiin hian ṭhian ṭhenkhat nen Kashmir lam panin kan chhuak dawn a ni," ka ti a.

"Kum tam tak chhung chu he Himalayan zin hi ka lo nghakhlel tawh a ni."

"I tan ka lawm e, Mukunda. I zinkawng nuam zawka siam turin ka tih theih a awm em ?"

Hengte lainat thumalte pe keimah ani chawi tan fuihna a ni. "Duhtak putea," Ka sawi, "thei nangmah a ni thei thlakna

keimah i chhiahhlawh, . Lal Dhari?"

Ka dilna awlsam tak chuan lirnghing ang maia nghawng a nei a. Uncle chu nasa takin a zuang a, a chair chu a inher a, desk-a paper-te chu kawng tinrengah a thlawk a, a pipe, coconut zungbun sei tak, hubble-bubble sei tak chu, thawm ri nasa tak nen leiah a tla thla ta a ni.

"Nang tlangval mahni hmasial tak," thinrim zet hian a ti a, "eng ang ngaihtuahna âwm lo tak nge ni! Tuin nge min enkawl ang, ka chhiahhlawh hi i pleasure jaunt pakhatah i hruai a nih chuan?"

Ka mak tihzia chu ka thup a, ka pa upa (miable uncle) hmalam pan nghal mai chu hriatthiam theih lohna tura inpekna famkim ni khat chhunga enigma pakhat chauh a nihzia ka lantir a ni. Courthouse office atanga ka inhnukdawk chu zahawmna aiin a hahdam zawk.

Hermitage-ah chuan ka kir leh a, chutah chuan ka thiante beisei angin an lo inkhawm a. Master rilru put hmang hnuaiah hian mi thenkhat sufficient if exceedingly recondite motive a awm tih rinna ka nei chho zel a. Ka guru duhzawng tihbuai ka tum thin avangin simna chuan min man ta a ni.

"Mukunda, ka bulah rei vak lo awm i duh lo maw?" Sri Yukteswar chuan a zawt a. "Rajendra leh midangte hian tunah chuan hma an sawn thei tawh ang a, Calcutta-ah pawh an lo nghak ang che. Calcutta atanga Kashmir pan tur zan rel hnahnung ber man tur chuan hun tam tak a awm dawn a ni."

"Ka pu, Ka ti suh care ah kal tellovin nangmah," Ka sawi lungngai takin.

Ka thiante chuan ka thusawi chu an ngaihven lo hle. Hackney carriage an ko a, bungrua zawng zawng nen an chhuak ta a. Kanai nen chuan kan guru ke bulah ngawi reengin kan thu a. Darkar chanve vel zet a ngawih reng hnu chuan Master chu a tho a, second-floor dining patio lam chu a pan ta a.

"Kanai, ." khawngaihin rawngbawlsak Mukunda chuan a rawn ti a chaw. Ani zirtir hnah vat."

Ka blanket seat atang chuan ka tho a, ka pum chhungah chuan ka rilru a buai a, ka rilru a buai hle bawk. Chu hliam na tak chu a nasa em em a, hremhmun tharum thawhna eng emaw takah min paih nghal mai niin ka hria. Ka guru lam chu mitdel ang maiin ka khawih a, a hmaah chuan ka tlu ta a, Asiatic cholera hlauhawm tak chhinchhiahna zawng zawngin min rawn bei a. Sri Yukteswar leh Kanai chuan sitting room lam pan chuan min phur a.

Hrehawmna nasa tak karah chuan, "Master, ka nunna hi i hnenah ka hlan e;" ka taksa tuipui kam atang chuan a tla chak tak zet tih ka ring si a.

Sri Yukteswar a ni dah ka lu chungah ani malchung, stroking a ni ka chal nen vantirhkoh a ni tenderness tih hi a ni.

"I thiante nen station-ah awm ta ila eng nge thleng ang tih tunah i hmu tawh a ni," a ti a. "Hetiang mak tak mai hian ka enkawl che a ngai a, a chhan chu he hun bik takah hian zinkawng zawh chungchanga ka rorelna chu rinhlelh i thlang a ni."

A tawpah chuan ka hrethiam ta. Master ropui tak takte chuan an thiltihtheihnate chu tlang taka pholan a rem an tih tam loh avangin, thil tihsual (casual) a ni entu a ni tan chumi ni khat a ni thil thlengte a ni ang nei a suangtuah a sawmi an indawt tawh engemaw chen dan pangngai.

Ka guru inrawlhna chu rinhlelh tur khawpin a fiah lo hle tawh. Behari leh ka Uncle Sarada leh Rajendra leh midangte kaltlangin a duhzawng chu a lo thawk tawh a, chutiang khawpa langsar lo takin a thawk tawh a, keimah tih loh chu mi zawng zawngin thil awmdan chu logically normal niin an ngai mai thei.

Sri Yukteswar hian a khawtlang mawhphurhna a hlen loh ngai loh avangin Kanai chu specialist zawng turin a hrilh a, ka pa u pawh hriattir turin a hrilh bawh.

"Hotu," Ka nawrh huaihawt a, . "chauh nangmah thei tidam keimah. Ka ni pawh hla kal liam tan engpawh daktawr."

"Naupang, Pathian Khawngaihna a humhim che a ni. Doctor chungchang hi ngaihtuah suh; hetiang dinhmunah hian a hmu lovang che. I dam tawh a ni."

Ka guru thusawi chuan hrehawm tawrhna nasa tak chuan min chhuahsan ta a ni. Chak lo zet hian ka thu a. Rei lo teah doctor pakhat a lo thleng a, uluk takin min enfiah a.

"A chhe ber pawh i paltlang tawh niin a lang," a ti a. "Laboratory test atan specimen thenkhat ka keng ang."

Chumi zui zing chumi damdawi lam thiam thleng hmanhmawh takin. Ka tawh thut chungin chunglam, chhung tha thlarau te.

"Awle, a tha e, hetah hian i awm a, thihna nen hian close call i neih loh ang maiin nui chungin i inbia a." Ka kut chu zawi te hian a rawn fawp a. "Dangin ka hmu ngei ang che ka beisei lo, i natna chu Asiatic cholera a ni tih specimen atanga ka hmuhchhuah hnuah. Tlangval, Pathian tihdam theihna nei guru i nei hi i vannei hle mai! Ka ring tlat a ni!

Ka thinlung zawng zawngin ka remti a. Doctor chuan chhuak tura a inbuatsaih lai chuan kawngka bulah chuan Rajendra leh Auddy chu an rawn lang ta a. An hmela thinrimna chu doctor chu an han en a, chutah ka hmel eng emaw chen chu an han en a, chu chu lainatna-ah a inthlak ta a ni.

"Keini an thinrim engtikah nangmah a ti lo inher chunglam angin tiin a remti a hmunah chumi Calcutta-ah a awm a zirtir. Nangmah nei ni dam lo?"

"Awle." Ka thiante chuan nizan a a luahna kil khatah chuan bungrua chu an dah a, ka nui thei lo. Ka quote a: "Spain ramah lawng pakhat a kal a; a lo thlen chuan a rawn let leh ta!"

Master chu pindan chhungah chuan a rawn lut a. Convalescent zalenna ka phalsak a, hmangaihna nen a kut chu ka man ta a ni.

"Guruji," ka ti a, "Ka kum sawm leh pahnihna atang khan Himalaya tlang thleng tur

hian hlawhtling lo tam tak ka bei tawh a. A tawpah chuan i malsawmna tel lo chuan
Pathiannu Parvati **20-2 a ni tih ka ring tlat a ni," ka ti a** min lo dawngsawng lovang!"

.....
20-1 : 1.1. Pawh ni se Hotu hlawhchham ah siam engpawh hrilhfhahna, ani duh lohna ah tlawh Kashmir-ah a awm a
laiin saw'ng saw pahnih thlasik lai a ni chutah chuan a natna hun a la puitling lo tih hriat lawkna a ni thei (bung 22
en rawh).

20-2 : 1.1. A ngial a ngan chuan, "tan chumi tlangte chu." Parvati, 1999 a ni. thawnthu lam hawi chuan aiawhtu a ni angin
ani fanu tan Himavat a ni emaw chumi serh

BUNG: 1.1. 21. A rilru a hah lutuk

Keini Tlawh Kashmir-ah a awm a

"Tunah chuan zin turin i chak tawh a ni. Kashmir-ah ka zui ang che," Asiatic cholera atanga mak tak maia ka dam leh hnu ni hnih hnuah Sri Yukteswar chuan min hriattir a.

Chumi tlai chuan kan party mi paruk chu hmar lam pan turin kan intrain a. Kan chawlh hahdamna hmasa ber chu Himalaya tlang lalthutthlenga lalnu khawpui Simla-ah a ni. Kawngpui sang tak takah chuan kan kal kual a, a hmuhnawm tak takte chu kan en a.

"English strawberry hralh tur a ni," hmeichhe upa tak pakhat chuan a ti a, open market hmun mawi takah chuan a bawkkhup a.

Master chuan thei sen te te mak tak mai chu a hre duh hle a. Basket khat a lei a, kan bula awm Kanai leh keimah ngei pawh a rawn hlan a. Berry pakhat ka tem a mahse hmanhmawh takin leiah ka chil a.

"Ka pu, engnge ani thur thei! Ka thei ngai lo duh strawberry a ni!"

Ka guru chu a nui suk a. "Aw, i duh ang-America-ah. Chutah chuan zanriah ei turah chuan i hostess chuan sugar leh cream nen a rawn pe ang. Berry chu fork hmanga a mash hnuah chuan i ei ang a, i sawi ang: 'Eng strawberry tui tak em!' Tichuan Simla-a he ni hi i hre reng ang."

Sri Yukteswar-a hrilhlawkna chu ka rilruah a bo ta a, mahse kum tam tak hnuah, America ka thlen hnu rei vak lovah chutah chuan a rawn lang leh ta a ni. Massachusetts-a West Somerville-a Mrs. Alice T. Hasey (Sister Yogmata) te inah zanriah kilhonaah ka tel a. Strawberry dessert chu dawhkanah an dah chuan ka hostess chuan a fork chu a la a, ka berry chu a mash a, cream leh sugar a dah baw. "A rah hi a tart deuh a; hetiang a siam that hi i duh ngei ang tih ka ring," tiin a sawi.

Ka hmui ka la a. "Eng strawberry tui tak nge!" Ka ti chhuak a. Vawikhatmah Simla-a ka guru hrilhlawkna chu hriatrengna lungpui hriatthiam theih loh atang chuan a lo chhuak ta a. Hun rei tak kal ta khan Sri Yukteswar-a Pathianin a siam rilru chuan hmalam hun ether-a karma thilthlengte program chu sensitive takin a lo hmuchhuak tawh tih hriat chu thil mak tak a ni.

Kan party chuan rei lo teah Simla chu chhuahsanin Rawalpindi lam panin kan entrain ta a. Chutah chuan landau lian tak kan hire a, sakawr pahnihin an khalh a, chutah chuan Kashmir khawpui Srinagar-ah ni sarih chhung zin kan tan ta a ni. Khawchhak lam kan pan ni hnihnaah chuan Himalaya tlang zau tak tak chu a rawn lang ta a ni. Kawngpui lum leh lungpui chungah chuan kan tawlailir thir ke chu a ri chhuak a, tlang ropui tak takte hmuhdawm danglam tak takte chuan min ti hlim hle.

"Ka pu," Auddy a ni sawi ah Hotu, "KA ni nasa takin nuam ti takin hengte ropui tak a ni scene hrang hrang a awm chhung i thianghlim company."

Auddy-a ngaihhlutna chu lawmawm ka ti hle a, he zinkawngah hian host hna ka chelh avangin. Sri Yukteswar chuan ka ngaihtuahna chu a man a; ka lam a hawi a, a rawn ti sap sap a:

"I in flatter suh; Auddy hi cigaret in tur khawpa rei min kalsan theihna tur a nih angin scenery hi a entranced hnai lo."

Ka mangang hle mai. "Sir," undertone chuan ka ti a, "khawngaihin heng thu duhawm lo tak takte hian kan inremna hi titawp suh. Auddy hian meikhu a duh hle tih hi ka ring thei lo." **21-1 a ni** Ka guru, a tlangpuiin thunun theih loh chu hlauthawng zet hian ka en a.

"A tha khawp mai; Auddy hnenah engmah ka sawi lovang." Master chu a nui suk a. "Mahse, i hmu thuai ang, landau a din hunah chuan Auddy hian a hun remchang chu a hmang nghal vat a ni."

Caravanserai te tak te pakhtah chuan tawlailir chu a thleng ta a. Kan sakawrte chu tui pek tura an hruai lai chuan Auddy chuan, "Ka pu, driver nen hian rei vak lo kan chuang a nih chuan i ngaihtuah em? Pawn lam boruak tlem tal hmuh ka duh a ni," tiin a zawt a.

Sri Yukteswar a ni pe phalna, mahse tiin a sawi ah keimah, "Ani duh a ni tharlam meikhu leh lo tharlam boruak."

Landau chuan kawngpui leivut chungah chuan a hmasawwna ri nasa tak chu a chhunzawm leh ta a. Master mitmeng chu a rawn meng chhuak a; min hrilh a, "Crane up your neck through the carriage door, Auddy-a'n boruak a tih dan chu en rawh," tiin min hrilh a.

Ka thu awih a, Auddy-a'n cigaret meikhu ring tak tak a chhuah chhuah lai ka hmuh chuan mak ka ti hle. Sri Yukteswar lam ka hawi chu ngaihdam dilna a ni.

"I sawi dik a ni, a hma ang bawkin, sir. Auddy hian panorama nen puff a hlim hle bawk." Chu chu ka surmise ta a ni ka thianpa chuan cab driver hnen atangin thilpek a dawng tawh a; Auddy hian Calcutta atanga cigaret a keng lo tih ka hria .

Lui te, ruam te, lungpui lian tak tak te, leh tlang sang tak tak te hmuhnawm tak takte chuan labyrinthine kawng chu kan zawh chhunzawm ta a ni. Zan tin rustic inn-ah kan ding a, kan ei tur pawh kan buatsaih thin. Sri Yukteswar chuan ka ei leh in chu a bik takin a enkawl a, chaw ei zawng zawngah lime tui ka ei vek tur thu a sawi nghet tlat a ni. Ka la chak lo hle a, mahse nitin ka insiam tha chho zel a, mahse, rattling carriage chu hrehawmna tur atan khauh taka siam a ni.

Kashmir khawthlang lam, lotus luite paradis ram, huan tui chung awm, in lawng hlim tak tak, Jhelum lui, kawngpui tam tak awmna, leh pangpar tam tak awmna ran vulhna hmun, Himalayan ropui takin a hual vel zawng zawng kan hnaih lai chuan beiseina hlim tak chuan kan thinlung a luah khat ta a ni. Srinagar kan panna chu an

avenue of thing sang tak tak, lawmawm tak tak te. Tlâng ropui tak takte thlir theihna Inn chhawng hnih neiah room kan engage a. Tui luang tur a awm lo va; kan supply chu kan bula tuikhuah aţangin kan la a. Thlasik khaw lum a ni a, ni lum leh zan a vawt deuh bawk.

Hmanlai Srinagar temple Swami Shankara-a chu pilgrimage kan nei a. Tlâng chhip hermitage, van lam hawia huaisen taka ding chu ka en reng lai chuan, hlim takin ka tlu ta a. Ram hla takah tlang chhip in ropui tak chu inlarna a lo lang a. Ka hmaa Shankara ashram sang tak chu kum tam tak hnuah America rama Self-Realization Fellowship headquarters ka dinna structure-ah a chantir ta a ni. Los Angeles ka tlawh hmasak ber ţum khan, Washington tlang chhip lama in lian tak ka hmuh khan, Kashmir leh hmun dangah pawh.

Srinagar-ah ni engemaw zat a awm a; tichuan Gulmarg ("tlang kawng pangpar") thlengin, feet sangruk zeta sang a ni. Chutah chuan sakawr lian takah chuan ka chuang hmasa ber a. Rajendra chuan trotter te tak te a chuang a, . a thinlung chu tlan chak duhnain a kang chhuak ta a ni. Khilanmarg tlang sang takah chuan kan ventured a; kawng chu ramngaw zau takah a kal a, thing-mushroom tam tak a awm a, chutah chuan vur-in a khuh kawngpui chu a hlauhawm fo ţhin. Mahse Rajendra-a ran te tak te chuan ka sakawr lian lutuk chu rei vak lo chawlh a phal ngai lo va, a turn hlauhawm ber ber pawh nise. On, on, chau lo takin Rajendra sakawr chu a rawn kal a, inelna hlimna tih loh chu engkim a hre lo.

Kan intlansiak hahthlak tak chu thawk hahdam takin a lawmman a ni. He nunah hian a vawi khat nan, vur tlain a khuh Himalaya tlang sang tak tak, silhouette lian tak tak ang maia tier khat hnu tier khata mu chu kawng tinrengah ka en a polar bear te an ni. Ka mit chuan ni êng tak van boruak dum chungah chuan tlang hring hring tawp nei lote chu hlim takin a ei a .

Ka thiante naupang, overcoat ha vek nen chuan hlim takin ka roll a, chu chu tlang chhip dum hring dup tak takah chuan ka roll ta a. Kan hnuai lam pannaah chuan hla takah pangpar sen carpet lian tak kan hmu a, chu chuan tlang thim tak takte chu a tidanglam vek a ni.

Kan zin lehna tur chu Emperor Jehangir-a lal "pleasure garden" hmingthang tak, Shalimar leh Nishat Bagh-a awmte chu a ni. Nishat Bagh-a lal in hlui hi natural waterfall chungah direct-a sak a ni. Tlâng aţanga rawn chhuk chhuak, luipui chu thil fing tak tak hmangin terrace rawng hrang hranga luang chhuak tûr leh pangpar huan mawi tak takte zînga tuikhuah-a luang chhuak tûrin tihreh a ni. Lui hian lal in pindan engemaw zatah pawh a lut a, a tawpah chuan fairy ang maiin a hnuaia luih a tla thla ta a ni. Huan lian tak takte chu a buai hle a, colour- roses of a dozen hues, snapdragons, lavender, . pansies, . poppies a ni. Chu emerald a ni enclosing a ni tlangpui hi pek tu symmetrical a ni row hrang hrang a awm *chinars* , 21-2-ah-a awm cypress thing, cherry thing te; an piaah lamah chuan Himalaya tlangdunga

austerities dumte chu a sang hle.

Kashmir grape hi Calcutta-ah chuan chaw tui tak zingah ngaih a ni. Kashmir a thlen chuan ruai dik tak a lo tiam tawh Rajendra chuan grep huan lian tak tak a awm loh avangin a lungawi lo hle a ni. Tunah chuan a baseless anticipation avang hian jocose takin ka chaffed thin.

"Aw, grape ka ei nasa lutuk a, ka kal thei lo!" Ka ti mai ang. "Hmuh theih loh grape chu ka chhungah a rawn inher chhuak ta!" A hnuah chuan Kashmir chhim lam Kabul-ah grape thlum tak tak a lo chhuak nasa hle tih ka hre ta a. Kan thlamuan a, *rabri -a siam ice cream* , bawnghnute condensed nasa tak, leh...

flavoured a ni nen pumpui pistachio a ni nuts a ni.

Shikara emaw, in lawng emaw -ah chuan vawi tam tak kan zin a , chu chu red-embroidered canopies-in a khuh a, Dal Lake-a canal inthup tak takte chu kan zawh a, chu chu tui tak tak, spider web ang maia canal network a ni. Hetah hian huan lian tak tak, thing leh mau hmanga siam that uar tak takte chuan mak a ti hle a, chutiang chuan tui zau tak kara thlai leh melon lo chhuak hmuh hmasak ber chu a inmil lo hle. Tum khat chu loneitu pakhat, "leiah zung kai" tih hmusit, a square plot "ram" chu kut zungtang tam tak awmna luiah hmun thara a phurh lai a hmu thin.

He thawnthu sawina ruam-ah hian leilung mawina zawng zawng entirna (epitome) hmuh tur a awm. Lady of Kashmir hi tlang lallukhum khum a ni a, luipuiah a inthuum a, pangpar a khuh baw. Kum hnunung lamah chuan ram hla tak tak tam tak ka tlawh hnu chuan Kashmir hi khawvela hmun mawi ber tia sawi a nih fo chhan chu ka hrethiam ta a ni. Swiss Alps tlangte, leh Scotland rama Loch Lomond-a thil mawi tak tak, leh English lui mawi tak takte pawh a nei a ni. Kashmir-a American khualzin pakhat chuan Alaska khawpui ropui tak leh Denver bula Pikes Peak khawpui ropuizia hriat nawn tirna tur thil tam tak a hmu a.

Scenic beauty contest-a entry angin, lawmman pakhatna atan Mexico rama Xochimilco hmun mawi tak, tlang, van leh poplar-te chu sangha inkhelh karah tui kawngpui tam takah an inlanna hmun emaw, Kashmir-a lungflu ang maia luipui, Himalaya tlang stern surveillance-in nula hmeltha ang maia venhimna emaw chu ka pe a ni. Heng hmun pahnih hi ka hriatrengnaah chuan khawvela hmun duhawm ber berte zingah a langsar hle.

Mahse, Yellowstone National Park leh Colorado-a Grand Canyon, leh Alaska-a thil mak tak takte ka hmuh hmasak ber tum pawh khan mak ka ti hle baw. Yellowstone Park hi geyser chhiar sen loh boruak sang taka kah chhuah hmuh theihna hmun awmchhun a ni mai thei a, kum tin clockwork regular takin an thawk chhuak thin. A opal leh sapphire pool leh sulphur tuikhuah lum tak tak te, a bear leh ramsa te hian hetah hian Nature hian a thil siam hmasa ber specimen a hnutchhiah tih a hriat nawn tir a ni. Motor hmanga kal a ni Wyoming khawpui kawngpui "Devil's Paint Pot"-a leivut lum tak tak, tuikhuah gurgling, vaporous fountains, leh spouting geysers te chu kawng tinrengah a awm a, Yellowstone hian a danglamna avang hian lawmman bik a phu a ni tih sawi duhna ka nei a ni.

Yosemite-a hmân lai redwood ropui tak takte, an lungpui lian tak takte chu hriatthiam theih loh vân thlenga hla tak takte chu, green natural cathedrals, skill divine-a duan an ni. Khawchhak biala tui tla mak tak tak awm mah se, Canada ramri bula Niagara thlipui mawi tak nen chuan pakhat mah a tluk lo. Kentucky-a Mammoth Caves leh New Mexico-a Carlsbad Caverns, icicle ang maia rawng hrang hranga siamte chu fairyland hmuhdawm tak a ni. An needle sei tak tak, stalactite spire, lungpui atanga inngat ceiling a awm baw leh mirror a ni chhung lei hnuaia awm tui, . thilpek ani hmu zuai tan thildang khawvel hrang hrang angin mihringin

a fancied a ni.

Kashmir-a Hindu tam zawk, an mawina avanga khawvel hriat hlawh tak takte hi European-ho ang maia var an ni a, an pianphung leh ruh siam dan inang an nei a; tam tak chuan mit dum leh sam dum an nei. Khawthlang lam thawmhnaw ha chungin American ang maiin an lang. Himalaya tlang lum tak hian Kashmiri mite chu ni lum tak lakah a venghim a,... vawngtha an eng vun rawng (complections) te. Angin pakhat a zin chhuak thin ah chumi khawthlang lam a ni leh tropical a ni latitude hrang hrangah a awm of India-ah chuan mipui chu an thim zual sauh sauh tih a hmu chhuak ta a ni.

Kashmir-a kar hlim tak ka hman hnu chuan Serampore College fall term atan Bengal-ah ka kir leh a ngai ta a ni. Sri Yukteswar chu Srinagar-ah a awm reng a, Kanai leh Auddy-a te nen. Ka chhuah hmain Master chuan a taksa chu Kashmir-ah hrehawm tawrhna tuar a nih tur thu min hrilh a.

"Ka pu, hriselna thlalak i en a ni," ka dodal a.

"He lei hi ka chhuahsan pawh theihna

chance a awm."

"Guruji chu!" A ke bulah chuan ngenna hmel pu chungin ka tlu ta a. "Khawngaihin tunah hian i taksa i chhuahsan dawn lo tih tiam rawh. I tel lova kal zel turin ka inpeih lo tak zet a ni."

Sri Yukteswar chu a ngawi reng a, mahse khawngaihthlak takin min nuih a, ka thlamuang hle. Duh lo zet hian ka kalsan ta a.

"Master hlauhawm takin a damlo." Auddy hnen atanga he telegram hi Serampore ka lo haw hnu lawkah ka hnenah a thleng a .

"Sir," ka guru chu hlauthawng takin ka wire a, "Min kalsan lo turin i thutiam ka dil a. Khawngaihin i taksa hi vawng reng rawh; chutiang a nih loh chuan kei pawh ka thi ve mai ang."

"Ni chumi angin nangmah duhsak." Hei tawh Sri Yukteswar-a chuan a ti a chhang atangin Kashmir-ah a awm a.

Ni rei vak lo hnuah Auddy hnen atangin lehkha a lo thleng a, Master chu a dam tawh tih min hriattir a. Kar hnih chhunga Serampore-a a lo kir leh chuan ka guru taksa chu a rit pangngai chanvea tihhniam a nih ka hmuh chuan ka lungngai hle.

Vanneihthlak takin tan ani zirtirte, . Sri Yukteswar a ni kang a ni tam tak tan an sualte chhung chumi mei tan ani Kashmir-ah khawsik na tak a nei. Natna taksa lama inthlak danglamna (physical transfer of disease) metaphysical method hi yoga thiam tak takte chuan an hre Chiang hle. Mi chak chuan mi chak lo zawk chu a phurrit rit phur tura puiin a pui thei a; ani thlarau lam superman chuan a zirtirte taksa emaw rilru emaw phurrit chu an thiltih tawhte karma insem hmangin a ti tlem thei a ni. Mi hausain a fapa tlanbo tana leiba lian tak a rulh hunah sum engemaw zat a hloh ang bawkin, chutianga a fapa âthlâk tak a\anga chhandam a nih ang bawkin, pu chuan zirtîrte hrehawm tawrhna tihziaawm nân a taksa hausakna thenkhat chu duhsak takin a hlan a ni. **21-3 ah a awm**

Thil thup hmangin yogi chuan a rilru leh astral vehicle chu mimal hrehawm tuar tawhte nen a inzawm khawm a; natna chu a pum emaw, a then emaw, mi

thianghlim taksaah a thlen a ni. Taksa lama Pathian a seng tawh avangin, pu chuan chu thilsiam chung a thil thleng chu a ngaihtuah tawh lo. Mi dangte tihdam nân natna engemaw a register theih nân phal mah se, a rilru chu a nghawng ngai lo va; chutiang tanpuina pe thei chu vannei takah a inngai a ni.

Lalpa chhandamna hnahnung ber changtu devotee chuan a taksain a thil tum a hlen chhuak vek tih a hmu a; chutah chuan a remchan dan angin a hmang thei ta a ni. Khawvela a hnathawh chu mihringte lungngaihna tihziaawmna tur a ni a, chu chu thlarau lam thil hmang emaw, finna lama thurawn hmang emaw, duhthlanna hmanga emaw, taksa lama natna inthlengna hmang emaw pawh ni se. A duh hun apianga superconsciousness-a tlanchhiatsan chuan, master chuan taksa hrehawmna chu a hre lo thei a; a chang chuan a ni

taksa natna chu stoically-a tuar a thlang a, zirtirte tan entawn tur a ni. Midangte natnate a bun hian yogi chuan, an tan chuan, karma dan of cause and effect chu a tihlawhtling thei a ni. He dan hi mechanical emaw mathematically emaw a thawk thei a ni a; a hnathawh dan chu Pathian lam miten scientific takin an hmang thei a ni finna.

Thlarau danah chuan puin mi dang a tihdam apiangin a damlo a ngai lo. Damna chu a tlangpuin mi thianghlimin a rang lama tihdam theih dan hrang hrang a hriatna hmangin a thleng thin chhung khawi Aih na tuar ah chumi thlarau lam thil tidamtu hi tel. Chungah vang hun remchang, . engpawhnise, ani a zirtirte evolution nasa taka ti chak duhtu master chuan chutah chuan a duhthusamin a taksaah an duh loh karma tam tak chu a thawk chhuak thei a ni.

Isua chuan mi tam tak sual tlanna atan a inhriattir a. A Pathian thiltihtheihna hmangin, **21-4** a taksa chu kraws-a khenbeh thihna hnuaiah a awm thei ngai lo vang, chu chu duhsak taka cosmic law fiah lo tak, cause and effect-a a thawhpui loh chuan. Chutiang chuan mi dangte karma, a bîk takin a zirtîrte karma rah chhuah chu a la ta a ni. Chutiang chuan thianghlim takin an awm a, a hnua an chung a lo chhuk, hmun tina awm hriatna chu dawng thei tura siam an ni.

Mahni inhriatthiamna nei master chauhvin a nunna chakna chu a transfer thei a, a nih loh leh midang natna chu a taksaah a thlen thei bawk. Mi pangngai chuan he yoga hmanga tihdam dan hi a hmang thei lo va, chutianga tih chu duhthusam a ni hek lo; taksa hmanrua \ha lo chu Pathian ngaihtuahna daltu a ni si a. Hindu lehkhabuah chuan mihring tih tur hmasa ber chu a taksa dinhmun tha taka vawn reng hi a ni tih a zirtir a; chuti lo chuan a rilru chu devotional concentration-ah a inngat thei lo.

Mahse, rilru chak tak chuan taksa lama harsatna zawng zawng a paltlang thei a, Pathian hriatna a thleng thei a ni. Mi thianghlim tam tak chuan natna an ngaihthah a, Pathian lam panna kawngah an hlawhtling ta a ni. Assisi khuaa mi thianghlim Francis-a, 1999. natna nasa takin a tuar a, mi dangte a tidam a, mitthite pawh a kaitho bawk.

Indian mi thianghlim pakhat ka hria a, a taksa chanve chu vawi khat chu hliamin a lo hring chhuak tawh a. A zunthlum natna chu a nasat em avangin dinhmun pangngaiah chuan minute sawm leh panga aia rei chu vawi khatah a thu thei lo. Mahse a thlarau lam duhthusam chu a tithinur thei lo. "Lalpa," a tawngtai a, "I lo lut dawn em ni," a ti a ka biak in chhe tawh?" Duhna thupek tawp lo nen chuan mi thianghlim chu zawi zawiin nitin a thu thei ta a ni lotus posture-ah darkar sawm leh pariat chhung zet, ecstatic trance-ah a inhnawh.

"Tin," min hrilh a, "kum thum hnuaiah chuan ka hmel chhe tawh tak chhungah chuan Eng tawp nei lo chu a lo eng chhuak tih ka hmu a. Hlimna ropui takah chuan lawm takin taksa chu ka theihnghilh ta a ni. A hnuaiah chuan Pathian Khawngaihna

hmangin a pum pui a lo ni ta tih ka hmu ta a ni," a ti.

Historic healing incident pakhat chu India rama Mogul empire dintu King Baber (1483-1530) chungchang a ni. A fapa Prince Humayun chu thihpui khawpin a damlo a ni. Pa chuan natna chu dawng turin leh a fapa chu chhanchhuah a nih theih nan lungngai takin a tawngtai a. Damdawi thiam zawng zawngin beiseina an bansan hnu chuan Humayun chu a dam leh ta a. Baber chu a damlo nghal a, a fapa natna vei ang bawh khan a thi ta a ni. Humayun hian Baber-a thlakin Hindustan Emperor a ni.

Mi tam tak chuan thlarau lam zirtirtu tin hian Sadow hriselna leh chakna hi an nei a, an nei tur a ni tih an ngaihtuah a. Chumi rindan hi thu bul nei lo. ANI damlo a ni taksa ti lo kawh sawmi ani guru tih hi a ni hi lo chhung khawih

Pathian thiltihtheihnate nêen chuan, dam chhûng hrisêlna aiin chhûngril lam êng a târ lang ngei ang. Taksa taksa dinhmun hi, thu dangin sawi ila, dik takin master fiahnaah siam theih a ni lo. A nihna danglam bik chu a thuneihna, thlarau lam thila zawn a ngai a ni.

Khawthlang rama thil zawngtu buai tak tak tam tak chuan metaphysics chungchanga thusawi thiam tak emaw, ziaktu emaw chu thiam tak a ni ngei tur a ni tih an ngaihtuah sual a ni. Mahse, rishi-te chuan master acid test chu mipain a duh ang anga thawk theih lohna dinhmuna a luh theihna a ni tih an tarlang a, *nirbikalpa* -a *samadhi chhe lo chu a vawng reng thei baw* . **21-5 ah a awm** Heng hlawhtlinna hmang chauh hian mihring hian *maya* emaw, dualistic Cosmic Delusion emaw chu a "master" tih a finfiah thei ang. Amah chauh hian hriatna thuk tak atang chuan heti hian a sawi thei: " *Ekam sat* , "-Pakhat chauh a awm."

" *Veda- ah* chuan mi hriat loh, mimal thlarau leh Mahni Chungnung ber inthliarna tlemte pawh siama lungawi taka chawlh hahdam chu hlauhawmah a awm tih a puang a ni," tiin Shankara the great monist chuan a ziaak a ni. "Hriat lohna avanga pahnihna awmna hmunah chuan thil zawng zawng hi Mahni atanga danglam angin a hmu a. Engkim hi Mahni anga hmuh a nih chuan Mahni ni lo atom dang pawh a awm lo. . . ."

"Angin vat angin chumi hriatna tan chumi Anihna tak nei arawn chhuak ta chunglam, sawtah thei ni Aih thei chi hrang hrang tan hunkaltawh thiltih taksa thil tak tak lo avanga tawn tur, harh hnua mumang awm thei lo ang bawkin."

Guru ropui tak tak chauh hian zirtirte karma hi an la thei a ni. Sri Yukteswar hian Kashmir-ah hian a tuar lovang, chutiang kawng mak tak maia a zirtirte tanpui turin a chhunga Thlarau hnen atangin phalna a dawn loh chuan. Pathian thupek hlen chhuak thei tura finna nena thuamtu chu Pathianin a siamrem Master aia sensitive taka thuam mi thianghlim tlemte chauh an awm.

Engtikah Ka ventured a ni ani tlem thumalte tan lainatna chungah ani emaciated a ni milem, ka guru tih hi a ni sawi hlim takin:

kum tam tak chhunga ka hak ngai loh *ganjis (undershirt)* te tak te thenkhatah ka lut thei ta !"

Master-a nuihzatthlak tak ka ngaihthlak lai chuan Mithianghlim Francis de Sales-a thusawi chu ka hrechhuak ta a: "Mi thianghlim lungngai chu mi thianghlim lungngai tak a ni!"

21-1 : 1.1. Chumi hi ani mark a ni tan zah lohna, . chhung India, ah meikhu chhung chumi

awmna tan pakhat ta a ni upate an ni leh chungnung zawkte an ni. 21-2: Khawchhak lam plane

thing..

21-3 : 1.1. Tam tak Kristian mi thianglimte, . telin Therese chuan arawn ti a Neumann-a chuan a sawi (hmu bung khat a ni 39), . hi hrebel nen chumi metaphysical lam thil a ni sawn natna a ni .

21-4 : 1.1. Krista sawi, chiah hmaah ani tawh kaihruai hmundang ah ni kraws-a khenbeh: "Ngaihtuah teh." nang sawmi Ka thei lo tunah tawngtai ah ka Pa, leh ani ang tunah hian pe keimah belh aiin sawmpahnih legion te an ni tan vantirhkohte? Mahse engtin tichuan ang chumi Pathian Lehkha Thute ni tihlawhtlin a ni a, . sawmi chuangin a ni ngei ang?"- *Matthaia* 26:53-54.

21-5 : 1.1. Hmu bung hrang hrang 26, 26 a ni. 43 a ni *notes a ni* .

BUNG: 1.1. 22. A rilru a hah lutuk

Chumi Thinlung Tan ANI Lung Thlalak

"Hindu nupui rinawm tak ka nih angin ka pasal hi phunnawi ka duh lo. Mahse, a thil neih duhna a\anga a hawi let hi ka duh em em a ni. Ka meditation room-a mi thianghlim thlalakte nuihzat hi a lawm hle a ni."

Duhtak unaupa, Ka nei thuk rinna sawmi nangmah thei tanpui ani. Duhdan nangmah?"

Ka unaunu upa ber Roma chuan ngenna hmel zet hian min en reng a. Girish Vidyaratna Lane-a Calcutta-a a chenna in chu rei vak lo ka tlawh a. A ngenna chuan min khawih hle a, ka nun hmasa berah thlarau lam nghawng thui tak a nei a, Nu thihna avanga chhungkaw zinga hmun ruak awm chu hmangaihna nen luah khat turin a bei a ni.

"Unaunu duh tak, ka tih theih apiang ka ti ngei ang." Ka nui suk a, a hmela chiang taka lang thim chu chawi kang duh hle a, a hmel pangngaia rilru hahdam leh hlim tak nen chuan a danglam hle.

Roma nen chuan rei vak lo chu ngawi rengin kaihhruaina dil chungin kan thu a. Kum khat kalta khan ka unaunu chuan *Kriya Yoga* -ah initiate turin min ti a , chutah chuan hmasawna langsar tak a nei a ni.

Inspiration pakhatin min man ta a ni. "Naktuk hian Dakshineswar temple-ah ka kal dawn a ni. Khawngaihin ka bulah lo kal la, i pasal chu min zui turin fuih rawh. Chu hmun thianghlim vibration-ah chuan Divine Mother-in a thinlung a khawih dawn niin ka hria. Mahse, a kal duhnaah hian kan thil tum chu puang chhuak suh," ka ti a.

Sister chuan beiseina nen a remti a. A tuk zingah chuan chu Roma leh a pasal chu ka hmu ta a, ka lawm hle an chhung inpeih tawhna tan chumi tlu. Angin kan hackney a ni tawlailir a ni arawn ti nghal zat zuiin Chunglam chu Circular Road a ni lamah Dakshineswar, kum 1999 a ni. ka kawppui unaupa, Satish chuan a ti a Chandra chuan arawn ti a Bose, 1999 a ni. a nuihzatthlak hle amah ngei pawh a ni hun kal tawh, tunlai leh hmalam hun chungchanga thlarau lam guru-te nuihzatna hmangin. Roma chu ngawi rengin a tap tih ka hmu a.



Mahni Inhriatthiamna Biakin tan Zavai Sakhaw hrang hrang, . San Diego,
1999 a ni. California-ah a awm a



Ka ding nen ka pahnih unaunu, . Roma te chuan (hmunah kalsan) leh Nalini
chuan



Ka unaunu Uma, . angin ani naupang hmeichhe naupang

"Sister, lo lawm rawh!" Ka ti sap a. "I pasal hi a nuihzatna hi kan ngai pawimawh hle tih rinna lungawina hi pe suh."

"Mukunda, engtin nge humbugs hlutna nei lo chu i ngaihsan theih ang?" Satish chuan a ti a. "SADHU hmel tak hi a tenawm hle. Ruhro ang maia cher a ni emaw, sakeibaknei ang maia thau thianghlim lo tak emaw a ni emaw!"

Nui chungin ka au chhuak a. Ka thiltih \ha tak chu Satish-a tan chuan a tithinur hle a; a retire ta a, sullen silence-ah chuan a chawl ta a ni. Kan cab chu Dakshineswar grounds a luh rual chuan nuihzat hmel zet hian a nui suk a.

"Hei zin chhuahna, . Ka ringchhin, hi ani scheme a ni ah siamthatna tur a ni keimah?"

Chhan lova ka hawi let rual chuan ka kut chu arawn vuan a. "Tlangval Mr. Monk," a ti a, "kan chawhnu lam chaw ei tur ruahman turin temple thuneitute nen ruahmanna fel tak siam theihnghilh suh," a ti a.

"Tunah hian ka meditate dawn a ni. I chaw ei tur kha ngaihtuah buai suh," na takin ka chhang a. "Divine Mother chuan a enkawl ang."

"Divine Mother hian thil pakhat mah min tihsak hi ka ring lo. Mahse ka ei tur chungchangah hian nangmah hi ka mawhphurtuah ka ngai a ni." Satish tone chu a hlauhawm hle mai.

Kali, a nih loh leh Mother Nature biak in lian tak hmaa awm, colonnaded hall lam chu keimah chauhin ka kal ta a. Pillar pakhat bula hmun hlimthla thlangin ka taksa chu lotus posture-ah ka dah a. Dar sarikh vel chauh ni mah se, zing ni chuan a

tiduhdah thuai dawn a ni.

Devotionally entranced ka nih chhoh zel chuan khawvel chu a tlahniam ta a ni. Ka rilru chu Pathiannu Kali-ah a inngat a, Dakshineswar-a a lem chu a pu ropui, Sri-a biakna bik a ni tawh a ni Ramakrishna chuan a rawn ti a Paramhansa a ni. Chhung chhanna ah ani lungngai takin thil phut, . chumi lung thlalak tan hei lutuk

biakin nei fo laksak ani nung siam leh an titi a nen ani.

"Lungpui thinlung pu Nu ngawi reng," ka tawngtai a, "I hmangaih em em Ramakrishna ngenna angin nunnain i khat ta a; engvangin nge he I fapa duhthusam tak au thawm pawh hi i ngaihsak loh ?"

Ka duhthusam thahnemngaihna chu a tawp chin nei lovin a pung a, chu chu Pathian remna nen a inzawm a ni. Mahse, darkar nga a liam tawh a, ka chhungril lama ka hmuh chhuah Pathiannu chuan chhanna a pe lo va, ka beidawng deuh hlek a ni. A châng chuan tawngtaina thlen famkimna tikhawtlai hi Pathian fiahna a ni. Mahse a tawpah chuan a duh em em ang chi pawh ni se, a beitu ngeth tak hnenah chuan a rawn lang ta a ni. Kristian rinawm tak chuan Isua a hmu a; Hindu pakhat chuan Krishna emaw, Pathiannu Kali emaw, a biakna chu mimal ni lo taka a inthlak chuan Light zau zel emaw a hmu thin.

Duh lo zet hian ka mit ka meng a, biak in kawngkhar chu puithiam pakhatin a khar tih ka hmu a, chawhnu lam tih dan phung angin. Hall inhawng leh inchung hnuaia ka thutna hmun hla tak atang chuan ka tho a, huang chhungah chuan ka ke ka pen lut ta a. A lungphun chu chawhnu lam ni hnuaiah chuan a kang nasa hle a; ka ke ruak chu hrehawm takin a kang a.

"Pathian Nu," ngawi rengin ka sawisel a, "Inlarnaah ka hnenah i lo kal lo va, tunah chuan biak in chhungah kawngkhar khar hnuaiah i inthup ta a ni. Vawiin hian ka u aiawhin I hnenah tawngtaina bik hlan ka duh a ni," ka ti a.

Ka inward petition chu pawm nghal a ni. A hmasa berin, ka hnungzang leh ka ke hnuaiah chuan thlipui lum nuam tak a rawn chhuk a, ka rilru hahna zawng zawng chu a hnawtchhuak ta a ni. Tichuan, mak ka tih em em chu biak in chu nasa takin a lo chawimawi ta a ni. A kawngkhar lian tak chu zawi zawiin a inhawng a, Pathiannu Kali lung lem chu a rawn lang ta a.

Zawi zawiin nung takah a inthlak a, nui chungin chibai bukna atan a lu a bu nghat a, sawifah theih loh himnain min ti phur hle. Mystic syringe hmang ang maiin ka lung atang chuan thawk chu a la chhuak ta a; ka taksa chu a reh hle a, inert lo mah se.

Chumi hnuah chuan hriatna tihpunna (ecstatic enlargement of consciousness) a lo thleng ta a ni. Ka vei lamah Ganges lui chungah mel engemaw zat chu chiang takin ka hmu thei a, temple piah lamah Dakshineswar precinct zawng zawngah pawh ka hmu thei bawk. Building zawng zawng bang chu a eng chhuak vek a; anmahni kaltlangin acre hla tak takah mipui kal leh haw ka hmu a.

Thâwk hahdam lo leh ka taksa chu mak tak maia ngawi renga awm mah ila, chuti chung chuan ka kut leh ke chu zalen takin ka che thei ta a ni. Minute engemaw zat chu ka mit khap leh hawn dan ka experiment a; state pahnihah pawh Dakshineswar panorama zawng zawng chu chiang takin ka hmu a.

Thlarau lam mit hmuhna, x-ray ang maia thil awm zawng zawngah a lut a; Pathian mit chu hmun tinah center a ni a, circumference chu khawiah mah a awm lo. Ka hre thar leh a, chutah chuan ni chhuahna huana ding chungin, mihring chu Pathian fa tlanbo a nih tawh loh chuan, taksa khawvelah chuan mumang a ni tak zet a, bubble ang maia bulpui nei lovin, a chatuan ramte chu a rochun leh ta a ni. "Escapism" hi mihring mamawh a nih chuan, a mize zim takah chuan a tlêm hle a nih chuan, eng tlanhhuahna pawh hi hmun tina awm ropuina nen tehkhin theih a ni ang em?

Chhung ka serh tawnhriat hmunah Dakshineswar, kum 1999 a ni. chumi chauh thil mak tak mai- . tihzauh a ni thil chi hrang hrang an chumi

biak in leh Pathiannu lem a ni. Thil dang zawng zawng chu a normal dimension-ah a lang vek a, pakhat zel ni mah se tawh enclosed a ni chhung ani halo tih a ni tan mellow a ni a dum hring hring, . pawl, leh pastel a ni rainbow a ni hues tih a ni. Ka taksa a lang ah ni tan ethereal a ni thupui, inpeih ah levitate tih a ni. A pum puiin harhfm tan ka material surroundings, ka chhehvel chu ka en a, hlimna hmuhdawm chhonzawm zelna tibuai lovin step tlemte ka la a.

Temple bang hnung lamah chuan ka u chu *bel* thing thianghlim hnah hling hring hnuaia a thut lai chu ka hmu nghal zat a. A ngaihtuahna kalphung chu theihtawp chhuah lovin ka hre thei a ni. Dakshineswar-a thununna thianghlim hnuaiah eng emaw chen a chawisang a, a rilru chuan ka chungchang ngaihtuahna ngilnei lo tak tak a la nei reng a ni. Pathiannu khawngaihna hmel lam chu ka hawi nghal a.

"Divine Mother," ka tawngtai a, "Ka unaunu pasal hi thlarau lamah I

thlak danglam dawn lo em ni?" Tun thlenga ngawi renga awm hmeltha

tak chuan a tawpah chuan a sawi ta a: "I duhthusam chu a thleng ta!"

Hlim takin Satish chu ka en a. Thlarau lam thiltihtheihna engemaw tak a thawk tih pianpui hriat ang maiin leia a thutna atang chuan thinrim takin a tho ta a. Biak in hnung lama a tlan lai ka hmu a; min rawn pan hnai a, a kut chu a thing nghal ringawt.

Engkim huapzo vision chu a bo ta a ni. Pathiannu ropui tak chu ka hmu thei tawh lo; biak in sang tak chu a lian zawng pangngaiah tihhniam a ni a, a langtlangzia chu paih chhuah a ni. Ni êng nasa tak hnuaiah chuan ka taksa chu a rawn khuh leh ta. Pillared hall inhumhimna lam pan chuan ka zuang thla a, chutah chuan Satish chuan thinrim zet hian min rawn zui ta a. Ka darthlalang chu ka en a. Dar khat a ri tawh a; Pathian inlârna chu darkar khat a la awh tawh a ni.

"Nang mi â te tak te," ka u chuan a ti chhuak nghal zat a, "darkar ruk chhung zet chu ke hrual leh mit hrual chungin i thu a. Ka lo en reng che a. Khawiah nge ka ei tur chu? Tunah chuan biak in chu khar a ni tawh; thuneitute i hriattir lo; chawhmeh ei lovin kan awm ta!"

Pathiannu awmna hmuna chawimawina ka lo hriat tawh chu ka thinlung chhungah a la nung reng a. Ka huaisen hle a, "Divine Mother chuan min chawm ang!"

Satish chu thinrim takin a buai ta hle mai. "Vawikhat atan," a au chhuak a, "I Divine Mother hian hetah hian ruahmanna siam hmasa lovin ei tur min pe hi ka duh khawp mai!"

Ani thumalte an khat a ti chhuak a engtikah ani biakin puithiam a cross a chumi

courtyard a ni leh a zawm ta a ni keini.

"Ka fapa," min rawn bia a, "Darkar tam tak ngaihtuahna ka hman chhungin i hmel chu thlamuang taka eng chhuak chu ka lo en reng a. Vawiin zing khan i party lo thlen ka hmu a, i chaw ei tur atan ei tur tam tak dah hran duhna ka nei a. Dilna siam hmasa lote chaw pek hi biak in dan kalh a ni a, mahse i tan chuan exception ka siam a ni," a ti.

Lawmthu ka sawi a, Satish mitmeng chu ka melh nghal zat bawk. Emotion vangin a sen a, ngawi rengin simna nen a mit chu a ti hniam ta a. Chaw man to tak tak min rawn pe a, chutah chuan out-of-season mango pawh a tel a, ka u chuan a ei duhna chu a tlem hle tih ka hmu a. A buai hle a, ngaihtuahna tuifinriat thuk takah chuan a pil ta a ni. Calcutta lam panna kawngah chuan Satish-a chuan, a hmel chu a nem hle a, .

a chang chuan ngenna hmel zet hian minrawn melh a. Mahse, puithiam chu chawhmeh ei tura min sawm tura arawn lan hnu chuan Satish-a challenge chhanna dik tak ang maiin thu pakhat mah a sawi lo.

Chumi zui chawhnu Ka tlawh a ni ka unaunu hmunah ani in. Ani chibai a buk a keimah hmangaihna takin. "Unau duhtak," a tap a, "a va mak tak em! Nizan tlai khan ka pasal chu ka hmaah tlang takin a tap a."

"' *Devi duh tak* ,' 22-1. " a ti a, 'He i unaupa siam\hatna ruahmanna hian inthlak danglamna a thlen avangin sawi chhuah theih loh khawpin ka lawm a ni. I thil tihsual zawng zawng chu ka undo vek dawn a ni. Zanin atang hian kan mutna pindan lian tak hi Pathian biakna hmun atan chauh kan hmang dawn a; i meditation room te tak te kha kan mutna hmunah kan thlak ang. Nangmah ka nuihzat avangin thinlung takin ka ngaidam e unaupa. Ka thil tih dan zahthlak tak avang hian thlarau lam kawngah hma ka sawn hma loh chuan Mukunda nen inbia loin ka in hrem ang. Thuk takin tun atang hian Pathian Nu chu ka zawng ang; engtikah emaw chuan Amah chu ka hmu ngei ang!'"

Kum tam tak a liam hnuah Delhi-a ka upa chu ka tlawh a. A nei tih ka hriat chuan ka lawm hle mahni inhriatthiamnaah nasa takin hma a sawn a, Pathian Nu vision chuan malsawmna a dawng tawh bawk. A bula ka awm chhung hian Satish-a chuan natna khirh tak tuar mah se, zan tin a tam zawk chu a ruokin Pathian ngaihtuahnaah a hmang tih ka hmu a, nitin at a office a ni.

Ka upa dam chhung chu a rei dawn lo tih ngaihtuahna ka rilruah a lo lang ta a. Roma hian ka rilru a lo chhiar ve ngei ang.

"Unau duh tak," a ti a, "Ka dam a, ka pasal pawh a damlo bawk. Chuti chung pawh chuan, Hindu nupui inpe tak ka nih angin, keimah hi thi hmasa ber ka ni dawn tih i hriat ka duh a ni. 22-2 Tunah chuan rei vak lovah ka pass leh dawn."

A thusawi chhiatthlak tak takte chu mak ka ti hle a, an thutak sting chu ka la hrechhuak tho. Ka unaunu thih lai khan America-ah ka awm a, a sawi lawk atanga kum khat vel zet a liam hnuah. Ka nau ber Bishnu chuan a hnuah a chipchiar zawkin min pe a .

"Roma leh Satish chu a thih lai khan Calcutta-ah an awm a," Bishnu chuan min hrih a. "Chumi zing chuan a bridal finery nen a inthum a."

"'Engati nge hei danglam bik incheina?' Satish chuan a ti a tiin a zawt a.

"'Hei hi khawvela i rawngbawl na ni hnunung ber a ni,' tiin Roma chuan a chhang a. Hun rei vak lo hnuah heart attack a nei ta a ni. A fapa chu tanpuina dil tura a tlan

chhuah lai chuan a ti a.

"Ka fapa, min kalsan suh. A hlawk lo; doctor a lo thlen hmain ka awm tawh lo ang.'
Minute sawm hnuah zahna lantir nan a pasal ke chu vuanin Roma chuan a taksa
chu a chhuahsan ta a, hlim tak leh hrehawm tuar lovin.

"Satish." lo ni ta lutuk inthiarfihlim (reclusive) a ni hnuah ani nupui ta a ni thihna,"
Bishnu chuan a rawn ti a a ti chhunzawm a. "Pakhat ni ani leh Ka an

en rengin hmunah ani hrawl a nui suk a thlalak a ni tan Roma te chuan.

"Engvangin nge i nuih a?' Satish chuan a nupui pawh a awm ang maiin a au chhuak nghal a, 'Ka hmaa kal tura ruahmanna siamah hian fing takin i inhria a, rei lo teah ka rawn zawm dawn che a ni' a ti.

"Hetih lai hian Satish chu a natna atangin a dam kim tawh a, hriselna tha tak nei mah se, thlalak hmaa a thusawi mak tak a sawi hnu lawkah chhan hriat lohvin a thi ta a ni.

Chutiang chuan zawlnei takin ka unaunu upa ber duh tak Roma, leh a pasal Satish-he Dakshineswar-a khawvel mi pangngai atanga mi thianghlim ngawi renga inthlak danglamtu chu an liam ta a ni.

.....
22-1 : Pathiannu.

22-2 : 1.1. Chumi Hindu a ni nupui a ring chumi hi ani chhinchhiahna tan thlarau lam thil hmasawanna chuan ani a thi ta a ni hmaah ani pasal, angin ani fiahna tan ani a chung a rinawm taka rawngbawlna, emaw, "harness-a thih" emaw pawh ni se.

BUNG: 1.1. 23. A rilru a hah lutuk

Ka Dawng Ka Zirna sang Degree

"Philosophy lama i textbook assignment te kha i ngaihthah a. Exam i paltlang theih nan 'intuition' thawhrim tak takah i innghat tih rinhlelh rual a ni lo. Mahse, scholarly zawka i apply loh chuan he course hi i pass loh nan ka enkawl ang.

Serampore College-a Professor DC Ghoshal chuan khauh takin min bia a. A written classroom test hnunung ber ka pass loh chuan conclusive exam-ah ka tel thei lo ang. Hengte hi Calcutta University faculty-te siam a ni a, Serampore College hi a affiliated branch zingah a telh a ni. Indian university-a zirlai AB final-a subject pakhata hlawhtling lo chu a kum lehah a subject *zawng zawngah exam thar a ngai a ni*.

Serampore College-a ka instructor-te chuan ngilnei takin min enkawl tlangpui a, amused tolerance-in min tibuai lo. "Mukunda hi sakhaw lamah a ruih lutuk deuh a ni." Chutianga min khaikhawm chuan, classroom-a zawhna chhanna mualphona chu

fing takin min chhanhim a; AB candidate list aṭanga min paih chhuah theih nan final written test-te chu an ring tlat a ni. Ka zirlai puite thutlukna siam chu ka tan an nickname-"Mad Monk"-ah an sawi chhuak a ni.

Professor Ghoshal-a'n philosophy lama hlawhchhamna min vau chu tihbo tumin fing takin hma ka la a. Final test result vantlang hriata puan a nih dawn chuan classmate pakhat chu ka ti a professor zirnaah min zui rawh.

"Lo kal rawh; thuhretu ka duh," ka thianpa hnenah chuan ka ti a. "Instructor ka hneh loh chuan ka beidawng hle ang."

Professor a ni Ghoshal chuan a rawn ti a a ti nghing a ani lu hnuah Ka nei tiin a zawt a engnge rating a ni ani nei pek ka lehkha.

"A liam tawh zingah i tel ve lo," hnehna changin a ti a. A dawhkan chung a pile lian tak mai chu a rawn man ta a. "I paper hi hetah hian a awm lo tak zet a; engti kawng pawhin exam-a inlan loh vangin i hlawhchham a ni."

Ka a nui suk a. "Ka pu, Ka tawh sawtah. Maithei Ka en tlang chumi chherchhuan keimah?"

Professor chuan nonplused chuan a phalna a pe a; Ka paper chu ka hmu nghal vat a, chutah chuan ka roll call number tih loh chu fimkhur takin identification mark engmah ka paih lo. Ka hming "red flag" avanga vaukhân lohvin, instructor chuan ka chhannate chu textbook-a thuziak hmanga chei mawi lo mah se, rating sang tak a pe a ni. **23-1 a ni**

Ka trick chu a hmu a, tunah chuan a rawn ri ta hlawm a, "Sheer brazen luck!" Beiseina nen, "AB final-ah i hlawhchham ngei ang," a ti bawk.

Ka subject dang test-na atan chuan coaching engemaw zat ka dawng a, a bik takin ka thian duh tak leh ka cousin, Prabhas Chandra Ghose hnen atangin **23-2 in ka dawng a ni** ka Uncle Sarada fapa a ni. Ka test hnuhnung ber zawng zawngah chuan hrehawm takin mahse hlawhtling takin-passing mark hniam ber nen- ka tlu chhuak vek.

Tunah chuan kum li college ka kal hnuah AB exam-ah ka tel thei ta a ni. Chuti chung pawh chuan, chu chanvo chu ka hlawkpui ngei ka beisei lo. Serampore College finals hi naupang inkhelh a ni a, AB degree atan Calcutta University-in a set tur stiff game nen khaikhin chuan a khel tha hle. Nitin deuhthaw Sri Yukteswar ka tlawh thin hian college hall-a luh hun ka nei tlem hle. Chutah chuan ka awm loh ai chuan ka awmna hian ka classmate-te hnen atangin mak tihna ejaculation a rawn chhuah ta zawk a ni!

Ka tih dan pangngai chu zing dar kua leh sawmthum vel khan ka bicycle-in ka chhuak thin. Kut pakhat chuan Ka g u r u t a n t h i l h l a n k a k e n g a n g - k a *Panthi boardinghouse* huan atanga pangpar tlemte . Fab takin min lo hmuak a, Master chuan chawhmeh ei turin min sawm thin. Ka pawm fo thin a, chu

ni atan college kal ngaihtuahna chu hnawhchhuah chu ka lawm hle. Sri Yukteswar nen darkar tam tak kan awm dun hnuah, a finna tehkhin rual loh luang chhuak chu kan ngaithla a, ashram hnathawhnaah kan puih hnuah, duh lo chungin zanlai pelh hnuah *Panthi* -ah ka chhuak thin . Tum khat chu ka guru bulah zankhuain ka riak a, hlim takin a inbiaknaah ka inhnamhnawih a, thim chu zing khawvar a lo inthlak lai pawh ka hre lo.

23-3ka ha lai chuan boardinghouse panna tur chuan inbuatsaih nan Master chuan nasa takin min zawt a.

"Engtikah nge AB exam i tan ang?" "Ni

nga hnuah, ka pu."

"KA ring nangmah hi chhung inpeih tawhna tan anni."

Alarm nen transfixed chuan boruakah pheikhawk pakhat ka chelh a. "Sir," ka dodal a, "professor-te nena inlan ai chuan nangmah nena ka hun hman dan hi i hria a ni. Engtin nge chutiang final harsa tak takah chuan inlanin farce ka enact theih ang?"

Sri Yukteswar-a mit chu ka mitmeng lam chu a rawn hawi a. "I rawn lang ngei tur a ni." A tone chu coldly peremptory a ni. "I pa leh i chhungte dangte tan ashram nun i duh dan sawiselna tur chhan kan pe tur a ni lo. Exam-ah i tel dawn tih min tiam mai rawh; i theih ang tawkin chhang rawh."

Ka hmaiah chuan mittui thunun theih loh a rawn luang chhuak ta. Master thupek chu a dik lo niin ka hria a, a ngaihvenna chu, a tlem berah chuan, a tlai hle niin ka hria.

"I duh chuan ka rawn lang ang," tap karah chuan ka ti a. "Mahse, inbuatsaihna mumal tak neih hun a la awm lo." Ka thaw hnuaiah chuan, "Zawhna chhanna atan i zirtirna nen sheet-ah ka rawn luah khat ang !"

A tuk zingah ka darkar pangngaia hermitage ka luh chuan ka bouquet chu lungngaihna solemnity engemaw tak nen ka hlan a. Sri Yukteswar chuan ka woegone air chu a nuih a za hle.

"Mukunda, Lalpan a hlawhchham ngai em, exam-ah emaw, hmun

dangah emaw?" "Ni lo, ka pu," lawm takin ka chhang a. Lawmthu

sawina hriatrengnate chu tuilian tiharhtuah a lo thleng a.

"Thil hahdamna ni lovin Pathian tana thahnemngaihna hal hian college chawimawina zawng turin a dal che a ni," ka guru chuan ngilnei takin a ti a. A ngawih hnu chuan, "'Pathian ram leh a felna chu zawng hmasa rawh u; tichuan heng zawng zawng hi in hnenah belhchhah a ni ang,'" **23-4**

A wawi sâng khatna atan Master hmaah chuan ka phurritte chu a hlihsak niin ka hria. Chawhmeh kan ei zawh chuan Panthi -ah kir leh turin min rawt a .

"I thianpa, Romesh Chandra Dutt kha i boardinghouse-ah a la awm

em?" "Ni e, ka pu."

"Nei chhung khawih nen ani; chumi Lalpa duhdan fuih ani ah tanpui nangmah nen chumi exam-naah te."

"A tha khawp mai, ka pu; mahse Romesh hi a buai danglam hle. Kan class-a honor man a ni a, midang aiin course rit zawk a phur bawk."

Hotu a kut a phar a aside ka dodalna a awm. "Romesh." duhdan zawngghmu hun tan nangmah. Tunah kal."

Panthi lam pan chuan bicycle hmangin ka kal leh ta a . Boardinghouse compound-a ka hmuh hmasak ber chu mithiam Romesh-a a ni. A ni chu a zalen hle ang maiin, ka ngenna lungawi lo tak chu mawhphurhna nei takin a pawm ta a ni.

"A dik e; i rawngbawlnaah ka awm a ni." Chumi chawhnu leh a hnu ni engemaw zat chu ka subject hrang hrangah min coaching-ah darkar engemaw zat a hmang a.

"English literature-a zawhna tam tak chu Childe Harold-a kalna kawngah hian a innghat dawn niin ka ring," tiin min hrilh a. "Atlas kan la nghal tur a ni."

Ka Uncle Sarada te inah chuan ka tlan nghal vat a, atlas pakhat chu ka loan a. Romesh-a chuan Byron-a romantic traveler-in a tlawhna hmunah European map chu a chhinchhiahna a ni.

ANI tlem classmate te an ni nei an pungkawm a vel ah ngaithla ah chumi tutoring a ni. "Romesh." hi thurawn pe thin you wrongly," session tawp lamah pakhat chuan min comment a. "A tlangpuin zawhna zaa sawmnga chauh hi lehkhahu chungchang a ni a; a chanve dang chu ziaktute nun a ni ang."

A tuk zingah English literature exam tura ka thut chuan zawhna ka hmuh hmasak ber chuan lawmthu sawina mittui a rawn luang chhuak a, ka paper chu a hnim ta a ni. Classroom monitor chu ka desk bulah a rawn kal a, lainatna nen zawhna a zawt a.

"Ka guru chuan Romesh-a'n min pui dawn tih a lo sawi lawk tawh a ni," ka hrilhfiah a. "En teh; Romesh-a'n min dictated zawhna ngei kha hetah hian exam sheet-ah hian a awm! Ka tan chuan vanneithlak takin a tlem hle." zawhna kuminah English ziaktute chungah, ka ngaihdan chuan an nun chu thuruk thuk takah a inkhuh tlat !"

Ka boardinghouse chu ka haw chuan a buai hle a. Tlangval nuihzatthlak tak takte chu Romesh-a coaching dan chuan mak ti takin min en a, lawmthu sawina nen ka beng a tichhe deuh mai. Exam kar khat chhung khan Romesh-a nen darkar tam tak kan awm a, ani chuan professor-te'n an siam theih nia a ngaih zawhnate chu a siam chhuak a. Ni tin Romesh-a zawhnate chu exam sheet-ah chuan a form inang deuh vekin a lang chhuak thin.

College-ah chuan thilmak ang chi thil a thleng tih thuthang chu a darh nasa hle a, chu chu hlawhtlinna chu ngaihtuahna nei lo "Mad Monk" tan chuan a awm thei niin a lang. Case chungchanga thil dik tak chu thup tumna ka nei lo. Tualchhung professor-te chuan zawhna, Calcutta University-in a lo ruahman tawh chu tihdanglam tumin thiltihtheihna an nei lo.

English literature-a exam ka ngaihtuah lai chuan zing khat chu tihsual lian tak ka nei tih ka hrechhuak ta a. Zawhna thenkhat chu A emaw B emaw, C emaw D emaw-ah then hnih a ni tawh a, a then khat atanga zawhna pakhat chhan ai chuan, Group

I-a zawhna pahnihte chu fimkhur lo takin ka chhang a, Group II-ah pawh engmah ka ngaihtuah lo. Chutah chuan mark ka score theih tha ber paper chu 33 a ni ang a, passing mark 36 aiin pathum a tlem zawk ang. Master hnenah chuan ka tlan nghal a, ka harsatnate chu ka theh chhuak ta a.

"Ka pu, ngaihdam theih loh thil ka tisual a ni. Romesh kaltlanga Pathian malsawmna dawn hi ka phu lo; Ka tling lo khawp mai."

"Lo lawm rawh, Mukunda." Sri Yukteswar-a aw chu a light a, ngaihsak lo tak a ni. Vanram vault dum chu a kawhbmuh a. "I degree i hbmuh loh ai chuan ni leh thla hian space-ah an awmna hmun an inthlak danglam thei zawk!"

Hermitage chu rilru hahdam zawkin ka chhuahsan a, chu chu mathematically chuan ngaihtuah theih loh ang maiin ka lang Ka pass thei. Vawi khat emaw vawi hnih emaw chu hlauthawng takin van lam chu ka en a; Lord of Day chu a tih dan pangngaia orbit-ah chuan him takin a inngat niin a lang!

Panthi ka thlen chuan ka classmate pakhat thusawi ka hre ta a: "Kuminah hian a vawi khat nan English literature-a passing mark mamawh chu tihhniam a ni tih ka hre ta chauh a ni," a ti.

Ka a rawn lut a chumi tlangval ta a ni pindan nen chutiang chak sawmi ani a han en a chunglam chhung ralkhel. Ka tiin zawhna a zawt a ani duhthusam takin.

"Long-haired monk," nui chungin a ti a, "engvangin nge he scholastic thila ngaihvenna rapthlak tak hi? Engvangin nge darkar sawm leh pakhatnaah tap? Mahse, passing mark chu point 33-ah tihhniam a ni chauh tih hi a dik a ni," a ti.

Hlim taka zuang tlemte chuan keimah ngei pawhin ka pindan chhungah min hruai lut a, chutah chuan ka khup thlengin ka pil a, ka Pathian Pa Mathematics lama famkimna chu ka fak ta a ni.

Nitin hian Romesh kal tlanga min kaihruaitu nia chiang taka ka hriat thlarau lam awmna hriatna chuan ka hlim hle. Bengali tawnga exam neih chungchangah hian thil pawimawh tak a thleng a ni. Chu thupui chu khawih vak vak lo Romesh-a chuan zing khat chu exam hall lam pan tura boardinghouse atanga ka chhuah dawnin min rawn call leh a.

"I tan Romesh au chhuak a awm," classmate pakhat chuan dawhthei lo zet hian min ti a. "Lo kir leh tawh suh; hall-ah kan tlai dawn a ni."

Ngaihsak lo chumi thurawn, Ka tlan hnung ah chumi in.

"Bengali exam hi kan Bengali tlangvalte hian awlsam takin an pass tlangpui a ni," tiin Romesh chuan min hrilh a. "Mahse, kuminah hian professor-te hian kan literature hlui atanga zawhna zawtin zirlai te chu tihhlum an tum tih hunch ka nei chauh a ni." Chutah ka thianpa chuan thilpek petu lar tak Vidyasagar-a nun chanchin pahnih chu tawi te tein a sawi a.

Romesh-a chungah lawmthu ka sawi a, rang takin bicycle-in college hall lam panin ka kal a. Bengali tawnga exam sheet-ah hian hmun hnih a awm tih a chiang hle.

Thupek hmasa ber chu: "Vidyasagar-a charities-te instance pahnih ziaak rawh" tih hi a ni. Tun hnaia ka lore neih tawh chu paper-ah ka transfer lai chuan, Romesh-a minute hnuhnung bera kohna ka ngaihthlak thu lawmthu sawina thu tlemte ka sawi chhuak a. Vidyasagar-a'n mihringte tana a thatna (a tawpah keimah pawh tel vein) ka hre lo a nih chuan Bengali exam hi ka pass thei lo ang. Subject pakhata fail ka nih chuan a kum lehah chuan subject zawng zawngah exam thara ding turin ka inhnukdawh ang. Chutiang beiseina chu thil tenawm tak a ni tih chu hriatthiam theih a ni.

Sheet-a thupek pahnihna chu: "I rilru tichaktu ber mipa nun chungchangah Bengali tawngin essay ziaak rawh," tih a ni. Lehkhabu chhiartu ngilnei tak, ka thupui atan eng mipa nge ka thlan tih hi ka hriattir a ngai lo. Angin Ka guru fakna nen phekkhat hnu phekkhat ka khuh a, ka hrilhlawkna muangchang tak chu a thleng dik ta tih ka hriat chuan ka nui suk a: "I zirtirnain sheet-te chu ka khat ang!"

Philosophy lama ka course chungchangah Romesh-a zawhna zawh duhna ka la nei lo. Sri Yukteswar hnuaia hun rei tak ka training kha ring tlat chungin, textbook-a hrilhfiahnate chu him takin ka ngaihthah a ni. Ka paper eng pawha mark pek sang ber chu philosophy lama mark pek a ni. Subject dang zawng zawnga ka score chu passing mark chhungah chauh a awm.

Chumi hi ani nuam ah chhinchhiah sawmi ka mahni hmasial lo thianpa Romesh a ni dawng ani nei degree *cum laude a ni*.

Ka graduation-ah chuan Pa chu nui chungin a khuh a. "I pass dawn tih ka ngaihtuah harsa khawp mai, Mukunda," a inpuang a. "I guru nen hian hun tam tak i hmang thin." Master chuan ka pa sawiseln thusawi loh chu dik takin a lo hmuchhuak tak zet a ni.

Kum tam tak chhung chu AB pakhatin ka hming a zui hun tur ni chu ka hmu dawn tih ka Chiang lo. Pathian thilpek, chhan hriat chian loh deuh avanga min pek a nihzia lantir lovin title hi ka hmang tlem hle. A chang chuan college mipaten an hriatna crammed tak tak chu an zir zawh hnuaah pawh an hnenah a la awm tlem hle tih an sawi ka hre fo thin. Chu admission chuan ka zirna lama ka tlakchhamna rinhlelh rual loh avangin min thlamuan deuh a ni.

Calcutta University atanga degree ka dawn ni khan ka guru ke bulah ka bawkkhup a, a nun atanga ka nunah malsawmna luang chhuak zawng zawng avangin lawmthu ka sawi a.

"Tho rawh, Mukunda," inngaitlawm zet hian a ti a. "Lalpa chuan nangmah siam chu a remchang zawkin a hmu mai a ni." ni leh thla inrem thar ai chuan graduate a ni!"

23-1 : 1.1. Ka ngei ti Professor a ni Ghoshal chuan a rawn ti a chumi roelna tha tan pawm a ni sawmi chumi strained a ni inlaichinna karah keini tawh lo hun ah eng sual pawh tan ani, mahse chauh a ni ah ka absences te pawh a awm atangin class hrang hrangah a awm thin leh ngaihsak lohna chhung anni. Professor a ni Ghoshal chuan a rawn ti a tawh, leh hi, ani philosophy lama hriatna zau tak nei thusawi thiam mak tak a ni. Kum hnunung lamah chuan hriatthamna tha tak kan nei ta a ni..

23-2 : 1.1. Pawh ni se ka unau leh Ka nei chumi inang chungkua hming tan Ghosh, 1999 a ni. Prabhas chuan a rawn ti a nei tih dan phung a ni amah ngei pawh a ni ah a hming chu English-in Ghose tia lehlin; chuvangin hetah hian a spelling ngei ka zawm a ni.

23-3 : 1.1. ANI zirtir a ni englaipawhin a paih chhuak ani

pheikhawk chhung chu Indian a ni hermitage a ni. 23-4: *Matthaia*

6:33-ah hian a lang.

BUNG: 1.1. 24. A rilru a hah lutuk

Ka Ni ANI Monk a ni Tan Chumi Swami chuan Thupek

"Master, ka pa hian Bengal- Nagpur Railway-a executive position ka pawm theih nan a lungkham hle a. Mahse ka hnawl tak zet a ni." Beiseina nen, "Ka pu, Swami Order-a monk-ah min siam dawn lo em ni?" Ka guru chu ngenna hmel zet hian ka en a. Kum kalta chhung khan ka tumruhna thukzia fiahna turin he ngenna ang chiah hi a lo hnawl tawh a ni. Vawiin erawh chu khawngaih takin a nui a.

"A tha hle mai; naktuk hian swamiship-ah ka initiate ang che." Ngawi reengin a sawi chhunzawm a, "Monk nih i duhna i vawng tlat avangin ka lawm hle. Lahiri Mahasaya chuan: 'Pathian chu i summer Guest atan i sawm loh chuan i dam chhung thlasik lain a lo kal lo ang' a ti fo thin.

"Dear master, i zah em em angin Swami Order-a tel ka tumnaah hian ka tlu thei ngai lo." Duhna tehfung nei lovin ka nui suk a.

"Nupui nei lo chuan Lalpa ta chu a ngaihtuah a, Lalpa a tihlawm theih nan; **24-1 a ni** Ka ðhian tam tak, thlarau lam thununna engemaw tak an tawh hnua, chutih laia nupui pasal nei tawhte nun chu ka lo zirchiang tawh a ni. Khawvel mawhphurhna tuipuah an thlawh tir a, ngaihtuahna thuk taka ngaihtuah tura an thutlukna siamte chu an theihngilh tawh a ni.

Pathian chu nunah hmun pahnihna pek chu ka tan chuan ngaihtuah theih loh a ni. Amah chauh hi cosmos neitu awmchhun ni mah se, ngawi reengin nunna atanga nunna thlenga thilpek min rawn theh darh a, thil pakhat a la awm a, chu chu A nei lo va, mihring thinlung tinte chu mihring hmangaihna thup emaw, pe thei tura thuneihna pek an ni. Siamtu chuan thilsiam atom tinah a awmna chu thuruk hmanga khuh turin hrehawmna tawp nei lo a la a, chhan pakhat chauh a nei thei a ni-mihringte'n duhthlanna zalen hmang chauha Amah an zawn duhna rilru na tak. Inngaihtlawmna tinreng velvet glove hmangin engkimtithei thir kut chu A khuh loh!

A tuk chu ka nunah ka hriatreng tlak ber zinga mi a ni. College ka zir zawh hnu kar tlemteah July, 1914-a ni chhuak Thawhlehi a ni tih ka hre reng. A chhung lam balcony ah chuan a Serampore hermitage, Master chuan silk dum thar chu Swami Order-a hnam dan anga ocher dye-ah a thun a. Puan chu a lo vawt hnu chuan ka guru chuan renunciate puan angin min rawn khuh a.

"Engtikah emaw chuan khawthlang lamah i kal dawn a, chutah chuan silk duh zawk a ni," a ti a. "Symbol atan chuan customary cotton ai chuan he silk material hi ka thlang zawk che a ni."

Monk-te'n rettheihna duhthusam an pawmna India ramah chuan silk ha swami chu

hmuhnawm tak a ni. Mahse, yogi tam tak chuan silk puan an ha a, chu chuan taksa lama tui luang chhuak fiah lo thenkhat chu cotton aiin a humhim tha zawk a ni.

"KA ni averse a ni ah inkhawmpui neihna hmun," Sri Yukteswar a ni tiin a sawi. "KA duhdan siam nangmah ani swami chhung chumi *bidwat a ni*

(inkhawmpui ni lo) . nunphung."

Bibidisa emaw, swamiship-a inzirtirna (elaborate initiation into swamiship) -ah hian mei chhuahna inkhawm a tel a, chutih lai chuan entîrna anga vuina hun hman a ni. Zirtîr taksa taksa chu mitthi, finna meialh kara halral anga entîr a ni. Chumi hnuah swami siam thar chu hla an pe a, chu chu: "He *atma* hi Brahma a ni" **24-2** emaw "Nang chu Chu chu i ni" emaw "Kei hi Amah ka ni" emaw a ni thei. Mahse, Sri Yukteswar-a chuan thil awlsam tak a hmangaihna avangin formal rites zawng zawng chu a bânsan a, hming thar thlang turin min ti mai a ni.

"KA duhdan pe nangmah chumi duhsakna tan thlan chhuah chumi nangma," ani sawi, a nui suk a.

"Yogananda," rei vak lo ka ngaihtuah hnu chuan ka chhang a. A hming awmzia tak chu " Pathian inzawmna (*yoga*) *hmanga hlimna* (*ananda*) " tihna a ni.

"Chutiang ni rawh se. I chhungkaw hming Mukunda Lal Ghosh chu kalsanin, tun atang chuan Swami Order Giri branch-a Yogananda tia koh i ni ang."

Sri Yukteswar hmaah ka bawkkhup a, a vawi khatna atan ka hming thar a lam ka hriat lai chuan ka thinlung chu lawmthu sawinain a khat ta vek a. Hmangaihna leh hahchawlh lo takin a va thawkrim em em a, chu naupang Mukunda chu engtikah emaw chuan puithiam Yogananda-ah a chantir theih nan! Lal Shankara-a Sanskrit hla thui tak aţanga chang tlemte chu hlim takin ka sa a:

"Rilru, finna emaw, ego emaw, hriatna emaw; Van emaw lei emaw, thir emaw ka ni."

Kei hi Amah ka ni, Kei hi Amah ka ni,
Thlarau malsawm, Kei hi Amah ka ni! Pian
leh thihna, caste pawh ka nei lo; Pa, nu,
ka nei lo.

Kei hi Amah ka ni, Kei hi Amah ka ni, Thlarau
malsawm, Kei hi Amah ka ni! Fancy thlawhna
piah lamah, pianphung nei lo ka ni, Nunna
zawng zawng taksa peng hrang hranga tuam
chhuak;

Bawih nihna ka hlau lo; Zalen ka ni, zalen
reng ka ni, Kei hi Amah ka ni, Kei hi Amah
ka ni, Thlarau Malsawm, Kei hi Amah ka ni!"

Swami zawng zawng hi hmân lai monastic order-a mi an ni a, chu chu tuna a awm dan ang hian Shankara-a'n a buatsaih a ni. **24-3 a ni** Formal order a nih avangin, mi thianghlim aiawh line chhe lo, hruaitu active tak tak anga rawngbawlina neiin, mipa tumahin swami tih hming an pe thei lo. Swami dang hnen atangin dik takin a dawng chauh a; chutiang chuan puithiam zawng zawngte chuan an thlarau lam thlahtute chu guru pakhat, Lord Shankara-a hnen atangin an zawn chhuak vek a ni. Retheihna, thianghlimna, leh thlarau lam zirtirtu thu awih thutiam hmangin Catholic Kristian monastic order tam tak chu Order of Swamis nen an inang a ni.

ananda -a tawp mai bakah hian swami hian Swami Order-a subdivision sawm zinga pakhat nena a inzawmna mumal tak a lantir a ni. Heng *dasanamis* emaw

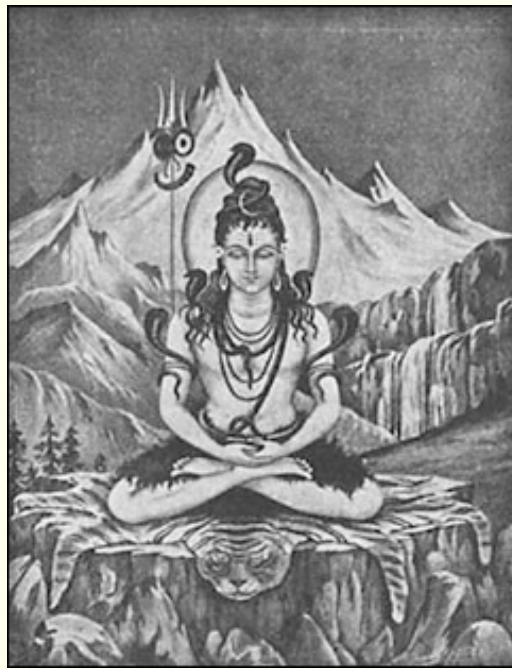
agnomens sawmah chuan *Giri* (tlâng) pawh a tel a, chutah chuan Sri Yukteswar-a leh chuta tang chuan keimah ngei pawh hi ka tel ve a ni. Branch dangte zingah hian *Sagar* (tuipui), *Bharati* (ram), *Aranya* (ramngaw), *Puri* (tract), *Tirtha* (pilgrimage hmun), leh *Saraswati* (nature finna) te an tel.

Chutiang chuan swami-in hming thar a dawn chuan awmzia pahnih a nei a, Pathian mizia emaw, ram emaw-hmangaihna, finna, inpekna, rawngbawlna, yoga-leh thilsiam nena inremna hmanga hlimna sang ber (*ananda*) a hmuhna a entir a, chu chu tuifinriat, tlang, van boruak zau tak tawp nei loah a lantir a ni.

Mihring zawng zawngte tana mahni hmasial lova rawngbawlna, leh mimal inzawmna leh thil tumte bânsan duhna chuan swami tam zawk chu India ramah emaw, a châng chuan ram dangah emaw, mihring lam leh zirna lama hna thawk nasa takin a hruai a ni. Caste, creed, class, colour, sex, or race chungchanga ngaihndan dik lo zawng zawng ngaihthah hian swami chuan mihring unau nihna thupek chu a zawm a ni. A thil tum chu Thlarau nena inpumkhatna famkim a ni. A harh leh muhil hriatna chu "Kei hi Amah ka ni" tih ngaihtuahna nen imbuing a, lungawi takin a vak kual a, khawvelah mahse khawvelah erawh chuan a vak kual lo. Chutiang chauh chuan inpumkhatna neih tumtu swami-one tih a nihna chu a dik thei ang Swa emaw Self emaw nen . Formal titled swami zawng zawng hi an thil tum sang tak thlen theihna kawngah an hlawhtling vek lo tih hi sawi belh a ngai lo.

Sri Yukteswar hi swami leh yogi a ni ve ve a. Swami, hmân lai order nena a inzawmna avang hian formally monk chu yogi a ni ngai lo. Pathian nena inzawmna scientific technique hmangtu apiang chu yogi an ni a; nupui pasal nei emaw, nupui nei lo emaw pawh a ni thei a, khawvêl mi emaw, sakhaw lama inzawmna pangngai nei emaw pawh a ni thei. Swami chuan dry reasoning, cold kawng chauh a zawh thei tih ngaihtuah theih a ni inhnukdawkna; mahse yogi chuan taksa leh rilru chu thunun a, thlarau chhuah zalenna tur kalphung chiang tak, step by step-ah a inhmang a ni. Emotional grounds-ah emaw, rinna avang emawa engmah ngaihthah lovin, yogi chuan exercise hrang hrang, uluk taka test tawh, rishi hmasa berte'n an map hmasak ber chu a ti thin. Yoga hian, India ram hunlai tinah, mipa zalen tak, Yogi-Krista dik tak lo ni tawhte a siam chhuak a ni.

Science dang ang bawkin yoga hi khawvel leh hun hrang hranga mite tan hman theih a ni. Yoga hi "Khawthlang mite tan a tling lo" tia ziaktu hriat loh thenkhatin an rawtna chu thudik lo tak a ni a, zirlai thinlung tak tak tam tak chu a malsawmna chi hrang hrang zawng turin a khap tlat a ni. Yoga hi ngaihtuahna pianphung buaina (natural turbulence of thoughts) tikhawtlai dan a ni a, chutiang a nih loh chuan mimal ngaihndan nei lovin a veng thei a ni mi zawng zawng, ram tin, Thlarau nihna dik tak an hmuh theihna a\angin. Yoga hian barrier of a hre thei lo Ni êng tihdamna leh inthlau tak ang bawkin khawchhak leh chhim lam pawh a ni lo. Mihringin rilru chu a ngaihtuahna muang lo tak takte nen a neih chhung chuan yoga emaw, thununna emaw chu khawvel pum huapa mamawhna a awm ang.



.tu B. K.K. Mitra chuan chhung "Kalyana- Kalpatur" tih a ni-

CHUMI LALPA CHHUNG ANI HMEHLMANG ANGIN SHIVA tih hi a ni

Krishna ang historical personage ni lo, Shiva hi Pathian hnena a nihna pathum (Creator-Preserver-Destroyer) a tawp berna atana a hming pek a ni. Shiva, *maya emaw, delusion emaw* tihboraltu chu Pathian Lehkha Thuah hian entirna angin Lord of Renunciates, Yogis Lal anga tarlan a ni. Hindu art-ah chuan A sam-ah thla thar nen an lantir fo thin a, rul kawrfual puan, sual hneh tawh leh finna famkim chhinchhiahna hlui tak a ha baw. Engkim hriatna mit "single" chu A hmaiah a inhawng a ni.

Hmanlai rishi Patanjali chuan "yoga" chu "rilru thil inthlak danglamna control" tiin a sawi. **24-4 a ni** A thusawi tawi tak tak leh thiam tak tak, *Yoga Sutras*, te hian Hindu philosophy system paruk zinga pakhat a siam a ni. **24-5 a ni** Khawthlang philosophy nen a danglamna chu Hindu system paruk hian theoretical chauh ni lovin practical zirtirna a keng tel vek a ni. Ontological inquiry ngaihtuah theih zawng zawng bakah hian system paruk te hian hrehawm tawrhna leh hun kal tawha hlimna neih theihna.

System paruk zawng zawng inzawmkhawmtu common thread chu mihring tan zalenna dik tak engmah hi ultimate Reality hriat loh chuan a awm thei lo tih puan hi a ni. A hnu lama *Upanishad-te chuan Yoga Sutras*, system paruk zingah, thutak hriatna dik tak neih theihna tura hmanraw tangkai ber berte awmnaah an vawng tlat a ni. Yoga hmanraw tangkai tak tak hmang hian mihring chuan speculation-a ram hring lo chu chatuan atan a kalsan a, thil tawn hmangin Essence dik tak chu a hre chhuak ta a ni.

Yoga system hi Eightfold Path tia hriat a ni. Step hmasa ber, (1) *yama* leh (2) *niyama*

, chuan nungchang \ha lo leh \ha sawm zawm a ngai a-mi dangte tihnat loh te, thudik lo sawi te, rukbo te, insum theih lohna te, thilpek dawng (chu chuan mawhpurhna a thlen a) leh taksa leh rilru thianghlimna, lungawina, mahni inthununna, zirna leh Pathian tana inpekna te a ni.

A dawt leh tur chu (3) *asana* (right posture); spinal column chu dinglam hawia vawn tur a ni a, taksa chu ngaihtuahna seng tur hmun nuam takah nghet taka vawn tur a ni; (4) *pranayama* (*prana* , nunna kawng fiah lo tak takte thununna); leh (5) *pratyahara* (pawh lam thil atanga hriatna inhnukdawk).

Step hnunung ber chu yoga proper chi hrang hrang a ni: (6) *dharana* (concentration); ngaihtuahna pakhata rilru vawn tlat; (7) *dhyana* (ngaihtuahna), leh (8) *samadhi* (hriatthiamna aia chungnung zawk hriatna). Hei hi Yoga Kawng Pariat **24-6 a ni chu chuan** *Kaivalya* (*Absoluteness*) thiltum hnunung ber thlengin a hruai a , chu thumal chu hriatthiam awlsam zawkin "rilru lama hlauhthawn zawng zawng aia Thutak hriatchhuahna " tia sawi theih a ni.

"Eng nge ropui zawk," tih hi mi pakhat chuan a zawt mai thei, "swami nge yogi?" Pathian nena inpumkhatna hnunung ber a awm chuan leh a awm hunah chuan kawng hrang hrang inthliarna chu a bo vek a ni. Mahse, Bhagavad *Gita -ah* chuan yoga tih dante chu engkim huapzo a nih thu a tar lang a ni. A hmanrua te hi chi leh mizia thenkhat tan chauh a ni lo va, chu chu monastic nun lam hawi mi tlemte tan pawh a ni lo; yoga hian formal allegiance a mamawh lo. Yogic science hian khawvel pum huap mamawh a phuhruk avangin natural universal applicability a nei a ni.

Yogi dik tak chu khawvelah hian mawhphurhna nei takin a awm reng thei a; chutah chuan tui chung a butter ang a ni a, mihring hnim hring leh discipline nei lote hnute tui awlsam taka tihthianghlim ang a ni lo. Lei lama mawhphurhna hlen chhuah chu kawng sang zawk a ni tak zet a ni, chu chu yogi chuan rilru lama mahni inngaihluhna duhna nena inrawlh lohna vawng reng chungin Pathian duhthusam hmanrua anga a chanvo a hlen phawt chuan.

yogi leh *swami* tih thumal hi hre ngai lo mah se , chutiang thumalte entawn tar dik tak an la ni reng a ni. Mihringte tana ngaihsak lo taka an rawngbawlina hmang emaw, duhzawng leh ngaihtuahna an thunun avang emaw, thinlung pakhata Pathian an hmangaih avang emaw, an ngaihtuahna seng chakna ropui tak avang emaw hian, kawng khatah chuan yogi an ni a yoga-self- tih tum an insiam a ni. thunun. Heng mite hi yoga science chiang tak zirtar an nih chuan, chu chuan mi rilru leh nun kawng hriatna nei zawk a siam thei a nih chuan, a sang zawk thei a ni.

Yoga hi khawthlang lam ziaktu thenkhat chuan a chunglam atang chuan an hre sual a, mahse a sawiseltuten an hre ngai lo chu chu practitioner te an ni. Zingah tam tak ngaihtuahthui chawimawina hlan a ni ah yoga tih a ni maithei ni sawi tel pakhat tu Dr. C. A rilru a buai em em a.

G. Jung, 1999 a ni. chumi lar Swiss a ni rilru lam thiam a ni.

"Sakhaw kalphung pakhatin 'scientific' anga a inrawlh hian khawthlang lama a mipui zingah a chiang thei a ni. Yoga hian he beisei hi a hlen chhuak a ni," tiin Dr. Jung chuan a ziak. **24-7 ah a awm** "Mi tharte hlimthla, leh hriatthiamna chanve-te hipna tih loh chu Yoga hian a zuitu tam tak a neih chhan tha tak a awm a ni."

Thunun theih thil tawn theihna a pe a, chutiang chuan 'thudik' scientific mamawhna chu a tihlawhtling a, chu bakah chuan a zau zawng leh thukzia te, a kum zahthlak tak te, a thurin leh hmanraw hman dan te, nun kawng tinreng huamtu te avang hian mumang pawha thil awm thei tur a tiam a ni.

"Sakhaw lam emaw, philosophy lam thil tih zawng zawng hian rilru lam discipline a kaw a, chu chu rilru thianghlina hmanraw tihna a ni. The manifold, purely bodily procedures of Yoga 24-8." tin, taksa faina (physiological hygiene) tihna a ni baw a, chu chu gymnastics leh thawkna exercise pangngai aiin a sang zaw a, chu chu mechanistic leh scientific mai ni lovin, philosophy lam pawh a nih avangin taksa peng hrang hrangte a zirtirnaah chuan, it

a inzawm khawm anni nen chumi pumpui tan chumi thlarau, angin hi engemaw chen fiah, tan nghal, chhung chumi *Pranayama tih a ni*

exercise neih a ni khawng *Prana a ni* hi pahnihin chumi thaw leh chumi khawvel pum huap a ni dynamics (dynamics) a ni tan chumi cosmos (cosmos) a ni.

"Mimal thil tih pawh hi khawvel thil thleng a nih chuan, taksaa nghawng (innervation) a tawn chu, thlarau rilru natna (universal idea) nen a inzawm khawm a, chuta tang chuan inpumkhatna nung tak a lo piang a, chu chu eng technique pawhin, eng ang pawhin scientific pawhin a siam thei lo. Yoga practice hi ngaihtuah theih loh a ni a, Yoga inngahna concept te tel lo chuan a hlawhtling lo bawk ang. Chu chuan taksa leh thlarau lam thil chu pakhat zel nen a inzawm khawm a ni.".. .. mi dangte chu kawng mak tak maiin a famkim hle.

"Khawchhak lamah, heng ngaihdan leh thiltih te lo thanglian tawhna hmunah te, khawiah nge mi sang tam tak chhung chu." kum tam tak chhung chu hnam nunphung chhe lo tak chuan thlarau lam lungphum tul tak tak a siam a, Yoga hi ka rin awlsam angin taksa leh rilru inzawmkhawmna kawng famkim leh dik tak a ni a, chutiang chuan inpumkhatna an siam a, chu chu zawhna awm lo tak a ni. He inpumkhatna hian psychological disposition a siam a, chu chuan consciousness aia intuition a siam thei a ni."

Khawthlang ni chu a hnai tawh tak zet a, chutah chuan mahni inthununna science chu pawn lam thilsiam hnehna ang bawka a tul anga hmuh a ni ang. He Atomic Age thar hian mihringte rilru chu tuna science lama sawisel theih loh thudik, matter hi a takah chuan chakna inzawmkhawm a ni tih hian a ti fimkhur a, a tizau ang. Mihring rilru chakna fim zawkte chuan lung leh thir chhunga chakna lian zawkte chu a chhuah zalen thei a, a chhuah ngei ngei tur a ni, chuti lo chuan thiltihtheihna atom lian tak, chhuah thar chuan khawvel hi rilru nei lo tihchhiatnain a rawn bei ang. **24-9**

ah a awm

.....
24-1 : 1.1. Ka *Korinth khuua mite* 7:32- 33-ah a awm.

24-2 : 1.1. A ngial a ngan chuan, "Hei thlarau hi Thlarau." Chumi Supreme a ni Thlarau, chumi Siam loh, . hi a pum puiin unconditioned a ni (*neti* , . *neti* lo hei, chu chu ni lovin) mahse *Vedanta -ah chuan Sat-Chit-Ananda* , chu chu Being-Intelligence-Bliss tia sawi a ni fo .

24-3 : A chang chuan Shankaracharya an ti baw. *Acharya* tih awmzia chu "sakhaw zirtirtu" tihna a ni. Shankara date hi scholastic pangngaia center pakhat a ni inremlohna. ANI tlem records te a ni kaw sawmi chumi peerless a ni monist a ni a nung a atangin 510 a ni ah 478 a ni BC-ah a awm a; Khawthlang lam chanchin ziaktute an ni assign him to the late eighth century AD Shankara-a'n *Brahma Sutras* a sawifiahna hmingthang tak chhiartute chuan Dr. Paul Deussen-a *lekhkhabu System Of The Vedanta* (Chicago: Open Court Publishing Company, 2016) -ah hian uluk taka English lehlin an hmu ang. 1912 khan a lo piang a). Tawi extracts a ni atangin ani thuziak te a ni duhdan ni hmu chhung *Selected a ni Hnathawh a ni Tan Sri Shankaracharya chuan a rawn ti a* (Natesan chuan & Co., Madras-ah a awm a ni).

24-4 : 1.1. "*Chitta*." *vritti tih a ni nirodha*"-*Yoga hmanga tih a ni Sutra a ni* 1:2. Patanjali chuan a rawn ti a tarikh hi hriat loh, pawh nise ani a zat tan mithiamte a ni hmun ani chhung a pahnihna chu za BC Chumi rishis tih hi a ni pe forth a ni treatises te pawh a awm chungah zavai subject hrang hrang a awm nen chutiang hrefiah sawmi kum tam tak

chhung nei ni thiltihtheihna nei lo to outmode tih a ni anni; thlengin, ah chumi a hnu lama awm mak tihna a ni tan chanchin ziaktute, . chumi mi fingte siam Aih tumna ah zawm belh an nei ni leh mize (personality) te ah an literary lam hawi hna a thawk thin. Anni hria an nunna an chauh hun eng emaw chen atan pawimawh angin a rawn eng chhuak ta tan chumi Nunna tawp nei lo ropui tak; tin, chu thutak chu hun kal tawha thil thleng ngai lo, trademark siam theih loh, leh anmahni mimal thil neih loh a ni.

24-5 : 1.1. Chumi paruk orthodox a ni system hrang hrang a awm (*saddarsana*) tih a ni. hi *Sankhya*, 1999 a ni. *Yoga*, 1999 a ni. *Vedanta*, 1999 a ni. *Mimamsa*, . *Nyaya*, 1999 a ni. leh *Vaisesika chuan* . Chhiartute tan of a mi thiam tak tak a ni bent a ni duhdan hlim chhung chumi thil fiah lo tak takte leh zau huang tan hengte hmanlai formulations te pawh a awm angin a tawi zawngin, . chhung Sap, in *Indian Philosophy chanchin* , Vol. I, Prof. Surendranath DasGupta-a ziah (Cambridge University Press, 1922) chuan a ziaak a ni.

24-6 : 1.1. Lo ah ni rilru tibuai nen chumi "Noble." A let riat lai a ni Kawng" tan Buddha sakhua, . ani kaihruai ah mipa ta a ni kalphung tan nunna, angin a zui a ni (1) A dik Thil tha ber ber, . (2) . Dik Thiltih chhan, . (3) . Dik Thusawi, (4) . Dik Thiltih, (5) . Dik Kalkawng tan Eizawna, . (6) . Dik Tumna, (7) Hriatrengna dik (Mahni), (8) Hriatthiamna dik (*samadhi*).

24-7 : 1.1. Dr. Jung a kalkhawm a ni chumi Indian a ni Science Congress-in a sawi chhung 1937 khan a lo piang a leh dawng chu chawimawina pek a ni degree atangin chumi Zirna sang Calcutta- a awm a ni .

24-8 : 1.1. Dr. Jung hi hetah refer a ni ah *Hatha Yoga* , . ani specialized a ni tawpeng tan taksa lam a ni postures (postures) te leh technique hrang hrang a ni tan hrisel leh

dam rei theihna. *Hatha* hi tangkai, leh a siam chhuak thin hmuhdawm pawnlam rahchhuah, mahse hei tawpeng tan .yoga tih a ni hi te hmang tu yogis te an ni thlarau lam zalenna lama inngat

24-9 : Plato-a *Timaeus*- a thawnthu Atlantis-ah hian a chhunga chengte science lama an hriatna hmasawn dan a sawi a. Continent bo hi BC 9500 vel khan nature chhiatna rapthlak tak hmangin a bo niin an ngai a; mahse, metaphysical ziaktu thenkhat chuan . nihphung sawmi chumi Atlanta mite an ni an tihchhiat a ni angin ani nghawngchhuah tan an hman dik loh tan atomic a ni thuneihna. Pahnih French tawng a ni ziaktute an ni tun hnaiah *Bibliography Of Atlantis* , an buatsaih a , chutah chuan chanchin leh thil dang 1700 chuang an ziaak a ni.

BUNG: 1.1. 25. A rilru a hah lutuk

Unaupa Ananta chuan Leh Unaunu Nalini chuan

"Ananta." thei lo nung; chumi sands a ni tan ani karma tih a ni tan hei nunna nei tlan pawn."

Zing khat chu ngaihtuahna thuk takah ka thut lai chuan heng thu sawi theih lohte hian ka chhungril hriatna chu a thleng ta a ni. Swami Order ka luh hnu rei vak lovah ka pianna hmun Gorakhpur chu ka u Ananta mikhual angin ka tlawh a. Natna rang tak chuan a khumah a khung ta a; Hmangaih takin ka nurse a.

Chhûngril lama thuchah ropui tak chuan lungngaihna min ti khat a. Gorakhpur-a rei zawk awm chu ka tuar thei tawh lo niin ka hria a, ka unaupa chu ka tanpui theih loh mitmeng hmaah a inhnukdawk tih ka hmu chauh a ni. Ka chhungte hnen atanga hriatthiam loh sawiselna karah chuan lawng awm hmasa ber hmangin India ram ka chhuahsan ta a ni. Burma leh China Sea-ah lawngin Japan ram a pan a ni. Kobe-ah ka chhuk a, chutah chuan ni tlemte chauh ka awm a. Ka thinlung chu sightseeing atan chuan a rit lutuk.

India rama kan kir lehnaah chuan lawng chuan Shanghai-ah a khawih a. Chutah chuan lawng doctor Dr. Misra chuan curio dawr engemaw zatah min hruai a, chutah chuan Sri Yukteswar leh ka chhungte leh ka thiante tan thilpek chi hrang hrang ka thlang a. Ananta tan chuan carved bamboo piece lian tak ka lei a. Chinese salesman chuan bamboo souvenir min pek meuh chuan leiah ka paih thla a, "Ka unaupa thi duh tak tan hian hei hi ka lei ta a ni!"

A thlarau chu Infinite-ah a chhuah zalen mai mai tih hriatna chiang tak chuan minrawn nuai ta a ni. Souvenir chu a tlak avangin nasa takin leh entirna angin a chhe

vek a; amidst sobs, bamboo surface-ah chuan ka zia a: "Ka hmangaih Ananta tan, tunah chuan a awm tawh lo."

Ka thianpa, doctor chuan heng thubuai kalpui dan hi nuihzat hmel zet

hian a lo thlir reng a. "I mittui chu chhanhim rawh," a ti a. "Engvangin

nge a thi tih i chian hma loh chuan i paih chhuah?"

Kan lawng chuan Calcutta a thlen chuan Dr. Misra chuan min zui leh a. Ka unaupa naupang ber Bishnu chuan lawng chawlhna hmunah min lo hmuak turin a lo nghak a.

"Ananta hian he nun hi a chhuahsan tawh tih ka hria," Bishnu hnenah chuan thu sawi hun a neih hmain ka ti a. "Khawngaihin min hrilh teh, hetiang doctor pawh hi, Ananta thih lai kha."

Bishnu chuan a rawn ti a hming vuah a ni chumi tarikh, khawi tawh chumi lutuk ni sawmi Ka nei lei chumi souvenirs te pawh a awm bawh chung Shanghai khawpuiah a awm.

"Hetah hi han en teh!" Dr. Misra chuan a chhuak ta a. "He thil hi thumal engmah lo sawi chhuak suh! Professor-te chuan medical course-ah hian kum khat chung zet mental telepathy zirchianna an belh dawn a, chu chu a rei tawh hle!"

Gurpar Road-a kan in ka luh rual chuan Pa chuan lawm takin min kuah a. "I lo kal ta a ni," ngilnei takin a ti a. A mit atang chuan mittui lian tak pahni a rawn tla thla a. Ordinarily undemonstrative, heng hmangaihna chhinchhiahnate hi min hmuhtir ngai lo. Pawn lamah chuan thlan pa, chhungril lamah chuan thinlung hmin tak chu a nei a ni tan ani nu. Chhung zavai ani inzawmna (dealings) te nen chumi chungkua, ani dual a ni nu leh pa lam a ni chanvo tawh chiang takin a lang.

Ananta boral hnu rei vak lovah ka nau Nalini chu Pathian damnain thihna kawngka atangin a rawn hruai haw a. Thu ka sawi hmain a nun hmasa lama hun engemaw chen ka sawi hmasa ang.

Nalini leh keimah naupan laia kan inlaichinna kha hlimawm ber a ni lo. Ka thau hle a; a thim zawk bawh. Psychiatrist-te'n an hriat harsat loh tur unconscious motive emaw "complex" emaw hmangin ka unaunu chu a ruang ang maia a lan dan chungchangah ka nuihzat fo thin. A chhannate chu tleirawl na nasa tak takte callous frankness-in a khat ve ve a ni.

A châng chuan Nu chu a rawn inrawlh a, naupang inhnialna chu a titawp a, hun eng emaw chen atan, ka beng chungaw bawm nem tak hmangin, beng upa zawk angin.

Hun a liam ta a; Nalini hi Calcutta-a doctor naupang pakhat, Panchanon Bose nen an inhual a. Pa hnen atangin nupui pasal neih tam tak a dawng a, chu chu (Sister hnena ka sawi ang khan) a rulhna tur a ni ngei ang bridegroom-to-be chu mihring bean-pole nena inzawmna siama a chanvo atan.

Sawizau inneihna rites tih a ni an lawm a ni chung hun hun. Chungah chumi inneihna zan, Ka a zawm ta a ni chumi Calcutta-a kan in living room-ah chuan chhungte pawl lian leh hlim tak tak an awm a. Mo neitu chu rangkachak brocade pillow lian tak chungah a innghat a, a bulah Nalini a awm bawh. Silk *sari* mawi tak mai **25-1** a anglerity chu a thup vek thei lo, alas. Ka thar pillow hnuaiah chuan ka

inkhuar ta a brother-in-law leh friendly fashion takin a nuih suk a. Nuptial ceremony ni thleng khan Nalini chu a hmu ngai lo va, a tawpah chuan matrimonial lottery-a a hmuh tur chu a hre ta a ni.

Ka lainatna a hriat chuan Dr. Bose chuan Nalini chu ngaihven lohvin a kawhhmuh a, ka beng bulah chuan, "Sawi rawh, hei hi eng nge ni?"

"Engati nge, Daktawr," Ka tiin a chhang a, . "chumi hi ani ruhro (skeleton) a ni tan i hmuhdan!"

Hlim takin kan inhnukdaw a, ka u leh kei chuan kan chhungte inkhawmpui hmaah nungchang dik tak vawng reng turin kan bei nasa hle.

Kum a lo vei zel a, Dr. Bose-a chuan kan chhungte chu a hmangaih hle a, natna a lo chhuah apiangin an rawn tlawh thin. Ani nen chuan kan inhmelhriat nghal vat a, kan fiamthu fo thin a, a tlangpuiin Nalini hi kan target a ni.

"Medical curiosity a ni," ka u chuan ni khat chu min remark a. "I lean sister-cod liver oil, butter, malt, honey, sangha, sa, egg, tonics-ah hian engkim ka lo en tawh a. Still she fails to bulge even one-hundredth of an inch." Kan pahnih chuan kan nui suk a.

Ni engemaw zat hnuah Bose te in chu ka tlawh leh a. Chutah chuan ka hnathawh chu minute tlemte chauh a ni a; Ka chhuak dawn a, hriat lohvin, ka ngaihtuah a, Nalini chuan. Kawngkhar hma lam ka thlen chuan a aw ka hre ta a, cordial mahse commanding tak a ni.

"Unaupa, hetah hian lo kal rawh. Tun tum chu slip min pe dawn lo. Ka biak

duh che a ni." A room lam pan chuan stairs ah chuan ka chho ta a. Ka mak tih

chu a mittui a tla zawih zawih a.

"Unau duh tak," a ti a, "hatchet hlui chu i phum ang u. Tunah chuan i ke chu thlarau lam kawngah nghet takin a ding tawh tih ka hmu a. Kawng engkimah nangmah ang nih ka duh a ni," a ti a. Beiseina nen, "Tunah chuan i hmelah i chak tawh a; min pui thei ang em? Ka pasal hian min hnaih lo a, ka hmangaih em em bawk!"

Mahse, chu aia nasa zawkin Pathian- hriatnaah hmasawn ka duh a, **25-2-a ka thinrim reng a ngai a nih pawhin** leh hmuhnawm lo tak a ni."

A ngenna chuan ka thinlung chu a khawih hle. Kan inṭhianṭhatna thar chu a ṭhang chho zel a; ni khat chu ka zirtir ni turin a ngen a.

"I duh angin min zirtir rawh. Tonics ai chuan Pathian ka ring zawk." Damdawi kut khat khat chu a khawl khawm a, inchung drain-ah chuan a leih thla ta a.

Angin ani fiahna tan ani rinna, Ka zawt ani ah omit tih loh chu atangin ani ei leh in zavai sangha, sa, leh egg a ni.

Thla engemaw zat hnuah, chutih lai chuan Nalini chuan ka dan hrang hrang ka siamte kha khauh taka a zawm a, harsatna tam tak karah pawh a vegetarian diet chu a zawm tlat avangin ka tlawh ta a.

"Sis, thlarau lam thupekte chu chhia leh tha hriatna nen i zawm a; i lawmman chu a hnai tawh." Misual zet hian ka nui suk a. "Engtiang chiahin nge plump i duh-kum tam tak chhunga a ke hmu tawh lo kan pi ang maia thau?"

"Aih! Mahse Ka sei ah ni angin stout a ni angin nangmah hi."

Solemne takin ka chhang a. "Pathian khawngaihna avangin thutak ka sawi fo thin angin tunah hian dik takin ka sawi ta a ni. 25-3." Pathian malsawmna hmangin i taksa chu vawiin a\ang hian a danglam ngei ang; thla khat hnuah chuan ka rit ang chiah a ni ang."

Ka thinlung a\anga heng thute hian famkimna a hmu a ni. Ni sawmthum chhungin Nalini rit zawng chuan ka rit zawng chu a tlukpui ta a ni. Roundness thar chuan a mawina a pe a; a pasal chu a hmangaih thuk hle. An inneihna, chutiang chuan a intan ta a ni

thil tha lo takin, . a hawi let a pawn ah ni a tha ber chu hlim.

Japan atanga ka lo haw chuan ka awm loh chhung hian Nalini chu typhoid natnain a vei tih ka hre ta a. A in lam pan chuan ka tlan nghal a, ruhro mai maia tihtlem a nih ka hmuh chuan mak ka ti hle. Coma-ah a awm a.

"Natna avanga a rilru a buai hma chuan," ka u chuan min hrilh a, "Hetihian a sawi fo thin: 'Unaupa Mukunda hi hetah awm se chuan hetiang hian ka awm lo ang.'" Beidawng takin a ti leh a, "Doctor dangte chuan leh keimah hmu Aih ring. Thisen dysentery natna (dysentery) a ni nei ruahman chhung, hnuah ani sei bout a ni nen typhoid natna a ni."

Ka tawngtaina hmangin lei leh van ka sawn tan ta a. Anglo- Indian nurse pakhat, thawhhona famkim min petu chu ka engaging a, ka unaunu hnenah yoga technique hrang hrang tihdamna ka hmang a. Thisen dysentery chu a bo ta a.

Mahse Dr. Bose chuan lungngai takin a lu a thing a. "A thisen chhuah tur a

nei tawh lo mai mai." "A dam leh ang," nghet zet hian ka chhang a. "Ni

sarih hnuah a khawsik chu a bo tawh ang."

Kar khat hnuah Nalini chuan a mit a meng a, hmangaihna nena hriatna nen min en reng tih ka hmuh chuan ka phur hle. Chumi ni atang chuan a dam chak ta hle mai. A taksa rihna pangngai chu nei leh tawh mah se, a natna hlauhawm tak avanga hliam lungchhiatthlak tak pakhat a nei a: a ke chu a ke a tikehsawm a ni. Indian leh English specialist-te chuan beiseina nei lo piangsual niin an sawi.

Tawngtaina hmanga a nunna atana indona tawp lo chuan min ti chau tawh hle. Ka kal ta a Serampore chuan Sri Yukteswar tanpuina dil turin. Nalini dinhmun ka hrilh lai chuan a mitmeng chuan lainatna thuk tak a lantir a.

"I unaunu ke chu thla khat hnuah chuan a normal tawh ang." Tin, "A vun bulah chuan, carat hnih-a sei lungflu, perforated lo, clasp hmanga chelh, band ha rawh se," a ti bawk.

Ka a bawkkhup a keimah hmunah ani ke nen hlim takin chhawmdawlina.

"Ka pu, master i ni; a dam lehna thu i sawi chu a tawh Mahse i insist chuan lungflu ka la nghal ang."

Ka guru chuan a lu a bu nghat a. "Ni e, chutiang chu ti rawh." A sawi zelnaah chuan a hmuh ngai loh Nalini taksa leh rilru lam mizia chu dik takin a sawi chhuak a.

"Ka pu," Ka tiin a zawt a, . "hi hei chu astrological tih hi a ni chik? Nangmah ti lo hria ani pian chhuahna ni emaw darkar."

Sri Yukteswar chu a nui suk a. "Astroology thuk zawk a awm a, calendar leh darkar hriatpuinaah a inngnat lo. Mihring tinte hi Siamtu, a nih loh leh Cosmic Man-a tel ve an ni a; lei taksa ang bawkin van taksa pawh a nei a. Mihring mit hian taksa pianzia a hmu a, mahse chhungril mit hian thuk zawkin a lut a, chu chu mi tinte chu a integral leh individual part an nihna universal pattern thlengin a lut a ni.

Ka a rawn let leh a ah Calcutta-ah a awm a leh lei a ni ani lunghlu a ni tan Nalini chuan. ANI thla a hnuah, ani paralyzed a ni ke a ni an

zavaiin tihdam a ni.

Sister chuan ka guru hnenah thinlung taka lawmthu sawi turin min ti a. A thuchah chu ngawi rengin a ngaithla a. Mahse ka chawlh ka lak lai chuan naupai comment a rawn siam a.

"I unaunu hi doctor tam takin fa a nei thei ngai lo tih an hrilh tawh a. Kum tlemte hnuah fanu pahnih a nei dawn tih tiam rawh."

Engemawzat kum a hnuah, ah Nalini a ni lawmna, ani verh ani hmeichhe naupang, a zui a chhung ani tlem kum tu adang fanu.

"I pu chuan kan in, kan chhungkua zawng zawng chu mal a sawm a ni," ka unaunu chuan a ti a. "Chutiang mipa awmna hi India ram pumah tihthianghlimna a ni. Unau duh tak, khawngaihin Sri Yukteswarji hnenah, nangmah kaltlangin, inngaitlawm takin a *Kriya Yoga* zirtir zinga pakhtatah ka inngai tih hrilh rawh."

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25-1 : 1.1. Chumi khawngaih takin draped a ni thawmhaw tan Indian a ni hmeichhia.

25-2 : 1.1. Avang ber mi te an ni chhung India hi liver, pawm theih plumpness a ni hi ngaihtuah tawh lutuk duhtusam a ni.

25-3 : 1.1. Chumi Hindu a ni Pathian Lehkha Thute puang chhuak rawh sawmi saw'ng saw tunge tih dan pangngaiin tawng chumi thudik duhdan tihmasawn chumi thuneihna tan thil thleng (materialising) a ni an thusawi. Thinlung a\anga thupek an sawi chu nunah a thleng famkim ang.

BUNG: 1.1. 26. A rilru a hah lutuk

Chumi Science Tan Kriya chuan Yoga hmanga tih a ni

Kriya Yoga science hi tunlai India ramah hian ka guru guru Lahiri Mahasaya instrumentality hmangin a lar hle a ni. Sanskrit tawng atanga *Kriya bul chu kri* , tih, thiltih leh chhan let hi a ni a; chutiang bawk chu a bulpui ber chu *karma* tih thumal , a chhan leh a rah chhuah chungchanga pianpui thu bulpuiah pawh hmuh a ni. Chutiang chuan *Kriya Yoga* chu "thiltih emaw rite emaw hmanga Infinite nena inzawmna (yoga)" a ni. Yogi chuan a technique rinawm taka zawm chuan karma emaw, universal chain of causation emaw a\angin zawi zawiin a chhuak \hin.

Hmanlai yoga thupek thenkhat avang hian mipui zahawm takte tana ruahman lehkhabu

phek-ah hian *Kriya Yoga chungchang hi sawifahna kimchang ka pe thei lo*. Technique tak tak chu *Kriyaban emaw Kriya Yogi emaw atanga zir tur a ni* ; hetah hian reference zau tak chu a tawk tur a ni.

Kriya chuan Yoga hmanga tih a ni hi ani naran, rilru lam taksa lam (psychophysiological) a ni tihdan tu khawi chumi mihring thisen hi decarbonized a ni

leh oxygen hmanga recharge leh a ni. He extra oxygen atom te hi life current ah an inthlak a, thluak leh ruhro center te chu a ti thar leh thin. **26-1 a ni** Venous blood pungkawm chu a tihtawp hian yogi hian tissue te chu a ti tlem thei a, a tichhe thei bawh a; yogi hmasawn tak chuan a cell te chu chakna thianghlim takah a chantir thin. Elijah, Isua, Kabir leh zawlnei dangte chu *Kriya emaw chutiang chi hmanraw* hman danah chuan past master an ni a , chu chuan an taksa chu an duh angin an dematerialize tir thin.

Kriya hi science hlui tak a ni. Lahiri Mahasaya hian a guru, Babaji hnen atangin a dawng a, ani chuan Dark Ages-a a bo hnuah a technique chu a hmuchhuak leh a, a tichiang leh ta a ni.

" He kum zabi sawm leh kua-naah hian nangmah hmanga khawvel hnena ka pek tur *Kriya Yoga hi kum sâng tam tak kalta a Krishna-a'n Arjuna hnena a pek, a hnuah Patanjali-a leh Krista, Mithianghlim Johana, Mithianghlim Paula leh zirtir dangte pawhin an hriat tawh science ang chiah kha harhtharna a ni,*" tiin Babaji chuan Lahiri Mahasaya a hrilh a ni.

Kriya Yoga hi India zâwlnei ropui ber Krishna chuan Bhagavad Gita stanza pakhatah a sawi a ni : "Thâw chhuak tûra thawk chhuah chu a hlan a, thawk chhuak chu thawk chhuahnaah a hlan a, yogi chuan heng thawk pahnih hi a tichhe vek a; chutiang chuan thinlung aţanga nunna chakna chu a chhuahtîr a, a thununna hnuaiah a dah ta a ni. **26-2 a ni** A hrilhfiahna chu: "Yogi chuan taksa chhiatna chu nunna chakna dah belhin a man a, taksa thanna mutations te chu *apan* (current tihbo) hmangin a man bawh. Chutiang chuan chhe leh thanna chu a titawp a, thinlung a ti reh a, yogi chuan nunna thunun a zir a ni.

Krishna pawhin **26-3 hi a sawi bawh** amah hi, mihring lo piang tawh, tihchhiat theih loh yoga chu hmân lai illuminato, Vivasvat-a hnenah a hrilh a, chu chu Manu, dan siamtu ropui tak hnenah a pe tih a sawi. **26-4 a ni** Ani erawh chuan India rama solar warrior dynasty pa Ikshwaku chu a zirtir ta a ni. Chutianga pakhat leh pakhata kal tlangin, lal yoga chu rishi-te chuan thil neih duh hun lai lo thleng thlengin an veng reng a ni. **26-5 a ni** Tichuan, puithiam thuruk leh mihring ngaihsak lohna avang chuan hriatna thianghlim chu zawi zawiin thlen theih loh a lo ni ta a ni.

Kriya Yoga hi hmân lai mi fing Patanjali, yoga sawitu hmasa ber chuan wawi hnih a sawi a, ani chuan heti hian a ziaak a ni: " *Kriya Yoga* hi taksa thununna, rilru thununna leh *Aum ngaihtuah chhuahna a ni* . **26-6 ah a awm** Patanjali chuan Pathian chu ngaihtuahnaa hriat theih Cosmic Sound of *Aum tak tak angin a sawi a*. **26-7 ah a awm** *Aum* hi Siamtu Thu a ni a, **26-8** Vibratory Motor ri chu a rawn ri ta a. Yoga tantu pawhin rei lo teah a chhungril lamah *Aum ri mak tak mai chu a hre ta a ni* . He thlarau lam fuihna hlimawm tak hi a dawn hian, Pathian biakna neitu chuan Pathian ramte nêna inzawmna tak tak a nei tih a Chiang ta a ni.

Patanjali chuan a vawi hnihna atan nunna thunun emaw *Kriya technique emaw chu heti hian a sawi a: "Chu pranayama* hmang hian zalenna chu tihhlawhtlin theih a ni a , chu chu inspiration leh expiration kalphung inzawm lo atanga hmuh theih a ni. **26-9 ah a awm**

Mithianglim Paula chuan *Kriya Yoga* , a nih loh leh a ang chi technique a hre Chiang hle a, chu chuan nunna current chu hriatna lam pan leh a thlak danglam thei a ni. Chuvangin heti hian a sawi thei ta a ni: "Tih tak meuhvin, Kristaa kan lawmna ka neih hian ka dodal a ni, *nitin i thi thin* ." **26-10 ah a awm** Nitin a taksa nunna chakna chu a lak chhuah avangin, Krista hriatna hlimna (chatuan hlimna) nen yoga inzawmna hmangin a inzawm khawm ta a ni. Chutiang felicitous state-ah chuan a ni

hriatna nei takin ngaihven tan ni thi ah chumi delusive tih a ni sensory lam thil a ni khawvel tan *maya* .

sabikalpa samadhi) dinhmun hmasa berah chuan devotee-te hriatna chu Cosmic Thlarau nen a inzawm khawm a; a nunna chakna chu taksa atangin a la chhuak a, chu chu "thi" emaw, che thei lo leh rigid anga lang a ni. Yogi hian a taksa dinhmun suspended animation chu a hre Chiang Hle. Amah ang bawkin thlarau lam dinhmun sang zawk (*nirbikalpa samadhi*)-ah a kal zel a, mahse, taksa lama inngahna nei lovin, leh a hriatna harh pangngaiah, khawvel hna harsa tak tak karah pawh Pathian nen an inbiak a ni. **26-11 ah a awm**

" *Kriya Yoga* hi mihring evolution tih chakna hmanrua a ni," tiin Sri Yukteswar chuan a zirlai te hnenah a sawifiah. "Hmanlai yogi-te chuan cosmic consciousness thuruk chu thawk thiamna nen a inzawm tlat tih an hmuchhuak a. Hei hi khawvel hriatna hlutna atana India-in a thawhhlawk danglam bik leh thih theih loh a ni. A tlangpuiin heart-pump vawn thatna atana inhmang thin nunna chakna chu thawkna mamawh tawp lo tihrehawm leh tihreh dan hmangin hnathawh sang zawk atan chhuah zalen a ngai a ni."

Kriya Yoga chuan rilru lamah a nunna chakna chu zodiac, symbolic Cosmic Man-a astral sign sawm leh pahnih nena inmil, spinal center paruk (medullary, cervical, dorsal, lumbar, sacral, leh coccygeal plexuses) vel, chunglam leh hnuai lam hawia inher turin a kaihrui a ni. Mihring rilru natna (sensitive spinal cord) vel minute chanve chhunga chakna inher hian a evolution-ah hmasawnna fiah lo tak a thlen a; chu *Kriya* minute chanve chu kum khat chhung chu thlarau lam thila pianpui inhawnna nen a inang a ni.

Mihring astral system, chhungril arsi paruk (polarity-in sawm leh pahnih) chu engkim hretu thlarau mit ni vel a inher a, taksa ni leh zodiacal sign sawm leh pahnih nen a inzawm tlat a ni. Chutiang chuan mihring zawng zawng chu chhungril leh pawn lam universe-in a nghawng vek a ni. Hmanlai rishi-te chuan mihring lei leh van boruak, kum sawm leh pahnih chhung velin a pianpui kawng zawhin hma a sawn tir tih an hmuchhuak a. Pathian Leikha Thu chuan mihring hian a mihring thluak chu cosmic consciousness lantir thei tur khawpa ti famkim turin kum maktaduai khat chhung zet chu evolution pangngai, natna nei lo evolution a mamawh tih a sawi.

Kriya sangkhat tih hian yogi chu, ni khatah, kum sang khat chhunga natural evolution tlukpui a pe a: kum khat chhunga kum 365,000 evolution. Chutiang chuan kum thum chhungin *Kriya Yoga chuan* mahni inrintawkna fing tak hmangin kum maktaduai khat chhunga thilsiamin a thlen ang chiah chu a tihlawhtling thei a ni. *Kriya short cut* hi , a nihna takah chuan, yoga lama inhmang thuk tak takte chauhvinn an la thei a ni. Guru kaihruiainain chutiang yogi-te chuan uluk takin an taksa leh thluak chu intensive practice-a siam thiltihtheihna chu dawng turin an buatsaih a ni.

Kriya tan tirh hian a yoga exercise hi vawi sawm leh pali atanga vawi sawmhni leh pariat chauh a hmang a, nitin vawi hni a hmang thin . Yogi engemaw zat chuan kum ruk emaw kum sawm leh pahni emaw kum sawmhni leh pali emaw kum sawmli leh pariat chhungin emancipation an nei thei a ni. Yogi pakhat a ni a thi ta a ni hmaah tihlawhtlin khat hriatchhuahna a phur a nen ani chumi tha karma tih a ni tan ani hunkaltawh *Kriya* thawhrimna; a nun tharah chuan a Infinite Goal lam hawiin inrem takin a hruai a ni.

Mi pangngai taksa chu watt sawmnga nei khawnvar ang mai a ni a, chu chuan billion chu a phur thei lo *Kriya* hman tam lutuk avanga chakna watts . *Kriya* -a hmanraw awlsam leh "foolproof" te chu zawi zawiin leh a tihpun zel avang hian mihring taksa chu nitin astrally transformed a ni a, a tawpah chuan cosmic energy- a thiltihtheihna tawp nei lote lantir turin a fit ta a ni-a hmasa ber chu materially

harhvang tilangchhuak tan Thlarau.

Kriya Yoga hi science lama innghat lo thawk chhuahna exercise nen hian thil inang lo tak tak, mi rilru dik lo mi engemaw zatin an zirtir thin. Lung chhunga thawk lak thar an tumna hi thil awm lo mai ni lovin, thutlukna siamin a nuam lo hle. *Kriya* , erawh chu a tir atang rengin remna a lo awm a, chu chu ruhroa regenerative effect tihrehawmna (soothing sensations of regenerative effect) nen a inzawm thung.

Hmanlai yoga technique hian thawk chu rilruah a chantir thin. Thlarau lama hmasawmna hman hian thawk chu rilru thiltih-mumang-thâwk angin a hre thei a ni.

Tam tak entîrnate a ni thei ni pek tan chumi mathematics lam thil a ni inlaichinna karah mipa ta a ni respiratory rate leh a consciousness state hrang hrang a awm dan te a sawi bawk. Mi, a ngaihtuahna zawng zawnga innghat, finna lama inhnialna inzawm tak tak zawm ang chi emaw, taksa lama thil tih nalh tak emaw, harsa tak emaw tih tum ang chi chuan, a thawk chhuak zawi hle mai. Fixity of attention chu thawk slow ah a innghat a; thawk rang emaw, thawk inthlau emaw chu rilru natna hlauhawm tak takte nena inzawm tlat a ni: hlauhna, duhâmna, thinrimna.

Sakeibaknei rilru hahdam lo hian minute khatah vawi 32 zet a thawk a, hei hi a danglamna chu mipa average chu vawi 18 a ni. Sakeibaknei, rulhut, rul leh rannung dangte hriat hlauh tak takte chu an... dam rei hian thawkna rate an nei a, chu chu mihring aiin a tlem zawk. Entirnan, rulhut, kum 300, **26-12 thleng thei tur** minute khatah vawi 4 chauh a thawk thin.

Mut tharna (rejuvenating effects) hi mihringin taksa leh thawk a hriat loh vang a ni. Mi muhil chu yogi a lo ni ta a; zan tin a hriat lohvin yoga rite of taksa hriatchhuahna atanga a chhuah zalen a, nunna chakna chu thluak hmunpui ber leh a ruhro (spinal center)-a sub-dynamo paruk-a tihdamna current nena inzawmkhawmna a ni. Chutiang chuan muhil chu a hriat lohvin nunna zawng zawng chhawmdawltu cosmic energy reservoir-ah chuan a dip lut ta a ni.

Voluntary yogi chuan slow-paced sleeper angin hriat lohvin ni lovin, consciously, natural process awlsam tak a ti thin. *Kriya Yogi hian* a technique hmangin a taksa cell zawng zawng chu êng chhe thei lo hmangin a saturate a, a chawm a, magnetized state-ah a dah vek a ni. Scientifically chuan thawk chu a tul lovah a siam a, subconscious sleep emaw unconsciousness emaw states a siam chhuak lo.

By *Kriya* , nunna chakna chhuak chu a awmziaah chuan hmanral leh tihbuai a ni lo va, tikhawtlai a ni zawk spinal energies fiah lo zawk nen inzawm leh rawh. Chutianga nunna tihchakna hman chuan yogi taksa leh thluak cell-te chu thlarau lam elixir hmangin electrified a ni. Chutiang chuan thilsiam dan zawm zir tawh a\ angin a inhnukdawh a, chu chuan amah chu-chaw \ha, ni êng, leh ngaihtuahna inrem taka a pêk angin circuitous means hmangin-kum maktaduai tam tak Goal-ah chauh a hruai thei a ni. Thluak structure-a inthlak danglamna tlemte pawh thlen theih nan kum sawm leh pahnih chhung chu hriselna pangngaia nun a mamawh a,

cosmic consciousness lan chhuahna tur cerebral tenement chu a tithianglim tawh turin solar return maktaduai khat a ngai a ni.

Thlarau chu taksa nena inzawm tlat thawkna hrui chu phelhin, *Kriya hian* dam chhung rei zawk leh hriatna chu tawp chin nei lo thlenga tizau turin hna a thawk a ni. Yoga hman dan hian rilru leh matter- bound senses inkara indona (tug of war) chu a hneh a, devotee chu a chatuan lalram luah leh turin a chhuah zalen a ni. A nihna tak tak chu taksa inkhuarna emaw, thawk emaw, boruak saltanna thi thei chhinchhiahna, thilsiam elemental compulsions-ah a inngat lo tih a hria.

Introspection, a nih loh leh "sitting in the silence" tih hi science lama inngnat lo, nunna chaknain a khin, rilru leh hriatnate chu nawr luih tumna a ni. Ngaihtuahna rilru chu, Pathianna lama kir leh tum chu nunna luang chhuakte chuan hriatna lam hawiin a hruai kir leh fo thin. *Kriya*, nunna chakna hmanga rilru *direct- a thunun* hi Infinite panna kawng awlsam ber, hlawk ber leh scientific ber a ni. Pathian lam panna "bullock cart" theological path slow, Chiang lo tak nen a danglamna chu, *Kriya hi* dik takin "airplane" kawng tia koh theih a ni.

Yogic science hi concentration leh meditation exercise chi hrang hrang empirical consideration atanga siam a ni. Yoga hian devotee chu a duh angin a switch off emaw on emaw thei a, life current from the hmuhna, ri, rim, ei leh khawih hriatna telephone panga. He sense- disconnection thiltihtheihna hi a neih theih nân, yogi chuan a rilru chu a duh angin Pathian ram emaw, thil khawvêl emaw nêna inzawm khâwm chu thil awlsam tak a ti a ni. Nunna chakna chuan duh lo takin a hruai kir leh tawh lo va, chu chu thil pangngai, rilru natna leh ngaihtuahna muang lo tak takte awmna hmunah chuan a hruai kir leh tawh lo. A taksa leh rilru hotu, *Kriya Yogi* a tawpah chuan "hmêlma hnahnung ber," thihna chungah hnehna a chang ta a ni.

Chutiang bawkin Thihna, mihring chawmtu chu i ei ang: Tin, Thihna vawi khat thi tawh chuan, chutih hunah chuan thihna a awm tawh lo. **26-13-ah a awm**

Kriya Yogi hmasawn tak nun hi thil tih tawhte nghawng ni lovin, thlarau atanga kaihhraina chauhvin a nghawng a ni. Chutiang chuan devotee chuan egoistic action, a tha leh tha lo, nun pangngai, eagle thinlunga cumbrous leh snail ang chi, egoistic thiltih, evolutionary monitor slow, evolutionary monitor te chu a pumpelh a ni.

Thlarau nunna hmanraw sang zawk chuan yogi chu a chhuah zalen a, chu chuan a ego-prison a\angin a titawp a, hmun tina awm boruak thuk tak chu a tem a ni. Natural living saltanna chu, a danglamna chu, mualphona pace-ah set a ni. A nun chu evolutionary order nena inmil takin, mihring chuan nature a\angin concessionary haste engmah thupek a pe thei lo va, mahse, a taksa leh rilru lama a endowment dan kalh zawnga tihsual nei lovin, final emancipation hriat theih nan kum maktaduai khat vel zeta incarnating masquerades a la mamawh a ni.

Chutiang chuan yogi-te telescopic methods, taksa leh rilru lama inhriatthiamna atanga inthiarfihlim a, thlarau-mimal nihna duhtute chuan kum sangkhat chung zet helna mitmeng neitute chu an fak ta a ni. He numerical periphery hi mihring pangngai tan chuan a lian zawk a, chu chu thilsiam nen pawh inrem lovin a nung a, a thlarau pawh sawi loh, chu ai chuan unnatural complexities a zawm zawk a ni, chutiang chuan mi tithinur thei chung ani taksa leh ngaihtuahna chumi thlum sanities tih a ni tan nihphung. Tan ani, pahnih vawi tam tak ani kum maktaduai tam tak chu zalenna atan a tawh thei lo.

Gross man hian a taksa chu lalram a ni tih a hre lo emaw, a hre ngai lo emaw a ni a, chu chu Emperor Soul-a'n a thunun a, chu chu cranium lal̥h̥utthlenga ɬ̥huin, subsidiary regents-te chu spinal center emaw sphere parukah a awm a ni rilru harhna. He theocracy hian thu awihtu mipui tam tak a huam a: cell maktaduai sawmhni leh pasarih-a taksa thanlenna, inthlak danglamna, leh inthenna hna zawng zawng an thawh theihna tur finna chiang tak, automatic-a pek-leh mihring hriatna, mihring hriatna-a phase inthlak danglamna (variations of alternating phases in human consciousness) maktaduai sawmnga zet chu kum sawmruk chhung zet a ni. Taksa emaw, thluak emaw cell-te Emperor Soul laka helna langsar tak, natna emaw, lungngaihna emaw anga lang apiang chu mipui inngaitlawm tak takte zinga rinawm lohna vang a ni lo va, tun hma emaw, tunlai emawa an hman dik loh vang a ni zawk mi, a mimal emaw, a duhthlanna emaw nei, thlarau nen a ruala pek, leh revocable never.

Ego thuk lo tak (shallow ego) nena inhriatthiamna neiin, mihring chuan a ngaihtuah a, a duh a, a hre a, chaw ei a ei a, a nung reng a, a nun pangngaiah chuan a nun pangngaiah chuan thil kal tawh (karma) leh thilsiam puppet tih loh chu engmah a ni lo tih ngaihtuahna hmangin (tlemte chauh a tawh ang!) a pawm ngai lo emaw, boruak emaw a ni thei. Mipa tinte finna lama an thiltih dan, an rilru put hmang, an rilru put hmang, leh an tih dan chu thil kal tawhte nghawng, hei hi emaw, a hmaa an nun emaw pawh ni se, a nghawng danin a huam chin a ni. Chutiang nghawngte aia sang chu, mahse, a ni a lal thlarau. Thudik leh zalenna hun rei lote chhunga awmte chu hmusitin, *Kriya Yogi chuan* beidawnna zawng zawng kal pelin a Mihring tihkhawtlai lohah a kal ta a ni. Pathian Lehkha Thu zawng zawng hian mihring chu taksa chhe thei ni lovin, thlarau nung a nih thu a puang a; by *Kriya* chuan Pathian Lehkha Thu thutak finfiah theihna tur method pek a ni.

"Pawm lam ritual hian hriat lohna a tichhe thei lo, a chhan chu an inhnial lo a ni," tiin Shankara chuan a lehkhabu lar tak *Century Of Verses -ah a ziaak a ni* . "Hriatna hriatchhuah chauh hian hriat lohna a tichhe vek a ni. . . . Hriatna hi zawhna tih loh chu kawng dangin a lo piang thei lo. 'Tunge ka nih? Engtin nge he khawvel hi a lo pian? Tu nge a siamtu? A thil neih chhan chu eng nge ni?' Hei hi zawhna chi khat sawina chu a ni." Heng zawhnate hi finna hian chhanna a nei lo; chuvangin rishi-te chuan yoga chu thlarau lam zawhna siamna hmanrua atan an siam chhuak ta a ni.

Kriya Yoga hi *Bhagavad Gita -a fak fo thin "mei rite" tak tak a ni* . Yoga-a mei thianghlimte chuan chatuan êng a thlen a, chuvângin, thutak hriatna hal fo thin sakhaw mei inkhâwmna pâwn lam leh hlawk lo tak takte nêñ, rimtui nêña zaipui ropui tak thlengin a danglam hle a
ni!..

Yogi hmasawn tak chuan taksa duhzawng nena inzawmna dik lo a neih loh nan a rilru, duhzawng leh hriatna zawng zawng chu a thunun a, a rilru chu ruhro hmun thianghlima superconscious force-te nen a inzawm khawm a, chutiang chuan Pathian ruahmanna angin he khawvelah hian a nung a, hun kal tawha rilru put hmang emaw, mihring chêtîrna thar hriatpuitu tharte emaw pawhin a chêtîr lo. Chutiang yogi chuan a Duhna Chungnung ber tihhlawhtlinna a dawng a, Thlarau hlimna tawp thei lovah him takin a hmu a ni.

Yogi chuan a mihring duhthusam labyrinthine chu Pathian pakhat chauh ringtu meipui, a tluk loh Pathian tana inhlanna hmunah a hlan a ni. Hei hi yoga mei inkhawm dik tak a ni tak zet a, chutah chuan duhthusam kal tawh leh tunlai zawng zawng chu hmangaihna Pathianin a ei zo vek fuel a ni. Ultimate Flame hian mihring rilru natna zawng zawng inthawina a dawng a, mihring chu bawlhhlawh thianghlim a ni. A ruhte chu tisa duh zawng zawng hlihsak a ni a, a karmic skeleton chu finna antiseptic ni-ah a bleach a, a tawpah chuan a thianghlim a, mihring leh Siamtu hmaah chuan thil tisual thei lo a ni.

Yoga-a a hlawhtlinna Chiang leh hmanraw dik tak sawiin, Lal Krishna chuan

technological yogi chu hetiang hian a fak a: "Yogi chu taksa thunun thei ascetics
aiin a ropui zawk a, finna kawng (*Jnana Yoga*), emaw thiltih kawng (*Karma Yoga*)
emaw zuitute aiin a ropui zawk a ni; nang, Aw zirtir Arjuna, yogi ni rawh!" **26-14 ah a
awm**

.....
26-1 : 1.1. Chumi chhinchhiah science lam mithiam, Dr. George-a chuan a rawn ti a W. Crile a ni tan Cleveland, kum 2019
a ni. tiin a hrilhfiah a hmaah ani 1940 khan a lo piang a inhmukhawm tan chumi American a ni Association tan chuan
chumi Hmasawnna tan Science chumi experiment hrang hrang a awm baw tu khawi ani nei a finfiah ta a ni sawmi zavai
taksa lam a ni tissue te a ni hi electric hmanga siam a ni negative, thluak leh nervous system tissue tih loh chu
electrically positive-a awm reng a ni a, a chhan chu revifying oxygen chu chak zawka an lak vang a ni.

26-2 : 1.1. *Bhagavad chuan*

a ti a Gita , . IV:29 a ni. 26-3

ah hian: *Bhagavad chuan a*

ti a Gita tih hi a ni IV:1-2 a

ni.

26-4 *Manava Dharma Shastras* ziaktu a ni . Heng institute of canonized common law te hi tun thleng hian India ramah hian a tangkai hle a ni. French mithiam, Louis Jacolliot-a chuan Manu hun lai chu "India ram chanchin hmasa hun lai zanah a bo a; leh Aih mi thiam tak a ni nei a ngam ta ah hnial ani chumi nihna tan chumi ber hmanlai dan siamtu chhung chumi khawvel." Chhung *La Bible Dans L'inde* , phek 33-37, Jacolliot chuan Roman *Code Of Justinian chuan Laws Of Manu chu* a zawm tlat tih finfiahna atan parallel textual references a siam thar leh a ni .

26-5 : 1.1. Chumi tan tan chumi thil neih duhna (materialistic) a ni kum, . milin ah Hindu a ni Pathian Lehkha Thuah chhiar dan, . tawh 3102 a ni BC Hei tawh chumi bul tanna atanga chumi A chhuk thla ta Dwapara chuan a rawn ti a Kum (hmu [page 174 a ni](#)). Tunlai mi thiamte, . blithely takin ringin sawmi 10,000 a ni kum kal ta zavai mipa te an a pil ta a ni chhung ani barbarous a ni Lung Kum, a tawi zawngin hnawl angin "thudik lo" te. zavai records te a ni leh .hnam dan (traditions) te a ni tan lutuk hmanlai civilization hrang hrangte India, China, Aigupta leh ram dangah te

26-6 : Patanjali- *a thusawi* , II:1. *Kriya Yoga* tih thumal hmannaah hian Patanjali hian zirtirna technique dik tak emaw, a sawina a ni tu Babaji, 1999 a ni. emaw pakhat lutuk inang ah chumi. Sawmi chumi tawh ani Chiang tak a ni technique hmanga tih a ni tan nunna thunun hi a finfiah ta a ni tu Patanjali chuan a rawn ti a *Aphorism* II:49 a ni.

26-7 : 1.1. Patanjali chuan a rawn ti a *Aphorisms te* , . I:27 a ni.

26-8 : 1.1. "Chhung chumi tirlam tawh chumi Thumal, leh chumi Thumal tawh nen Pathian, leh chumi Thumal tawh Pathian. Zavai thilte an siam tu ani; amah tel lo chuan engmah siam a ni lo."- *Johana* 1:1-3. *Veda -a Aum (Om)* chu thu thianghlim a lo ni ta a ni *Amin* tan chumi Moslem, . *Hum* tan chumi Tibet mite, . leh *Amen* tan chumi Kristiante (chu chu awmzia chhung Hebrai tawngin ni *ngei* , *ngei* , *rinawm*). "Pathian thil siam bul tanna, thuhretu rinawm leh dik tak Amen chuan heng thu hi a ti a ni."- *Thupuan* 3:14

26-9 : 1.1. *Aphorisms te hi a ni* II:49.. tih hi a ni.

26-10 : 1.1. Ka *Korinth khuua mite* 15:31-ah a awm. "Kan hlim takin". hi chumi dik lehlina; lo, angin atlangpuiin pek, "i hlim takin." St. Paula chuan chu Krista hriatna *hmun tina awm* tihna a ni ..

26-11 : 1.1. *Kalpa* kalkawng hun emaw aeon a ni. *Sabikalpa chuan a ti a* kalkawng thupui ah hun emaw thlak; engemawzat zawm nen *prakriti tih hi a ni* emaw thu a la awm reng a ni. . *Nirbikalpa a ni* kalkawng hun kal tawh lo, . danglam thei lo; hei hi chumi a sang ber nihphung tan *samadhi a ni*

26-12 : 1.1. Milin ah chumi *Lincoln-a chuan a rawn ti a Library Tan Tul Hriattirna* , p. 1030, 1999 a ni. chumi milian rulhut (tortoise) a ni nunna karah 200 a ni leh Kum 300 a ni tawh.

26-13 : 1.1. Shakespeare-a chuan:

Sonnet a ni #146 a ni. 26-14:

Bhagavad Gita , VI:46-ah a lang a.

BUNG: 1.1. 27. A rilru a hah lutuk

Founding a ni ANI Yoga hmanga tih a ni Sikul Hmunah Ranchi a ni

"Engati nge hi nangmah averse a ni ah pawl lam thil a ni hnathawk?"

Master's a ni zawhna a ti mangang hle keimah ani te. Chumi hi dik sawmi ka mimal thiam loh chantirna hmunah chumi hun tawh sawmi

pawl hrang hrangte an "hornets' tih a ni. nests a awm."

"Lawmthu sawi loh hna a ni, ka pu," ka chhang a. "Hruaitu hian eng thil pawh ti se, ti lo mah se, sawisel a hlawh hle."

"Divine *channa* (milk curd) zawng zawng hi nangmah chauh tan i duh em?" Ka guru chhanna chu a mitmeng khauh tak nen a inzawm a. "Thinlung tha tak nei hotu line pakhatin an hriatna midangte hnena thlen duh lo se chuan nangmah emaw, tu emaw pawhin yoga hmangin Pathian nena inzawmna an nei thei ang em?".. tiin a sawi. Tin, "Pathian chu Honey a ni a, pawlte hi hive an ni a; an pahnih hian a tul a ni. Eng ang *chi pawh hi* a tangkai lo, a dik e, thlarau tel lo chuan, mahse engvangin nge thlarau lam tuikhuah khata khat hive buai tak tak in tan loh ang?".. tiin a sawi bawk.

A thurâwn chuan min khawih thûk hle a. Pawn lam atanga chhanna ka pe lo nain, ka rilruah thutlukna nghet tak a lo chhuak ta a: ka thiltihtheihnaa awm chinah chuan ka thiante hnenah ka guru ke bula ka zir chhuah thutak inzawm lo chu ka sawi chhuak ang. "Lalpa," ka tawngtai a, "I Hmangaihna chu ka inpekna hmun thianghlimah chuan chatuan atan eng rawh se, chu Hmangaihna chu thinlung dangteah ka tiharh thei ang," ka ti a.

Tun hma pawhin monastic order ka zawm hma khan Sri Yukteswar-a chuan beisei loh ber thu a lo sawi tawh a.

"I tar hunah nupui nena inkawmna chu engtiang chiahin nge i ngai dawn!" a lo ti tawh a. "Chhungkaw mipa, a nupui fanaute enkawl nâna hna \angkai thawktu chuan chutiang chuan Pathian mithmuhah hlâwkthlâk tak a chang tih hi i pawm lo em ni?"

"Ka pu," hlauthawng takin ka lo dodal tawh a, "he nunah hian ka duhthusam chu Cosmic Beloved chauh thlawp hi a ni tih i hria a ni."

Master chu hlim takin a nui tawh a, a thil hmuhchhuah chu ka rinna fiahna atan chauh a ni tih ka hrethiam ta .

"Hriat reng ang che," zawi zawiin a lo ti tawh a, "khawvel hnate paih botu chuan chhungkaw lian zawk laka mawhphurhna eng emaw tak a phurh chauhvin a dikna a lantir thei tih hre reng ang che," a ti.

Thalai te tana zirna kawng tinrenga awm duhna chu ka thinlungah a hnaih tawh hle. Taksa leh finna tihhmasawn chauh tumna zirtirna pangngai rah chhuah hring tak takte chu chiang takin ka hmu a. Nungchang leh thlarau lam hlutna, a ngaihlu loh chuan mi tumahin hlimna an hnaih thei lo chu a la awm reng a ni formal curriculum-a tlakchhamna a awm. Tlangval naupangte chu mipa nihna famkima an lo thanglian theihna tur sikul din ka tum a. Chumi kawngah chuan ka ke pen hmasa ber chu Bengal rama ram hmun tenau tak Dihika-ah naupang pasarih nen kan kal a ni.

Kum khat hnuah, kum 1918 khan Kasimbazar-a Maharaja Sir Manindra Chandra Nundy-a thilphalna avangin ka pawl chak tak chu Ranchi-ah ka sawn thei ta a ni. He Bihar khawpui, Calcutta atanga mel za hnih vel a hla, India rama boruak hrisel ber pawla malsawmna dawng a ni. Ranchi-a Kasimbazar Palace chu sikul thar tur hmunpui atan an siam a, chu chu *Brahmacharya Vidyalaya* **27-1 in ka ti a** rishi-te zirna lama an ngaihda angin.

An ramhnuai ashram-ah te a awm a nei ni chumi hmanlai thutna tur a awm tan zir, khawvel lam thil a ni leh thianglim, tan chumi tleirawl tan

India.

Ranchi-ah chuan grammar leh high school zirlai tan pawh zirna programme ka buatsaih a. Agriculture, industrial, commercial, leh academic subject te a huam a ni. Zirlaite chu yoga concentration leh meditation zirtir an ni bawh a, taksa hmasawnna kalphung danglam tak, "Yogoda" tih an zirtir bawh a, chu chu kum 1916-a a thu bulte ka hmuhchhuah tawh a ni.

Mihring taksa chu electric battery ang a ni tih ka hriat chuan mihring duhzawng direct agency hmangin chakna hmanga recharge theih a ni tih ka ngaihtuah a. As no action, slight or large, is possible without *willing*, mihring chuan a prime mover, will, chu a taksa tissue siam thar leh turin a hmang thei a, burdensome apparatus emaw mechanical exercises emaw hmang lovin. Chuvangin Ranchi zirlai te chu ka "Yogoda" technique awlsam tak tak ka zirtir a, chu chuan mihring medulla oblongata-a inngat nunna chakna chu cosmic energy supply tawp nei lo atanga hriat reng leh rang taka recharge theih a ni.

Tlangvalte chuan he training hi mak tak maiin an chhang let a, taksa peng khat atanga hmun danga nunna chakna sawn theihna leh taksa dinhmun harsa takah pawh muang taka thut theihna mak tak an nei a ni. **27-2 a ni** Puitling thiltitheih tam takin an tluk phak loh chakna leh chhelna thiltih ropui tak tak an ti a ni. Ka unaupa naupang ber, Bishnu Charan Ghosh-a chuan Ranchi sikul a zawm a; a hnuah a lo ni ta a ni Bengal rama physical culture lama mi lar tak a ni. A zirlai pakhat nen Europe leh America-ah an zin kual a, chakna leh thiamna pholanna an pe a, chu chuan university savant-te chu mak a ti hle a, New York-a Columbia University-a mithiamte pawh an tithinur hle.

Ranchi-a kum khatna tawp lamah chuan admission dilna chu sanghni a tling ta a ni. Mahse chutih laia chenna in chauh awmna sikul chuan za vel chauh a awm thei a ni. Day students tan instruction chu rei lo teah a rawn dah belh leh ta a ni.

Vidyalaya -ah chuan naupang têt têt chu pa-nu angin ka khel a ngai a, inbuatsaihna lama harsatna tam tak ka hmachhawn a ngai bawh. Krista thusawi: "Tih tak meuhvin ka hrilh a che u, In emaw, unau emaw, unaunu emaw, pa emaw, nu emaw, nupui emaw, fate emaw, tu emaw kalsan an awm lo." ramte, keimah avang leh Chanchin |ha ta a ni a, mahse tunah hian a let za zet in dawng ang, in leh unau te, unaunu te, nu te, fa te, ram te, tihduhdahna nen; tin, khawvel lo la awm turah chuan chatuan nunna a awm bawh ang." **27-3** Sri Yukteswar chuan heng thute hi a hrilhfiah tawh a ni: "Inneihna leh chhungkaw nun tawn tawhte kalsan a, chhungkaw tlemte leh thiltih tlemte harsatnate chu khawtlang tana rawngbawl na mawhphurhna lian zawkte nena inthlak danglamtu devotee chuan hna a thawh a, chu chu hriatthiam lohna khawvel atanga tihduhdahna nen a inzawm fo thin a, mahse Pathian chhungril lungawina nen pawh a inzawm fo thin a ni.



Yogoda Math , Ganges lui kama Dakshineswar-a Self-Realization Fellowship hermitage mawi tak a ni. Kum 1938 khan East leh West zirlai te tan yoga retreat atan din a ni.



Yogoda Sat-Sanga Brahmacharya Vidyalaya central building , kum 1918-a mipa naupangte tan yoga school atana din, grammar leh high school zirna nei. Chumi nena inzawm chu midangte tana thilpek pe thin Lahiri Mahasaya Mission a ni.

Ni khat chu ka pa chu pa malsawmna pe turin Ranchi a thleng a, Bengal-Nagpur Railway-a hna a dilna ka hnawl avanga ka tihnat avangin hun rei tak chhung chu a lo dang tawh a ni.

"Ka fapa," a ti a, "Tun dinhmunah chuan nunah i duhthlanna nen ka inrem ta. Hêng tleirawl hlim tak tak, duhthusam tak takte karah hian ka hmuh hian hlimna min pe a; rel kawng hun bituk-a nunna nei lo figure-te nen ni lovin hetah hian i awm a ni," a ti a. Ka kekawr iptea tagging nei naupang sawmhnih vel awmna pawl lam chu a kut a phar a. "Fa pariat chauh ka nei a," mitmeng hrual chungin a en a, "mahse, ka khawngaih thei che a ni!"

Thei huan lian tak leh acre sawmhnih leh panga zet kan neih avangin zirlai te, zirtirtu te leh keimah ngei pawhin heng boruak tha takah hian pawn lama hnathawh hun hlimawm tak tak tam tak kan hman a. Kan ran vulh tam tak kan nei a, chutah

chuan naupangte'n milem an biak tluk zeta sakeibaknei naupang pakhat pawh a tel. Kei pawhin fawn chu ka hmangaih em em a, ka room-ah ka mut phalsak a ni. Zing khawvar êngah chuan thilsiam te tak te chu zing lam fawh turin ka khumah chuan a rawn tlan phei a.

Ni khat chu Ranchi khawpui chhunga sumdawnna engemaw zat ka enkawl a ngai avangin, a hma aia hmain ran vulh chu ka chawm a. Tlangvalte chu ka lo haw hma loh chuan fawn chaw pe lo turin ka vaukhân a, mahse, an zînga pakhat chu thu âwih lo a ni a, .

tin, sakeibaknei naute chu bawngnhute tam tak a pe bawk. Zan lama ka lo haw chuan thu lungchhiatthlak takin min lo hmuak a: "The little fawn is nearly dead, through over feeding."

Mittui chungin nunna nei lo anga lang ran vulh chu ka kawngah ka dah a. A nunna chhanhim turin Pathian hnenah khawngaih takin ka tawngtai a. Darkar engemaw zat hnuah chuan chu thil nung te tak te chuan a mit a meng a, a ding a, chak lo takin a kal ta a. School pum pui chu lawmin an au chhuak a.

Mahse, chumi zan chuan zirlai thuk tak ka hmu a, chu chu ka theihnghilh theih loh tur a ni. Dar hnih thleng fawn nen chuan ka muhil a, chutah chuan ka muhil ta a. Sakeibaknei chu mumangah a lo lang a, ka hnenah chuan a rawn bia a.

"Min lo dang reng a ni. Khawngaihin min thlah

rawh; min thlah rawh!" "A tha e," ka mumang ah

chuan ka chhang a.

Ka a harh ta a rangtakin, leh a ti a pawn, "Tlangval, ." chumi sakhi hi thi mek!" Chumi naupang a tlan nghal vat a ah ka sir.

Pet ka dahna pindan kil khatah chuan ka tlan phei a. Tho turin theihtawp chhuah hnuhnung ber a siam a, ka lam hawiin a tlu a, chutah ka ke bulah a tla thla a, a thi ta a ni.

Rannungte chanvo kaihruaitu leh thununtu mass karma ang chuan sakeibaknei nun chu a tawp tawh a, a sang zawka hmasawn turin a inpeih tawh a ni. Mahse ka innghahna thuk tak, a hnua mahni hmasialna a nihzia ka hriat chhuah avang leh ka tawngtaina nasa tak avang chuan thlarauin chhuah a tumna rannung pianphung tihkhawtlaiah chuan ka vawng tlat thei ta a ni. Sakeibaknei thlarau chuan mumang maiin a ngenna a siam a, a chhan chu ka hmangaihna phalna tel lo chuan a kal dawn lo emaw, a kal thei lo emaw a ni. Ka remtih rual chuan a chhuak ta a.

Lungngaihna zawng zawngin min kalsan a; Pathianin a fate chu engkim hi a tel ve angin hmangaih turin a duh tih ka hre thar leh ta a ni Amah, leh thihna hian engkim a titawp vek tih delusive taka inhriat loh nan. Mi hriat loh chuan thihna kulh paltlang theih loh chauh a hmu a, chatuan ang maia a thian duh takte chu a thup a ni. Mahse, inzawmna nei lo mi, Lalpa lantirna anga mi dangte hmangaihtu chuan thih hunah chuan hmangaih takte chu Amah-a hlimna thawk chhuahna hmun atan chauh an lo kir leh tih a hrethiam a ni.

Ranchi school hi a bul tanna tenau leh awlsam tak a\angin tuna India rama institution hmingthang takah a lo thang lian ta a ni. School-a department tam tak chu rishi-te zirna lama thil tum vawng nung zel tura lawmtute thawhlawm thawhlawm hmanga

ṭanpui an ni. Yogoda hming tlangpui hnuaiah *Sat- Sanga* , **27-4** Midnapore, Lakshmanpur, leh Puri-ah te branch sikul hlawhtling tak tak din a ni tawh bawk .

Ranchi headquarters hian Medical Department a enkawl a, chutah chuan tualchhung mi retheite hnenah damdawi leh doctor-te rawngbawlina a thlawna pek a ni. Enkawl tawh zat hi a vaiin mi 18,000 chuang an ni mi te an ni ani kum. Chumi *Vidyalaya ah a awm a* nei siam chu chu mark, . pawh, chhung Indian a ni inelna infiamna, . leh scholastic field-ah te, Ranchi alumni tam takin a hnuaah an inthlau hle bawk university nun a ni.

Chumi sikul, tunah chhung chu chu sawmhnih leh pariatnaah a awm kum leh chumi lai tan tam tak thiltihte, **27-5 a ni** nei ni chawimawi a ni

Khawchhak leh Chhim lam mi langsar tak takte tlawhna hmangin. *Vidyalya kum khatna chhunga* enfiah hmasa bertu mi ropui pakhat chu Swami Pranabananda a ni a, Benares "mithianghlim taksa pahni nei" a ni. Master ropui tak chuan pawn lama class mawi tak tak, thing hnuaia neihte chu a en a, tlai lamah tlangval naupangte chu darkar tam tak chhung yoga meditation-ah che thei lovin an thut tih a hmuh chuan a rilru a khawih hle a ni.

"Ka thinlungah hlimna a lo thleng a, Lahiri Mahasaya-a'n thalai te zirtirna dik tak neih theihna tura a thil tumte chu he institution-ah hian kalpui a ni tih ka hmuh hian. Ka guru malsawmna chu chutah chuan awm rawh se," a ti.

Ka bula thu tlangval pakhat chuan yogi ropui tak chu zawhna

zawt turin a inpeih a. "Ka pu," a ti a, "Monk ka ni dawn em ni?"

Ka nun hi Pathian tan chauh a ni em?"

Pawh nise Swami chuan Pranabananda chuan a rawn ti a a nui suk a zawi zawiin, . ani mit an piercing tih a ni chumi hma hun.

"Naupang," tiin a chhang a, "i lo puitlin hunah chuan monu hmeltha takin a lo nghak reng che a ni." Chu naupang chuan a tawpah chuan nupui a nei ta a, kum tam tak chhung Swami Order-a luh a tum hnua.

Swami Pranabananda-a'n Ranchi a tlawh hnu engtik lai emaw chuan ka pa chu Calcutta-a yogi-in hun eng emaw chen a awmnaah chuan ka zui a. Kum tam tak kalta a Pranabananda hrilhlawkna chu ka rilruah a rawn lang nghal zat a: "Ka hmu leh ang che, i pa nen, nakin lawkah."

Pa chu swami pindan chhunga a luh rual chuan Yogi ropui chu a thutna atangin a tho a, ka nu leh pa chu hmangaihna nen zah takin a kuah a.

"Bhagabati," a ti a, "Eng nge i tih? I fapa chu Infinite lam pana a tlan lai i hmu lo em ni?" Ka pa hmaa a fakna ka hriat chuan ka mittui tla zawih zawih. Swami chuan a sawi chhunzawm a, "Kan guru malsawm tak hian: ' *Banat, banat, ban jai* ,' a tih fo thin kha i hre reng a ni." **26-6 ah a awm** Chuvangin *Kriya Yoga chu* chawlhsan lovin kalpui zel la, Pathian kawngkharte chu thleng thuai rawh."

Benares-a ka tlawh hmasak ber mak tak lai khan Pranabananda taksa chu a tha em em a, a chak em em bawk a, tunah chuan a dinhmun chu a la ding nghet hle a, mahse tunah chuan tarna chiang tak a lantir ta a ni.

"Swamiji," ka zawt a, a mitmeng chu ka en nghal zat a, "khawngaihin thudik min hrilh teh: Kum upa lam i hre lo em ni? Taksa a chak loh chhoh zel avangin Pathian i hmuh danah hian tlahniam a awm em ?"

Vantirhkoh ang maiin a nui suk a. "Tunlai hian Hmangaihtu chu ka bulah a awm tawh zawk." A rinna famkim chuan ka rilru leh thlarau chu a hneh hle. A sawi zelnaah, "Pension pahnih-hetah hian Bhagabati atanga pakhat, chunglam atanga pakhat chu ka la hlim reng a ni," a ti bawk. A kut zungtang chu van lam hawiin a kawhhmuh a, mi thianghlim chu hlim takin a tlu ta a, a hmel chu Pathian êng takin a eng a-ka zawhna chhanna tam tak a ni.

Pranabananda pindan chhungah chuan thing leh mau tam tak a awm tih ka hriat chuan an thil tum ka zawt a.

"Benares chu a nghetin ka chhuahsan tawh a, tunah chuan Himalaya tlang lam panin ka kal mek a ni. Chutah chuan ka zirtirte tan ashram ka hawng ang. Heng chi te hian spinach leh thlai dang tlemte a siam chhuak ang. Ka duh takte chu awlsam takin an nung ang a, Pathian inpumkhatnaah hlim takin hun an hmang ang. Thil dang engmah a ngai lo," a ti a.

Pa zawt ani unaupa zirtir a ni engtikah ani ang kirlet ah Calcutta-ah a awm a.

"Engtikah mah," mithianghlim chuan a chhang a. "Kumin hi Lahiri Mahasaya-a'n ka hmangaih Benares chu chatuan atan kalsanin Himalaya tlangah ka kal ang, chutah chuan ka thi thei frame paih turin min hrilh a ni.

A thusawi avang chuan ka mittui a tla zawih zawih a, mahse swami chu thlamuang takin a nui a. Van naupang te tak te, Divine Mother kawr chungah him taka thu chu min hriatchhuah tir a. Kum tam tak phurrit hian yogi ropui takin thlarau lam thiltihtheihna sang ber a neih kimnaah nghawng tha lo a nei lo. A duh duhin a taksa a siam thar thei a; mahse, a châng chuan tar chakna tikhawtlai chu a ngaihsak lo va, a karma chu hna thawk tûrin a phalsak zâwk a ni itself out on the physical plane, a taksa hlui chu hun tikhawtlai theitu atan hmangin mihring thara karma hnathawh a ngai lo.

Thla tam tak a hnuah Ka an inhmu a chu upa thianpa, . Sanandan, 1999 a ni. tunge tawh pakhat tan Pranabananda chuan a rawn ti a khar zirtirte an ni.

"Ka guru duhawm tak chu a awm tawh lo," tiin min hrilh a, tap chhuak karah. "Rishikesh bulah hermitage a din a, hmangaihna nen training min pe bawk. Kan insiamrem tha em em lai khan, leh thlarau lam thil rang taka kan siam lai khan." a company-a hmasawanna a awm avangin ni khat chu Rishikesh atanga mipui tam tak chawm turin a rawt a ni. Ka zawt a engvangin nge hetiang zat hi a duh.

"Hei hi ka festival ceremony hnunung ber a ni,' a ti. A thusawi hian a awmzia kimchang ka hrethiam lo ."

"Pranabanandaji hian ei tur tam tak siamnaah a pui a. Khualzin 2000 vel kan chawm a. Ruai kan kil zawhah chuan platform sang takah a thu a, Infinite chungchangah infuih tharna thuchah a sawi a. A tawpah chuan mi sang tam tak mit hmuh hmaah chuan ka lam a hawi a, dais-a a bula ka thut lai chuan, chakna danglam tak nen ka thu a ni."

"Sanandan, . ni inbuatsaih; Ka ni kal ah pet chumi ruangam. **27-7 ah a awm** ' .

"Thil mak tak maia ka ngawih hnu chuan, 'Master, ti suh! Khawngaihin, khawngaihin, ti suh!' Mipui chu an lei hrual a, hriat duh takin min en reng a, Ka guru chuan min nuih suk a, mahse a mitmeng ropui tak chu Chatuan lam a ni tawh.

"Mahni hmasial suh,' a ti a, 'min lungngai hek lo. Hun rei tak chhung chu hlim takin in zavaia rawng ka bawl tawh a; tunah chuan." lawm la, Godspeed min duhsak rawh. Ka Cosmic Beloved hmu turin ka kal thin.' Thusawi chungin Pranabanandaji chuan, 'Ka piang thar leh thuai ang,' a ti leh a. Hun rei vak lo Infinite Bliss ka hlim hnu chuan ka lo kir leh ang leiah leh Babaji zawm rawh. 27-8 ah a awm Ka thlarau chu engtikah nge leh khawiah nge taksa tharin a khuh tih i hre thuai ang.'

"Ani a ti a leh, 'Sanandan, . hetah Ka pet chumi ruangam tu chumi pahnihna *Kriya chuan Yoga tih a ni* .' 27- 9 ah a awm

"Kan hmaa hmel tuifnriat chu a en a, malsawmna a pe a. Thlarau mit lam hawia a mit chu a hawitir a, a che thei lo. Mipui rilru buai tak takte chuan hlim takin a ngaihtuah tih an ngaihtuah lai chuan tisa biak in chu chhuahsanin a thlarau chu cosmic vastness-ah a thun lut tawh a ni. Zirtirte chuan a taksa chu an khawih a, lotus posture-ah chuan an thu a, mahse chutiang chu a ni." tisa lum tak chu a awm tawh lo.

Ka tiin a zawt a khawng Pranananda chuan a rawn ti a tawh ah ni pianthar leh a ni.

"Chu chu tumah ka puan chhuah theih loh rinna thianghlim a ni," tiin Sanandan chuan a chhang a. "Kawng dang i hrechhuak mai thei."

Kum tam tak hnuah Swami Keshabananda **27-10 hnen atangin ka hmuchhuak ta a ni** Pranananda chu taksa thara a pian hnu kum engemaw zat hnuah Himalaya tlanga Badrinarayan-ah a kal a, chutah chuan Babaji ropui tak chhehvela mi thianghlim pawl chu a zawm ta tih a sawi.

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27-1 : *Vidyalya* , sikul zirna hmun. Hetah hian *Brahmacharya* hian mihring nun atana Vedic ruahmannaa stage pali zinga pakhat a sawi a, chu chu comprising a ni sawmi tan (1) . chumi nupui pasal nei lo zirlai (*brahmachari*) tih a ni a; (2) . chumi in neitu nen khawvel mi mawhpurhnate a ni (*grihastha*) tih a ni a;

chumi hermit tih a ni (*vanaprastha*) tih a ni a; (4) . chumi ramhnuai khuaa cheng emaw vakvai , . zalen atangin . (3) zavai leia mi ngaihtuahna a nei (*sannyasi*) tih a ni. Hei scheme tha ber (ideal scheme) a ni tan nunna, laiin lo zau takin a awm enfiah a ni chhung tunlai India, che lo nei tam tak devout tak a ni followers te an ni. Chumi pali stage .hrang hrangah a awm hi sakhaw lama nun chhung zawnga guru kaihhruaina hnuai kalpui thin

27-2 : 1.1. ANI a zat tan American a ni zirlai te an ni pawh nei mastered a ni dang dang *asanas tih a ni* emaw dinhmun (postures) te, . telin Bernard-a chuan a rawn ti a Cole, 1999 a ni. Los Angeles-a Self-Realization Fellowship zirtirna zirtirtu a ni.

27-3 : 1.1. *Mark* 10:29- 30-ah a awm..

27-4 : 1.1. Yogoda-ah chuan: *yoga* , . union, . inlungualna, inthlauhna (equilibrium) a ni; *da* , . sawmi khawi a pe chhuak thin. Sat-Sanga chuan: *thu* , thudik; *sanga* , . fellowship neih a ni. In ah chuan Chhim lam, . ah hawisan chumi hmang tan ani Sanskrit tawng hming, chumi *Yogoda a ni Sat-Sanga a ni* chet nei ni ko chumi *Mahni Inhriatthiamna Fellowship* .

27-5 : 1.1. Chumi thiltihte hmunah Ranchi a ni hi sawifiah a ni belh a famkim chhung **bung khat a ni 40 a ni**. Chumi Lakshmanpur-ah a awm a sikul hi chhung chumi thei puh of Mr. GC Dey, BA Medical department hi thiam takin Dr. SN Pal leh Sasi Bhusan Mullick te chuan an enkawl a ni.

27-6 : 1.1. Pakhat tan Lahiri a ni Mahasaya a ni duhbik thusawi, . pek angin fuihna a ni tan ani zirlaiten an . dawhtheihna. ANI free translation is: "Beih, beih, ni khat chu en teh! Pathian Tum!"

27-7 : 1.1. chu chu, . pe chunglam chumi taksa.

27-8 : 1.1. Lahiri a ni Mahasaya a ni guru, . tunge hi che lo nung. (Hmu **bung khat a ni 33.**) a ni.

27-9 *Kriya* pahnihna , Lahiri Mahasaya zirtir angin, a thiam tawh devotee chu chhuahsanin a kir leh thei a ni taksa hriatna nei takin hmunah engpawh hun. Pek lawk yogis te an ni hmang chumi pahnihna Kriya chuan technique hmanga tih a ni laiin chumi hnuhnung ber chhuak tan thihna, ani moment an hriat lawk fo thin.

27-10 : 1.1. Ka inhmukhawm nen Keshabananda chuan a rawn ti a hi sawifiah a ni chhung **bung khat a ni 42 a ni**.

BUNG: 1.1. 28. A rilru a hah lutuk

Kashi, 1999 a ni. Piantharna a ni Leh Hmuhchhuah leh a ni

"Khawngaihin ti lo kal chhungah chumi tui. Nihtir keini inbual rawh tu dipping tih a ni kan buckets a ni."

Ranchi zirlai naupang, mel riat zeta thui ka kalna tura min zuitute chu ka bia a a kianga tlang pakhat. Kan hmaa tuikhuah chuan min sawm hle a, mahse ka rilruah chuan chu duh lohna a lo chhuak ta a ni.

Ka chhehvela pawl chuan ka entawn tur bucket dip dan chu an zui a, mahse tlangval tlemte chuan tui lum thlemnaah an inpe ta a ni. An tuiah an pil meuh chuan tui rul lian tak takte chuan an rawn inher kual vel a. Tlangvalte chu comical alacrity nen pond atang chuan an rawn chhuak a.

Kan tumna hmun kan thlen hnu chuan picnic lunch kan ei dun a. Thingkung hnuaiah chuan ka thu a, zirlai pawl khatin min hual vel a. Inspirational mood-a min hmuh avangin zawhna hmangin min plied a.

Tlangval pakhat chuan, "Khawngaihin min hrilh teh, ka pu," tiin a zawt a, "Inhnukdaw kawangah hian i bulah ka awm reng dawn em ni ," a ti a.

"Ah, ." Aih," Ka tiin a chhang a, . "nangmah duhdan ni tharum thawhin laksak hmundang ah i in, leh a hnuaah nangmah duhdan nupui nei rawh."

Ring lo takin nasa takin a dodal a ni. "Ka thi a nih chauhvin in lamah min phur thei ang." Mahse thla engemaw zat hnuaah chuan mittui tla chungin a dodal chung pawhin a nu leh pate chuan hruai turin an lo thleng a; kum engemaw zat hnuaah, . nupui a nei ve tho a ni.

Zawhna tam tak ka chhan hnu chuan tlangval pakhat Kashi-a chuan min rawn bia a. Kum sawm leh pahnih vel a ni a, zirlai thiam tak, mi zawng zawng duh tak a ni.

"Ka pu," ani sawi, "engnge duhdan ni ka khuarel?"

"Nangmah ang vat ni thi." Chumi chhang lokal atangin ka hmui a ni nen chu do theih loh tilui.

He beisei loh taka puan chhuahna hian keimah bakah a hmuna awm zawng zawngte pawh min tithinur a, min ti lungngai bawk. Silently rebuking myself as an *enfant terrible* , zawhna dang ka chhan duh lo.

Chungah kan kirlet ah chumi sikul, Kashi a ni lokal ah ka pindan.

"Ka thih chuan ka pianthar hunah min hmu ang em, thlarau lam kawngah min hruai leh ang em?" A tap a.

He thilmak mawhphurhna harsa tak hi hnawl tûrin ka inhnial a ni. Mahse, a hnu kar tam tak chhung chu Kashi chuan min nawr nasa hle. Breaking point thlenga unnerved ka hmuh chuan a tawpah chuan ka thlamuan ta a ni.

"Awle," Ka a tiam a ni. "Chuan chumi Vanram lam a ni Pa lend a pe thin Ani tanpuina, Ka duhdan bei ah zawnghmu nangmah."

Summer vacation lai chuan zin rei vak lo ka tan a. Kashi ka hruai theih loh avangin pawl ka ti hle a, ka chhuah hmain ka room-ah ka ko a, fimkhur takin, thlemna zawng zawng kalh zawngin, sikul thlarau lam vibration-ah chuan awm reng turin ka hrilh a. Engtin emaw tak chuan in lama a haw loh chuan chhiatna lo thleng tur chu a pumpelh mai thei niin ka hria.

Ka chhuah meuh chuan Kashi pa chu Ranchi a lo thleng ta a. Ni sawm leh panga chhung zet chu a fapa duhdan chu bawhchhiat tumin a bei a, Kashi chu a nu hmu turin ni li chauh Calcutta-ah a kal dawn a nih chuan, . chutah chuan a lo kir leh thei ta a ni. Kashi chuan a duh lo tlat. A pa chuan a tawpah chuan naupang chu a hruai dawn tih a sawi ta a police te puihnain a kal bo ta a ni. Chu vau chuan Kashi chu a tibuai hle a, school tana thuthang tha lo tak thlentun ni duh lo a ni. Kal mai loh chu duhthlan tur dang a hmu lo.

Ni engemaw zat hnuah Ranchi-ah ka kir leh a. Kashi an lak chhuah dan ka hriat chuan Calcutta lam panin ka entrain nghal a. Chutah chuan sakawr cab ka engaged a. Mak tak maiin, lirthei chuan Ganges lui chung a Howrah kawngpui a pelh lai chuan Kashi-a pa leh a chhungte dangte chu lungngaihna puan ha chungin ka hmu a. Ka driver chu ding turin ka au chhuak a, ka tlan chhuak nghal a, pa vanduai tak chu ka melh nghal rawm rawm a.

"Mr." Mi thattu," Ka a ti a eng emaw chen chu chhan awm lovin, . "nangmah nei thah a ni ka mipa naupang!"

Pa chuan Kashi chu Calcutta-a tharum hmanga a hruai luh dan dik lo chu a hre tawh a ni. Chu naupang chu ni engemaw zat a awm chhung chuan chaw bawlhhlawh a ei a, cholera a vei a, a kai ta a ni.

Kashi ka hmangaihna te, thih hnua hmuh ka tiamna te chuan zan leh zan hian min tibuai hle. Khawi hmunah pawh kal ila, a hmel chu ka hmaah a rawn lang chhuak vek. Amah chu hriatreng tlak takin ka zawng tan a, hun rei tak kal ta atang khan ka nu bo ka zawn tawh pawh khan.



Kashi, 1999 a ni. bo leh hmuhchhuah leh a ni



Ka unaupa Bishnu-a; Sri Yukteswar-a zirtir hmasawn tak, Serampore khuua Motilal Mukherji; ka pa; Pu Wright-a chuan; keimah; Tulsi Narayan Bose te chuan; Ranchi khuua Swami Satyananda a ni



Kum 1920-a International Congress of Religious Liberals-a palai pawl pakhat chuan kum Boston-ah khan America rama ka thuchah hmasa ber ka sawina hmun a ni. (*Vei lam atanga dinglam*) Rev. Clay MacCauley, Rev. T. Rhondda Williams, Prof. S. Ushigasaki, Rev. Jabez T. Sunderland, keimah ngei pawh, Rev. Chas. W. Wendte, Rev. Samuel A. Eliot, Rev. Basil Martin, Rev. Christopher-a chuan a rawn ti a J. A rilru a hah lutuk chuan a rilru a buai em em a. Khawlai, Rev. Samuela chuan M. Crothers te an ni.

Pathianin ngaihtuahna thiamna min pek phawt chuan, chu naupang chu astral awmna ka hriat theihna tur dan fiah lo tak takte ka hmuhchhuah theih nan chuan chu chu ka hmang tangkai a ngai a, ka thiltihtheihnate chu a theih ang anga chhiah ka chawi a ngai niin ka hria. Amah chu duhthusam tihhlawhtlin loh nena innghah thlarau a ni tih ka hrechhuak-astral region-a thlarau eng maktaduai tam tak karah khawi emaw laiah êng tam tak a lo leng chhuak a. Engtin nge ka tune in ang ani

chu, thlarau dang êng vibrating tam tak zingah?

Hman dan ani thuruk yoga tih a ni technique, . Ka tihchhuah a ni ka hmangaihna ah
Kashi chuan a rawn ti a thlarau tlang chumi microphone hmanga tih a ni tan

thlarau lam mit, mitmeng inkar chhungril lam. Kut leh kut zungtang chawi sang antenna hmangin, . Ka fo a hawi let a keimah bial leh bial, tum a ni ah locate rawh chumi kawh lam chhung khawi ani embryo angin a lo piang thar leh tawh a ni. Ka thinlung concentration-tuned radio-ah chuan a hnen atangin chhanna ka dawng ngei ka beisei. **28-1 a ni**

Kashi chu leiah a lo kir leh thuai dawn tih intuitive takin ka hria a, ka kohna chu chawhlsan lovin a hnena ka puan chhuah zel chuan a thlarau chuan a chhang ang tih ka hria. Kashi-a'n a thawh chhuah impulse tlemte pawh chu ka kut zungtang, kut, kut, ruhro leh nerve-ah a awm dawn tih ka hria.

Thahnemngaihna tlahniam lo chungin Kashi-a thih hnu thla ruk vel chu yoga tih dan chu nghet takin ka hmang a. Zing khat chu Calcutta khawpui Bowbazar section mipui tamna hmunah thian tlemte nen kan kal dun a, ka kut chu a tih dan pangngaiin ka han phar a. A vawi khatna atan chhanna a awm ta. Ka kut zungtang leh kutphah atanga electrical impulse lo luang chhuak chu ka hmuchhuak a, ka hlim hle. Heng current te hian ka hriatna thuk tak atanga ngaihtuahna hneh thei tak pakhatan an inlet ta a: "Kashi ka ni; Kashi ka ni; ka hnenah lo kal rawh!"

Ka thinlung radio-a ka rilru ka pek chuan ngaihtuahna chu hriat theih mai mai a ni ta. A ziarang, Kashi-a thusawi ri bengchheng deuhah chuan, **28-2** A kohna chu ka hre nawn leh fo. Ka thiante zinga pakhat Prokash Das kut chu **28-3 in ka man ta a ni** tiin lawm takin a nui suk a.

"Chumi a en a angin pawh nise Ka nei awmna hmun a ni Kashi!"

Ka inher leh kual tan a, ka thiante leh mipui kal liamte chu inthup lo takin an ti hlim hle. Electrical impulse te chu ka kut zungtang atang chuan a rawn tingled a, chu chu ka bula kawngpui, a hming dik tak "Serpentine Lane" tih lam ka hawi lai chauh a ni. Kawng dang ka hawi chuan astral currents chu a bo ta vek mai .

"Ah," ka au chhuak a, "Kashi thlarau chu nu tu emaw, a chenna in he lane-a awm, a pum chhungah a awm ngei ang."

Ka thiante nen chuan Serpentine Lane hnaih zawkah kan hnaih a; ka kut chawi sang takah chuan vibrations chu a chak zual sauh sauh a, a langsar zual sauh sauh bawh. Magnet-in a tih ang maiin kawngpui dinglam lam pan chuan min hruai ta a. In pakhat luhna ka thlen chuan ka transfixed tih ka hmu a, mak ka ti hle. Ka thaw ngei pawh ka vawn tlat avangin phurna nasa tak nen kawngka chu ka kik a. Ka zawn rei tak, harsa tak, leh thil danglam tak a ni ngei ang, hlawhtling taka tawpna chu a thleng ta niin ka hria!

Kawngkhar chu chhiahhlawh pakhatin a rawn hawng a, a pu chu in lamah a awm tih min hrilh a. Second floor atang chuan stairway atang chuan a chhuk a, zawhna zawt chungin min nuih suk a. Ka zawhna chu frame dan tur ka hre lo hle a, vawi khatah

pertinent leh impertinent.

"Khawngaihin hrilh keimah, Ka pu, chuan nangmah leh i nupui nei ni beisei a ni ani naupang tan lam paruk thla eng emaw zat?"

"Ni e, chutiang chu a ni." Swami, hnam dan anga puan orange ha, renunciate ka nihzia a hmuh chuan, zahawm takin, "Ka thil tih dan i hriat dan min hriattir rawh, min hrilh rawh," a ti bawk.

Engtikah ani hria lam Kashi a ni leh chumi thutiam Ka nei pek, chumi mak a ti hle mipa a ring a ka thawnthu.

"Naupang mipa vun mawi tak i piang ang," ka ti a. "Hmêl zau tak a nei ang a, a hmaiah cowlick a awm ang. A disposition hi thlarau lam thil a ni tih a langsar hle ang." Naupang lo kal tur hian Kashi nen hian heng inanna te hi a phur ngei ang tih ka Chiang hle.

A hnuah naupang chu ka tlawh a, a nu leh pate chuan a hming hlui Kashi an vuah a. Nausen lai pawhin ka Ranchi zirlai duh tak nen chuan a hmel chu a inang hle. Naupang chuan instantaneous affection min hmuhtir a; hun kal tawha attraction chu a let hnih zetin a harh chhuak ta a ni.

Kum tam tak hnuah chuan tlangval tleirawl chuan min ziaik a, America rama ka awm chung khan. Mi inhnukdawktu kawng zawh a duhthusam thuk tak chu a sawifiah a. Himalayan master pakhat hnenah ka hruai a, ani hian tun thleng hian Kashi piang thar chu a kaihruai a ni.

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28-1 : Mitmeng inkar hmun atanga project chhuah duhthlanna hi yogi-te chuan ngaihtuahna broadcasting apparatus tiin an hre thin. Engtikah chumi hriatna hi muangchangin concentrated a ni chungah chumi thinlung, chumi thiltih a ni angin ani rilru radio, . leh thei dawng chumi message a thawh thin hla tak emaw, hnai emaw atanga lo kal midangte. Telepathy-ah chuan mi pakhat rilru chungah ngaihtuahna vibration tha tak takte chu astral ether vibrations fiah lo tak hmangin a kal a, chuta tang chuan grosser earthly ether hmangin electrical wave a siam a, chu chuan mi dang rilruah ngaihtuahna wave-ah a chantir leh a ni.

28-2 : 1.1. Engpawh thlarau chung chhu chhu fir nihphung hi engkim hretu. Kashi chuan a rawn ti a thlarau a hrechhuak ta zavai chumi ziarang tan Kashi, 1999 a ni. chumi mipa naupang, chuvangin ka hriatna tiharh tumin a aw ri bengchheng tak chu a entawn ta a ni.

28-3 : 1.1. Prokash chuan a ti a Das hi chumi thilpek kaihruaitu tan kan Yogoda a ni Chhiarkawp (hermitage) a ni. hmunah Dakshineswar chuan a rawn ti a chung Bengal ram a ni.

BUNG: 1.1. 29. A rilru a hah lutuk

Rabindranath chuan a rawn ti a Tagore a ni Leh Ka Khaikhin Sikul hrang hrangah

"Rabindranath chu." Tagore a ni zirtir keini ah zai, angin ani dan pangngai siam tan mahni- tilangchhuak, duh chumi savate an ni."

Ka Ranchi sikula naupang kum sawm leh pali mi fing tak Bhola Nath-a chuan zing

khat chu a thusawi hla thluk tak takte ka fak hnuah he hrilhfiarna hi min pe a ni. Provocation nei emaw awm lo emaw pawh ni se, naupang chuan tuneful stream a rawn luang chhuak a. Hemi hma hian Bolpur-a Tagore sikul hmingthang tak "Santiniketan" (Haven of Peace)-ah a lo kal tawh a ni.

"Rabindranath hlate hi ka naupan lai atang tawhin ka hmuiah a awm reng a ni," ka thianpa hnenah chuan ka ti a. "Bengal zawng zawng, loneitu lehkha thiam lo pawhin a chang sang tak hi an lawmpui hle."

Bhola nen chuan Tagore-a refrain tlemte kan sa dun a, ani hian Indian hla sang tam tak, a then chu original leh a then chu hoary antiquity a ni.

"Rabindranath hi literature lama Nobel Prize a dawn hnu lawkah ka hmu a ni," tiin a hnuah ka remark a kan vocalising hi a ni. "A literary critics te dispose-a a undiplomatic huaisenna ka ngaihsan em avangin a tlawh turin min hip a ni." Ka nui suk a.

Bhola chuan mak tih hmel zet hian tiin a zawt a chumi thawnthu.

"Bengali poetry-a style thar a rawn luitir avangin Tagore-a chu scholar-te chuan nasa takin an flay a ni," ka ti tan a. "Colloquial leh classical expression a mix a, pundit-te thinlunga duh em em prescribed limitation zawng zawng chu a ngaihthah vek a ni. A hlate hian philosophic thudik thuk tak chu emotionally appealing terms-in a keng tel a, literary form pawm tawhte chu a ngaihsak lo hle.

"Critic-a nghawng nei lian tak pakhat chuan Rabindranath-a chu 'pigeon-poet, a cooing-te chu print-a cheng khata hralhtu' tiin a sawi tlem hle a ni." Mahse Tagore-a phuba lakna chu a hnai tawh hle a ;

"Rabindranath hian a mikhualte chu tumruh taka hun rei tak a tikhawtlai hnuah chauh a lo dawngsawng a, chutah chuan stoic silence-in an fakna chu a hre ta a. A tawpah chuan anmahni sawiselna ralthuam tih dan pangngai chu anmahni dodalna atan a hawi ta a ni."

"'Gentlemen,' a ti a, 'hetah hian chawimawina rimmti tak in pek hi in hmuhsitna rimmti rimchhia nen a inmil lo hle a ni. Nobel Prize ka dawnna te, leh in lawmthu sawina chakna nasa tak tak te inkarah hian inzawmna a awm thei em? Bengal hmun thianghlim-a ka pangpar inngaitlawm tak ka hlan hmasak ber tum khan nangni ti lawm lotu hla phuahtu kha ka la ni reng a ni.'

"Chanchinbu-ah chuan Tagore-a'n huaissen taka hremna a pek dan chanchin an tichhuak a. Mi pakhat, mipa thusawi, mipa thusawi, mipa rilru na taka hypnotized loh chu ka ngaisang hle a ni," ka ti chhonzawm a. "Calcutta-ah Rabindranath hi a secretary, Mr. C. F. Andrews-a'n 29-1 in min inhmelhriattir a ni." Bengali *dhotti ha mai mai a ni* . Tagore chu hmangaih takin a *gurudeva tiin a sawi a* .

"Rabindranath chuan khawngaih takin min lo dawngsawng a. He emanated a soothing aura of charm, culture, and courtliness. A literary background chungchanga ka zawhna chhangin Tagore chuan a rilru hnehtu hmân lai pakhat chu, kan sakhaw epics bakah hian, classical poet, Bidyapati a nih thu min hrilh a.

Heng hriatrengnate atanga infuih tharin Bengali hla hlui pakhat, "Light the Lamp of Thy Love" tih Tagore-a version chu ka sa tan ta a ni. *Vidyalya* grounds chungka kan kal lai chuan Bhola nen chuan hlim takin kan zai a .

Ranchi school ka din atanga kum hnih vel zet chu kan zirna lama kan thil tumte sawihona tur atan Rabindranath hnen atangin Santiniketan-a tlawh turin sawmna ka dawng a. Hlim takin ka kal ta a. Ka luh chuan hla phuahtu chu a study-ah a thu a; Chutih lai chuan kan inhmuh hmasak ber ang bawkin a striking ang bawkin ka ngaihtuah a painter tu pawhin an duh angin mipa nihna ropui tak model a ni. A hmel mawi taka chisel, nobly patrician chu sam sei tak leh hmul luang chhuakin a frame a. Mit lian tak, hmin tak; vantirhkoh nuihzatthlak tak; leh a

aw chu fluteke quality a ni a, chu chu literally enchanting a ni. Stalwart, sang tak leh thlanmual tak, hmeichhe ang maia ngilneihna leh naupang mahni insiamthatna hlimawm tak chu a inzawm khawm a ni. No idealized conception of hla phuahtu chuan he hla phuahtu ngilnei tak aini a lan chhuahna tling zawk a hmu thei ang.

Tagore nen chuan rei lo teah kan sikulte tehkhin thu zirchiannaah kan thuk hle a, an pahnih hian unorthodox line-a din an ni. Thil inang tam tak kan hmuchhuak a-pawn lam zirtirna, awlsamna, naupang thil siam chhuah theihna tur hmun zau tak. Mahse, Rabindranath-a chuan literature leh poetry zir chianna leh Bhola-a chungchangah ka lo hriat tawh music leh hla hmanga mahni inhriatchhuah dan chu nasa takin a ngaih pawimawh hle a ni. Santiniketan naupangte hian ngawi renga hun engemaw chen an nei a, mahse yoga training bik pek an ni lo.

Hla phuahtu chuan Ranchi-a zirlai zawng zawngte zirtir thin "Yogoda" exercise chakna pe thei tak tak leh yoga concentration technique te ka sawi dan chu flattering attention nen a ngaithla a.

Tagore-a chuan amah ngei pawhin zirna lama a harsatna hmasa berte min hrilh a. "Grade nga ka zawh hnuah sikul ka tlanchhia a ni," nui chung hian a ti a. A pianpui poetic delicacy chu engtin nge a sawichhiat tih chu ka hrethiam nghal mai schoolroom pakhat boruak lungchhiatthlak tak, disciplinary tak chu.

"Chuvang chuan thing hring leh van ropuina hnuaiah Santiniketan ka hawng a ni."

Ani huan mawi takah zirlai pawl tlemte chu thusawi thiam takin a kut a phar a.

"Naupang chu pangpar leh hla savate karah a pianpui dinhmunah a awm a.

Chutiang chauh chuan a mimal endowment hausakna thup chu a takin a pholang thei ang. Zirna dik tak chu pawn lam atanga inkharkhip leh pump chhuah theih a ni ngai lo; chu ai chuan." a chhunga finna khawlkhawm tawp nei lo chu a takin a rawn chhuah theih nan a pui tur a ni." **29-2**

Ka remti a. "Thalai te idealistic leh hero-worshipping instincts te chu statistics leh chronological eras exclusive diet-ah an riltam hle a ni."

Hla phuahtu hian Santiniketan bul tanna siamtu a pa Devendranath chungchang chu hmangaihna nen a sawi a .

"Pa chuan he ram hring tak hi min hlan a, chutah chuan mikhual in leh biak in a lo sa tawh a ni," Rabindranath chuan min hrilh a. "Hetah hian kum 1901 khan ka zirna experiment ka tan a, mipa naupang sawm chauh ka nei a. Nobel Prize nena lo kal pound sang riat chu school enkawlana atan a hmang vek a ni."

Chumi upa Tagore, 1999 a ni. Devendranath, 1999 a ni. hria hla leh zau angin "Maharishi chuan," a ti a. tawh ani lutuk mi mak tak, a *Autobiography* -a mi pakhatin a hmuh chhuah theih angin . A mipa nihna kum hnih chu Himalaya tlangah

ngaihtuahna (meditation)-ah a hmang a. A lehlamah a pa Dwarkanath Tagore chu Bengal ram pumah mipui tana thil \ha a tih avangin lawm a lo ni tawh bawk. He thing ropui tak atang hian mi fing chhungkua an lo chhuak ta a ni. Rabindranath chauh ni lovin; a chhungte zawng zawngte chu thil siam chhuahna kawngah an danglam vek a ni. A unaupa Gogonendra leh Abanindra te hi **kum 29- 20 inkar artist lar ber pawl an ni. 3. A rilru a hah lutuk chuan a rilru a buai em em a** tan India; adang unaupa, Dwijendra, 1999 a ni. hi ani thuk taka hmu thei philosopher, . hmunah tu ber dimdawi ko sava leh thingtlang thil nungte chuan an chhang let thin.

Rabindranath chuan guest house-ah zan riah turin min sawm a. Thil hmuhdawm tak a ni tak zet a, tlai lamah chuan hla phuahtu chu patio-ah pawl pakhat nen an thut lai hmuh chu a hlimawm hle. Hun chu hnunglam hawiin a inher chhuak: the

ka hmaa scene chu hmân lai hermitage ang mai a ni-a devotee-te'n an hual vel hla phuah thiam hlim tak, Pathian hmangaihnaa aureoled vek. Tagore chuan tie tin chu inremna hrui hmangin a knit vek a. Assertive ngai lo, thinlung chu do theih loh magnetism hmangin a lem a, a man bawk. Lalpa huana hla phuah par rare par, natural rimtui hmanga midangte hiptu!

A aw mawi takah chuan Rabindranath chuan a hla mawi tak tak, siam thar tlemte min chhiarsak a. A hla leh play tam zawk, a zirlai te lawmna atana a ziah te hi Santiniketan-ah a phuah a ni. A line mawina chu, kei atan chuan, Pathian sawina a art-ah hian a awm a, chu chu a zawng zawngah te pawh a ni stanza, mahse Hming thianghlim erawh a sawi tam lo hle. "Hla sak hlimna zu rui hian ka in theihnghilh a, ka lalpa thian ka ti che a ni," tiin a ziaak.

A tuk zingah chaw ei kham chuan hla phuahu chu duh lo takin ka thlah ta a. Tunah chuan a sikul tlemte chu international university, "Viswa-Bharati"-ah a lo thang lian ta a, chutah chuan ram hrang hranga mithiamte chuan hmun tha tak an hmu ta a ni tih hi ka lawm hle.

"Rilru hlauhna nei lo leh lu chawi sangna hmun; Hriatna
zalenna hmun;
Khawvel hi chhungkaw kulh zau tak takte'n a chi hrang hranga
a tihchhiat lohna hmunah;
Khawnge thumalte lokal pawn atangin chumi thukzawng tan thudik;
Khawnge chau lovin beihpui thlakna a inzawm khawm chu chu kut a ni
lamah famkimna;
Reason lui Chiang tak chuan thil tih dan thi tawh thlaler hnim
hring dup takah chuan kawng a hloh lohna hmunah;
Ngaihtuahna leh thiltih zau zel turah Rilru chu Nangmahin hma
a hruaina hmun;
Chu zalenna vanah chuan, ka Pa, ka ram chu harh rawh
se!" **29-4**

RABINDRANATH chuan a rawn ti a
TAGORE chuan a rawn ti a

29-1 : 1.1. Chumi Sap ziaktu a ni leh publicist, . khar thianpa tan Mahatma chuan a ti a Gandhi-a chuan a sawi. Pu. Andrews-a chuan a rawn ti a hi chawimawi a ni chhung India tan ani a adopt ram a rawngbawlna tam tak a ni.

29-2 : "Thlarau chu a lo piang fo tawh a, a nih loh leh Hindu-hoin an sawi angin, 'pianna sang tam tak kal tlanga awmna kawng zawh'." . . . sawtah hi engmah tan khawi ani nei lo gained a ni chumi hriatna; Aih ngaihtuah sawmi ani hi thei ah hrechhuak leh rawh . . . tun hmaa a hriat tawh chu. Zawhna leh zir hi hriatrengna zawng zawng a ni si a."- *Emerson* .

29-3 : 1.1. Rabindranath, 1999 a ni. pawh, chhung ani kum sawmruk vel, . inkungkaih chhung ani tihtakzet zir tan rawng hnawih. Exhibition hrang hrang neih a ni tan ani "futuristic" tih a ni. hnathawk kum engemaw zat kalta khan

Europe khawpui lian leh New York-ah te pek a ni.

29-4 : *Gitanjali* (New York-ah chuan Macmillan Co.) a ni. Hla phuahtu chungchang ngaihtuahna senga zir chianna chu *The Philosophy Of Rabindranath -ah hmuh tur a awm ang Tagore* , 1999 a ni. tu chumi lawm a ni mi thiam, . Ka pu S. Radhakrishnan chuan a rawn ti a (Macmillan-a chuan, 1918 khan a lo piang a). Adang sawifahna (expository) a ni ri rin lam tehna hi

B. K.K. Roy-a chuan *Rabindranath chuan a rawn ti a Tagore-a chuan: Chumi Mipa Leh Ani Hla* (Thar York-ah chuan: Dodd, 1999 a ni. Mead, 1999 a ni. 1915 khan a lo piang a). *Buddha Leh Chumi Chanchin Jha Buddhism chungchang a ni* (Thar York-ah chuan: Putnam-a chuan, . kum 1916), tu chumi eminent tak a ni Khawchhak lam themthiamna thuneitu, Ananda chuan a rawn ti a K.K. Coomaraswamy-a chuan, tel hla phuahtu unaupa, Abanindra Nath Tagore-a kutchhuak .rawng hrang hranga siam a ni

BUNG: 1.1. 30 a ni

Chumi Dan Tan Thilmak tih a ni

Novelist ropui Leo Tolstoy chuan thawnthu ngaihnaawm tak, *The Three Hermits*, a *ziak a*. A thianpa Nicholas Roerich chuan **30-1 in hnehna a chang** chuan thawnthu chu a khaikhawm a, hetiang hian a sawi:

"Thliarkar pakhatat chuan hermit upa pathum an awm a. An awlsam em em a, an tawngtaina hman chhun chu: 'Kan pathum kan ni; Nang hi Pathum i ni-min khawngaih rawh!' He tawngtaina naive tak karah hian thilmak ropui tak tak a lang chhuak a ni.

"Tualchhung bishop chuan **30-2 in.**" Hermit pathumte chanchin leh an tawngtaina pawm theih loh chungchang ngaithla turin a lo kal a, canonical invocation zirtirna atan tlawh a tum ta a ni. Chu thliarkar chu a thleng a, hermit-te hnenah chuan vanram pan tura an ngenna chu zah lohna a nih thu a hrilh a, hnam dan anga tawngtai tam tak a zirtir baw. Bishop chu lawngin a chhuak ta a. Lawng hnung zuiin, êng eng tak a hmu a. A hnaih deuh deuh chuan lawng chu paltlang tumin kut inthlak a, tuipui chungat tlan chhuak hermit pathumte chu a hmu ta a.

"I tawngtaina min zirtirte kha kan theihngihl tawh a ni,' tiin Bishop hnena an thlen rual chuan an tap a, 'chu chu sawi nawn leh turin kan ngen nghal vat a ni.' Bishop mak tak mai chuan a lu a thing nghal ringawt.

"Hmangaihte u,' tiin inngaitlawm takin a chhang a, 'in

tawngtaina hlui nen hian nung zel rawh u!'" Engtin nge mi

thianghlum pathumte chu tui chungah an kal?

Engtin ti tawh Krista tho leh rawh ani kraws-ah khenbeh a ni taksa?

Engtin ti tawh Lahiri a ni Mahasaya chuan a ti a leh Sri Yukteswar a ni thil ti an thilmak tih a ni em?

Tunlai science hian, tun thlengin, chhanna a nei lo; mahse, atom bomb lo chhuahna leh radar thilmak tak takte avângin khawvêl-rilru huam chin chu a lo lian nghal vek a ni. "Thil theih loh" tih thumal hi scientific vocabulary-ah a langsar lo hle.

Hmanlai Vedic lehkhabu chuan taksa khawvel chu *maya -a dan bulpui pakhat* , relativity leh duality principle hnuaiah a thawk tih a puang a. Pathian, Nunna Mahni chauh hi Inpumkhatna Absolute a ni a; Ani thil siam pakhat lan chhuahna hrang hrang leh chi hrang hrang angin a lang thei lo va, thu dik lo emaw hnuaiah chauh lo chuan

veil tak tak lo. Chu cosmic illusion chu *maya a ni* . Tunlai huna science lama thil hmuhchhuah ropui zawng zawng hian he rishi-te thusawi awlsam tak hi a nemnghet a ni.

maya dan a ni : "Thiltih tinrengah hian thiltih dan inang leh inthlau tak a awm fo thin; taksa pahni eng pawh thiltih inzawmkhawm chu a inang vek a, a kalh zawngin a kal zel a ni. Chutiang chuan action leh reaction chu a inang chiah chiah a ni. "Thiltihtheihna pakhat neih chu thil theih loh a ni. Thiltihtheihna pahni inang leh inthlau tak tak a awm tur a ni a, a awm reng bawk."

Fundamental natural activities zawng zawng hian an mayic origin an betray vek a ni. Entirnan, electric hi chu repulsion leh attraction phenomenon a ni a; a electron leh proton te hi electrical opposite an ni. Entirna dang: matter atom emaw final particle emaw chu leilung ang bawkin positive leh negative pole nei magnet a ni. Khawvel phenomenal zawng zawng hi polarity thunun theih loh hnuaiah a awm a; physics, chemistry, a nih loh leh science dang dân engmah chu pianpui thu bul inthlau emaw, inthlau emaw aṅanga fihlim hmuh a ni ngai lo.

Chuti a nih chuan, physical science chuan *maya* , thil siamte texture leh structure tak tak, pawn lam dan a siam thei lo. Nature ngei pawh hi *maya a ni* a ; natural science chuan a quiddity pumpel theih loh chu a hmachhawn ngei ngei tur a ni. Amah ngeiah chuan chatuan leh tawp thei lo a ni a; nakin lawka scientist-te chuan a tawp chin nei lo chi hrang hrangte chu aspect pakhat hnu pakhatah chhui chhuah mai loh chu an ti thei lo. Chutiang chuan Science chu perpetual flux-ah a awm reng a, finality a thleng thei lo va; cosmos awm tawh leh thawk tawh dan siam turin fit tak zet a ni a, mahse Law Framer leh Sole Operator hriat theihna nei lo. Gravitation leh electric lan chhuahna ropui tak takte chu hriat chhuah a ni tawh a, mahse gravitation leh electricity hi eng nge a nih tih erawh chu mi thi thei tumahin an hre lo. **30-3 a ni**



.tu B. K.K. Mitra chuan chhung "Kalyana- Kalpatur" tih a ni-

ANI GURU chuan LEH ZIRTIRNA

Ramhnuai hermitage-ah te a awm a an chumi hmanlai thutna tur a awm tan zir,
khawvel lam thil a ni leh thianglim, tan chumi tleirawl

of India ram a ni. Hetah hian guru zahawm tak pakhat, thinga siam meditation elbow-prop-a innghat chuan a zirtir chu Thlarau thuruk ropui takah a hruai lut a ni.

Maya hneh chu kum sâng zâwlneite'n mihringte hnêna hna an pêk chu a ni. Thilsiam pahnihna (duality of creation) atanga tho chhuak a, Siamtu inpumkhatna hriatthiam chu mihring thil tum sang ber anga ngaih a ni. Cosmic illusion-a innghat tlatte chuan a dan pawimawh tak polarity chu an pawm a ngai a ni: flow and ebb, rise and fall, ni leh zan, nuam leh hrehawmna, thil tha leh tha lo, pian leh thihna. He cyclic pattern hian mihringin mihring pianna sang tlemte a paltlang hnuah, lungngaihna monotony engemaw tak a nei a; *maya* tihluhna piah lamah beiseina mit a thlak tan ta a ni .

Maya puan hruai chu thil siam thuruk chhuhsak a ni. Chutianga universe tihbotu yogi chu Pathian pakhat chauh ringtu dik tak awmchhun a ni. Midang zawng zawng chuan hnam dang lem an be vek a ni. Mihring chu nature-a dualistic delusions hnuaia a awm chhung chuan Janus-faced *Maya* chu a pathian a ni a; Pathian dik pakhat chauh chu a hre thei lo.

Khawvel illusion, *maya* , hi mimal takin *avidya* , literally, "hriatna nei lo," hriat lohna, delusion tia koh a ni. *Maya* emaw *avidya* emaw chu *finna lama rinna emaw*, *zirchianna emaw hmangin tihchhiat theih a ni ngai lo va*, *nirbikalpa samadhi* chhungril dinhmun thlenna hmang chauhvin tihchhiat theih a ni lo . Thuthlung Hlui zâwlneite, . leh ram leh hun zawng zawnga hmutute, chu hriatna dinhmun atang chuan thu an sawi a. Ezekiel a chuan (43:1-2): "A hnuah." ani keng keimah ah chumi kawngkharpu, intluk chumi kawngkharpu sawmi a en a lamah chumi khawchhak: leh, ngai teh, Israel-te Pathian ropuina chu khawchhak lam a\angin a lo thleng a: a aw chu tui tam tak thawm ang mai a ni a, lei chu a ropuinain a eng ta a ni." Through the divine eye in the forehead (east), the yogi chuan a hriatna chu hmun tina awmah a sail a, Thu emaw Aum emaw, tui tam tak emaw, vibration tam tak emaw Pathian aw a hre a, chu chu thil siamte thil tak tak awmchhun a ni.

Cosmos thuruk trillion zingah chuan a mak ber chu êng hi a ni. Sound-wave ang lo takin, a transmission-ah chuan boruak emaw, material media dang emaw a mamawh a, light-wave-te chu interstellar space-a vacuum-ah zalen takin an kal tlang a ni. Undulatory theory-a interplanetary medium of light anga ngaih hypothetical ether pawh hi space-a geometrical property-te hian ether theory chu a ngai lo tih Einstein-a chhanna hmangin paih chhuah theih a ni. Hypothesis pahnih hnuaiah hian êng chu thilsiam lan chhuahna eng pawh zingah chuan a fiah ber, thila innghahna atanga zalen ber a la ni reng a ni.

Einstein-a ngaihdan lian tak takah chuan light velocity-186,000 miles per second-in Theory of Relativity pumpui a thunun a ni. Mihring rilru tawp (finite mind) chungchangah chuan êng chakna (velocity of light) chu, unstayable flux universe-a *constant awmchhun a ni tih chu mathematically-in a finfiah a ni*. Light-velocity

absolute sole-ah hian mihring hun leh hmun tehfung zawng zawng hi a innghat vek a ni. Tun thlenga ngaihtuah angin abstractly eternal ni lo, hun leh hmun hi relative leh finite factor an ni a, an measurement validity chu light-velocity yardstick atanga thlir chauhvin an hmu chhuak a ni. Dimensional relativity anga space inzawmkhawmnaah hian hun chuan kum tam tak kaltaa claims chu value danglam thei lo takah a surrender ta a ni. Tunah chuan hun chu a nihna dik takah a hlihsak ta-a simple essence of ambiguity! A pen equational stroke tlemte hmangin Einstein hian light tih loh chu fixed reality zawng zawng chu cosmos atangin a hnawtchhuak vek a ni.

A hnu lama a hmasawmna, a Unified Field Theory, physicist ropui tak chuan mathematical formula pakhatat gravitation leh electromagnetism dante chu a rawn keng tel a ni. Cosmical tih tlem a ni

dan pakhata inthlak danglamna thlenga structure, Einstein 30-4 hun kal tawh zawng zawngah thil siam chhuah pakhat chauh puangtu rishi-te thlengin a thleng a-protean *maya* .

Epochal Theory of Relativity chungchangah chuan atom tawp ber chhui chhuahna tur mathematical possibilities a lo chhuak ta a ni. Tunah chuan scientist ropui tak takte chuan huaisen takin atom chu matter aiin energy a ni tih chauh ni lovin, atom energy hi a bul berah chuan rilru lam thil a ni tih an sawi chhuak ta a ni.

The Nature Of The Physical World -ah, "Ficial science hian thlalak khawvel a ngaihtuah tih chiang taka hriatchhuah hi hmasawanna langsar ber pakhat a ni," tiin a ziaak . "Physics khawvelah hian nun hriat lar tak drama shadowgraph performance kan en a. Ka elbow thlalak chu shadow table-ah a innghat a, shadow ink chu shadow paper chungah a luang chhuak a. Chu zawng zawng chu symbolic a ni vek a, symbol angin physicist chuan a chhuahsan vek bawk. Chutah chuan alchemist Mind a lo kal a, chu chuan symbols chu a transmute a. To put the conclusion crudely, the stuff of the world is." rilru-

hnawh. Chumi thil tak tak a ni thu leh field hrang hrangah a awm tan tilui tan hmasa pawnlam thu hi a pum puiin thil pawimawh lo tak a ni

hmaih chhung chuvangin hla angin chumi rilru-thil thil nei amah ngei pawh a ni spun hengte suangtuahna (imaginings) te.Chumi pawnlam khawvel nei chuvangin

khawvel hlimthlaah lo chang ta. Kan illusions te tihbonaah hian substance chu kan paih chhuak a, substance hi kan illusions ropui ber zinga mi a ni tih kan hmu tak zet a ni."

Tun hnaia electron microscope hmuhchhuah a nih tak avangin atom-te light-essence leh nature-te pahnihna tlanbo theih lohzia finfiahna chiang tak a lo thleng ta a ni. *New York Times* chuan American Association inkhawmpui neih hmaa kum 1937-a electron microscope an entir dan report a pe a ni Science hmasawanna atan:

"Tungsten crystalline structure, tun thlenga indirect-a X-ray hmang chauha hriat chu fluorescent screen-ah huaisen takin a ding a, space lattice-ah atom 9 chu an awmna dik takah a lang a, cube pakhat, a sir tinah atom pakhat leh a laiah pakhat a awm. Tungsten crystal lattice-a atom te chu fluorescent screen-ah hian êng point angin a lang a, geometric-a dah a ni." pattern he crystal cube of air-ah hian boruak bombarding point-te chu êng point angin hmuh theih a ni a, chu chu tui che vela ni êng point-te nen a inang a ni .

"Electron microscope principle hi kum 1927 khan New York City-a Bell Telephone Laboratories-a Drs. Clinton J. Davisson leh Lester H. Germer-te chuan an hmuchhuak hmasa ber a, electron hian particle leh wave pahnih mizia a\anga mize pahnih a nei tih an hmuchhuak a. Wave quality hian electron chu êng ziarang a pe a, electron-te chu kawng khata 'focusing' theihna tur kawng hrang hrang ngaihtuah chhuah a ni ta a ni." lens hmanga êng focus-na ang chiaah a ni.

"Electron Jekyll-Hyde quality a hmuhchhuah avang hian, kum 1924-a French Nobel Prize dawng tawh physicist De Broglie-a hrilhlawkna chu a nemnghet a, physical nature ram pumpui hian mize pahnih a nei tih a tilang bawh a, Dr. Davisson hian physics lama Nobel Prize a dawng bawh a ni .

"Hriatna luang chu," Sir James Jeans chuan *The Mysterious Universe -ah a ziaak a* , "mechanical ni lo thil tak tak lam a pan mek a; universe hi machine ropui ang ni lovin ngaihtuahna ropui tak angin a lang tan ta a ni," a ti. Chutiang chuan kum zabi sawmhnihna science chu hoary *Vedas -a pherk khat ang maiin a ri ta a ni* .

Chuti a nih chuan science a\angin chutiang chu a nih ngei ngei tur a nih chuan mihring hian thil chi hrang hrang (material universe) a awm lo tih philosophic thudik hi zir rawh se; a warp leh woof chu *maya* , illusion a ni. A mirages of reality te chu analysis hnuaiah a chhe vek. Taksa khawvel pum puia thlamuanthlak tak takte chu pakhat hnu pakhatin a hnuaia a tlakbuak lai chuan, mihring chuan a milem biakna a innghahna, a hmaa Pathian thupek: "Ka hmaah pathian dang i nei tur a ni lo," tih a bawhchhiatna chu a hre Chiang lo hle a ni.

Mass leh energy inthlauhna tarlanna equation hmingthang takah chuan Einstein chuan matter particle eng pawha energy awm chu a mass emaw, a rit emaw chu light velocity square-a puntir nen a inang tih a finfiah a ni. Atom chakna chhuahna chu thil chi hrang hrang tihboralna hmanga lo awm a ni. Matter "thihna" chu Atomic Age "piang" a ni tawh.

Light-velocity hi mathematical standard emaw constant emaw a nih chhan chu second khata mel 186,000-a absolute value a awm vang ni lovin, engmah material body, a velocity nena a mass pung chuan light velocity a thleng thei ngai lo vang. Kawng dangin sawi ila: thil taksa, a mass tawp nei lo chauhvin êng chakna chu a inang thei ang.

. Hei Naupai lai A rawn keng Keini Ah Chumi Dan Tan Thilmak tih a ni

An taksa emaw thil dang emaw chu materialize leh dematerialize thei, leh light velocity nena kal thei, leh creative light-rays hmanga instant visibility rawn thlen thei masters te engpawh pawnlam lan chhuahna, . nei tihhlawhtlin a ni chumi tul Einsteinian a ni dinhmun: an mass chu a tawp lo.

Yogi famkim tak hriatna chu thawhrimna tel lovin taksa zau tak nen ni lovin, khawvel pum huap structure nen a inzawm tlat a ni. Gravitation, Newton-a "force" emaw, Einsteinian "manifestation of inertia" emaw pawh ni se, master pakhat chu thil awm zawng zawngte gravitational condition danglam bik, "weight" property lantir tura *nawr turin thiltihtheihna a nei lo*. Khawi hmunah pawh awm Thlarau anga inhriat chu hun leh hmuna taksa rigidities hnuaiah a awm tawh lo. An lung inat tang "rings-pass-not" te chuan solvent hnenah an inpe ta a ni: "Kei hi Amah ka ni."

"Fiat lux! Tin, eng pawh a awm bawk." Pathianin a thil siam inrual taka a thupek hmasa ber (*Genesis* 1:3) chuan atom thil tak tak pakhat chauh: êng chu a lo piang ta a ni. He thil awm lo medium beam-ah hian Pathian lan chhuahna zawng zawng a awm vek a. Kum tin Pathian biaktute chuan meialh leh êng anga Pathian a lan dan chu an hriattir thin. "Lalte Lal leh lalte Lalpa; thi thei lo chauh nei, tumah hnaih theih loh ênga awm." **30-5 inkar a ni**

Yogi chuan ngaihtuahna famkim hmanga a hriatna chu Siamtu nen a inzawm khawm a, chu chuan cosmical essence chu êng angin a hmu a; a tan chuan êng êng

(light rays composing) hi a danglamna a awm lo tui leh leilung siamtu êng êngte. Matter-consciousness atanga zalen, space dimension pathum leh hun dimension palina atanga zalen, master chuan a êng taksa chu lei, tui, mei, boruak êng êng chungah awlsam takin a transfer vek a ni. Thlarau mit zalenna lama hun rei tak a ngaihtuahna chuan yogi chuan matter leh a gravitational weight chungchanga delusion zawng zawng a tichhe thei a; chuta ẗang chuan universe chu a bul berah chuan êng chi hrang hrang, a danglamna awm lo angin a hmu ta a ni.

"Optical a ni." thlalak te," Dr. L. A rilru a buai em em a. T. Troland a ni tan Harvard atanga lo chhuak a ni a hrilh keini, "hi sa chunglam chungah chumi inang principle chu a ni angin chumi

'half-tone' engraving pangngai; chu chu mit hmuh theih loh khawpa te tak te dotting emaw strippling emaw atanga siam an ni tihna a ni. Retina sensitiveness hi a lian em em a, visual

sensation can be produced by relatively few Quanta of the right kind of light."

Master pakhatin light phenomena chungchanga Pathian hriatna hmangin, hmun tina awm light atoms te chu perceptible manifestation-ah a project nghal thei a ni.

Projection form tak tak-thing emaw, damdawi emaw, mihring taksa emaw pawh ni se-hi yogi-te duhthlanna leh hmuh theihna thiltihtheihna nen a inmil a ni.

Mihring mumang-hriatna-ah chuan, nitin a hual veltu egoistic limitations-te chu muthilh laiin a clutch a tihzauh tawhna hmunah chuan, a rilru thiltihtheihna zawng zawng chu zan tin a lantir thin. Lo! chutah chuan mumangah chuan hun rei tak chhunga thi tawh thiante, continent hla ber berte, tho lehte chu an ding a ni a naupan lai scene te. Chu hriatna zalên leh thuhnuaairawlh lo, mumang thil thlenga mihring zawng zawng hriat chhuah hmang chuan Pathian ngaihsaktu pu chuan inzawmna tihtawp ngai lo a siam ta a ni. Mimal thil tum zawng zawnga sual nei lo, leh Siamtuin a hnena thil siam duhna a pek chu hmang tangkaiin, yogi chuan universe light atom te chu a siam thar leh a, chu chuan devotee pakhatin thinlung taka tawngtaina eng pawh a tihlawhtling thei a ni. Chumi atan chuan mihring leh thilsiamte siam a ni: khawvel chung a thuneihna hre reng chungin *maya hotu anga a tho leh theih nan*.

"Tin, Pathianin, "Kan anpuiin mihring i siam ang u; anni chuan thuneihna nei rawh se," a ti a tuifinriata sangha chungah te, chunglam sava chungah te, ran chungah te, lei zawng zawng chungah te, leia rannung zawng zawng chungah te, leia rannung zawng zawng chungah te." **30-6**

Chhung Kum 1915, 1915-ah a ni. rei lo teeth hnuah Ka nei a rawn lut a chumi Swami chuan Thupek, Ka a hmu a ni ani hmathlir tan tharum a danglamna (contrasts) a ni. Chutah chuan chumi relativity (relativity) a ni tan mihring rilru harhna tawh chiang takin din; Ka chiang takin hriat chhuah a ni chumi inpumkhatna *maya* dualities hrehawm tak hnuaia Chatuan Eng chu . Zing khat chu Father-a Gurpar Road-a ka attic room te tak tea ka thut lai chuan inlarna chu ka chungah a lo chhuk ta a. Thla tam tak chhung chu Europe ramah Indopui I-na a lo awm tawh a; Thihna tam tak chu lungngai takin ka ngaihtuah a.

Meditation-a ka mit ka chhing lai chuan ka hriatna chu indo lawng hotu captain taksaah a inthlak nghal a. Shore battery leh lawng meipui te inkara silai inthleng a nih avangin silai ri chuan boruak a tizau ta a ni. Shell lian tak chuan powder magazine chu a rawn deng a, ka lawng chu a tikehsawm ta a ni. Tuiah chuan ka zuang lut a, lawng khalhtu tlemte, puak thei lo damchhuakte nen chuan.

Thinlung na zet hian tuipui kamah chuan him takin ka thleng ta a. Mahse, a vanduaithlak khawp mai! bullet tlanbo pakhat chuan ka rilruah a thlawh chhuahna

thinrim tak chu a titawp ta a ni. Ka rilru a buai em em a, leiah chuan ka tlu ta a. Ka taksa pum pui chu a paralyze vek a, chutih rualin ke muhil tawh a hriat angin ka nei tih ka hre chiang hle.

"A tawpah chuan Thihna ke pen thuruk tak chuan min rawn man ta a ni," ka ti a. A tawp bera thaw halh chungin, hriat lohnaah ka pil dawn ta a, lo! Ka Gurpar Road room-ah chuan lotus posture-ah ka thu a.

Hlim takin ka thil neih thar-a taksa chu ka fawp leh ka hrual lai chuan mittui hysterical tak a rawn luang chhuak a hnute chhunga bullet hole awm lo. Ka dam leh tih ka inhriat chian theih nan ka thawk chhuak a, ka thawk chhuak bawk. Heng mahni lawmthu sawina karah hian ka hriatna chu tuipui kam thisen chhuak bulah chuan captain ruangah a sawn tih ka hmu leh ta. Rilru buai tak tak ka chungah a lo thleng ta.

"Lalpa," Ka a tawngtai a, . "ni Ka thi emaw nung?"

Light play dazzling tak chuan boruak chu a luah khat vek a. A soft rumbling vibration chuan thumal ah a insiam a:

"Eng nen hian nunna emaw thihna emaw hian eng nge inzawmna a neih? Ka Eng anpuin ka siam che a ni. The... nunna leh thihna inzawmna (relativities of life and death) chu cosmic dream-ah a tel a ni. I mumang nei lo i nihna hi en teh! Ka fa, harh rawh, harh rawh!"

Mihring harh chhuahna kawnga ke pen angin, Lalpa chuan scientist-te chu, a hun leh hmun dik takah, A thil siam thurukte hmuchhuak turin a fuih a ni. Tûn lai thil hmuhchhuah tam tak chuan mihringte chu cosmos chu thiltihtheihna-êng pakhat lantîrna chi hrang hrang, Pathian finna kaihhruaina anga hre tûrin a tanpui a ni. Motion picture, radio, television, radar, photo- electric cell-engkim hmu thei "electric mit," atom chakna mak tak takte hi eng electromagnetic phenomenon-ah hian a inngat vek a ni.

Motion picture art hian thilmak eng pawh a tarlang thei a ni. Visual standpoint hmuhdawm tak atang chuan thil mak engmah hi thlalak trick turin khap a ni lo. Mihring astral body langtlang tak chu a taksa pianphung (gross physical form) atanga lo tho chhuakin hmuh theih a ni a, tui chungah a kal thei a, mitthite a kaitho thei a, thil thleng pianphung (natural sequence of developments) chu a tidanglam thei a, hun leh hmun nen pawh chhiatna a khel thei bawk. A duh angin light images te chu a inzawm khawm a, thlalaktu chuan optical wonders a ti thei a, chu chu master dik tak chuan light rays tak tak hmangin a siam chhuak thin.

Motion picture-a nunna nei lemte chuan thil siam chungchânga thudik tam tak a târ lang a ni. Cosmic Director hian Amah ngeiin play a ziaak a, kum zabi tam tak chhunga pageant atan hian cast ropui tak tak a ko khawm bawk. Chatuan booth thim tak atang chuan kum hrang hranga film hrang hrang hmangin A thil siam chhuahna êng chu a leih chhuak a, thlalakte chu space screen-ah a paih chhuak ta a ni. Motion-picture images te hi a tak tak anga lang, mahse light leh shade inzawmkhawm chauh a nih ang bawkin, universal variety pawh hi delusive seeming a ni. Planetary sphere-te chu an nunna chi hrang hrang chhiar sen loh nen chuan cosmic motion picture-a figure tih loh chu engmah a ni lo va, hun eng emaw chen chu sense perception panga-ah a dik a, chu chu scene-te chu mihring hriatna screen-ah infinite creative beam-in a paih a ni.

Cinema entu chuan a han hawi chhuak thei a, screen image zawng zawng chu imageless beam of light pakhat instrumentality hmangin a lang vek tih an hmu thei. Universal drama rawng hrang hranga siam pawh chutiang bawk chuan Cosmic Source pakhat êng dum pakhat aţangin a chhuak a ni. Ngaihtuah theih loh khawpa finna nen Pathian chuan a mihring fate tan intihhlîmna a siam a, A planetary theater-

a actors ang bawkin entu atan a siam a ni.

Ni khat chu European indona hmun chanchin newsreel en turin motion picture house pakhatah ka lut a. Khawvel Indopui I-na chu khawthlang ramah a la awm reng a; newsreel chuan carnage chu hetiang takin a record a, chu chuan Thinlung buai tak chungin theatre chu ka chhuahsan ta a.

"Lalpa," Ka a tawngtai a, . "engati nge dost Nang chuan phalna chutiang tuarna?"

Ka mak tih em em chu Europe indona hmun tak tak hmuh theihna angin chhanna nghal mai a lo thleng ta a ni. Mitthi leh thi mekte nena khat inbeihna rapthlak tak chuan nasa takin a phak lo hle

engpawh aiawhtu nihna a ni tan chumi newsreel a ni.

"Ngun takin en rawh!" Aw nem tak chuan ka chhungril hriatna chu a rawn sawi ta a. "Tuna France rama heng scene enacted mekte hi chiaroscuro play tih loh chu engmah a ni lo tih i hmu ang. Cosmic motion picture an ni a, i hmuh tak theatre newsreel ang maia tak tak leh tak tak lo tak tak an ni-play chhunga play a ni.

Ka thinlung chu a la thlamuang lo. Pathian aw chuan a sawi chhunzawm zel a: "Siamte hi êng leh thlalak an ni ve ve a, chuti lo chuan thlalak engmah a awm thei lo. *Maya thatna leh tha lo* chu chungnunna lamah a inthlak danglam ngai lo vang. Hetah hian he khawvelah hian hlimna chu tawp lo ni ta se, mihring hian mi dang a zawng ngai ang em? Hrehawmna tel lo chuan a chatuan chenna in a kalsan tawh tih hriatreng a ngaihtuah harsa hle. Natna hi hriatrengna tichaktu a ni. Tlanchhuahna kawng chu finna hmangin a ni! The. The thihna lungngaihna chu a tak tak lo a ni;

Maya -a chungchânga Pathian Lehkha Thua thuziakte chu chhiar tawh mah ila , mi mal inlârna leh a kaihnawih thlamuanna thute nêna lo awm hriatna thuk tak chu min pe lo. Mi pakhat chu a tawpah chuan thil siam chu motion picture lian tak mai a ni tih a rin tlat a, chutah chuan ni lovin, a piah lamah chuan a thil tak tak chu a awm tih a rin tlat chuan a hlutna chu nasa takin a danglam thin.

He bung ka ziah zawh rual hian ka khumah chuan lotus posture-in ka thu a. Ka room chu shaded lamp pahnih chuan a ti eng lo hle. Ka mitmeng chu ka han chawi sang a, ceiling-ah chuan mustard rawng light te te a awm tih ka hmu a, radium ang maia eng mawi takin a eng a, a khur bawk. Ruah sur hnah ang maia pencil rays maktaduai tam tak chu transparent shaft-ah an pungkhawm a, ngawi rengin ka chungah an rawn luang lut ta a.

Vawikhatmah ka taksa taksa chuan a grossness chu a hloh a, astral texture-ah a inthlak ta a ni. Khum chu ka khawih zo lo va, taksa rit lo chu a inthlak deuh a, veilam leh dinglamah a inthlak danglam a. Pindan chhung chu ka hawi kual a; furniture leh bangte chu a hma ang bawkin a awm a, mahse êng tlemte chu a lo pung nasa hle a, ceiling chu hmuh theih lohvin a awm ta a ni. Mak ka ti hle mai.

"Hei hi cosmic motion picture mechanism a ni." Aw pakhat chu êng chhung ațanga lo chhuak ang maiin a rawn sawi a. "I khum puan screen dum chungah a beam a paih a, i taksa thlalak a siam chhuak a ni. Ngai teh, i pianzia chu êng tih loh chu engmah a ni lo!"

Ka kut chu ka en a, ka kal leh a, chuti chung chuan an rit zawng chu ka hre thei lo. Hlimna hlimawm tak chuan a rawn khuh ta keimah. Hei cosmic lam thil a ni kuang tan eng, par chhuak angin ka taksa, a ni tih a lang ani thianghlim replica a ni cinema house-a projection booth ațanga light beam luang chhuak leh screen-a thlalak anga lang chhuakte chu a ni.

Hun rei tak chhung chu ka taksa motion picture hi ka mutna pindan êng tlem lo takah chuan ka tawng tawh a. Inlârna tam tak ka neih tawh chung pawhin, chu aia pakhat mah chu a awm ngai lo. Taksa nghet tak ka hmuhna chu a bo vek a, thil zawng zawng awmzia chu êng a ni tih ka hriatna a thuk chhoh zel chuan, lifetron luipui ri chhuak chu ka han hawi chho a, ngenna thu ka sawi ta a.

"Pathian Eng, khawngaihin hei hi, ka taksa lem inggaitlawm tak hi, Nangmah ah hian hnukkir la, Elija chu meialhin vanah a hruai chhoh ang bawkin."

He ṭawngṭaina hian mak a ti hle tih a Chiang a; beam chu a bo ta a. Ka taksa chuan a rit pangngai chu a chhünzawm leh a, khumah chuan a pil ta a; ceiling light eng mawi tak takte chu a rawn inher chhuak a, a bo ta vek mai. He lei chhuahsan hun tur hi a la thleng lo niin a lang.

"Chu bâkah," philosophy lam hawiin ka ngaihtuah a, "zâwlnei Elija hian ka inngaihluhna chu a lungawi lo mai thei!"

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30-1 : 1.1. Hei lar Russian tawng a ni mi themthiam leh philosopher a ni nei ni nung tan tam tak kum chhung India hnai chumi Himalaya tlangah a ni. "Atangin a peaks te chu a ni a lo kal a thupuan," ani nei zia. "Chhung lungpui (caves) te leh chungah chumi summit te a ni a nung a chumi rishis tih hi a ni. Chungah chumi vur a tla peaks a ni tan Himalaya tlang chuan êng êng tak, arsi aia eng zâwk leh êng êng mak tak takte a hal a ni."

30-2 : 1.1. Chumi thawnthu maithei nei ani chanchinbu lam a ni a bulpui ber; chu editorial a ni thil chhinchhiah a hriattir a ni keini sawmi chumi bishop a ni an inhmu a chumi pathum monk te an ni laiin Archangel atanga Slovetzsky Monastery, Dvina lui kam lam pan chuan lawngin a kal a.

30-3 : Thil siamtu ropui Marconi chuan finalities hmain scientific inadequacy chu hetiang hian a pawm a: "The inability." tan Science ah tifei nunna hi absolute tih a ni. Hei thudik ang ni dik takin hlauhawm an chumi lo tan rinna. Chumi thilmak tan nunna mihring ngaihtuahna hmaa dah tawh zawng zawng zingah chuan buaina awm reng ber a ni ngei ang."

30-4 : 1.1. ANI sulhnu ah chumi kawh lam laksak tu Einstein-a chuan mifing hi pek tu chumi thudik sawmi ani hi ani dam chhung zawng zirtir a ni tan chumi philosopher ropui Spinoza, a hnathawh hriat hlauh ber chu *Ethics Demonstrated In Geometrical Order tih a ni*.

30-5 : 1.1. Ka *Timothea chuan* 6:15- 16-ah a awm.

30-6 : 1.1. *Genesis tih hi a ni* 1:26-ah a awm.

BUNG: 1.1. 31. A rilru a hah lutuk

Chu Inkawm Nen Chumi Serh Nu

"Reverend Mother, nausen laiin i zawlnei-pasal khan baptisma ka chang a. Ka nu leh pa leh keimah ngei pawh ka guru Sri Yukteswarji guru a ni. Chuvangin i nun thianghlina thil thleng tlemte hriat theihna chanvo min pe dawn em ni?".. tiin a sawi.

Lahiri Mahasaya-a nunpui Srimati Kashi Moni chu ka bia a. Hun rei vak lo chhung Benares-ah ka inhmu a, hun rei tak chhunga ka lo hriat tawh chu hmeichhe

zahawm tak tlawh duhna chu ka hlen chhuak ta a ni. Benares khawpui Garudeswar Mohulla section-a Lahiri homestead hluiah chuan khawngaih takin min lo hmuak a. Kum upa tawh mah se, lotus ang maiin a par chhuak a, ngawi rengin thlarau lam rimtui a rawn chhuak a ni. A taksa chu medium build a ni a, a kawr chu a sei a, a vun pawh a sei hle. Mit lian leh eng mawi tak chuan a nu hmel chu a ti nem a.

"Fapa, ." nangmah hi chibai hetah. Lokal chung lamah chuan."

Kashi Moni chuan room te tak te takah chuan a hruai a, chutah chuan hun engemaw chen chu a pasal nen an awm dun a. Mihringte drama inneihna chang tura a inngaitlawmna hmun thianghlim chu ka hmu thei a, chu chu chawimawina ka ni tih ka hria. Nula ngilnei tak chuan a bula pillow seat pakhat chu min kawhbmuh a.

"Ka pasal Pathian dinhmun ka hriat hma kum tam tak a liam tawh a ni," tiin a sawi tan a. "Zan khat chu, he pindan ngeiah hian mumang Chiang tak ka nei a. Vantirhkoh ropui tak takte chu ka chungah chuan ngaihtuah phak loh khawngaihna an lo leng chhuak a. Chu thil hmu chu a tak tak em em a, vaw khatah ka harh ta a; pindan chu mak tak maiin êng eng mawi takin a khuh a ni."

"Ka pasal, lotus posture-a inthum chu pindan lai takah chuan a levitate a, kutpah hrual ang maia dilna zahawmna nena chibai buktu vantirhkohte chuan an hual vel a. Mak tak maiin mak ka ti hle a, ka mumang pawh ka la nei tih ka ring tlat a ni."

"Hmeichhia,' Lahiri Mahasaya chuan, 'i mumang a ni lo. I mut chu chatuan atan kalsan rawh,' a ti a." Zawi zawiin khumah a chhuk lai chuan a ke bulah chuan ka bawkkhup a.

"Lalpa,' ka au chhuak a, 'I hmaah ka kun nawn leh thin! Ka pasal anga ka ngaih che avangin min ngaidam dawn em ni? Pathian lam harh tawh pakhat bulah hriat lohnaah ka muhil tih ka hriatchhuah avangin mualpho takin ka thi thin. Hemi zan atang hian ka pasal i ni tawh lo va, ka guru i ni tawh lo. Ka nihna pawimawh lo tak hi i zirtir atan i pawm dawn em ni?' **31-1 a ni**

"A pu chuan zawi te hian min khawih a. 'Thlarau thianghlim, tho rawh. I pawm a ni.' Vantirhkohte chu 'Khawngaihin heng mi thianghlim thianghlimte hi a inthlak a, chibai buk rawh u' tiin a kut a phar a.

"Ka inngaitlawm taka genuflections ka tih zawh chuan vantirhkoh aw te chu a ri dun a, hmân lai lehkhabu aṅanga chorus ang maiin a ri ta a ni."

"Pathian nupui nupui, malsawmna i dawng a ni. Kan chibai che a ni.' Ka ke bulah chuan an kun a, lo!

"Ka guru tih hi a ni zawt keimah ah dawng initiation tih a ni chhungah *Kriya chuan Yoga hmanga tih a ni* .

"Tan kawng,' Ka tiin a chhang a. 'KA ni Tihpalh lo ah nei nei chu chu malsawmna hun hmasa lam chhung ka nunna.'

"A hun chu a la puitling lo.' Lahiri Mahasaya chuan thlamuan takin a nui suk a, 'I

karma tam tak chu ngawi rengin ka pui tawh che a, tunah chuan i inpeih tawh a, i inpeih tawh bawk.'

"Ka hmai a khawih a. Eng zungbun tam tak a lo lang a; chu eng chu zawi zawiin thlarau mit opal-blue-ah a insiam a, rangkachak zungbun a ni a, a laiah chuan arsi dum pentagonal a awm a ni."

"I hriatna chu arsi kaltlangin Infinite lalram chhungah lut rawh.' Ka guru aw chuan note thar a nei a, hla tak music ang maia nem a ni.

"Hmathlir hnuah hmathlir keh angin tuifinriat atanga lo chhuak surf tih a ni chungah chumi tuipui kamah a awm tan ka thlarau. Chumi panoramic a ni spheres te a ni a tawpah chuan

hlimna tuipuiah a hmin ta. Malsawmna lo chhuak reng rengah chuan ka bo ta a ni. Darkar tam tak hnua he khawvel hriatna lama ka lo kir leh chuan, a master chuan *Kriya Yoga* technique min pe a .

"Chumi zan atang chuan Lahiri Mahasaya chu ka room-ah a mu leh tawh ngai lo. Chumi hnua pawh a mu leh tawh ngai lo. A hnua lam pindan hmasa berah chuan a awm reng a, ni leh zan lamah pawh a zirtirte nen an awm dun a ni.

Hmeichhe hmingthang tak chu ngawi rengin a tlu ta a. Yogi ropui tak nena an inzawmna danglam bikzia ka hriat chuan a tawpah chuan hriatrengna dang dil ka tum ta a ni.

"Ka fapa, i duhâm a ni. Chuti chung pawh chuan thawnthu pakhat i nei leh ang." Zak zet hian a nui suk a. "Ka guru- pasal chung a soal ka tih chu ka inpuang ang. Ka inzirtirna atanga thla engemaw zat hnua chuan lungngaihna leh ngaihsak loh ka ni tan ta. Zing khat chu Lahiri Mahasaya chu article la turin he pindan te tak teah hian a lut a; rang takin ka zui ta a. Tharum thawhna hmanga inbumnain min hneh avangin na takin ka bia a.

"I hun zawng zawng hi zirtirte bulah i hmang vek a. I nupui leh fate chung a i mawhphurhna te chu engtin nge ni ang? Chhungkaw tana sum tam zawk pek i tum loh hi ka pawl ka ti hle."

"Master chuan rei vak lo min melh a, chutah lo! a awm tawh lo. Hlauthawng leh hlauthawng takin, room chhung hmun tin atang chuan aw ri ka hre ta a:

"Chumi hi zavai engmah, ti suh nangmah hmu? Engtin thei ani engmah duh keimah pechhuak hausakna a ni tan nangmah?"

"Guruji," ka tap a, "Vaw! maktaduai khat zet ngaihdam ka dil a ni! Ka mit soal tak chuan a hmu thei tawh lo che; khawngaihin i hmel thianghlamah lo lang rawh."

"Hetah hian ka awm e." He chhanna hi ka chunglam atang hian a lo thleng a, ka han en a, master chu a materialize in the boruak, a lu chuan ceiling a khawih a. A mitmeng chu mitdel meialh ang mai a ni. Hlauhna nen ka bulah chuan ngawi rengin leiah a chhuk hnu chuan a ke bulah chuan tap chungin ka mu a.

"Hmeichhia," a ti a, "lei tinsel tlemte ni lovin, Pathian hausakna zawng rawh. Chhungril ro hlu i neih hnua pawn lam thilpek chu a lo thleng reng tih i hmu ang." Tin, "Ka thlarau lam fapa pakhat chuan i tan ruahmanna a siamsak ang che," a ti bawh.

"Ka guru te a ni thumalte natural takin a awm lokal dik; ani zirtir a ni ti tawh kalsan ani considerable tak a ni belhkhawm tan kan chhungkua."

Kashi Moni chungah lawmthu ka sawi a, a thil tawn mak tak takte min hrilh avangin.

31-2 a ni A tuk zingah chuan a inah ka kir leh a, Tincouri leh Ducouri Lahiri te nen darkar engemaw zat philosophy lam sawihona hun kan hmang dun a. India rama yogi ropui tak fapa thianghlim pahnih hian a ke pen duh ber chu ngun takin an zui a ni. Mipa pahnih hi an sei a, an sang a, an nghet a, an hmui pawh a rit hle a, an aw nê a, an nungchang pawh hi hmanlai ang maia mawi an ni.

A nupui chauh hi Lahiri Mahasaya zirtir hmeichhia a ni lo va; mi dang za tam tak an awm a, ka nu pawh a tel. Vawikhat chu hmeichhe chela pakhat hian guru hnenah a thlalak a dil a. A rawn pe a

print, . thusawiin, . "Chuan nangmah deem tih a ni chumi ani venhimna, . tichuan chumi hi chuvangin; anih loh chuan chumi hi chauh ani milem."

Ni engemaw zat hnuah he hmeichhia leh Lahiri Mahasaya fanu hian dawhkan pakhat *Bhagavad Gita an zir a* , chu dawhkan hnung lamah chuan guru thlalak chu an tar a. Electric thlipui a tleh a thinrimna nasa tak nen a chhuak.

"Lahiri Mahasaya, min venghim rawh!" Hmeichhia te chuan thlalak hmaah chuan an bawkkhup a. An chhiar lai lehkhahu chu lightning chuan a rawn deng a, mahse devotee pahnih chu an hliam lo.

"Khaw lum nasa tak chu pumpelh nan ka chhehvelah vur tla (ice sheet) dah ang maiin ka hria," tiin chela chuan a sawifah.

Lahiri Mahasaya hian hmeichhe zirtir Abhoya nena inzawm hian thilmak pahnih a ti a. A pasal, Calcutta lawyer nen chuan Benares-a tan ni khat chu guru tlawh turin an tan a. An tawlailir chu lirthei tam lutuk avangin a tlai hle a; Howrah main station an thleng a, Benares rel chhuak tur ri bengchheng ri chu an hre ta chauh a ni.

Abhoya, 1999 a ni. hnai chumi ticket lak a ni office, ding ngawi rengin.

"Lahiri Mahasaya, rel kha titawp turin ka ngen a che!" ngawi rengin a tawngtai a. "Ni dang che hmuh tur nghah avanga tlai lutuk hrehawmna chu ka tuar thei lo."

Rel hnim hring hring chu a kal kual zel a, mahse hmalam panna erawh a awm lo. Engineer leh passenger te chu platform-ah chuan phenomenon en turin an chhuk a. English rel kawng vengtu pakhat chuan Abhoya leh a pasal chu a rawn pan hnai a. Tun hmaa thil thleng zawng zawng nen inkalh takin, a rawngbawlna chu a inpe a ni.

"Babu," a rawn ti a. ani sawi, "pe keimah chumi sum. Ka duhdan lei i ticket lei theih a ni laiin nangmah nei aboard-ah chuan a chuang a ni."

An nupa chu an thut a, ticket an dawn veleh chuan rel chu zawi zawiin hmalam a pan ta a. Hlauthawng takin engineer leh passenger-te chu an awmna hmunah chuan an chho leh ta a, engtin nge... rel a tan a, a tir lamah engvangin nge a din tih pawh a ni lo.

Benares-a Lahiri Mahasaya chenna in a thlen chuan Abhoya chuan ngawi rengin a pu hmaah chuan a bawkkhup a, a ke chu khawih a tum ta a.

"I phuah la, Abhoya," a ti a. "Min tihbuai hi i va duh em! Rel dang hmangin hetah hian i lo kal thei lo ang maiin!"

Abhoya hian Lahiri Mahasaya hi hun hriatreng tlak dang a tlawh leh baw. Tun tumah chuan a tawngtaina chu a duh a, rel hmang ni lovin, rulhut nen.

"Ka fa 9-na a dam theih nan malsawm turin ka tawngtai a che," a ti a. "Naute pariat ka piang tawh a; an pian hnu lawkah an thi vek."

Chumi hotu a nui suk a lainat takin. "I lokal naupang duhdan nung. Khawngaihin zui ka inkaihhraina

fimkhur takin. Naute, nula chu zanah a piang ang. Oil lamp chu zing thlengin a kang reng tih en rawh. Mut suh la, chutiang chuan êng chu tihmit tir rawh."

Abhoya fa chu fanu a ni a, zanah a piang a, engkim hretu guru-in a lo ngaihtuah lawk ang chiah a ni. Nu chuan a nurse chu lamp chu oil-a khat turin a hrilh a. Hmeichhe pahnih hian zingkar hma lam thlengin urgent vigil chu an vawng reng a, mahse a tawpah chuan an muhil ta a ni. Lamp oil chu a bo zo tawh mai a; êng chu a hlim lo hle.

Bedroom kawngkhar chu a inhawng a, thawm nasa takin a rawn inhawng ta a. Hmeichhe mangang tak takte chu an harh ta a. An mitmeng mak tak mai chuan Lahiri Mahasaya hmel chu a hmu ta a.

"Abhoya, ngai teh, êng chu a bo tawh mai!" Lamp chu a kawhbmuh a, nurse chuan a rawn fill leh nghal vat a. A kang leh meuh chuan a pu chu a bo ta a. Kawngkhar chu a inkhar a; latch chu agency hmuh theih lohvin an dah a ni.

Abhoya chuan a rawn ti a pakuana a ni naupang a damchhuak a; chhung Kum 1935, 1999 khan. engtikah Ka siam chhuifiahna, ani tawh che lo nung.

Lahiri Mahasaya zirtir zinga pakhat, zahawm tak Kali Kumar Roy chuan a pu nena an nun chanchin ngaihnawm tak tak tam tak min hrilh a.

"A Benares-a a chenna inah hian kar tam tak chhung chu mikhual ka ni fo thin," Roy chuan min hrilh a. "Ka hmuh dan chuan mi thianghlim tam tak, *danda* **31-3.**" swamis, zan reh takah chuan guru ke bula thu turin a lo thleng a.

A châng chuan ngaihtuahna leh philosophy lam thilte sawihonaah an inhmang thîn. Zing lamah chuan mikhual chawimawite chu an chhuak ang. Ka tlawhnaah hian Lahiri Mahasaya hi vawi khat mah muthilh turin a mu lo tih ka hmuchhuak a.

"Master nena kan inzawmna hmasa berah khan ka hnathawhna hmuna dodalna ka hmachhawn a ngai a ni," tiin Roy chuan a sawi chhunzawm a. "Materialism-ah a inhnawm a ni."

"'Ka staff-ah hian sakhaw lama mi rilru na tak tak ka duh lo,' tiin a nuihzat thin. 'I charlatan guru hi ka tawng ve a nih chuan hriatreng tur thu ka pe ang.'

"He hlauhawm tak hian ka programme pangngai chu a titawp thei lo; zan tin deuhthaw chu ka guru bulah ka hmang a. Zan khat chu ka employer chuan min zui a, zah lo takin parlor-ah a tlan lut nghal a. Ringhlelhawm lohvin a tiam tawh thu rilru na tak takte chu sawi chhuah tumin a inpeih vek a ni. Chu pa chu a thut meuh chuan Lahiri Mahasaya chuan zirtir sawm leh pahnih vel awmna pawl tenau chu a bia a.

"'Ang nangmah zavai duh ah hmu ani milem?'

"Kan lu kan bu nghat chuan pindan chu thim turin min ti a. 'I hnung lamah in ðhu ula, in hmaa mipa mit chungah in kut dah rawh u,' a ti a.

"Ka employer pawhin duh lo mah se, master thupek a zawm tih ka hmuh chuan mak ka ti lo. Minute tlemte chhungin Lahiri Mahasaya chuan kan thil hmuh chu min zawt a.

"'Sir,' ka chhang a, 'hmeichhe hmeltha tak a rawn lang a. *Sari dum- bordered a ha* a, elephant-ear plant bulah a ding bawk.' Zirtir dang zawng zawng pawhin chutiang bawk chuan an sawi a.

"'Awle.' Chu pa chuan a nihna takah chuan rilru thar nen a buai hle tih a chiang a, 'Nupui tha tak nei mah ila, â takin ka sum chu ka hmang zo tawh a ni.

"'Thla ruk chhung nungchang tha tak i hman chuan ka pawm ang che.' Master chuan thuruk takin, 'Chuti a nih loh chuan ka initiate a ngai lo vang che,' a ti leh a.

"Thla thum chhung zet chu ka hnathawhna hmun chuan thlemna a pumpelh a; chutah chuan hmeichhia nen hian an inzawmna hlui chu a chhunzawm leh ta a. Thla hnih hnuah a thi ta a ni. Chutiang chuan ka guru-in mipa inzirtirna a awm theih loh thu a hrilhlawkna khuh bo chu ka hrethiam ta a ni.

Lahiri Mahasaya hian a thian hmingthang tak Swami Trailanga a nei a, kum za thum aia upa nia sawi a ni. Yogi pahnih hi ngaihtuahna hmangin an thu dun fo thin. Trailanga hmingthanna hi a hluar em em a, a thilmak mak tak takte chanchin eng pawhah hian thudik awm theihna hi Hindu tlemte chauhvin an hnial ang. Krista chu leiah lo kir lehin New York khawpui kawththlera a kal a, a Pathian thiltihtheihnate pholangin a kal ta a nih chuan kum sawm tam tak kalta a Trailanga-a'n Benares khawpui kawngpui mipui tam tak a paltlang laia a siam ang bawka phurna a siam ang.

Vawi tam tak chu swami chu a in a, nghawng tha lo nei lovin, rulhut thihna thlen thei ber berte chu a in tih hmuh a ni. Mi sang tam takin, la dam tlemte telin, Ganges-a Trailanga a leng lai hi an hmu tawh a ni. Ni tam tak chhung chu tui chungah an thu dun thin a, a nih loh leh tuipui hnuaiah rei tak tak an inthup thin. Benares inbualna *ghat- a hmuh tur awm fo* chu lungpui hrual hrual chungah swami taksa che thei lo, India ni zahngaihna nei lo tak hnuaia awm vek kha a ni. Heng thil ropui tak takte hmang hian Trailanga chuan mipa te chu yogi nun chu oxygen emaw, dinhmun pangngai leh fimkhurnaah a inngat lo tih zirtir a tum a. Tui chungah emaw, a hnuaiah emaw a awm emaw, a taksa chu ni êng nasa tak hnuaia awm emaw, mu lo emaw pawh ni se, a pu chuan Pathian hriatna hmanga a nung tih a finfiah a: thihna chuan a khawih thei lo.

Yogi chu thlarau lamah chauh ni lovin, taksa lamah pawh a ropui hle. A rih zawng chu za thum chuang a ni pounds: a dam chhung kum tin pound khat! A ei tlem em avangin thuruk chu a pung zel a ni. ANI mahse, master chuan hrisêlna dân pangngai zawng zawng chu awlsam takin a ngaihthah a, chhan bîk tak, a châng chuan amah chauhin a hriat fiah lo tak a nih avânga chutianga tih a duh chuan. Mithianghlim ropui tak tak harh chhuak tawhte cosmic mayic mumang leh he khawvel hi Divine Mind-a ngaihtuahna angin an hrechhuak a, taksa nen hian an duh angin an ti thei a, chu chu condensed emaw frozen energy emaw manipulatable form chauh a nihzia hriain. Tunah chuan physical scientist-te chuan matter chu

congealed energy tih loh chu engmah a ni lo tih hrethiam mah se, fully-illuminated master-te chuan hun rei tak chhung chu theory atangin matter-control field-ah practice-ah an kal tawh a ni.

Trailanga chu a saruak vek reng a. Benares-a police tihbuai tak takte chuan harsatna nei naupang buaithlak takah an ngai ta a ni. Natural swami chuan Eden huana Adam hmasa ang bawkin a saruakna chu a hre lo tak zet a ni. Mahse, police-te chuan an hre chiang hle a, inkhawmpui nei lovin jail-ah an khung ta a ni. General mualphona a chhuak a; taksa lian tak chu

Trailanga chu rei lo teah, a tlangpuiin, tan in chung lamah chuan hmuh a ni ta a. A cell, him taka la khar chuan a tlan chhuah dan tur engmah a pe lo.

Dan officer beidawngte chuan vawi khat chu an hna an thawk leh ta a ni. Tun tumah hian swami cell hmaah vengtu an dah a. A hmain a chawlhsan leh mai thei. Trailanga chu rei lo teah inchung chung a nonchalant stroll-ah chuan hmuh a ni ta a ni. Rorelna dik chu mitdel a ni a; police outwitted te chuan a hnung zui an tum ta a ni entirna.

Yogi ropui tak chuan a tih dan pangngaia ngawi renga awm chu a vawng reng a. **31-4 a ni** A hmai zungbun leh a pum lian tak, barrel ang maia awm mahse, Trailanga hian a ei fo thin. Kar tam tak ei tur a neih loh hnuah chuan, devotee-te'n a hnena an hlan clabbered milk potfuls hmangin chaw a nghei thin. Vawikhat chu rinhlelhna neitu pakhat chuan Trailanga chu charlatan anga pholan a tum tlat a. Calcium-lime mixture bucket lian tak, whitewashing wall-a hman thin chu swami hmaah an dah a.

"Master," materialist chuan zahna nuihzatthlak takin a ti a, "Clabbered milk karawn keng che a. Khawngaihin in rawh."

Trailanga chuan hreh lo takin, a tla hnunung ber thlengin, lime kang bawm khat chu a chhuah tir ta a. Minute tlemte chhungin thil soal titu chu hrehawm takin leiah a tla thla ta a.

"Tanpui, swami, . tanpui!" ani a ti a. "KA ni chungah mei! Ngaidam ka suaksual fiahna!"

Yogi ropui chuan a tih dan pangngaia ngawi renga awm chu a titawp ta a ni. "Scoffer," a ti a, "Poison min hlan lai khan ka nun hi nangmah nen a inpumkhat tih i hre lo. Thilsiam atom tin ang bawkin ka pum chhungah Pathian a awm tih ka hriat loh chuan lime hian min that ngei ang. Tunah chuan boomerang Pathian awmzia i hriat tawh avangin tumah chungah trick khel leh tawh ngai suh," a ti a.

Chumi a tithianglim tha hle mi soal, . tihdam a ni tu Trailanga a ni thumalte, a ti chhuak nghal zat chak lo takin hmundang.

Natna tihdanglamna chu pu duhthlanna avanga lo awm a ni lo va, thil siam chhuahna orb hla ber, inher chhuak thei tur dikna dan dik lo taka hman avanga lo awm a ni. Trailanga ang mipa Pathian- hriatna chuan Pathian dan chu a thawk nghal mai thei a; ego crosscurrents tibwaitu zawng zawng chu chatuan atan an hnawtchhuak vek tawh.

Trailanga leh a tualthattu tur ang bawka beisei loh pawisaa pek fo thin felna automatic adjustment chuan mihring dik lohna avanga kan thinrimna hmanhmawh tak chu a ti reh a ni. "Phuba lak hi ka ta a ni; ka rul ang, Lalpa thu chhuak." **31-5 a ni** Mihring sum leh pai tawi te hi eng nge mamawh? universe chuan phuba lak tumin a remchan dan angin a inrawlh a ni. Rilru dull chuan Pathian rorelna dik,

hmangaihna, engkim hriatna, thi thei lo awm theihna chu a tichhe vek a ni. "Airy scriptural conjectures te chu!" He ngaihdan insensitive tak hi, aweless cosmic spectacle hmaah chuan, thilthleng rel a tiharh a, chu chuan a mah harhna a thlen a ni.

Thlarau dan thiltihtheihna engkim a neih thu hi Krista chuan Jerusalem-a hnehna changa a luh puala a sawi a ni. Zirtirte leh mipuite chuan hlim taka an au chhuahpui a, "Vanah remna awm rawh se, chungnung berah ropuina awm rawh se," tiin an au lai chuan Pharisai thenkhat chuan zahawm lo taka thil hmuhnawm tak chu an phunnawi a. "Zirtirtu," tiin an dodal a, "i zirtirte chu zilh rawh."

Isuan, "Ka hrilh a che u, hengte hian an ngawi reng a nih chuan lungte chu a au nghal mai ang," tiin a chhang a. **31-6 ah a awm**

Pharisaite hnena he zilhnaah hian Krista chuan Pathian rorelna dik chu entîrna anga thil awm lo a ni lo tih a târ lang a, remna neitu chuan a lei chu a bul ațanga hrual ni mah se, a thusawi leh a invênhimna chu thil siam lungphum, khawvêl pum huap inrelbawlnaah ngeiah a la hmu ang tih a târ lang a ni.

"I ngaihtuah em," Isuan a ti a, "remna neitute tihmualpho turin? As well may you hope to throttle the." Pathian aw, a lungte ngeiin A ropuina leh hmun tina a awmna hla satu. Mihringte chu vâna remna chawimawi nâna kût hmang lovin, leia indona tûra au chhuahpui tûra mipui tam tak pung khâwm mai tûrin i phut ang em? Tichuan, aw Pharisaite u, khawvel lungphumte tikehsawm turin in inbuatsaih rawh u; mi zaidamte chauh ni lovin, lung emaw, lei emaw, tui leh mei leh boruak te chu in chungah a lo chhuak ang a, A inremna thupek hriatpuitu tur chu a ni zawk a ni," a ti.

Krista ang yogi, Trailanga khawngaihna chu vawi khat chu ka *sajo mama* (nu pa u) hnenah hlan a ni. Zing khat chu Uncle chuan Benares ghat pakhatat chuan master chu devotee tam takin an hual vel chu a hmu a. Trailanga bulah chuan a edge thei a, a ke chu inngaitlawm takin a khawih a. Uncle chuan natna khirh tak, natna khirh tak atanga chhuah nghal a nih thu a hmuh chuan mak a ti hle a. **31-7 ah a awm**

Yogi ropui zirtir nung hriat chhuah awmchhun chu hmeichhia, Shankari Mai Jiew a ni. Trailanga zirtir zinga pakhat fanu a ni a, a naupan lai atang tawhin swami training a dawng a. Kum sawmli chhung zet chu Badrinath, Kedarnath, Amarnath leh Pasupatinath bula Himalaya lungpui, mahni chauha awm, inzawmkhawmah a khawsa a. Kum 1826-a piang brahmacharini (hmeichhe ascetic) *hi* tunah chuan kum zabi khat aia tam a ni tawh. Mahse, a hmelah chuan kum upa tawh lo mah se, a sam dum, a ha eng mawi tak tak leh chakna mak tak mai chu a vawng reng a ni. Kum engemaw zat danah a hmun hlat ațangin a chhuak thin a, periodical *melas* emaw, sakhaw fair emaw-ah a tel thin.

He hmeichhe thianghlim hian Lahiri Mahasaya a tlawh fo thin. Ni khat chu Calcutta bula Barackpur section-ah Lahiri Mahasaya bula a thut laiin a guru ropui Babaji chu ngawi rengin room chhungah a lut a, an pahnih nen an inbia tih a sawi.

Vawi khat chu a pu Trailanga chuan a ngawih reng thin chu kalsanin, mipui hmaah Lahiri Mahasaya chu Chiang takin a chawimawi a. Benares zirtir pakhat chuan a dodal a.

"Ka pu," ani sawi, "engati nge ti nangmah, ani swami leh ani bânsan, . lantir chutiang zahna ah ani in neitu?"

"Ka fapa," Trailanga chuan a chhang a, "Lahiri Mahasaya chu Pathian ui no ang mai

a ni a, Cosmic Mother-in a dahna apiangah a awm reng a ni. Khawvel mipa chanvo chu dutifully playing a nih lai hian, chu self- realization famkim chu a dawng a, chu chu ka loincloth pawh ka phatsan ta a ni!".. tiin a chhang a.

.....

31-1 : 1.1. Pakhat hi tih hriat nawn tir a ni hetah tan Milton-a chuan a ti a rinngil:

"Ani tan Pathian chauh, ani tan Pathian chhung him." 31-2: Nu zahawm tak hian

kum 1930 khan Benares-ah a boral ta a ni.

31-3 : 1.1. Thawktu, entirna a ni chumi spinal a ni cord, . phur a ni ritual takin a awm tu chiang thupek a ni tan monk te an ni.

31-4 : 1.1. Ani tawh ani *muni* , . ani monk a ni tunge a enfiah a ni *mauna* , . thlarau lam thil reh. Chumi Sanskrit tawng zung *muni* hi akin a ni ah Greek tawng a ni *monos* , "alone, single," chuta tang chuan English tawng *monk*, *monism*, etc. tih te hi a lo chhuak a ni.

31-5 : 1.1. *Rom mite* 12:19-ah a awm.

31-6 : 1.1. *Luka* 19:37- 40-ah a awm.

31-7 : 1.1. Chumi nunna tan Trailanga leh thildang ropui masters te an ni hriatnawntir keini tan Isua'. thumalte: "Leh hengte chhinchhiahna a awm ang zui anni ringtute; Chhung ka hming (chumi Krista rilru harhna) anni ang tilang pawn Diabola te; anni ang tawng nen thar tawng hrang hrang; anni rul a la ang a; tin, thil thi thei eng emaw an in chuan a ti na lo vang; damlote chungah kut an nghtat ang a, an dam leh ang."- *Marka* 16:17-18.

BUNG: 1.1. 32. A rilru a hah lutuk

Rama chuan Hi Chawmlian Atangin Chumi Thi

"Tunah ani Chiang mipa tawh dam lo, hming vuah a ni Lazara chuan. Engtikah Isua hria sawmi, ani sawi, Hei natna a ni hi

lo to thihna, mahse tan chumi ropuina tan Pathian, sawmi chumi Fapa tan Pathian maithei ni chawimawi a ni chutiang chuan.'" **32- 1 a ni**

Sri Yukteswar chuan zing khat ni chhuak takah chuan Serampore hermitage balcony-ah Kristian lehkhahu a sawifiah a. Master-a zirtir dang tlemte bakah hian ka Ranchi zirlai pawl tlemte nen kan tel ve bawk.

"He thu-ah hian Isua chuan Pathian Fapa a inti a. Pathian nen inzawm tak tak ni mah se, hetah hian a sawina hian mimal ni lo awmzia thuk tak a nei a ni," tiin ka guru chuan a sawifiah a. "Pathian Fapa chu mihringa Krista emaw Pathian hriatna emaw a ni. *Mi thi thei tumahin* Pathian an chawimawi thei lo. Mihringin a Siamtu chawimawina a pek theih awmchhun chu Amah zawn hi a ni; mihringin a hriat loh Abstraction chu a chawimawi thei lo. Mi thianghlimte lu vel a 'ropuina' emaw nimbus emaw hi Pathian chawimawina an pek *theihna entirna a ni*.

Sri Yukteswar-a chuan Lazara thawhleahna chanchin mak tak mai chu a chhiar zui a. A tawp lamah chuan Master chu rei tak ngawi rengin a tlu a, lehkhahu thianghlim chu a khup chungah a inhawng a.

"Kei pawh hian hetiang thilmak hi hmuh theihna chanvo ka nei a ni." Ka guru chuan

a tawpah chuan solemn unction nen a sawi ta a. "Lahiri Mahasaya chuan ka thiante zinga pakhat chu a kaitho leh a ni."

Ka bula tlangval naupangte chu ngaihven takin an nui suk a. Ka chhungah pawh hian tlangval chu a awm tawh a, chu chu philosophy chauh ni lovin, a bik takin, Sri Yukteswar-a sawi chhuah theih tur thawnthu eng pawh hi nuam ka ti hle

lam ani mak tak mai thil tawn te a ni nen ani guru tih hi a ni.

"Ka thianpa Rama nen chuan kan inthen thei lo a ni," Master chuan a ti tan a. "A zakzum a, a inthiarfihlim em avangin kan guru Lahiri Mahasaya chu zanlai leh zing dar 12 chhung chauh tlawh a thlang a, chutih lai chuan nitin zirtir mipui tam tak an awm lo. Rama-a thian hnai ber ka nih angin thlarau lam kawngkhar angin ka thawk a, chuta tang chuan a thlarau lam thil hriatna hausakna chu a chhuah chhuak a ni. A thian tha ber atangin infuih tharna ka hmu a ni. Ka guru hmel chu hriatrengnain a nem ta.

"Rama chu fiahna na takah an dah nghal a ni," tiin Sri Yukteswar chuan a sawi chhunzawm a. "Asiatic cholera natna a vei a. Kan pu hian natna khirh tak a neih laiin doctor-te rawngbawl na dodal ngai loh avangin specialist pahnih koh an ni. He natna tuar mipa rawngbawl na rilru na tak karah hian Lahiri Mahasaya hnenah tanpuina dilna thuk tak ka tawngtai a. A in lamah ka tlan nghal vat a, thawnthu chu ka tap chhuak ta a ni."

"Chumi doctor te an ni hi hmuh a ni Rama chuan. Ani duhdan ni Awle.' Ka guru tih hi a ni a nui suk a hlim takin.

"KA a rawn let leh a nen ani eng thinlung ah ka thiante khum bulah, . chauh ah zawnghmu ani chhung ani thi mek nihphung.

"Darkar khat emaw, darkar hnih emaw aia rei a daih thei lo,' tiin doctor pakhat chuan beidawna hmel pu chungin min hrilh a. Vawi khat chu Lahiri Mahasaya lam panin ka tlan nghal vat a."

"Doctor te hi mi chhia leh tha hriatna nei tak an ni. Rama hi a dam ngei ka ring.' Master chuan blithe takin min hnawtchhuak ta a.

"Rama bulah chuan doctor pahnih an awm tawh lo tih ka hmu a. Pakhat chuan note min hnutchhiah a: 'Kan theihtawp kan chhuah a, mahse a case hi beiseina nei lo a ni.'

"Ka thianpa chu mipa thi tur thlalak a ni tak zet a ni. Lahiri Mahasaya thusawi chu engtin nge a thleng dik loh theih tih ka hrethiam lo a, chuti chung chuan Rama nun chak taka tlahniam lai ka hmuh chuan ka rilruah heti hian a rawn rawt reng a ni: 'Tunah chuan engkim a tawp tawh.' Chutianga rinna tuifinriat leh rinhlelhna hlauthawng tak chungah chuan ka vawrh chhuak a, ka thianpa chu ka theih ang tawkin ka rawng ka bawl a, a au chhuahpui ta a ni.

"Yukteswar, . tlan ah Hotu leh hrilh ani Ka ni kal liam. Zawt ani ah malsawm ka taksa hmaah chu chu hnahnung ber rites tih a ni.'

Nen hengte thumalte Rama chuan a ti a a rit hle leh pe chunglam chumi thlahrang. 32-
2. a ni

"A hmel duh tak avang hian darkar khat chhung zet ka tap a. Ngawi renga duhtu reng reng, tunah chuan thihna ngawih ngawih tak chu a thleng ta a ni. Zirtir dang a rawn lut leh a; ka lo haw hma chu in chhungah awm reng turin ka ngen a. Half-dazed, I trudged back to my guru."

"'Engtin hi Rama chuan tunah?' Lahiri a ni Mahasaya a ni hmai tawh wreathed a ni chhung a nui suk a.

"'Sir, a awm dan chu i hmu thuai ang,' rilru na takin ka ti chhuak nghal zat a. 'Darkar tlemte hnuah a ruang chu i hmu ang, halna hmuna an phurh hmain.' Ka rilru a buai a, ka tap chhuak nghal zat bawk.

"'Yukteswar, . thunun nangma. Thu muangchangin leh ngaihtuah rawh.' Ka guru tih hi a ni chawlhsan chhungah *samadhi a ni* . Chumi

chawhnu leh zan chu ngawi rengin a liam ta a; Ka chhungril lama rilru hahdamna neih leh tumin ka bei hlawhtling lo .

"Zing lam pan chuan Lahiri Mahasaya chuan thlamuan takin min rawn melh a. 'I la buai tih ka hmu. Engvangin nge nizan khan Rama hnenah damdawi eng emaw zat ang chi tangible aid ka pek i beisei tih i sawifiah loh?' Master chuan cup ang maia lian, crude castor oil awmna chu a kawhhmuh a, 'Lamp atang chuan bottle tlem te te chu Rama kâah chuan tui tla pasarih dah la,' a ti a.

"'Ka pu,' Ka a sawisel a, . 'ani nei ni thi atang khan nimin chawhnu. Tan engnge hmang hi chumi tel tunah?'

"'Engtikah mah; ka ngen angin ti mai rawh.' Lahiri Mahasaya rilru hlim tak chu hriatthiam harsa tak a ni a;

"Ka thianpa ruang chu death-clasp chhungah chuan a rigid tih ka hmu a. A dinhmun rapthlak tak chu ngaihsak lovin ka kut dinglam hmangin a hmui ka hawng a, ka kut veilam leh cork puihnain a ha hrual chungah chuan oil drop khat hnu drop khatin ka dah thei ta a ni."

"Drop pasarihna chuan a hmui vawt tak chu a khawih rual chuan Rama chu nasa takin a khur a. Mak tak maia a thut lai chuan a ruhte chu a lu atanga a ke thlengin a vibrate a."

"'Lahiri Mahasaya chu êng meialh karah ka hmu a,' a ti a. 'Ni ang maiin a eng a. 'Tho rawh; i mut chu kalsan rawh,' tiin thu min pe a. "Yukteswar nen min hmu turin lo kal rawh."

"Rama chu a inchei a, chu natna hlauhawm tak hnua a chak tawh a, kan guru te in lam pan turin a chak tawh a. Chutah chuan lawmthu sawina mittui tla chungin Lahiri Mahasaya hmaah chuan a bawkkhup a."

"Chumi hotu tawh bul amah ngei pawh a ni nen hlimna. Ani mit a ti chhuak nghal zat hmunah keimah misual takin.

"'Yukteswar,' a ti a, 'tunah chuan castor oil bottle khat pawh i keng tel lo ngei ang! Ruang i hmuh apiangin oil chu pe mai rawh! Engvangin nge, lamp oil drop pasarih hian Yama thiltihtheihna chu a tichhe ngei ang!' **32-3 a ni**

"'Gruuji, . nangmah hi nuihzatthlak tak a ni keimah. Ka ti suh hrethiam; khawngaihin kawh pawn chumi nihphung tan ka dik lo.'

"'Rama chu a dam leh dawn tih vawi hnih ka hrih tawh che a; chuti chung chuan min ring kim thei lo,' tiin Lahiri Mahasaya chuan a sawifiah a. 'Doctor-te hian an tidam thei dawn tihna a ni lo; an tel tih chauh ka sawi a ni. Ka thusawi pahnih

inkarah hian causal connection a awm lo. Damdawi lam ka tihbuai ka duh lo; anni pawh hi an dam a ngai a ni.' Hlimna aw ri chuan ka guru chuan, 'Paramatman 32-4, **a tawp thei lo tih hi hre reng ang che** doctor emaw doctor emaw pawh nise tu pawh a tidam thei.'

"Ka tihsual hi ka hmu a ni,' tiin inchhir takin ka pawm a. 'I thu awlsam tak chu khawvel pum puiah a innghat tih ka hre ta.'"

Sri Yukteswar-a chuan thawnthu mak tak mai a tih zawh rual chuan, ngaithlatu rilru na tak zinga pakhat chuan zawhna pakhat a rawn chhuah a, chu chu, naupang a\ angin, a let hnih zetin hriatthiam theih a ni.

"Ka pu," ani sawi, "engati nge ti tawh i guru tih hi a ni hmang castor a ni tel?"

"Naupang, hriak pek hian awmzia a nei lo va, thil awmze nei tak ka beisei tih loh chu Lahiri Mahasaya chuan ka rinna nasa zawk tiharh nan a bula hriak chu thil tum chhinchhiahna atan a thlang ta a ni. Pu chuan Rama chu thih a phalsak a, a chhan chu a then chu ka ringhlel tawh a ni. Mahse, Pathian guru chuan zirtir chu a dam tha ang tih a sawi tawh angin, tihdamna chu a thleng ngei tur a ni tih a hria a, thihna Rama tihdam a ngai a nih pawhin, a natna a tlangpuin final!"

Sri Yukteswar a ni hnawhchhuah a ni chumi te pawl, leh tiin a kut a phar a keimah ah ani puankawp thutna hmunah ani ke.

"Yogananda," gravity danglam tak nen a ti a, "I pian tirh atangin Lahiri Mahasaya zirtir direct-te'n an hual vel che a ni. Pu ropui tak chuan a nun ropui tak chu a then inthiarfihlim takin a hmang a, a zuitute chu a zirtirna chhehvela pawl eng pawh din phalsak chu nghet takin a duh lo. Chuti chung pawh chuan, hrihlawkna pawimawh tak a siam a ni.

"'Ka boral hnu kum sawmnga vel hnuah,' a ti a, 'ka nun hi khawthlang ramte'n yoga lama ka ngaihvenna thuk tak avang hian ziah a ni ang. Yoga thuchah chuan khawvel pum a hual vel ang a, chu mihring unau nihna, Pa Pakhat hriatna dik tak atanga lo chhuak chu dinna kawngah a pui ang.'

"Ka fapa Yogananda," Sri Yukteswar chuan a ti chhunzawm a, "chu thuchah thehdarhnaah chuan i chanvo i hlen chhuak tur a ni a, chu nun thianghlim chu i ziaik tur a ni bawk," a ti bawk.

Kum 1895-a Lahiri Mahasaya a boral hnu kum sawmnga chu kum 1945-ah a tawp a, chu chu tuna lehkhabu ziah zawh kum a ni. Kum 1945 pawhin a rawn thlen ve ta mai mai hi ka ngaihtuah lo thei lo hun thar-revolutionary atomic energies hunlai. Ngaihtuahtu rilru zawng zawngte chu a hmaa a la awm ngai loh angin remna leh unau nihna harsatna hmanhmawhthlak takah an hawi a, chuti lo chuan taksa chakna hman chhunzawm zelna chuan harsatnate nen chuan mi zawng zawng a hnawtchhuak vek ang.

Mihring chi leh a hnathawhte chu hun emaw, bomb emaw hmangin zawn chhuah lohvin bo mah se, ni chu a kalna kawngah a tlahniam lo va; arsi te chuan an fimkhurna danglam thei lo chu an vawng reng a ni. Cosmic law hi tihtawp theih a ni lo va, tihdanglam theih a ni lo va, mihring chuan chutiang dan nena inmil tura insiam chu a tha ang. Cosmos hian chakna a dodal a nih chuan, ni chuan planet-te nen indo lovin, arsi te chu an thuneihna tlemte pe turin a hun takah a chawlhsan a

nih chuan, kan mailed fist hian eng nge a hlawkpui ang? Chuta tang chuan remna eng emaw a lo chhuak tak tak ang em? Tihduhdahna ni lovin duhthlanna tha chuan universal sinews chu a ralthuam a; mihringte remna nei chuan hnehna rah tawp nei lo, thisen leia enkawl tawh zawng zawng aiin a thlum zawk chu a hre ang.

League of Nations hlawhtling tak chu mihring thinlung league pianpui, hming nei lo a ni ang. Leilung hrehawmna tihamna atana mamawh lainatna zau tak leh hriatthiamna zau tak chu mihring chi hrang hrangte finna lama ngaihtuah mai mai a\ angin a lo chhuak thei lo va, mihring inpumkhatna awmchhun hriatna-Pathian nena an inzawmna a\ angin a lo chhuak zawk a ni. Khawvela thil tum sang ber-unau nihna hmanga remna-may yoga tihlawhtlinna lam pan chuan, . Pathian nena mimal inzawmna science, hun kal zelah ram zawng zawnga mihring zawng zawng hnena darh chhuak.

India ram civilization hi mi dang zawng zawng aia hlui zawk ni mah se, hnam dam khawchhuahna a thiltih ropui tak hi engti kawng mahin thil thleng mai a ni lo va, India-in a mipa tha ber berte kaltlangin a hlan tawh chatuan thudikte tana a inpeknaah thil thleng dik tak a ni tih hi historian tlemte chauhvin an hmu a ni. By sheer continuity of being, by intransitivity before the ages-an dusty scholars te hian engzat nge min hrilh tak tak em?-India hian hun harsatna tawh mek chu mi tu pawhin chhanna tling ber a pe a ni.

Bible thawntu **32-5** of Abrahama'n Lalpa hnena Sodom khawpui chu mi fel sawm hmuh theih a nih chuan chhanchhuah a nih thu leh, Pathian chhanna: "Sawm vangin ka tichhe lo vang," tih hian awmzia thar a nei a, chu chu India-in a hun laia a hun laia Babulon, Aigupta leh hnam chak dangte theihnghilh ata a tlanchhuahna êngah a ni. Lalpa chhâna hian ram pakhat chu a thil neih hlawhtlinna a\angin ni lovin, a mihring kutchhuak ropui tak takah a nung tih chiang takin a târ lang a ni.

Pathian thute chu hriat nawn leh rawh se, he kum zabi sawmhnihnaah hian, thisenah wawi hnih hnawih ere half over: Mi sawm hring chhuak thei hnam reng reng, Unbriable Judge mithmuhah chuan boralna hi an hre lo vang. Chutiang mi thlemna chu ngaithlain India chuan hun finfiahna sang tam tak lakah chuan fing lo tak a nih lohzia a lantir a ni. Kum zabi tinah mahni inhriatthiamna nei master-te chuan a leilung chu an tithianghlim tawh a; tûn lai Krista ang mi fingte, Lahiri Mahasaya leh a zirtîr Sri Yukteswar-a angte chu mihring hlimna leh hnam dam rei nâna thil thar chhuah zawng zawng aiin yoga science chu a pawimawh zâwk tih puang chhuak tûrin an tho chhuak a ni.

Lahiri Mahasaya nun leh a thurin khawvel pum huap chungchang thu tlemte chauh chu lehkhahuah a lang tawh a ni. Kum sawmthum chung zet India, America leh Europe ramah te hian yoga zalenna a thuchah hi ngaihvenna thuk tak leh thinlung tak tak ka hmu a; pu nun chanchin ziaak, a sawi lawk ang bawkin, tunah chuan khawthlang ramah a ngai ta a, chutah chuan tunlai yoga thiam ropui tak takte nun chu hriat a hlawh lo hle.

Guru nun chungchangah hian English-a pamphlet te tak te pakhat emaw pahnih emaw tih loh chu engmah ziah a la ni lo. Bengali tawnga biography pakhat, *Sri Sri 32-6 Shyama Charan Lahiri Mahasaya* , appeared in 1941. Ka zirtir, Swami Satyananda ziah a ni a, kum tam tak chhung chu Ranchi-a kan *Vidyalaya- ah acharya* (thlarau lam zirtirtu) a ni tawh a ni . A lehkhahu aţanga thu tlemte ka letling a, Lahiri Mahasaya chungchanga he section-ah hian ka dah tel bawh.

Hmanlai thlahtu Brahmin chhungkaw Pathian ngaihsak tak zingah hian Lahiri Mahasaya hi September 30, 1828 khan a piang a, a pianna khua chu Bengal khawpui Krishnagar bula Nadia district-a Ghurni khua a ni. Amah hi Muktakashi fapa naupang ber a ni a, mi zahawm tak Gaur Mohan Lahiri nupui pahnihna a ni. (A nupui hmasa ber chu fapa pathum a neih hnuah pilgrimage-ah a thi tawh a ni.)

Naupangpa nu chu a naupan laiin a boral a; a chanchin hi hriat tur tlemte chauh a awm a, chu chu Lal Shiva-a rawngbawltu rilru pu tak a nihzia tilangtu a nih loh chuan, 32-7 Pathian Lehkha Thuah chuan "Yogis Lal" tia ruat a ni.

Naupang Lahiri, a hming vuah chu Shyama Charan a ni a, a kum tir lam chu Nadia-a pi leh pute chenna inah a hmang a. Kum thum emaw kum li emaw a nih laiin yogi angin sands hnuaiah a thu a, a taksa chu a lu tih loh chu a thup vek tih hmuh a ni fo thin.

Lahiri estate hi kum 1833 thlasik lai khan a chhe a, a bula awm Jalangi lui chuan a kalna tur a thlak a, Ganges lui thuk takah a bo ta a ni. Lahiri-hoin Shiva temple an din zinga pakhat chu chhungkaw chenna in nen luiah a lut a. Devotee pakhat chuan Lal Shiva lung lem chu tui hrual aṭangin a chhanchhuak a, biak in thar, tuna Ghurni tia hriat lar takah a dah a ni

Shiva chuan a ti a Hmun.

Gaur Mohan Lahiri leh a chhungte chuan Nadia chhuahsanin Benares-ah an khawsa ta a, hetah hian a pa chuan Shiva temple a din nghal a ni. A chhungte chu Vedic discipline angin a kaihruai a, inkhawmpui biakna te, thilpek thiltih te, leh Pathian Lehkha Thu zir te a zawm fo thin. Mahse, dik leh rilru zau tak neiin, tunlai ngaihtuahnate hlawkna thlen thei current chu a ngaihthah lo.

Naupang Lahiri chuan Benares study-group-ah Hindi leh Urdu tawng a zir a. Joy Narayan Ghosal kaihruai school-ah a kal a, Sanskrit, Bengali, French leh English-ah zirtirna a dawng a ni. *Vedas* -te ngun taka zir chiannaah a inhmang a , yogi naupang chuan Brahmin thiam tak takte Pathian Lehkha Thu sawihona chu duhthusam takin a ngaithla a, chung zingah chuan Marhatta pundit pakhat Nag-Bhatta pawh a tel a ni.

Shyama Charan chu tleirawl ngilnei, zaidam leh huaisen tak, a thiante zawng zawng duh tak a ni. Taksa inthlau tak, êng tak, leh thiltithei tak neiin, tui chawi leh thil thiam tam takah a thiam hle a ni.

Kum 1846 khan Shyama Charan Lahiri chuan Sri Debnarayan Sanyal fanu Srimati Kashi Moni nen an innei a. Indian housewife model, Kashi Moni chuan hlim takin a in lama hna leh mikhual leh mi retheite rawngbawl tura in neituin a tih tur a tih chu hlim takin a hlen chhuak a ni. Fapa thianghlim pahnih Tincouri leh Ducouri te chuan he inzawmna hi mal an sawm a ni.

Kum 23 mi niin, kum 1851 khan Lahiri Mahasaya chuan English sorkar Military Engineering Department-ah accountant hna a chelh a. A rawngbawl chhung hian promotion tam tak a dawng a. Chutiang chuan Pathian mithmuhah chuan master a ni mai ni lovin, khawvela office hnathawk anga a chanvo pek a channa mihring drama tenau takah pawh hlawhtlinna a ni.

Army Department office te an sawn chhoh zel avangin Lahiri Mahasaya chu Gazipur, Mirjapur, Danapur, Naini Tal, Benares, leh hmun dangah te sawn a ni ta a ni. A pa thih hnuah Lahiri chuan a chhungte mawhphurhna zawng zawng a phur vek a ngai a, an chhungte tan chuan Benares khawpui Garudeswar Mohulla veng chenna in reh tak a lei a ni.

Kum sawmthum leh pathum a tlin meuh chuan Lahiri Mahasaya chuan leia a piantharna thiltum tihhlawhtlinna a hmu ta a ni. Meialh thup, hun rei tak chhunga meialh chhuak chuan meialh puak darh theihna hun remchang a hmu ta a ni. Pathian thupek, mihring mitthla piah lama awm chuan thil zawng zawng chu a hun takah pawn lam lan chhuahnaah hruai luh tumin thuruk takin hna a thawk a ni. A ropui chu a tawng ta a ni guru, Babaji, Ranikhet bulah a awm a, a zirtirna chu *Kriya Yoga -ah a ni* .

He thil thleng duhawm tak hi a chungah chauh a thleng lo va; mihring zawng zawng tân chuan hun vannei tak a ni a, an zînga tam tak chuan a hnuah thlarau tiharhtu thilpêk *Kriya -a dawng tûrin chanvo an nei ta a ni* . Yoga art sang ber bo, a nih loh leh hun rei tak bo tawh chu a rawn lang leh ta a ni. Thlarau lama tuihal tam tak chuan a tawpah chuan *Kriya Yoga tui lum takah chuan kawng an hmu ta a ni* . Hindu thawnthua Mother Ganges-i'n a divine draft chu parched devotee Bhagirath-a hnena a hlan ang bawkin, *Kriya van tuilian chu* Himalaya tlang thuruk fastnesses atang chuan mihringte awmna hmun leivut takah a rawn inher chhuak ta a ni.

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a ni a: ANI cholera natna a ni tuartu hi fo fing leh a famkim harhfm dik chunglam 32-2

.ah chumi hun tawi te tan thihna. 32-3: Thihna pathian

a ni: A ngial a ngan 32-4

chuan, "Supreme." thlarau."

.32-5: *Genesis* 18:23-32

ah hian: *Sri* , . ani prefix tih a ni awmzia "thianghlim," . hi zawm (tlangpuiin nawn emaw vawi thum) . ah hmingte tan 32-6
.ropui Indian a ni zirtirtu te an ni

Pathian pathum zinga pakhat-Brahma, Vishnu, Shiva-a universal work chu, a hnuaia mi ang hian, thil siam, :32-7
humhalh leh tihchhiat-siamthatna a ni. Shiva (a then chuan Siva tia ziah), thawnthuah chuan Lord of Renunciates tia
entir, a rawn lang chhung inlarna a awm ah Ani devotees te an ni hnua dang dang aspect hrang hrang, . chutiang
.angin Mahadeva, 1999 a ni. chumi matted-haired a ni Ascetic, leh Nataraja, Cosmic Dancer te an ni

BUNG: 1.1. 33. A rilru a hah lutuk

Babaji, 1999 a ni. Chumi Yogi-Krista Tan Tunlai India

Badrinarayan bula Himalayan lungpui hmar lam chu Lahiri Mahasaya guru Babaji-a awmna nung hian malsawmna a la dawng reng a ni. Pu inthiarfihlim chuan kum zabi tam tak chhung chu a taksa pianzia chu a vawng reng a, kum sang tam tak chhung pawh a ni mai thei. Thihna nei lo Babaji chu *avatara a ni* . He Sanskrit thumal hi "thlah" tihna a ni a; a bul chu *ava* , "hnua lam," leh *tri* , "a kal tlang" te a ni. Hindu lehkhabuah chuan *avatara hian* Pathian nihna tisaah a lo chhuk tihna a ni.

"Babaji thlarau dinhmun hi mihring hriatthiam phak bak a ni," tiin Sri Yukteswar chuan min hrilhfhah a. "Mihringte vision dwarfed chuan a transcendental star chu a pierce thei lo. Mi pakhat chuan avatar-in a thlen theihna tur pawh mitthla turin a

bei hlawhtling lo. Ngaihtuah theih loh a ni.

Upanishad-te hian thlarau lam hmasawwna kawng tinreng chu minute tlemtein an thliar hrang a. Siddha ("mi famkim") *chu jivanmukta* ("*nung chungin zalenna*") dinhmun a\angin a lo thang chho ta a ni paramukta (" *zalenna* sang ber"-thihna chung a thuneihna famkim); a hnahnung zawk chu a tlanchhuak zo vek tawh mayic thralldom leh a piantharna round. Chuvangin *paramukta* chu taksa taksaah a kir leh fo lo va; a tih chuan avatar a ni a, khawvel chung a chunglam malsawmna dawngtu Pathian ruat medium a ni.

Chu avatar tih a ni hi thupui nei lo ah chumi khawvel pum huap a ni sum leh pai lam; ani fir taksa, hmuh theih a ni angin ani eng thlalak, hi zalen

leiba eng pawh a\angin nature-ah. Casual gaze hian avatar angin thil mak tak a hmu lo mai thei mahse thlalak a thlak lo va, leiah pawh kephah a siam lo. Chûngte chu pâwn lam aţanga entîrna lantîrtu, chhûngril lama thim awm lohna leh tisa lam bawih nihna a ni. Chutiang Pathian-mihring chauh chuan a hnung lama Thutak chu a hre chiang hle nunna leh thihna inzawmna (relativities) te. Omar Khayyam, chutiang taka hriatthiam loh nasa tak chuan he mi zalen tawh chungchang hi a lehkhahu thi thei lo, *Rubaiyat-ah a sa a* :

"Ah, Moon of my Delight who know'st no wane, The Moon of Heav'n chu vawi khat a lo chhuak leh ta; Engtiang chiahin nge he Huan ngei hi ka hnungah hian a lo chhuak ang!

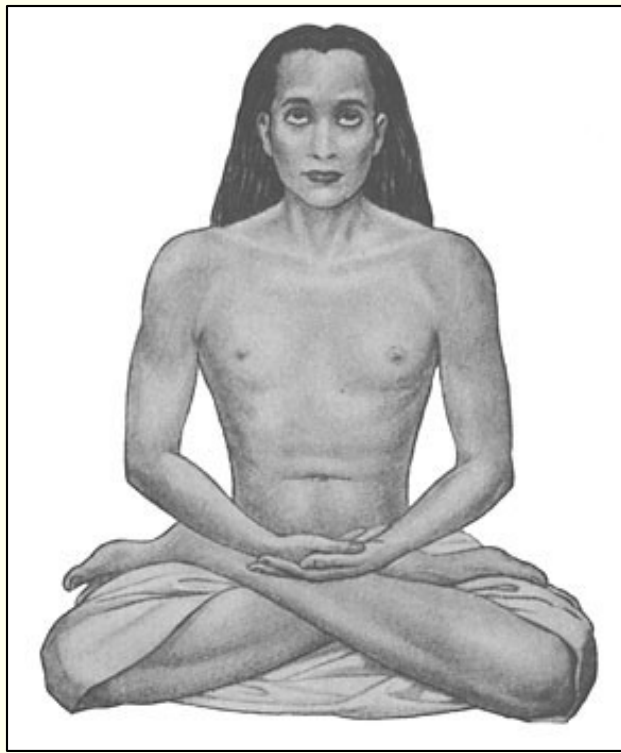
"Hlimna Thla" chu Pathian a ni a, chatuan Polaris, anachronous never. "Moon of Heav'n" chu pawn lam cosmos a ni a, periodic recurrence danah khin a ni. A chain chu Persia mi hmutu chuan a mahni inhriatchhuahna hmangin chatuan atan a titawp tawh a ni. "Hetah hian eng chen nge tho chhuakin . . . ka hnung a en ang-a hlawhtling lo!" Universe frantic-in absolute omission a zawn chu a va lungchhiatthlak tak em!

Krista chuan a zalenna chu kawng dangin a sawi a: "Tin, lehkhaziaktu tu emaw chu a lo kal a, a hnenah, "Zirtirtu, i kalna apiangah ka zui ang che. Tin, Isuan a hnenah, "Savawmte hian khur an nei a, chunglam savate pawhin bu an nei a; Mihring Fapa erawh chuan a lu nghahna tur a nei lo," a ti a. **33-1 a ni**

A zau hle nen hmun tina awm, . thei Krista chuang tak chuan ni a zui a hmaih chhung chumi overarching a ni Thlarau?

Hmanlai India avatar zingah hian Krishna, Rama, Buddha leh Patanjali te an tel a. Tamil tawnga poetic literature tam tak chu South Indian avatar Agastya bulah a lo seilian tawh a ni. Kristian hun hma leh a hnu kum zabi tam tak chhung khan thilmak tam tak a ti a, tun thlengin a taksa pianzia a vawng reng thei niin an sawi.

India rama Babaji-a mission chu zawlneite'n an special dispensation an hlen chhuah theihna tura puih a ni. Chutiang chuan *Mahavatar* (Avatar Ropui) tih hi Pathian Lehkha Thua thliar hranna atan a tling ta a ni . Hmanlai Swami Order dintu Shankara leh medieval mithianghlim lar tak Kabir hnenah yoga initiation a pe tih a sawi. Kum zabi sawm leh kua-a a zirtir ber chu, kan hriat angin, Lahiri Mahasaya, 1999 a ni. *Kriya* art hloh tawhte harhtharna .



BABAJI, 1999 a ni. CHUMI MAHAVATAR a ni
Guru a ni tan Lahiri a ni Mahasaya chuan a ti a

Ka nei a pui a chu mi themthiam ah zia ani dik ang chi tan chumi ropui Yogi-Krista tan tunlai India.

Mahavatar chu Krista nena inpawlnei reng a ni a ; an pahnih hian tlanna vibrations an thawh chhuak a, he hun atan hian chhandamna thlarau lam technique an ruahman bawh. Hêng hotu êng kim tak pahnih-te hnathawh chu pakhat chu taksa nei a, pakhat chu taksa nei lo-a hnamte chu mahni intihlum duhna indona, hnam inhuatna, sakhaw lama pawl inthliarna, leh thil neih duhna boomerang-sualnate kalsan tûra fuih a ni. Babaji hian tunlai hun kal zel dan chu a hre chiang hle a, a bik takin khawthlang ram civilization-in nghawng a neih dan leh a buaithlakzia a hre chiang hle a, yoga-a mahni inchhuahna (self-liberations) chu khawthlang leh hmar lamah inang tlanga thehdarh a tulzia a hre chiang hle bawh.

Babaji chungchang hi historical reference a awm lo tih hian mak kan ti a ngai lo. Guru ropui tak hi kum zabi khat chhungin tlang takin a la lang ngai lo; publicity-a miinterpreting glare hian a millennial plan-ah hmun a chang lo. Siamtu, Thuneihna awmchhun mahse ngawi renga awm ang bawkin Babaji hian inngaitlawm taka thim takah hna a thawk a ni.

Krista leh Krishna ang zâwlnei ropui tak takte hi thiltum bik leh hmuhdawm tak neiin leiah hian an lo kal a; tihfel a nih veleh an chhuak nghal vek a ni. Avatar dang, Babaji ang bawkin hna an thawk a, chu chu kum zabi tam tak chhûnga mihringte evolutionary progress slow tak chu history-a thilthleng langsâr tak pakhat aiin a ngaihtuah zâwk a ni. Chutiang hotute chuan mipui mitmeng râpthlâk tak aţangin an

inkhuh reng a, an duh angin hmuh theih loha awm theihna an nei bawk. Chûng avânga, leh an zirtîrte chu an chungchânga ngawi reng tûra an hrilh tlangpui avângin, thlarau lam mi sâng tak tak engemaw zât chu khawvêl hriat lohvin an la awm reng a ni. Babaji-a chungchang heng pheh-ah hian a nun chanchin tlemte chauh ka pe a-mipui hmaa sawi chhuah a remchan leh \angkai nia a hriat thudik tlemte chauh ka pe a ni.

Aih tikhawtlai a ni thudik lam Babaji chuan a ti a chhungkua emaw pianna hmun, . duhtak ah chumi annalist te chuan an ti a thinlung, nei reng ni

hmuhchhuah a ni. A thusawi hi a tlangpuiin Hindi tawng a ni a, mahse eng tawng pawhin awlsam takin a inbia thin. Babaji (pa zah tak) tih hming awlsam tak a pu ta a; Lahiri Mahasaya zirtirte'n zahna hming an pek dangte chu Mahamuni Babaji Maharaj (supreme ecstatic saint), Maha Yogi (yogi zinga ropui ber), Trambak Baba leh Shiva Baba (Shiva avatar hming) te an ni. Leilung atanga chhuak master patronymic kan hriat loh hi a pawimawh em?

Lahiri Mahasaya chuan, "Tu pawhin zah takin Babaji hming a sawi apiangin, chu devotee chuan thlarau lam malsawmna a hip nghal a ni," a ti.

Thi thei lo guru chuan a taksaah kum chhinchhiahna a nei lo va; kum sawmhni leh panga tleirawl aia tam lo niin a lang. Far-skinned, medium build leh height, Babaji taksa mawi leh chak tak chuan hriat theih khawpa eng a rawn chhuah chhuak a. A mit chu a thim a, a reh a, a nê m baw k a; a sam sei tak, eng mawi tak chu copper rawng a ni. Thil mak tak mai chu Babaji hian a zirtir Lahiri Mahasaya nen hian danglamna mak tak mai a nei a ni. A inangna chu a hmuhdawm em em a, a kum hnuhnung lamah chuan Lahiri Mahasaya chu tleirawl hmeltha Babaji pa angin a liam tawh mai thei.

Swami chuan Kebalananda, 1999 a ni. ka mi thianghlim tak a ni Sanskrit tawng zirtirtu, hmang engemawzat hun nen Babaji chuan chhung chumi Himalaya tlangah a ni.

"Perless master chu a pawl nen tlangram hmun hrang hrangah an insawn thin," Kebalananda chuan min hrilh a. "A band tenauah hian American zirtir hmasawn tak tak pahni an awm a. Babaji hi locality pakhatat hun engemaw chen a awm hnua het i hian a sawi: '*Dera danda uthao.*' ('Kan camp leh tiang hi i chawi sang ang u.')

Amah hian symbolic *danda* (bamboo staff) a keng a, chu chu a pawl nen hmun danga an kal nghal theihna tur signal a ni.

"Babaji hi a duh hunah chauh midang hmuh leh hriat theih a ni. A nei tih hriat a ni." devotee hrang hrangte hnenah chi hrang hrang tlemtein a lang a-a châng chuan hmuh leh hmuh nei lovin, a châng chuan anmahni nê m pawh a lang baw k. A taksa chhe lo chuan ei tur a mamawh loh avangin, a pu chuan a ei tlem hle. Zirtî r tlawhtute hnê na khawtlâng zahna atân, a châng chuan thei, a nih loh leh bawngnhute leh clarified butter-a siam buhfai chu a pawm tîn.

Kebalananda chuan, "Babaji nunah thil thleng mak tak pahni hi ka hre chiang hle a ni," a ti. "A zirtirte chu zan khat chu Vedic ceremony thianghlim atana meipui lian tak bulah an thu a. Master chuan rang takin thing kang pakhat chu a man a, mei bula awm chela pakhat kekawr bul hring chu zawi te hian a rawn vawm ta a ni."

"Ka pu, engtin nunrawng!" Lahiri a ni Mahasaya, 1999 a ni. tunge tawh thilpek, siam hei nawrh huaihawt a ni.

"A karma kal tawh thupek angin i mit hmaah halral a nih i hmu duh zawk ang em?"

"Hetiang thu hmang hian Babaji chuan a tihdamna kut chu chela kekawr ipte chhe tak chungah chuan a dah a. 'Zanin hian thihna hrehawm tak atangin ka chhuah zalen che a ni. Karmic dan chu mei hmanga i hrehawmna tlemte hmangin a tihlawhtling ta a ni.'

"Tun khat chu Babaji-a circle thianghlim chu mi hriat loh lo kal chuan a tibuai a. Master camp bula thlen theih loh tluk zeta ledge-ah chuan thiamna mak tak maiin a lo chho tawh a ni."

"'Ka pu, Babaji ropui tak kha i ni ngei ang.' Chu pa hmel chu sawi theih loh zahna nen a eng a, 'Thla tam tak chhung chu heng lungpui khaptu zingah hian ka zawng chhunzawm zel che a ni."

"Engtikah chumi ropui guru tih hi a ni siam Aih chhanna, chumi mipa a kawhhmuh a ah chumi lungpui a ni chasm a ni hmunah ani ke."

"Min duh loh chuan he tlang atang hian ka zuang thla ang. Divine lama i kaihhruaina ka hneh theih loh chuan nun hian hlutna a nei tawh lo."

"Jump then,' Babaji chuan rilru na takin a ti a. 'Tuna i hmasawwna dinhmunah hian ka pawm thei lo che .'"

"Chu pa chuan lungpui chungah chuan a inhnukdawkh nghal a. Babaji chuan zirtir mangang tak takte chu mi hriat loh ruang chu la turin a hrih a. An hmel chhe tak nen an lo haw chuan a pu chuan mitthi chungah chuan a Pathian kut a ngath a. Lo! a mit a meng a, engkimtithei hmaah chuan inngaitlawm takin a bawkkhup a."

"'Tunah chuan zirtir nih i inpeih tawh.' Babaji chuan a thawhle chela chu hmangaihna nen a rawn eng chhuak a, 'Thihnain a khawih leh tawh lo vang che. Tichuan a chhuahna thu pangngai chu a sawi ta a, *'Dera danda uthao'* ;"

Avatar chu hmun tina awm Thlarau-ah a nung a; a tan chuan square nena inverse distance a awm lo. Chuvangin, chhan pakhat chauhvin Babaji-a chu kum zabi khat atanga kum zabi dangah a taksa pianphung vawng reng turin a fuih thei a ni: mihringte chu anmahni thil tih theihthe entirna Chiang tak pe tura duhna a ni. An mihring chuan tisaah Pathian nihna a hmu ngai lo va, a thih theihna chu a paltlang thei lo tih mayic delusion rit tak chuan a tiduhdah reng ang.

Isua chuan a nun kal zel dan tur chu a tir a\angin a hria a; thilthleng tin chu amah tan ni lovin, eng karmic compulsion atang pawhin ni lovin, mihring ngaihtuahna senga tihsan nan chauh a paltlang a ni thilsiamte. A reporter-zirtir pali-Matthaia, Marka, Luka leh Johana-te chuan he drama sawi theih loh hi a hnu lama mite hlawkna tur atan an record a ni.

Tan Babaji, 1999 a ni. pawh, sawtah hi Aih relativity (relativity) a ni tan hunkaltawh, thilpek, hma hun; atangin chumi tirlam ani nei a nun kawng tinrengah hriat a ni. Mahse, mihringte hriatthiamna tlemteah a insiamrem a, a Pathian nun thiltih tam tak chu thuhretu pakhat emaw, a aia tam emaw hmaah a khel a ni. Chutiang chuan Babaji-a'n taksa thi thei lo a nih theih thu a puan hun chu a puitling tawh nia a hriat lai khan Lahiri Mahasaya zirtir pakhat chu a awm ta a ni. Ram

Gopal Muzumdar hmaah he thutiam hi a sawi a, a tawpah chuan thinlung zawngtu dangte fuihna avanga hriat hlawh a nih theih nan. Mi ropui tak takte chuan an thusawi an sawi a, thil thleng pangngai anga langah chuan an tel ve a, mihring thatna tur chauhvin, Kristan: "Ka Pa . . . Min ngaithla fo tih ka hria a ; **33-2 a ni** Laiin

Ram Gopal, "mithianghlim muhil lo" nen Ranbajpur-a ka tlawhna chu **33-3** Babaji nena an inhmuh hmasak ber chanchin mak tak chu a sawi a.

"Benares-a Lahiri Mahasaya ke bula ðhu turin a chang chuan ka lungpui inhlat tak chu ka chhuahsan ðhin," tiin Ram Gopal chuan min hrilh a. "Zanlai pelh khat chu a zirtir pawl khata ngawi renga ka ngaihtuah lai chuan a pu chuan mak tak maiin ngenna a rawn siam a."

"'Ram.' Gopal,' tiin a sawi. ani sawi, 'kal hmunah vawikhat ah chumi Dasasamedh chuan a rawn ti a inbual *ghat* .' tiin a sawi.

"Rei lo teah chu hmun fing tak chu ka thleng ta a. Thla eng leh arsi eng mawi tak takte chuan zan chu a eng a. Hun engemaw chen chu dawhthei taka ngawi renga ka thut hnu chuan ka ngaihtuahna chu ka ke bula lungpui lian tak maiah chuan a hip ta a. Zawi zawiin a lo sang chho a, lei hnuaia lungpui pakhat a rawn lang ta a. Lung chu hriat loh takin a inthlau reng lai chuan hmeichhe naupang leh a aia duhawm tak tak, a draped form chu a ni." levitated from the cave high into the air, halo nem takin a hual vel a, zawi zawiin ka hmaah a rawn chhuk a, che thei lovin a ding a, chhungril lama hlimthla ang maiin a inhnim pil ta a, a tawpah chuan a rawn inher chhuak ta a.

"'Kei hi Mataji ka ni, **33-4.** " Babaji-a unaunu a ni. Amah leh Lahiri Mahasaya pawh zanin hian ka lungpuiah thil pawimawh tak sawipui turin lo kal turin ka ngen tawh bawk.'

"Ganges lui chungah chuan êng nebulous tak chu rang takin a rawn inher chhuak a; chu luminescence mak tak chu tui opaque-ah chuan a lang chhuak a. A hnaih zual zel a, mitdelna (blinding flash) nen a rawn lang chhuak ta a ni." Mataji lam hawiin a inzawm khawm nghal a, Lahiri Mahasaya mihring angin a insiam ta a ni. Hmeichhe thianghlim ke bulah chuan inngaitlawm takin a bawkkhup a.

"Ka buaina atanga ka harh chhuah hma chuan vanah hian thuruk êng zungbun zungbun rawn kal ka hmuh chuan mak ka ti lehzual a. Rang taka chhuk chuan, thlipui meialh chuan kan pawl chu a hnaih a, tleirawl hmeltha tak taksaah a insiam a, chu chu, vawi khatah ka hrethiam a, Babaji a ni. Lahiri Mahasaya ang mai a ni a, a danglamna awm chhun chu Babaji chu a naupang zawkin a lang a, leh sam sei tak, eng tak a nei a.

"Lahiri Mahasaya, Mataji leh keimah ngei pawh guru ke bulah chuan kan bawkkhup a. A Pathian tisa ka khawih lai chuan beatific glory ethereal sensation chuan ka nihna fiber tin chu a tithinur vek a."

"'Blessed sister,' Babaji chuan, 'Ka form hi paih chhuah a, Infinite Current-a pil ka tum a ni,' a ti a."

"I ruahmanna chu ka hmu Chiang Tawh a, ka pu duh tak. Zanin hian sawipui che ka duh a. Engvangin nge i taksa hi i chhuahsan ang?' Hmeichhe ropui chuan ngen takin a en a.

"Engnge hi chumi danglamna chuan Ka ha ani hmuh theih a ni emaw hmuh theih loh vai chungah chumi tuipui tan ka Thlarau?"

"Mataji chuan quaint flash of wit nen a chhang a. 'Thihna nei lo guru, danglamna a awm loh chuan khawngaihin i form kha thlahthlam ngai suh.' **33-5 a ni**

"Ni chumi chuvangin,' Babaji chuan sawi solemn takin a sawi. 'KA duhdan ngai lo kalsan ka pawnlam taksa. Chumi duhdan englaipawhin awm reng hmuh theih a ni

he leia mi tlemte tal hnenah. Lalpa chuan i hmui hmangin a duhthusam a sawi a ni.'

"Heng thilsiam sang tak takte inbiakna hi mak ti taka ka ngaihthlak lai chuan guru ropui tak chuan benign gesture nen ka lam a hawi a."

"Hlau suh, Ram Gopal,' a ti a, 'he thutiam thi thei lo hmuna thuhretu i nih hi malsawmna i ni.'

"Babaji aw thlum tak chu a bo zel a, a hmel leh Lahiri Mahasaya hmel chu zawi zawiin a levitate a, Ganges lui chungah chuan hnunglam a pan ta a. Zan boruakah an bo lai chuan êng eng mawi tak aureole chuan an taksa chu a templed a. Mataji-a form chu lungpuiah chuan a lo tla thla a, a chhuk ta a; lung chu slab chu a khar a, hmuh theih loh leverage-a hnathawk ang maiin.

"Infinitely inspired, Lahiri Mahasaya awmna lam pan chuan ka kal leh ta a. Zing hmaa a hmaa ka kun lai chuan ka guru chuan hriatthiamna nei takin minrawn nuih a."

"I tan ka lawm e, Ram Gopal,' a ti a. 'Babaji leh Mataji te nena inhmuh duhna, ka hnenah i sawi fo thin kha a tawpah chuan tihhlawhtlinna thianghlim a hmu ta a ni.'

"Ka zirtir puite chuan Lahiri Mahasaya chu a hma tlai lam atang khan a dais atangin a insawn lo tih min hriattir a."

ghat -a i kal hnuah thi thei lo chungchang thuchah mak tak a pe a ni,' tiin chela pakhat chuan min hrilh a. A wawi khatna atan chuan mahni inhriatthiamna nei mi chu taksa pahnih emaw a aia tam emaw-ah a rualin hmun hrang hrangah a lo lang thei tih sawina Pathian Lehkha Thu changteah thudik chu ka hre Chiang kim ta a ni.

"A hnuah Lahiri Mahasaya chuan he leilung tana Pathian ruahmanna thup chungchangah metaphysical point tam tak min hrilhfiah a ni," tiin Ram Gopal chuan a sawi chhunzawm a ni. "Babaji hi Pathianin he khawvel cycle bik chhung zawnga a taksa awm reng turin a thlang a ni. Kum a lo thleng ang a, a kal zel ang- still the deathless master, **33-6.**" kum zabi tam tak chhunga drama entu, he stage terrestrial-ah hian a awm ang."

Bung 33. A rilru a hah lutuk Thuziak hnuai lam

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a ni a: *Matthaia* 8:19- 20-ah a awm **33-1**

a ni: *Johana chuan* 11:41- 42-ah a awm **33-2**

33-3 : 1.1. Chumi hmun tina awm yogi tih a ni tunge enfiah a ni sawmi Ka hlawhchham ah kun hmaah chumi Tarakeswar-a chuan arawn ti a hmun thianghlim (shrine) a ni (bung 1) a ni 13).

33-4 : 1.1. "Thianghlim." Nu." Mataji chuan pawh nei a nung a tlang chumi kum zabi tam tak chhung; ani hi teuh angin

hla pek lawk thlarau lamah chuan angin ani unaupa. Dasasamedh *ghat bula lei hnuaia lungpui thup takah chuan hlim takin a la awm reng a ni* .

33-5 : 1.1. Hei thilthleng a hriat nawn tir a ni pakhat tan Thales a ni. Chumi ropui Greek tawng a ni philosopher a ni zirtir sawmi sawtah tawh Aih danglamna karah nunna leh thihna. "Chuti a nih chuan engvangin nge," sawiseltu pakhat chuan a zawt a, "I thih loh?" "A chhan chu," Thales chuan a chhang a, "a danglamna a awm lo."

33-6 : 1.1. "Tih tak zetin, . tih tak zetin, . Ka sawi to nangmah, Chuan ani mipa vawngtha ka tih a ni (awm reng tihchhiat lohvin chhung chumi Krista Rilru harhna), ani ang

BUNG: 1.1. 34. A rilru a hah lutuk

Thiltihtheihna (materialising) a ni ANI Palace-ah hian a awm a Chhung Chumi Himalaya tlangah a ni

"Babaji-a'n Lahiri Mahasaya nena an inhmuh hmasak ber hi thawnthu ngaihnawm tak a ni a, thi thei lo guru chungchang chipchiar taka min hmuhtirtu tlemte zinga mi a ni."

Heng thute hi Swami Kebalananda-a thawnthu mak tak thuhmahruai a ni. A vawi khatna atana a sawi nawn leh khan literally spellbound ka ni. Vawi dang tam takah chuan ka Sanskrit zirtirtu ngilnei tak chu chu thawnthu chu sawi nawn leh turin ka fuih a, chu chu a hnuah Sri Yukteswar-a pawhin thumal inang chiah chiah hmangin min hrilh ta a ni. Hêng Lahiri Mahasaya zirtir pahnihte hian an guru hmui aṭangin thawnthu mak tak mai chu direct-in an lo hre tawh a ni.

"Babaji nena kan inhmuh hmasak ber chu kum sawmthum leh pathum ka nih lai khan a ni," tiin Lahiri Mahasaya chuan a lo sawi tawh a ni. "Kum 1861 thlasik lai khan Danapur-ah Military Engineering Department-ah sorkar accountant hna thawkin ka awm a. Zing khat chu office manager chuan min ko a."

"Lahiri,' a ti a, 'kan main office aṭangin telegram a lo thleng chauh a ni. Ranikhet-ah sawn tur i ni a, chutah chuan sipai post **34-1 a awm a ni** tunah chuan din a ni ta.'

"Chhiahhlawh pakhat nen mel 500 zeta thui chu ka chhuak ta a. Sakawr leh tawlailir hmanga zin chungin ni sawmthum chhungin Himalayan hmun Ranikhet chu kan thleng ta a ni. **34-2.** "

"Ka office hna chu a phurrit lo; tlang ropui takah darkar tam tak ka vak kual thei a. Mithianghlim ropui tak takte chuan an awmna hmangin he bial hi malsawm an ni tih thuthang ka hnenah a thleng a; anmahni hmuh duhna nasa tak ka nei a. Chawhnu hmasa lama ka ramble lai khan hla tak atanga ka hming lam aw ri ka hriat chuan mak ka ti hle a. Drongiri tlang chungah chak takin ka chhoh chu ka chhunzawm ta a

ni. A. A. A Ramngaw chungah thim a lo chhuk hmain ka ke pen ka zawh leh thei tawh lo mai thei tih ngaihtuahna chuan lungawi lohna tlemte chuan min rawn tuam a.

"A tawpah chuan hmun zau tak, a sir lehlamah lungpui awmna hmun zau tak ka thleng ta a. Lungpui kam pakhat chuan tlangval nuihzatthlak tak pakhat chu a ding a, a kut chu lo hmuak turin a rawn phar a. Mak tak maiin a sam dar rawng tih loh chu keimah nen hian inanna mak tak a nei tih ka hrechhuak a ni."

"Lahiri, . nangmah nei lokal!' Chumi mi thianghlim address a ni keimah hmangaihna takin chhung Hindi tawng a ni. 'Hahchawl hetah chhung hei puk. Chumi

tawh Ka tunge ko nangmah.'

"KA a rawn lut a ani felfai te grotto a ni khawi a awm thenkhat woolen a ni blanket te pawh a awm leh ani tlem *kamandulus tih a ni* (dilna a siam bawm a ni).

"Lahiri, . ti nangmah hrereng sawmi thutna?' Chumi yogi tih a ni a kawhhmuh a ah ani folded a ni puankawp chhung pakhat kil.

"Ni lo, ka pu.' Ka adventure mak tak mai chu eng emaw chen chu ka rilru a buai hle a, 'Tunah hian ka chhuak ngei ang, zan a lo thlen hmain ka office-ah sumdawnna ka nei a ni,' ka ti leh a.

"Mi thianghlim thuruk chuan English-in, 'Office chu nangmah tan rawn hruai a ni a, nangmah tan office atan ni lovin,' tiin a chhang a."

"He forest ascetic hian English chauh ni lovin Krista thusawi pawh a paraphrase tur a ni tih hi ka bengchheng hle. 34-3. "

"Ka telegram hi a hman tan tih ka hmu.' Yogi thusawi chu ka tan chuan hriatthiam harsa tak a ni a ;

"KA kawhhmuh ah chumi telegram hmanga ziah a ni sawmi koh a ni nangmah ah hengte awmhrang part hrang hrang. Chumi tawh Ka tunge ngawi rengin i officer chungnung zawk rilruah Ranikhet-ah sawn turin rawtna a siam a. Mihringte nena a inpumkhatna a hriat chuan rilru zawng zawng chu a hnathawh theihna tur transmitting station a lo ni ta a ni duhdan.' Zawi zawiin, 'Lahiri, he lungpui hi i hriat chian hmel em em a ni ngei ang?' a ti leh a.

"Ka ngawih reng lai chuan mi thianghlim chuan min rawn hnaih a, zawi zawiin min rawn vawm a chal. A magnetic touch chuan ka thluak chu current mak tak maiin a rawn nuai a, ka nun hmasa lama seed-memories thlum tak takte chu a rawn chhuah tir ta a.

"Ka hre reng!' Ka aw chu hlim taka au thawm chuan a chanve a khuh a, 'Nang hi ka ta ni reng reng i ni! Sawi theih loh hriatrengnain min hneh lai chuan mittui tla chungin ka pu ke chu ka kuah a.

"Kum sawmthum chuang zet chu hetah hian ka lo nghak tawh che-ka hnena i lo kir leh hun ka nghak tawh che!' Babaji aw chu van lam hmangaihna nen a rawn ri ta a, 'I tlanbo a, i bo ta a, chu chu thlipui buai tak karah chuan thihna piah lam nun. I karma magic wand chuan a khawih che a, i awm tawh lo! Min hmu lo nain ka hmu ngai lo che! Vantirhkoh ropui tak takte lawnga an kalna luminescent astral sea chungah chuan ka zui che a. Thim, thlipui, buaina leh êng karah chuan sava nuin a fate a veng ang maiin ka zui che a ni. I mihring term, nausen nunna i nunpui a,

nausen anga i lo chhuah lai khan, ka mit chu nangmah ah a awm reng a. I naupan lai a Nadia sands hnuaia lotus posture-a i form te tak te i khuh lai khan hmuh theih lohvin ka awm a! Dawhthei takin thla tin, kum tin, he ni famkim hi ka nghak reng che a ni. Tunah chuan ka bulah i awm ta! Lo, hetah hian i lungpui, hmangaih tawh kha a awm! Ka vawng fai reng a, i tan ka inpeih reng bawk. Hetah hian i *asana thianghlim* - blanket chu a awm a, chutah chuan nitin i thinlung zau zel chu Pathianin i luah khat thin! Chutah chuan i bawm chu en teh, chuta tang chuan ka buatsaih nectar chu i in fo thin! Dar no chu eng ang taka ka vawn reng dan hi en teh,

sawmi nangmah maithei in leh chuta tang chuan! Ka nei, ti nangmah tunah hrethiam?'

"Ka guru, eng nge ka sawi ang?' Kei chuan lungngai takin ka phun sap a, 'Khawiah nge hetiang hmangaihna thi thei lo hi a hriat ngai?' ka ti a. Ka chatuan ro hlu, nun leh thihnaa ka guru chu rei tak leh hlim takin ka en a.

"Lahiri, tihthianghlimna i mamawh. He bawm chhunga hriak hi in la, lui kamah mu rawh.' Babaji-a finna hmantlak tak chu, nuihzatthlak tak leh hriatrengna nei takin ka ngaihtuah let a, chu chu a langsar reng a ni.

"A thupek chu ka zawm a. Himalayan zan vur tla chu lo chhuk mah se, ka taksa cell tinah thlamuanna lumna, chhungril lam radiation chu a rawn ri chhuak tan ta. Mak ka ti hle. Chu hriak hriat loh chu khawvel lumna nen a inzawm em?

"Thlipui na tak chuan thimah min rawn nuai a, challenge na tak a au chhuak a. Gogash lui chill wavelet te chuan ka taksa chungah a rawn inher a, lungpui kamah chuan a rawn inzar pharh a. Ka bulah chuan sakeibaknei te chu an au chhuak a, mahse ka thinlung chu hlauhna nei lovin a awm a; ka chhunga chakna eng chhuak thar chuan venhimna nasa tak a awm tih rintlakna a thlen a. Darkar engemaw zat chu rang takin a liam a; hriatrengna a bo ta a ni nun dang pakhat chuan tuna ka Pathian guru nena inhmuh lehna pattern ropui takah hian an inthum ta a ni.

"Ka solitary musings chu ke pen hnaih thawm chuan a titawp a. Thim zingah chuan mipa pakhat kut chuan zawi zawiin ka ke a ding a, thawmhnaw ro tak tak min pe bawk."

"Lokal, unaupa,' ka kawppui sawi. 'Chumi hotu a nghak reng a ni nangmah.'

"Ramngaw chhungah chuan kawng a kaihruai a. Zan lungchhiatthlak tak chu hla takah chuan eng nghet tak chuan a rawn ti eng nghal vek a."

"Thei sawmi ni chumi ni chhuah?' Ka tiin a zawt a. 'Tih tak zetin chumi pumpui zan nei lo hlanhhawng?'

"Darkar chu zanlai a ni.' Ka guide chuan zawi zawiin a nui a, 'Yonder light is the glow of a golden palace, tonight by the bearless Babaji. **34-4 a ni** Tin, 'Lal in ropui tak hi zanin hian *Kriya Yoga -a in inzirtirna hmun a ni ang* . Heta i unaute zawng zawngte hian lawmna pae-an-ah an tel ve a, hun rei tak chhung saltanna i neih tawp lamah chuan lawm takin an lawm a ni. Ngai teh!'

"Kan hmaah chuan rangkachak mawi tak tak hmanga siam lal in zau tak a ding a. Lunglhu chhiar sen loh hmanga khuh, huan mawi tak tak kara awm, ropuina danglam bik hmuhnawm tak a rawn pholang a. Vantirhkoh hmel pu mithianghlimte chu kawngkhar eng mawi tak takah an ding a, rubies eng mawi tak takin a chanve a sen vek a ni."

Diamond, lunghlu, sapphire, leh emerald lian tak tak leh eng mawi tak takte
chu cheimawina arch-ah chuan an inthun a.

"Ka thianpa chu reception hall zau takah ka zui lut a. Thlipui rimtui leh roses rimtui
chuan boruakah a rawn luang chhuak a; khawnvar thim tak takte chuan rawng chi
hrang hrang a rawn chhuah tir a. Devotee pawl tenau tak tak, a then chu vun dum, a
then chu vun dum, musical takin an sa a, a nih loh leh ngaihtuahna senga thuin,
chhungril thlamuannaah an inhnim pil a. Lawmna nung tak chuan boruak chu a tuam
chhuak ta a
ni."

"I mit ruai rawh; he lal in ropui tak takte hi hlim takin hmang rawh, i chawimawina atan chauha siam a nih avangin.' Ka guide chuan mak tihna ejaculation tlemte ka sawi chhuah rual chuan khawngaih takin a nui suk a .

"Unaupa,' ka ti a, 'he in sak mawina hian mihring suangtuahna ramri a phak lo. Khawngaihin a lo chhuahna thuruk min hrilh teh.'

"Lawm takin ka ti eng ang che.' Ka thianpa mit dum chu finnain a eng chhuak a, 'A nihna takah chuan he thil thleng (materialization) hi sawifah theih loh thil a awm lo Siamtu a ni. He leilung clod rit tak, space-a leng hi Pathian mumang a ni. Mihringin a mumang hriatnaah thilsiam pakhat chu a thilsiamte nen a siam thar leh a tihnun ang bawkin, a hriatna a\angin thil zawng zawng a siam a ni.

"Pathianin leilung hi ngaihtuahna angin a siam hmasa a. Chumi hnuah chuan a tinung ta a; chakna atom a lo piang ta a. He solid sphere-ah hian atom te chu a inzawm khawm ta a ni. A molecule zawng zawng chu Pathian duhdanin a vawng khawm vek a ni. A duhzawng a lak let leh hunah chuan leilung hi chaknaah a inthen leh ang. Energy chu a lo hmin ang." hriatna (consciousness)-ah a lut a; leilung-ngaihtuahna chu thil tum (objectivity) a\angin a bo vek ang.

"Mumang thil awmzia chu mumang neitu ngaihtuahna subconscious chuan materialization-ah a vawng tlat a. Chu ngaihtuahna inzawmkhawm chu harhnaah a inhnukdawk chuan mumang leh a element-te chu a bo vek a. Mihring chuan a mit a chhing a, mumang-siam a din a, chu chu, a harh chuan, theihtawp chhuah lovin a dematerialize ta a ni. He divine archetypal pattern chu a zawm a ni. Chutiang bawkin, a harh chhuah chuan cosmic consciousness hmangin, cosmic mumang-a illusions te chu theihtawp chhuah lovin a dematerialize ang.

"Engkim tihlawhtling thei Duhthusam tawp nei lo nen pumkhat a nih avangin Babaji hian elemental atom te chu eng ang pawhin inzawmkhawm leh inlan turin a ko thei a ni. He rangkachak lal in, a rang lama siam hi a tak tak a ni a, he lei hi a tak tak ang bawkin. Babaji hian he lal in ropui tak hi a rilru atangin a siam a, a duhthlanna thiltihtheihna hmangin a atom te chu a vawng tlat a, Pathianin he lei hi a siam a, a vawng reng bawk a ni.' Tin, 'He structure hian a thil tum a hlen chhuah hunah chuan Babaji hian a dematerialize ang' a ti bawk.

"Ka hlauthawng taka ka ngawi reng lai chuan ka guide chuan sweeping gesture a siam a. 'He lal in eng mawi tak, lunghlu hmanga chei mawi tak hi mihring thawhrimna emaw, hahthlak taka rangkachak leh lunghlu laihchhuah emaw hmanga sak a ni lo. A ding nghet tlat a, mihring tan chuan harsatna lian tak a **ni** Babaji-a tih ang bawka Pathian fapa anga inhriatchhuah chuan a chhunga thiltihtheihna tawp nei lo thup hmangin eng thil pawh a thleng thei a ni. Lung pangngai chuan a chhungah atom chakna mak tak thuruk chu a khar a; **34-6 a ni** chuti chung pawh chuan, thi thei chu Pathian thiltihtheihna neitu a la ni reng a ni.'

"Sage chuan a bula dawhkan atang chuan vase mawi tak, a kutkawr chu diamond-in a kang a. 'Kan guru ropui tak hian he lal in hi free cosmic rays tam tak solidify-in a siam a ni,' tiin a sawi chhonzawm a. 'He vase leh a diamond-te hi khawih la; sensory experience test zawng zawng chu an tihlawhtling vek ang.'

"KA enfiah a ni chumi bursei, leh hlanchhawng ka kut chungah chumi mam room-bang, . chhah nen rangkachak eng mawi tak. Lunghlu mawi tak tak theh darh zawng zawng chu lal pakhatin a khawn khawm tlak a ni. Thuk lungawina chu ka rilruah a darh ta a. Duhthusam tuihnuai, nunna atanga ka subconsciousness-a thup

tunah kal liam, a ni tih a lang a rualin lawmawm a ti hle leh tihmit a ni.

"Ka thian ropui tak chuan arch leh corridor mawi tak tak kal tlangin chamber hrang hrangah min hruai lut a." lal in ang maia chei hautak tak a ni. Hall lian tak pakhat chuan kan lut ta a. A laiah chuan rangkachak lal^{thutthleng} pakhat a ding a, chu chu lungluin a khuh a, chu chuan rawng hrang hrang inzawmkhawm (dazzling medley of colors) a rawn pholang a ni. Chutah chuan lotus posture-in Babaji chungnung ber chu a thu a. A ke bulah chuan lei eng mawi takah chuan ka bawkkhup a.

"'Lahiri, rangkachak lal in neih i duhthusam chu i la ruaipui em ni?" Ka guru mitmeng chu a rawn meng chhuak a duh ani nei sapphires a ni. 'Harh! Zavai i leia mi tuihal a ni hi lam ah ni chatuan atan a thim ta a ni.' Malsawmna thu thuruk thenkhat chu a phun sap a. 'Ka fapa, tho rawh. *Kriya Yoga* hmangin Pathian ram luhchilhna chu dawng rawh .' "

"Babaji chuan a kut a phar a; *homa* (inthawina) mei a lo lang a, thei leh pangpar in a hual vel a. He maicham meialh hmaah hian zalenna yoga technique hi ka dawng a ni."

"Rite chu zingkar hmasa berah tihfel a ni. Ka hlim em em lai hian mut a ngai lo tih ka hria a, lal in chhungah chuan ka vak kual a, a sir zawng zawngah ro hlu leh thil hlu tak tak leh *thil hlu tak tak te nen a khat a ni* .

Huan mawi tak takte lam pan chuan ka chhuk a, a bulah chuan, nizan lama lal in emaw, pangpar terrace emaw nena inhnaih lohna nei lo lungpui leh tlang hring hringte chu ka hmu a.

"Lal in chhungah ka lut leh a, Himalayan ni êng lum takah chuan fabulously glistening in ka pu awmna chu ka zawng ta a. Lal^{thutthleng}ah a la thut reng a, zirtir ngawi reng tam takin an hual vel a ni."

"'Lahiri, . nangmah hi riltam.' Babaji chuan a belh leh a, . 'Khar i mit.' "

"Ka hawn leh chuan lal in mawi tak leh a huan mawi tak takte chu a bo tawh a. Ka taksa ngei leh Babaji lem leh chela pawlte chu tunah chuan bare-ah an thu vek tawh a ni." ground chu lal in bo tawhna hmun dik takah, lungpui grotto-a ni ênga eng luhna a^{tanga} hla vak loah a ni. Ka guide chuan palace chu dematerialized a nih tur thu a lo sawi tawh tih ka hrechhuak a, its captive atoms chu a lo chhuahna ngaihtuahna- essence-ah a chhuak ta a ni. Mak ti hle mah se, ka guru chu rintlak takin ka en a. He thilmak ni hian eng nge ka beisei leh dawn tih ka hre lo.

"'Tunah chuan lal in siam chhan chu rawngbawl^{na} a ni tawh,' tiin Babaji chuan a sawifah a. Lei atang chuan lei b^{êl} pakhat a la a. 'Chutah chuan i kut dah la, i duh duh ei tur chu dawng rawh.' "

"Bawm zau tak, hrui hring ka khawih meuh chuan butter-fried *luchis* , curry, leh sa

thlum rare tak takte nen a khat ta vek a. Ka in pui a, chu bêl chu a khat reng tih ka hmu a. Ka chaw ei zawh chuan tui ka zawng kual a. Ka guru chuan ka hmaa bawm chu a kawhbmuh a. Lo! ei tur chuan a nei a ni a bo ta a; a hmunah chuan tui, tâng lui aṭanga chhuak ang maia thianghlim a awm a.

"Mi thi thei tlemte chauhvin Pathian ram hian khawvel thil thleng famkimna ram a huam tih an hria a ni,' tiin Babaji chuan a hmu a. 'Pathian ram chu lei lam thlengin a zau a, mahse a hnahnung zawk hi chu thil awm lo tak a nih avangin thil tak tak awmzia chu a huam thei lo.'

"Duhlai guru, . hnahnung ber zan nangmah entir a ni tan keimah chumi zawm tan mawina chhung vanram leh khawvel!' Ka

lal in bo tawh hriatrengnaah chuan a nui suk a; yogi awlsam tak tak tumahin Thlarau thuruk ropui takah inzirtirna an dawng ngai lo tih a chiang a, chu chu luxury hmuhdawm zawk chhehvel karah a ni! Muangchangin ka melh a tûn lai thilthleng nêna inthlauhna nasa takah chuan. Lei hring, skyey roof, lungpui te hian primitive shelter pe thei zawng zawng chu ka chhehvela seraphic saints te tan chuan gracious natural setting ang mai a ni.

"Chumi chawhnu chuan ka blanket-ah ka thu a, nun hlui hriatchhuahna pawlte chuan a tithianglim a. Ka Pathian guru chuan a rawn hnaih a, ka lu chungah a kut a rawn pe a. *Nirbikalpa samadhi* state-ah chuan ka lut a, ni sarih chhung zet chu a hlimnaah chuan kei lo takin ka awm a. Mahni inhriatna strata inzawmte chu ka paltlang a, Thil tak tak thihna nei lo ramte chu ka luhchilh ta a ni. Delusive limitation zawng zawng chu a tlahniam vek a; ka thlarau chu Cosmic Thlarau chatuan maicham-ah chuan a din kim vek a ni. Ni riatnaah chuan ka guru ke bulah ka tlu a, he thlaler thianglimah hian a bulah min awm reng turin ka ngen a.

"'Ka fapa,' Babaji chuan min kuah a, 'he taksaah hian i chanvo hi pawn lam stage-ah i play a ngai a ni. Prenatally blessed by many lifes of lonely meditation, you must now must in the mingle in the world of men.'"

"'Tun tumah hian mipa nupui nei tawh, sumdawnna lama mawhphurhna tlemte nei i nih hma loh chuan min hmu lo tih hi thil tum thuk tak a ni. Himalaya tlanga kan secret band-a tel tura i ngaihtuahna chu i dah bo tur a ni; i nun chu mipui tamna marts-ah a awm a, yogi-householder tha ber entwined tur a ni.'"

"'Khawvel mipa leh hmeichhia tam tak buai tak takte au thawm chu Mi Ropuite beng bulah hriat lohvin a tla lo,' tiin a sawi chhunzawm a. ' *Kriya Yoga hmanga thlarau lam thlamuanna thlentu tura thlan i ni tawh* a, mi tam tak zawngtu taima tak takte hnenah. Chhungkaw inzawmna leh khawvel hna rit tak takte'n a tihbuai mi maktaduai tam takte chuan nangmah ang in neitu, nangmah ang bawka in neitute hnen atangin thinlung thar an la ang. Yogic sang ber chu i hmuh theih nan i kaihhruai a ngai a ni attainments are not barred to the family man Khawvelah pawh hian, mimal thil tum leh inzawmna nei lovin, a mawhphurhna rinawm taka hlen chhuaktu yogi chuan hriatna kawng chiang tak a zawh thin.

"'Khawvel hi chhuahsan turin tulna engmahin a nawr lo che a, chhungril lamah chuan a karmic tie zawng zawng chu i titawp tawh si a. He khawvel mi ni lovin, chutah chuan i la awm a ngai a ni. Kum tam tak a la awm a, chutih chhung chuan i chhungkua, sumdawnna, khawtlang leh thlarau lam hnate chu chhia leh tha hriatna nen i hlen chhuak tur a ni. Pathian beiseina thaw thar thlum tak chuan khawvel mite thinlung ro tak takah a lut ang. I nun inthlau tak atang chuan zalenna chu a ni tih an hrethiam ang." pawn lam aiin chhungril lama inhnuhdawhnaah innghat zawk a ni.'

"Himalayan hmun sang takah ka guru thusawi ka ngaihthlak lai chuan ka chhungte,

office, khawvel hi a va hla hle ang. Mahse, a thusawiah thudik nghet tak a ri a; he remna hmun malsawm tak hi chhuahsan turin thuhnuairawlh takin ka remti a. Babaji chuan hmân lai dan khauh tak tak, yogic art chu guru aṭanga zirtirte hnena inthlunzawmna kaihruaitu chu min zirtir a ni.".. ..
.. ..

''' *Kriya* chabi hi qualified chela-te chauh pe rawh,' Babaji chuan a ti a. 'A zawng zawnga inhlan vek tura intiamtu chuan.' tan chumi Thianghlim hi mil ah unravel rawh chumi final a ni thurukte a ni tan nunna tlang chumi Science tan inngaihtuah muk.'

Kriya art bo kaihthawh avanga mihringte i duhsak tawh angin , zirtir nihna atana thil tul khauh tak takte tihziaawmin chu hlawkna chu i tipung dawn lo em ni?' Ka melh zauh a

ngenna chungin Babaji hnenah chuan. ' A tir lamah chuan chhungril lama inpekna famkim tura intiam thei lo mah se, *Kriya zawngtu zawng zawngte hnena* hriattirna min phalsak turin ka tawngtai a ni . Khawvel mipa leh hmeichhia tihduhdah tuar, hrehawm tawrhna chi thum hmanga zui, **34-7** fuihna bik an mamawh a ni. *Kriya* initiation an lak loh chuan zalenna kawng an zawh ngai lo mai thei .'

"Chutiang ni rawh se. Pathian duhthusam chu nangmah kaltlangin a lo lang tawh a ni.' Heng thu awlsam tak hmang hian guru khawngaihthlak tak chuan kum tam tak chhung khawvel atanga *Kriya* thup tawh , ' Inngaitlawm taka tanpuina dil zawng zawngte hnenah *Kriya chu a thlawnin pe rawh u' tih chu a hnawtchhuak ta a ni.*

A ngawih hnu chuan Babaji chuan, 'I zirtir pakhat zel hnenah *Bhagavad Gita atanga* " *thutiam ropui tak hi sawi nawn leh rawh u: "Swalpamasya Dharmasya, Trayata Mahato Bhoyat"* -"He sakhaw kalphung tlemte pawh hian hlauhna rapthlak tak leh ' .hrehawm tawrhna nasa tak lakah a chhanchhuak ang che u

"A tuk zingah ka guru ke bula a farewell malsawmna dil tura ka khup lai chuan ka kalsan duh lohna thuk tak chu a hre ta a."

"Kan tan hian inthenna a awm lo, ka fa duh tak.' Duhawm takin ka kekawrte chu a khawih a, 'Khawi hmunah pawh awm la, min rawn biak apiangin ka awm nghal mai ang.

"A thutiam mak tak chuan thlamuanin, Pathian finna rangkachak hmuh thar nen hausain, tlang chhip lam panin ka kal ta a. Office-ah chuan ka thawkpuite chuan min lo hmuak a, ni sawm chhung zet Himalaya ramngaw-a bo tawhah min ngai a. Head office atang chuan lehkha a lo thleng thuai a."

"Lahiri hi Danapur-ah **34-9 in a kir leh tur a ni.**" office,' tih a ni. 'Ranikhet-a a transfer hi tihsual vang a ni. Ranikhet hna thawk turin mi dang tirh tur a ni.'

"Ka nui suk a, India ram hmun hla zawka min hruai thlengtu thil thlenga crosscurrents thup te chu ka ngaihtuah let a."

"Danapur ka kir leh hma hian Moradabad-ah Bengali chhungkaw pakhat nen ni engemaw zat kan awm a. Ka thiante paruk awmna party chu min lo hmuak turin an pungkhawm a. Thlarau lam thila inbiakna ka hawitir lai chuan ka mikhualtu chuan lungngai takin a lo en a:

"Awh, chhung hengte ni India hi rethei tak tak tan mi thianghlimte!"

"'Babu,' a ti a. Ka tiin a lungawi lo hle lum takin, . 'tan kawng sawtah hi che lo ropui masters te an ni chhung hei ram!"

"In a mood of exalted fervor, Himalaya tlanga ka thil tawn mak tak takte sawi turin min nawr luih a. Company tenau chu zahawm takin a ring lo hle a ni."

"'Lahiri,' mi pakhat chuan thlamuang takin a ti a, 'chu tlang boruak rarefied takah chuan i rilru chu a buai hle a. Hei hi nitin mumang i sawi nawn leh tawh a ni.'

"Kang a ni." nen chumi phurna tan thudik, Ka a ti a tellovin hun ngaihtuah. 'Chuan Ka ko ani, ka guru tih hi a ni duhdan

langchhuak dik chung hei in.'

"Mit tinah ngaihvenna a eng chhuak vek a; chutiang mak tak maia mi thianghlim pakhat lo piang chhuak chu an pawl chuan an duh em em chu thil mak a ni lo. A chanve duh lo chungin pindan reh tak leh woollen blanket thar pahnih ka dil a.

"'Master chu ether atang hian a materialize ang,' ka ti a. 'Kawngkhar pawnah ngawi reengin awm rawh; ka ko thuai ang che.'

"Meditative state-ah ka pil ta a, inngaitlawm takin ka guru chu ka ko a. Room thim tak chu rei lo teah dim aural moonlight in a khat ta a; Babaji hmel eng tak chu a rawn lang chhuak ta a ni."

"'Lahiri, thil tenawm tak maiin min ko thin em?' Master mitmeng chu a khauh hle a, 'Thudik chu thil hriat duhna nei lote tan a ni lo. Supersensual truth hi an natural materialistic skepticism hnehtute chuan an phu a, an hmuchhuak bawk.' Ngaihven takin, 'Min thlah rawh!' a ti leh a.

"A ke bulah ngenna nen ka tlu a. 'Guru thianghlim, ka tihsual lian tak chu ka hrechhuak a; inngaitlawm takin ngaihdam ka dil a ni. Hêng thlarau lama mitdel rilrute chung a rinna siam tûrin ka ko ngam che a ni. Ka ẵawngẵainaah khawngaih takin i inlan avângin, khawngaihin ka ẵiante hnêna malsâwmna pe lovin kal bo suh. Ring lo mi ni mah se, a tlem berah chuan ka thudik chu chhui an duh a ni thusawi mak tak tak a ni.'

"'A tha hle mai; rei vak lo ka awm ang. I thusawi hi i thiante hmaah sawichhiat ka duh lo.' Babaji hmel chu a nêw tawh a, mahse zawi zawiin, 'Tun atang chuan ka fapa, min mamawh hunah ka lo kal ang a, **34-10 min rawn biak hunah chuan ka lo kal dawn lo**' a ti leh a.

"Kawngkhar ka hawn chuan group tenauah chuan ngawi reengin ngawi reengin a lal a. An hriatna ring lo ang maiin ka thiante chuan blanket seat-a mi lang mawi tak chu an en reng a."

"'Hei hi mass-hypnotism a ni!' Mi pakhat chu chiang takin a nui a, 'Kan hriat loh chuan he pindan hi tumah an lut thei lo!' tiin a sawi.

"Babaji chuan nui chungin hma a sawn a, a taksa sa lum leh nghet tak chu khawih turin pakhat zel chu a kut a phar a. Ringhlelna chu a bo ta a, ka thiante chuan simna mak tak nen leiah an bawkkhup a."

"'A *halua* **34-11.html**.' inbuatsaih rawh.' Babaji hian he ngenna hi a siam tih ka hria, a taksa tak takna chu pawl chu a tichiang lehzual a ni. Porridge a lum lai chuan divine guru chuan affably in a chat a. Hêng rinhlelna nei Thomas-hote hi St. Paul-a

mi rinawm tak takah an insiam danglam chu a ropui hle. Kan ei zawh hnu chuan Babaji chuan mal min sawm ve ve a. Chu chu a rawn lang nghal zat a; Babaji taksaa electronic element-te chu vaporous light darh zel turah instantaneous dechemicalization kan hmu a. Master-a Pathianin a siam duhna thiltihtheihna chuan a taksa anga inzawm khawm ether atom-te chu a man chu a tizau tawh a; chuta tang chuan lifetronic sparks tenau trillion tam tak chu tawp nei lo reservoir-ah chuan a bo ta vek a ni.

"Nen ka nei mit Ka nei hmu tawh chumi hnehtu tan thihna.' Maitra, 1999 a ni. 34-12 ah a awm pakhat tan chumi pawl, a ti a

zah takin. Tun hnaia a harh hlimna chuan a hmel chu a lo danglam ta a ni. 'Guru sang ber chuan hun leh hmun a khel a, naupangin bubble a khelh angin. Lei leh van chabi nei pakhat ka hmu a ni,' a ti a.

"Rei lo teah Danapur-ah ka kir leh ta a. Thlarauva nghet taka innghatin, in neitu sumdawna leh chhungkaw mawhpurhna hrang hrang chu ka la leh ta a ni."

Lahiri Mahasaya chuan Swami Kebalananda leh Sri Yukteswar te hnenah Babaji nena an inhmuh lehna chanchin a sawi bawk a, chu chuan guru thutiam: "I mamawh apiangin ka lo kal ang," tih chu a hriat nawn tir leh a ni.

"He scene hi Allahabad-a *Kumbha Mela a ni* ," tiin Lahiri Mahasaya chuan a zirtirte hnenah a sawi. "Ka office hna atanga chawlh rei vak lo ka kal lai khan ka kal tawh a. Monk tam tak kara ka vakvai lai chuan." leh sadhus te chu kût thianghlim tel tûra hla tak atanga lo kalte chuan, ash- smeared ascetic pakhat, dilna bawm keng ka hmu a. Ka rilruah chuan chu pa chu mi â a ni tih ngaihtuahna a lo chhuak a, . ha chumi pawn lam hawi chhinchhiahnate a ni tan bânsan a ni tellovin ani corresponding a ni chhung lam hawiin khawngaihna.

"Ascetic ka paltlang meuh chuan ka mit mak tak mai chu Babaji chungah a tla ta a. Anchorite sam dum hmaah chuan a khup a."

"'Guruji!' Ka hmanhmawh takin a ti a ah ani sir. 'Ka pu, engnge hi nangmah ti mek hetah?'"

"'He inhnukdawh hi ke ka sil a, chutah chuan a chaw siamna hmanrua te chu ka tifai ang.' Babaji chuan naupang tê ang maiin min nuih a; Tumah sawisel lovin, Lalpa chu taksa-biak in zawng zawngah, mi chungnung zawk emaw, mi hnuaihning zawk emaw pawh ni se, inang tlanga awm anga hmuh ka duh tih a hriattir tih ka hria. Guru ropui chuan, 'Sadhus fing leh hriat lohte rawngbawlina hmanh hian thil tha ber ber ka zir chhuak a, midang zawng zawng aia Pathian lawmzawng-inngaihtlawmna ka zir a ni,' a ti bawk.

34-1 : 1.1. Tunah ani sipai sanatorium-ah dah a ni. Tu 1861 khan a lo piang a chumi British mi a ni Sawrkar nei diam din chiang telegraphic hmanga inbiakpawhna te.

34-2 : 1.1. Ranikhet, 1999 a ni. chhung chumi Almora chuan arawn ti a ram bial khat tan United Province hrang, . hi awm a ni hmunah chumi ke tan Nanda chuan Devi, 1999 a ni. chumi a sang ber British India rama Himalayan tlang sang ber (feet 25,661) a ni.

34-3 : 1.1. "Chumi sabbath a ni tawh siam tan mipa, leh lo mipa tan chumi chawlhni."- *Mark 2:27*-ah a awm.

34-4 : 1.1. Chumi karmic tih a ni dan a mamawh a ni sawmi engpawh mihring duhsak zawngghmu tawp ber tihhlawhtlinna a ni. Chak hi chuvangin chumi inzawm khawi binds a ni mipa chu piantharna wheel-ah.

34-5 : 1.1.

Engnge hi ani thilmak?-'Tis ani"
sawiselna, 'Tis chu implicit a ni

satire a ni chungah mihringte hi an
".ni

. Edward-a chuan a rawn ti a Naupang, chhung *Zan Ngaihtuahna-*

34-6 : 1.1. Chumi thu tan chumi atomic a ni ruangam tan thu tawh a sawifah a chhung chumi hmanlai Indian a ni *Vaisesika a ni* leh *Nyaya tih hi a ni* treatises te pawh a awm. "Sawtah hi zau khawvel hrang hrang zavai dah a ni hmundang chhunglam atangin chumi hollows a awm tan vek atom, . chi hrang hrang a awm angin chumi motes a ni chhung ani ni êng a ni." - *Yoga Vasishtha tih a ni*.

34-7 : 1.1. Pawnlam, rilru, leh thlarau lam thil tuarna; a lan chhuah, . a hnuaia mi ang hian, . chhung natna, chhung rilru lam thil a ni tling lo a awm emaw, "complexes," emaw, thlarau hriat lohnaah pawh.

34-8 : 1.1. Bung II:40 a ni.

34-9 : 1.1. ANI khawpui hnai Benares chuan a rawn ti a.

34-10 : 1.1. Chhung chumi kawng ah chumi A tawp nei lo, . intluk a eng chhuak masters te an ni duh Lahiri a ni Mahasaya chuan a ti a maithei tuar atangin chu chuangliam tan thahnemngaihna, . leh thuhnuai a awm rawh ah khuakhirhna. Chhung chumi *Bhagavad chuan a ti a Gita* , . keini chhiar tam tak thuziak te khawng chumi thianghlum guru tih hi a ni Krishna chuan a ti a a pe a hremna devotee-te lal fapa Arjuna hnenah.

34-11 : 1.1. ANI buhhawp siam tan cream a ni tan chhangphut buh fried a ni chhung butter, leh boiled a ni nen bawnghnute.

34-12 : Hetah hian Lahiri Mahasaya-a sawi mipa Maitra chu a hnua chuan mahni inhriatthiamnaah a hmasawn hle a ni. Ka an inhmu a Maitra chuan rei lo teah hnua ka graduation neih a ni atangin sang sikul; ani tlawh a ni chumi Mahamandal chuan a rawn ti a hermitage a ni chhung Benares ka awm lai khan. Chutih lai chuan Moradabad-a group hmaa Babaji-a materialization chungchang min hrilh a. "Thilmak tih avang hian," Maitra chuan min hrilhfiah a, "Lahiri Mahasaya-a dam chhung zawng zirtir ka ni ta a ni," tiin min hrilhfiah a.

BUNG: 1.1. 35. A rilru a hah lutuk

Chumi Krista ang Nunna Tan Lahiri a ni Mahasaya chuan a ti a

"Chutiang chuan felna zawng zawng hlen chhuah chu kan tih tur a ni." **35-1 a ni**
Heng Baptistu Johana hnena a thusawiah te, Johana baptisma chantir tura a ngennaah te hian Isua chuan a guru Pathian dikna chu a pawm a ni.

Khawchhak lam thlirna atanga Bible zah taka zir a\angin, **35-2** tin, intuitional perception a\ang chuan Baptistu Johana hi, nun hluiah chuan, Krista guru a ni tih ka ring tlat baw. Bible-ah hian Johana leh Isua chu an taksaa lo piang hnunung berah khan Elija leh a zirtir Elisa an ni tih sawina thu tam tak a awm a. (Hengte hi Thuthlung Hluia spelling-te an ni. Greek tawng letlingtute chuan Elias leh Eliseus tiin an spelling a; Thuthlung Tharah hian heng form danglam tak takte hian an rawn lang leh a ni.)

Thuthlung Hlui tawp ber hi Elija leh Elisa piantharna tur hrilhlawkna a ni: "Ngai teh, Lalpa ni ropui leh hlauhawm tak lo thlen hmain zâwlnei Elija hi ka rawn tir ang che. **35-3 a ni** Chutiang chuan Johana (Elia), "Lalpa lo kal hma . . ." tirh chu a lo piang hmasa deuh a ni Krista tâna thu puangtu anga rawngbâwl tûrin. A fapa lo kal tur

Johana chu Elia (Elia) tih loh chu midang a ni lo vang tih hriattir turin a pa Zakaria hnenah vantirhkoh a inlar a.

"Mahse chumi vantirhkoh sawi to ani, Hlau lo, Zakaria chuan: tan thy tawngtai a ni hi hria; leh thy nupui Elisabeth-i chuan a rawn ti a

ang tuar ka ti a ani fapa, . leh nang tih tur a ni ko ani hming Johana chuan. Leh
tam tak tan chumi naupang tan Israel ram a ni

Lalpa an Pathian lam a hawi ang. Tin, a hmaah a kal ang **35-4** *Elija thlarau leh thiltihtheihnaah chuan* , pa thinlung chu fate lam hawiin, thu awih lote chu mi fel finna lam hawitir turin; Lalpa tana inbuatsaih mipuite buatsaih turin." **35-5** Isuan wawi hnih Chiang takin Elija (Elia) chu Johana a nih thu a sawi a: "Elia chu a lo kal tawh a, an hre lo.Tichuan zirtirte chuan."

Baptistu Johana chanchin a sawi tih an hrethiam a ni." **35-6** Hetah pawh hian Krista chuan: "Zâwlnei zawng zawng leh Dân zawng zawngte chuan Johana thlengin thu an sawi si a. Tin, in dawng duh chuan hei hi Elija lo kal tûr chu a ni," a ti bawk. **35-7 a ni** Engtikah Johana chuan phal lo sawmi ani tawh Elias chuan (Elia), . **35-8 a ni** ani awmzia sawmi chhung chumi inngaitlawm garb of John he guru ropui Elijah pawn lam chawimawinaah a lo kal tawh lo. A tisa lo chang hmasa khan a ropuina leh a thlarau lam hausakna "mantle" chu a zirtir Elisa hnenah a pe tawh a ni. "Tin, Elisa chuan, "Khawngaih takin, i thlarau chanve a let hnih ka chungah awm rawh se. Tin, ani chuan, "Thil harsa tak i dil a ni; nimahsela, i hnen atanga lak bo ka nih huna mi hmuh chuan chutiang chu a ni ang," a ti a ka ti a. . . . Tin, a kuta tla Elija *puan chu a la ta a ni.*" **35-9**

Role-te chu a inthlak danglam ta a, a chhan chu Elija-John-a chu Elisa-Isua guru anga lang, tunah chuan Pathian hriatnaah a famkim tawh a nih a ngai tawh lo.

Tlânga Krista a lo pian tih khan **35-10** a guru Elias a ni a, Mosia nen an hmu a. Hetah pawh hian kraws-a a hun tawp hun lai khan Isuan Pathian hming a au chhuak a: " *Eli, Eli, lama sabachthani?* chu chu, Ka Pathian, ka Pathian, engvangin nge mi kalsan? Chuta ding thenkhat chuan chu chu an hriatin, "He mi hian Elija a ko a ni.Elia hi a ko em tih i en ang u," an ti leh a duhdan lokal ah humhim ani." **35- 11 ah a awm**

Johana leh Isua inkara guru leh zirtir chatuan inzawmna awm chu Babaji leh Lahiri Mahasaya tan pawh a awm a ni. Thih thei lo guru chuan ngilnei takin a chela nun hnuhnung pahnih inkar a inher chhuak Lethean tui chu a inbual a, naupang leh a hnua mipa Lahiri Mahasaya-a hmalakna inzawmkhawm chu a kaihrui a ni. Zirtir chuan kum sawmthum leh pathum a tlin hnua chauh Babaji chuan inzawmna tihtawp ngai lo chu tlang taka din thar leh theihna hun chu a puitling tawh niin a ngai ta a ni.

Tichuan, Ranikhet bula hun rei vak lo an inhmuh hnu chuan, mahni hmasial lo pu chuan a zirtir duh tak chu tlang pawl tenau tak atang chuan a hnawtchhuak a, pawn lam khawvel mission atan a chhuah ta a ni. "Ka fapa, min mamawh apiangin ka lo kal ang." Eng hmangaihtu thi thei nge chu thutiam tawp nei lo chu pe thei ang?

Khawtlangin a tlangpuiin an hriat lohvin Benares khawpui kil hla tak atang chuan

thlarau lam nun tharna ropui tak a lo luang chhuak tan ta a ni. Pangpar rimtui chu tihtawp theih a nih loh ang bawkin, Lahiri Mahasaya, ngawi rengin in neitu tha tak anga khawsa chuan a pianpui ropuina chu a thup thei lo. Zawi zawiin India ram hmun tin atang chuan devotee-bees te chuan zalenna nei tawh pu Pathian tui chu an zawng ta a.

English office superintendent hi a hnathawk, duhthusam takin "Ecstatic Babu" tia a kohnaah hian inthlak danglamna mak tak mai, transcendental change hmu hmasa bertu zinga mi a ni.

"Ka pu, i lungngai hmel hle mai. Eng buaina nge?" Lahiri Mahasaya chuan zing khat chu a hnathawhna hmun hnenah he khawngaihna nena zawhna hi a zawt a.

"Ka nupui chhung England ram a ni hi critically a ni damlo. Ka ni thler tu hlauhthawwna."

"A chungchang hi thu ka rawn hrilh ang che." Lahiri Mahasaya chu pindan atang chuan a chhuak a, hmun hla takah rei vak lo a thu a. A lo haw chuan thlamuanthlak takin a nui suk a.

"I nupui hi a lo tha chho zel a; tunah chuan lehkha a thawn che a ni." Engkim hretu yogi chuan missive-a hmun thenkhat chu a sawi chhuak a.

"Ecstatic Babu, mi pangngai i ni lo tih ka hre tawh. Chuti chung chuan, duh duhin hun leh hmun i hnawtchhuak thei tih hi ka ring thei lo!"

Tiam lehkha chu a tawpah chuan a lo thleng ta. Superintendent mak ti tak chuan a nupui dam lehna chanchin lawmawm chauh ni lovin, kar engemaw zat kalta a Lahiri Mahasaya-a'n a sawi nawn leh tawh thumalte pawh a awm tih a hmuchhuak a.

Nupui chu thla engemaw zat hnuah India ramah a lo kal a. Office chu a tlawh a, chutah chuan Lahiri Mahasaya chu a dawhkan bulah ngawi rengin a thu a. Hmeichhia chuan zah takin a rawn pan hnai a.

"Ka pu," a ti a, "thla tam tak kalta khan London-a ka damlo khum bulah i hmel, ropui taka halo-a siam kha a ni. Chutih lai tak chuan ka dam vek tawh! Chumi hnu rei vak lovah chuan India rama tuifinriat zin rei tak chu ka thawk thei ta a ni," a ti a.

Nitin hian devotee pakhat emaw pahnih emaw chuan sublime guru hnenah *Kriya* initiation atan an ngen thin. Hêng thlarau lam hnate bâkah, leh a sumdâwnna leh chhûngkaw nunah pawh hian, pu ropui tak chuan zirna lamah pawh phur takin a ngaihven hle a ni. Study group tam tak a buatsaih a, Benares khawpui Bengalitola section-a high school lian tak tihpunna kawngah pawh a thawhhlawk hle bawk. Pathian Lehkha Thu chungchanga a thusawi fo thinte chu a " *Gita Assembly*" tia koh a ni ta a , thutak zawngtu tam takin duhthusamin an tel thin a ni.

Heng thiltih hrang hrang hmang hian Lahiri Mahasaya chuan harsatna tlanglawn tak chu chhan a tum a: "Mihring sumdawnna leh khawtlang hna thawh zawh hnuah khawiah nge devotional meditation hun chu?".. tiin a sawi. In neitu-guru ropui tak nun inrem tak chu zawhna nei thinlung sang tam takte ngawi renga fuihna a lo ni ta a ni. Hlawh tlemte chauh hlawh, sum khawlkhawm thiam, langsar lo, mi zawng zawng tana hmuh theih, a pu chuan khawvel nun kawngah chuan a pianphung leh hlim takin a kal zel a.

Chungnungbera thutnaah awm mah se, Lahiri Mahasaya chuan mi zawng zawng chu an thatna hrang hrang thliar lovin zahna a lantir a ni. A devotee-te'n chibai an buk chuan a chibai a buk a.

Naupang ang maia inngaihtlâwmna nêh, a pu chuan mi dangte ke a khawih fo va, mahse chutiang bawka chawimawi chu a phal lo va, chutiang guru chung a chibai bûkna chu hmân lai Oriental mi ni mah se chindan.

Lahiri Mahasaya nunah thil langsar tak chu mi zawng zawngte hnena *Kriya initiation a pek kha a ni* rinna. Hindu chauh ni lovin, Moslem leh Kristiante chu a zirtir hmasa berte zingah an tel a ni. Monist leh dualist, rinna zawng zawng nei emaw, rinna nghet nei lo emaw te chu universal guru-in a lo dawngsawng a, a zirtir bawk. A chela hmasawn tak tak zinga pakhat chu Abdul Gufoor Khan, a Mohammedan a ni. Lahiri Mahasaya lam atanga huaisenna nasa tak a lantir a, chu chu Brahmin caste sang tak ni mahse, a hun laia rigid caste bigotry tihbo tumin theihtawp a chhuah a ni. Walk of tin atanga lo kalte chu nunna hmu tawmhulna hnuai chumi master's a ni hmun tina awm thla a nei. Duh zavai Pathian thâwk khum zâwlneite, . Lahiri a ni

Mahasaya chuan a ti a pe thar ring ah chumi outcastes te an ni leh down-trodden a ni tan khawtlang.

"Tumah ta i ni lo tih hre reng la, tumah i ta an ni lo tih hre reng ang che. Chu chu engtik niah emaw chuan ngaihtuah let leh rawh." he khawvela thil awm zawng zawng hi i chhuahsan nghal vek a ngai dawn a ni-chuvangin tunah hian Pathian inhriatthiamna siam rawh u," tiin guru ropui tak chuan a zirtirte a hrilh a. "Nitin Pathian hriatna balloon-a chuang chungin thihna astral journey lo thleng tur atan inbuatsaih rawh. Delusion hmang hian sa leh ruh inzawmkhawm angin i inhria a, chu chu a tha berah chuan harsatna awmna hmun a ni. **35-12 ah a awm** Ngaihtuah chhunzawm zel la, hrehawmna chi hrang hrang laka fihlim, Infinite Essence anga i inhriat thuai theih nan. Taksa tang nih kha bansan rawh; using the secret key of *Kriya* , Thlarau lama tlanchhuah dan zir rawh."

Guru ropui tak chuan a zirlai hrang hrangte chu anmahni rinna lama hnam dan kalphung tha tak zawm turin a fuih a. *Kriya chu* zalenna hmanraw tangkai tak anga thil zawng zawng huapzo a nih thu sawiin , Lahiri Mahasaya chuan a chelas te chu environment leh up bringing nena inmil taka an nun sawi chhuah theihna zalenna a pe ta a ni.

"Moslem chuan a *namaj* **35-13 in a ti tur a ni.**" nitin vawi li biak thin ang che," master chuan a kawhhmuh a. "Nitin vawi li Hindu chu ngaihtuahnaah a thu tur a ni. Kristian chu nitin vawi li khup chungin a bawkkhup tur a ni a, Pathian hnenah a tawngtai tur a ni a, chutah chuan Bible a chhiar tur a ni."

Bhakti (inpekna), *Karma* (thiltih), *Jnana* (finna), emaw *Raja* (lal emaw, famkim emaw) *Yogas -te* kawngah a kaihruai a , chu chu mi tinte pianpui rilru put hmang angin a ni. Monkhoo kawng pangngaia luh duh devotee-te hnena a phalna pe duh lo master chuan monastic nun austerities chu uluk taka ngaihtuah hmasa turin a vaukhân fo thin.

Guru ropui tak chuan a zirtirte chu Pathian Lehkha Thu chungchanga theoretical discussion awm lo turin a zirtir a. "Ani chauh hi a fing." tunge a hlan a ni amah ngei pawh a ni ah hriatthiamna, . lo chhiar chauh, chumi hmanlai thupuan te," ani sawi. "I harsatna zawng zawng chu ngaihtuahna hmangin chinfel rawh. **35-14.**" Sakhaw lam ngaihdan hlawk lo tak takte chu Pathian nena inzawmna tak tak nen inthleng rawh. I rilru chu dogmatic theological debris a\angin tifai rawh; a thar, tihdamna chu luhtir rawh direct perception awmna tui. Active inner Guidance-ah chuan insiamrem rawh; Pathian Aw hian nun harsatna zawng zawng chhanna a nei vek a ni. Mihringin harsatna a tawh theihna tura a finna chu lang mahse tawp nei lo tur chuan Infinite Succor hi a resourceful lo zawk lo."



LAHIRI MAHASAYA
Zirtir tan Babaji chuan

leh Guru a ni tan Sri Yukteswar a ni

Bhagavad Gita a sawifiahna ngaithlatu zirtir pawl pakhat hmaah a lantir a ni .
Vibratory creation zawng zawnga *Kutastha Chaitanya* emaw Christ Consciousness
emaw awmzia a sawifiah lai chuan Lahiri Mahasaya chu a thaw halh nghal a, a au
chhuak ta a:

"KA ni tuiah a pil chhung chumi taksa te tan tam tak thlarau te titawp chumi kam tan
Japan ram!"

A tuk zingah chuan chela-ho chuan Japan bula an lawng a chhiat tawh mi tam tak
thih thu chanchinbuah an chhiar a.

Lahiri Mahasaya zirtir hla tak takte chu a enfolding presence chu hriattir an ni fo
thin. " *Kriya* hmangtute bulah ka awm reng a ni ," a bula awm thei lo chela-te chu
thlamuan takin a ti a. "I ngaihndan lian zel hmangin Cosmic Home-ah ka hruai ang
che."

Swami Satyananda chu devotee pakhat chuan Benares-a kal thei lo mah se, chu pa
chuan mumangah *Kriya initiation* dik tak a dawng tih a hrilh a. Lahiri Mahasaya chu
a tawngtaina chhanna atan chela zirtir turin a lo lang tawh a.

Zirtîr pakhatin khawvêla a tih tûr eng emaw a ngaihthah chuan, a pu chuan
zawi zawiin a siam ṭha ang a, a thunun ang.

Vawikhat chu Sri Yukteswar-a chuan, "Lahiri Mahasaya-a thusawi kha a nem a, a

tidam thei a, chela pakhat dik lohna zalen taka sawi tura nawr luih a nih lai pawh
khan a tidam thei hle a ni," a ti. Lungngai takin, "Kan pu barb atang hian zirtir
tumah an tlanchhia ngai lo," a ti bawk. Ka nui thei lo va, mahse dik takin Sri
Yukteswar chu ka tiam a, sharp or

lo, ani engpawh thumal tawh rimawi ah ka beng.

Lahiri Mahasaya chuan uluk takin *Kriya chu* progressive initiation paliah a grade a. **35-15 thleng a ni** A devotee chuan thlarau lam hmasawna chiang tak a lantir hnuah chauh technique sang zawk pathumte chu a pe a ni. Ni khat chu chela pakhat, a hlutna chu uluk taka teh a nih lohzia ring tlat chuan a hlutna chu aw a pe ta a ni lungawi lohna.

"Hotu," ani sawi, "tih tak zetin." Ka ni inpeih tunah tan chumi pahnihna initiation tih a ni."

Hetih lai tak hian zirtir inngaitlawm tak Brinda Bhagat luhtirna kawngkhar chu a inhawng ta a. Benares postman a ni a.

"Brinda, hetah hian ka bulah lo thu rawh." Guru ropui tak chuan hmangaihna nen a nui suk a. "Min hrilh teh, *Kriya* technique pahnihna atan i inpeih tawh em ?"

Postman te tak te chuan dilna atan a kut a phar a. "Gurudeva," hlauthawng zet hian a ti a, "initiation a awm tawh lo, khawngaihin! Engtin nge zirtirna sang zawk hi ka assimilate theih ang? Vawiin hian i malsawmna dil turin ka lo kal a ni, a chhan chu Pathian *Kriya hmasa ber chuan* ka lehkha thawn ka thlen theih loh khawpa zu ruih nain min luah khat a ni!".. tiin a sawi.

"Brinda hi Thlarau tuipuah a inbual tawh." Lahiri Mahasaya hnen atanga he thu hi a hriat chuan a zirtir dang chuan a lu a khai ta a ni.

"Hotu," ani sawi, "KA hmu Ka nei ni ani rethei hnathawk, . hmuh chhuah diklohna nen ka hmanrua."

Postman, zirna nei lo mi chuan a hnuah *Kriya hmangin a hriatna chu a tipung ta a* , mithiamte chuan a chang chuan Pathian Lehkha Thu inrawlh chungchânga a hrilhfiahna chu an zawng thîn. Sual leh syntax-ah pawh sual nei lo, Brinda naupang tak chuan mi thiam tak takte domain-ah hmingthanna a chang ta a ni.

Lahiri Mahasaya zirtir Benares tam tak bakah hian India ram hmun hla tak tak atangin za tam tak a hnenah an lo kal a. Amah ngei pawh hian Bengal ramah vawi eng emaw zat a zin a, a fapa pahnih pa te chenna inah a tlawh a. Chutiang chuan a awmna avanga malsawmna dawng Bengal chu *Kriya* pawl tenau tak takte nen honeycombd a lo ni ta a ni. A bik takin Krishnagar leh Bishnupur district-ah chuan vawiin thleng hian ngawi renga awm tam tak chuan thlarau lam ngaihtuahna hmuh theih loh luang chu an luang chhuak reng a ni.

Kriya dawngtu mi thianghlim tam tak zingah hian Benares khuua mi hmingthang Swami Vhaskarananda Saraswati te, leh Deogarh ascetic sang tak, Balananda Brahmachari te pawh an tel thei. Hun engemaw chen chu Lahiri Mahasaya hian Benares khuua Maharaja Iswari Narayan Sinha Bahadur fapa hnenah private tutor

hna a thawk a. Master thlarau lama a hlawhtlinna chu hriain maharaja chuan a fapa ang bawkin *Kriya* inzirtirna a zawng a, Maharaja Jotindra Mohan Thakur pawhin a zawng bawk.

Khawvel dinhmun nghawng nei lian tak tak Lahiri Mahasaya zirtir engemaw zat chuan *Kriya* circle chu mipui hriata tihzauh an duh hle a. Guru chuan a phalna chu a duh lo. Benares Lalpa hnena lal doctor chela pakhat chuan a pu hming "Kashi Baba" (Exalted One of Benares) tia thehdarh tumin ruahmanna fel tak a siam tan a.

35-16 ah a awm Hetah pawh hian guru chuan a khap leh ta a ni.

Kriya pangpar rimtui hi a pianphungah wafted ni rawh se, engmah pholanna awm lovin," a ti. "A chi chuan thlarau lama thinlung tha tak takte leiah zung a kai ang."

Pu ropui tak chuan tunlai pawl pakhat hmanga thuhirilna kalphung, emaw, lehkhabu chhutna hmanrua hmanga thu hrilh dan chu hmang lo mah se, a thuchah thiltihtheihna chu tuilian do theih loh ang maiin a lo sang chho dawn tih a hria a, a chaknain mihring rilru kangte chu a rawn nuai ang tih a hria a ni. Devotee-te nun danglam leh thianghlim tak chu *Kriya thihna nei lo nun theihna tur guarantee awlsam tak a ni* .

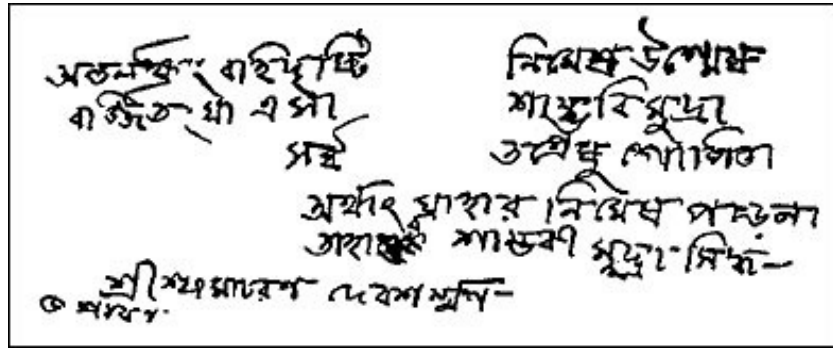
Chhung Kum 1886, 1999 khan. sawmhnih leh panga a ni kum hnuah ani Ranikhet chuan a rawn ti a initiation, . Lahiri a ni Mahasaya chuan a ti a tawh chawlsan chungah ani pension pek a ni.

35-17-ah a awm Chhun lama a awm theih avangin zirtirte chuan an zawng nasa hle a. Tunah chuan guru ropui tak chu a tam zawk chu ngawi rengin a thu a, lotus posture muang takah chuan a inkhung tlat a ni. A parlor te tak te chu a chhuahsan ngai lo va, kea kal emaw, in chhung hmun dang tlawh emaw pawh ni se. Chelas lui reh tak chu a lo thleng a, a tawp lo tluk zetin, guru *darshan (hmuh thianghlim) atan*.

Entu zawng zawngte mak tih ber chu Lahiri Mahasaya-a taksa dinhmun pangngai chuan mihring aia nasa zawk, thawk hahna, mut theih lohna, pulse leh heartbeat tihtawp, mitmeng muang tak darkar tam tak chhunga mit khap lo, leh thlamuanna aura thuk tak a lantir a ni. Tlawhtu tumah thlarau chawisang lovin an chhuak lo; Pathian mi dik tak malsawmna ngawi rengin an dawng tih an hre vek.

Tunah chuan master chuan a zirtir Panchanon Bhattacharya chu Calcutta-ah "Arya Mission Institution" hawn a phalsak ta a ni. Hetah hian zirtir thianghlim chuan *Kriya Yoga* thuchah a thehdarh a , mipui hlawkna tur yoga herbal thenkhat a buatsaih bawh **35-18** damdawi te.

Hmanlai tih dan angin, pu chuan mi a tlangpuiin *neem* **35-19 a pe thin** natna chi hrang hrang tihtamna tur hriak a ni. Guru chuan zirtir pakhat hnenah hriak chu distil turin a ngen chuan awlsam takin hna chu a thawk thei a ni. Mi dangin an lo tum a nih chuan harsatna mak tak tak a tawh ang a, damdawi hriak chu a mamawh distilling process a paltlang hnuah a lo hmin tawh tih a hmu chhuak ang. A Chiang e chumi master's a ni malsawmna tawh ani tul thil tel (ingredient) a ni.



Lahiri Mahasaya kutziak leh signature, Bengali script-a ziah chu a chungah hian tarlan a ni. Line te hi chela pakhat hnena lehkha thawnah a awm a; master ropui chuan Sanskrit chang pakhat chu hetiang hian a hrilhfiyah a: "A thleng tawh." a mitmeng a meng lo, a rilru hahdamna dinhmun chuan *Sambhabi Mudra a tihlawhtling ta a ni* ."

.a ni. "Sri." Shyama chuan a ti a Charan Deva Sharman" tih a ni (signed)

Chumi Arya chuan Thiltum bik Institution a ni a ti ta a ni chumi tihchhuah a ni tan tam tak tan chumi guru te a ni Pathian Lehkha Thuah

commentary-te a ni. Isua leh zâwlnei ropui dangte ang bawkin Lahiri Mahasaya ngei pawhin lehkhahu a ziaik lo va, mahse a hrilhfiarna thuk tak takte chu zirtîr hrang hrangin an ziaik chhuak a, an ruahman a ni. Hêng voluntary amanuenses thenkhat hian guru-a hriatna thuk tak dik taka sawi chhuahna kawngah mi dangte aiin an fing zawk a; mahse, a pum puia an thawhrimna chu a hlawhtling hle. An thahnemngaihna hmang hian khawvel hian Lahiri Mahasaya-a'n hmân lai lehkhahu sawmhnih leh paruk chungchânga hrilhfiarna danglam bik a nei a ni.

Master fapa upa ber Sri Ananda Mohan Lahiri chuan *Kriya chungchang lehkhahu ngaihnaawm tak a ziaik a ni* . " *Bhagavad Gita* thuziak hi epic ropui tak, *Mahabharata* - a tel a ni a , chu chuan knot- point (*vyas-kutas*) engemaw zat a nei a ni," tiin Sri Ananda chuan a ziaik a ni. "Chutiang knot-points chu zawhna awm lovin vawng reng la, chu chu thawnthu danglam tak leh hriatthiam loh awlsam tak chi thawnthu mai mai tih loh chu engmah kan hmu lo. Chutiang chu vawng reng rawh." knot-points sawifiarn theih loh a ni a, kum sang tam tak chhunga experiment kan zawn hnua khawthlang ramte'n mihring aia dawhtheihna nena an vawnhim science chu kan hloh ta a ni. **35-20 thleng a ni** Lahiri Mahasaya-a hrilhfiarnate kha a ni a, chu chuan Pathian Leikha Thu leh lemchan riddle-a fing taka hmuh theih loha dah sakhaw science tak tak chu, tehkhin thu atanga fiarn takin a rawn pholang a ni. Thumal hriatthiam theih loh jugglery mai mai a ni tawh lo va, a danglamna awm lo Vedic biakna formula-te chu science lama awmzia neia khat a nih thu a master-in a finfiarn tawh a ni. . . .

"Mihring hi duhthusam sualte helho inthlak danglamna lakah chuan tanpui theih loh a ni tlangpui tih kan hria a, mahse hengte hi thiltihtheihna nei loah siam a ni a, mihring chuan *Kriya kaltlangin hlimna sang zawk leh nghet zawk hriatna a lo chhuah chuan an innghaisaknaah hian chhan engmah a hmu lo* . Hetah hian inpekna, duhthusam hnuaizawkte hnialna, take-up, beatitude assertion nen a inmil a ni. Chutiang kawng awm lo chuan, za tam tak moral maxims which run in mere negative te hi kan tan chuan a tangkai lo.

"Khawvel thil tih kan duhna hian thlarau lam hlauhna rilru chu keimahniah a that thin. Hming leh chi tinreng hnung lama Nunna Ropui chu kan hrethiam thei lo, science hian kan tih theih dan tur min rawn hruai haw vang mai mai a ni." thilsiam thiltihtheihnate hmang rawh; he hriatna hian a thuruk hnuhnung berte hmuhsitna a siam a ni. Nature nena kan inzawmna hi practical business a ni. Kan thiltumte rawngbawlana atana hman theih dan tur hriat tumin kan nuihzat a; a chaknate kan hmang a, a Source chu hriat chian a la ni lo. Science lamah chuan thilsiam nena kan inzawmna chu mipa leh a chhiahhlawh inkara awm a ni a, a nih loh leh philosophy lam hawi chuan witness box-a sal tang ang mai a ni. Kan cross-examine a, kan challenge a, a hlutna thup teh thei lo mihring tehfungah a evidence chu minute tlemtein kan teh thin. Kawng lehlahmah chuan, mahni chu thiltihtheihna sang zawk nena inpawlana a neih chuan, nature chuan automatic-in, stress leh strain awm lovin, mihring duhzawng chu a zawm ta a ni. He thawhrimna tel lo thilsiam

chungah thupek hi hriatthiam theih loh thilmak duhtu chuan 'thilmak' a ti a ni.

"Lahiri Mahasaya nun hian entawn tur a siam a, chu chuan yoga hi thil mak tak a ni tih ngaihdan dik lo chu a thlak danglam ta a ni. Mi tinte chuan *Kriya hmangin* thilsiam nena an inzawmna dik tak hriatthiam theihna tur kawng an hmu thei a, thil thleng zawng zawng, thuruk emaw, nitin thil thleng emaw pawh ni se, physical science-a thil thleng dik tak ni mah se, thlarau lam zahna a neih theih **nan** Kum sangkhat kalta a thuruk awm tawh kha chutiang chu a ni tawh lo va, tuna thuruk ni tawh chu kum za hnuah dan anga hriatthiam theih a ni thei tih kan hre reng tur a ni. Chu chu Infinite, Ocean of Power, chu chu a ni lan chhuahna zawng zawng hnunglam.

Kriya Yoga dan hi chatuan daih a ni. Mathematics ang maiin a dik a; addition leh subtraction dan awlsam tak ang maiin, chumi dan tan *Kriya chuan* thei ngai lo ni tihchhiat a ni. Kang ah vut a ni zavai chumi lehkhabu te chungah mathematics lam, .

ngaihtuahna fim tak neitute chuan chutiang thutak chu an hmuchhuak leh fo ang; yoga chungchanga lehkhahu thianghlim zawng zawng tichhe vek la, a dan bulpui te chu a chhunga inpekna thianghlim leh chuta tang chuan hriatna thianghlim nei yogagi dik tak a lo chhuah apiangin a chhuak ang.

Babaji chu avatar ropui ber zinga mi a nih angin, *Mahavatar*, leh Sri Yukteswar chu *Jnanavatar* emaw, Finna Incarnation emaw a nih ang bawkin, Lahiri Mahasaya pawh hi dik takin *Yogavatar*, a nih loh leh Yoga Incarnation tia koh theih a ni. Qualitative leh quantitative good pahnih tehfung hmangin khawtlang thlarau lam level a chawisang a ni. A zirtir hnai tak takte chu Krista ang dinhmunah a chawisang thei a, mipui zingah thutak zau taka a thehdarhnaah hian Lahiri Mahasaya hi mihring chhandamtu zingah a tel a ni.

Zâwlnei anga a danglamna chu a practical stress-ah a awm a, chu chu method chiang tak, *Kriya*, a vawi khat nan mipa zawng zawng tan yoga zalenna kawngkhar hawnsak a ni. A nunah thilmak tih loh chu *Yogavatar hian* yoga hmân lai thil buaithlak tak takte chu tihhniamna kawngah thilmak zawng zawng chungnung ber a thleng ngei ang mi pangngai hriatthiam theih loh khawpa awlsamna tangkai tak.

Thilmak chungchang sawiin Lahiri Mahasaya chuan, "Mipuiin a tlangpuiin an hriat loh dan fiah lo tak takte hnathawh dan hi vantlang hmaah sawiho emaw, inthliarna dik tak awm lovin tihchhuah emaw tur a ni lo," a ti fo thin. Heng phek-ah hian a fimkhur thute chu ka bawhchhiat niin ka lang a nih chuan, chhungril lama inrintawkna min pek vang a ni. Tin, Babaji, Lahiri Mahasaya, leh Sri Yukteswar-te nun record-naah hian thilmak thawnthu dik tak tam tak, ziaak tel lo chuan telh theih loh tur, chutiang bawkin, abstruse philosophy sawifiahna volume pawh telh theih loh chu paih chhuah a \ha ka ti hle bawk.

Mipa thar tan beiseina thar! "Pathian inpumkhatna," tiin *Yogavatar chuan* a puang a, "mahni thawhrimna hmangin a awm thei a, . leh hi lo dependent a ni chungah theological tih a ni rinna te emaw chungah chumi awmzia nei lo duhdan tan ani Cosmic lam thil a ni Dictator a ni."

Kriya chabi hman hman hian mipa tu pawh Pathian nihna ring tura mahni in hruai thei lote chuan a tawpah chuan anmahni Pathian nihna famkim chu an hmu ang.

35-1 : 1.1. *Matthaia* 3:15-ah a awm.

35-2 : Bible thu tam takah chuan piantharna dan chu hriatthiam leh pawm a ni tih a lang. Reincarnational cycles hi mihringte awmna evolution state hrang hrangte sawifiahna dik zawk a ni a, khawthlang lam theory tlanglawn tak, thil pakhat (consciousness of egoity) chu engmah lo atanga lo chhuak, degree hrang hranga awm anga ngaih ai chuan tan lustihood tih hi a ni tan sawmthum emaw sawmkua kum, leh tichuan arawn let leh a ah chumi dik tak ruak. Chumi ngaihtuah theih loh nihphung tan chutiang a void hi medieval Schoolman thinlung ti lawmna tur harsatna a ni.

35-3 : 1.1. *Malakia* 4:5-ah a awm.

35-4 : 1.1. "Hmaah ani," chu chu, : "hmaah

chumi Lalpa." 35-5: *Luka* 1:13-17.

.ah hian: *Matthaia* 17:12- 13-ah a awm 35-6

.ah a awm a: *Matthaia* 11:13- 14-ah a awm-35-7

.ah hian: *Johana chuan* 1:21-ah a awm 35-8

.ah hian: II *Lalte* 2:9- 14-ah a awm 35-9

35-10 : 1.1. *Matthaia* 17:3-ah a awm.

35-11 : 1.1. *Matthaia* 27:46- 49-ah a awm.

35-12 : 1.1. "Engtin tam tak sorts a ni tan thihna hi chhung kan taksa te! Engmah hi chutah chuan mahse thihna." -*Martin Luthera, 1999. chhung "Table- Thusawi rawh."*

35-13 : 1.1. Chumi hotu tawngtai a ni tan chumi Mohammed mite, . atlangpuin a ti leh a pali emaw panga vawi tam tak nitin.

35-14 : 1.1. "Zawng thudik chhung inggaihtuah muk, lo chhung moldy a ni lehkhahu te. En chhung chumi van ah zawngghmu chumi thla, lo chhung chumi pond."- *Persia Thufing.*

35-15 : 1.1. Angin *Kriya chuan Yoga hmanga tih a ni* hi thei tan tam tak subdivision hrang hrang, . Lahiri a ni Mahasaya chuan a ti a fing takin a sifted a pawn pali step hrang hrang a awm khawi ani a hre Chiang hle marrow pawimawh tak tak awmna, leh a taka hmannaah hlutna sang ber nei te ni turin.

35-16 : 1.1. Thildang title hrang hrang a awm pek a ni chungah Lahiri a ni Mahasaya chuan a ti a tu ani zirtirte an ni an *Yogibar a ni* (a ropui ber tan yoga thiamte), . *Yogiraj chuan a rawn ti a* (lal tan yogis), leh *Munibar (mi thianghlim ropui ber) te, chutah chuan Yogavatar* (yoga tisaa lo piang) ka dah tel baw .

35-17 : 1.1. Ani nei pek, a vaiin, . sawmthum leh panga a ni kum tan thawhna chhung pakhat pawl tan chumi sawrkar.

35-18 : Hmanlai Sanskrit treatise-ah hian thing leh mau hriatna zau tak a awm a. Himalayan herbs te hi rejuvenation treatment ah an hmang a, chu chuan khawvel ngaihven a hlawh hle a, kum 1938 khan Pundit Madan Mohan Malaviya, 1999 ah he method hi hman a ni. Kum 77 mi a ni Vice-Chancellor hna a thawk a ni tan Benares chuan a rawn ti a Hindu a ni Zirna sang. Ah ani hriatneng tlak chin, chumi chhinchhiah mi thiam tak a ni a hmu leh ta ni 45 chhungin a hriselna, a chakna, a hriatnengna, a mit hmuh dan pangngai; ha set thumna chhinchhiahna a lo lang a, chutih lai chuan wrinkles zawng zawng chu a bo vek thung. Chumi herbal hmanga siam a ni tihdamna, hria angin *Kaya Kalpa* , . hi pakhat tan 80 a ni tleirawl thar lehna hmanraw hrang hrang a sawifiah a ni chhung Hindu a ni *Ayurveda hmanga tih a ni* emaw, damdawi lam science emaw a ni thei baw. Pundit Malaviya hian Sri Kalpacharya Swami Beshundasji kutah enkawlina hi a nei a, ani hian kum 1766 chu a pian kum a nih thu a sawi. Kum 100 aia upa a nihzia tilangtu document a nei a; *Associated Press* reporter-te chuan kum 40 vel a ni tih an sawi.

Hmanlai Hindu treatises-ah chuan medical science chu branch 8-ah an then a: *salya* (surgery); *salakya* (kawng chunglam natna); *kayachikitsa a ni* (damdawi dik tluang); *bhutavidya tih a ni* (rilru hri); *kaumara* (fimkhur rawh tan nausen lai); *agada* (toxicology) (toxicology) a ni a; *Rasayana* (dam rei theihna); *Vagikarana* (tonic) tih a ni. Vedic doctor-te chuan surgical instrument nalh tak tak an hmang a, plastic surgery an hmang a, an hrethiam damdawi lam hmanraw hrang hrang ah counteract a ni chumi nghawng a nei tan tur gas, . perform a ni Caesarean hmanga tih a ni section hrang hrangah a awm leh thluak operations, ruihhlo dynamization lama thiam tak an ni. Kum zabi 5-na BC-a Damdawi thiam lar .tak Hippocrates-a chuan a materia medica tam tak hi Hindu source alangin a lo la a ni

35-19 : East Indian margosa kung a ni. Tunah chuan a damdawi hlutna chu khawthlang ramah hriat a ni ta a, chutah chuan bitter *neem* bauh hi hmang angin ani tonic, . leh chumi tel atangin chi chi hrang hrang leh thei nei ni hmu tan a tawp ber hlutna chhung chumi tihdamna tan phar leh natna dangte.

35-20 : "Tun hnaia Indus valley-a archaeological site atanga laihchhuah seal engemaw zat, kum sangthumna hun laia hriat theih." BC, 1999 khan. lantir figure te a ni thut lai a ni chhung ngaihtuahna seng (meditative) a ni postures (postures) te tunah hmang chhung chumi tihdan tan Yoga, 1999 a ni. leh warrant a ni chumi inference chuan chutih lai pawh chuan Yoga rudiments thenkhat chu hriat tawh a ni. Studied methods hmanga systematic introspection hi India ramah kum sang nga chhung zet hman a ni tawh tih hi a dik lo takin kan siam thei lo mai thei. India nei changkang Chiang hlu sakhaw thil rilru put hmangte tan rilru leh ethical lam hawi ngaihdan (notions) te khawi hi danglam, hmunah tlem ber

nunna atana an hmanna zau takah. Chung zinga pakhat chu intellectual belief-doctrine- chungchanga zawhnaah inggaihtlawmna a ni a, chu chu khawthlang ramte tan chuan mak tak a ni a, kum zabi tam tak chhung chu thurin dik lo (hersy-hunting) a awm fo tawh a, hnam hrang hrangte inkara thisen chhuak indona pawh a tawp ta a ni sectarian a ni inelna (rivalries) a ni an tih fo thin."-Extracts atangin chu thil tu Professor a ni W. Norman-a chuan a rawn ti a Uk chhung chumi Maithei, 1939 khan a lo piang a buaina American Council of Learned Society, Washington, DC -a *Bulletin- ah a ziaak a ni*

35-21 *Sartor Resartus*- a Carlyle-a thil hmuhchhuah hi a ngaihtuah a : "Mak ti thei lo, mak ti lo (leh biak) thin mipa chu Royal Societies chhiar sen loh president a ni em, a phur ani epitome a ni tan zavai

laboratory-ah te dah a ni leh observatory-ah te, . nen an rahchhuah, chhung ani mal lu,-a ni mahse ani kawppui tan
".spectacles a ni hnungah khawi sawtah hi mit nei lo

BUNG: 1.1. 36. A rilru a hah lutuk

Babaji chuan a ti a Duhzawng Chhung Chumi Chhim lam

"Hotu, ti tawh nangmah reng intawh Babaji chuan?"

Serampore khawpuiah chuan thlasik zan reh tak a ni a; hermitage chhawng hnihna balcony-a Sri Yukteswar-a bula ka thut lai chuan tropics arsi lian tak takte chu kan lu chungah a rawn eng chhuak a.

"Awle." Master chuan ka zawhna direct chu a nui suk a; a mit chu zahna nen a eng chhuak ta. "Vawi thum lai chu thi thei lo guru ka hmuh hian malsawmna ka dawng tawh a. Kan inhmuh hmasak ber chu Allahabad-ah *Kumbha Mela -ah a ni* ."

Tun hma atanga India rama sakhaw lam fair neih thinte hi *Kumbha Melas tia hriat a ni a* ; thlarau lam thiltumte chu mipui hmuh theih rengah an vawng reng a ni. Hindu rinawm tak takte chu kum ruk danah maktaduai tam takin an pungkawm a, sadhus, yogis, swamis, leh ascetics chi hrang hrang sang tam tak an hmu thin. Mi tam tak chu *mela-a tel* leh khawvel mipa leh hmeichhia te hnena malsawmna hlan tih loh chu an awmna hmun hla tak tak chhuahtsan ngai lo hermit an ni .

"Babaji ka hmuh lai khan swami ka ni lo," tiin Sri Yukteswar chuan a sawi chhunzawm a. "Mahse, Lahiri Mahasaya hnen atangin *Kriya* initiation ka dawng tawh a . January, 1894-a Allahabad-a inkhawmpui *mela- a tel turin min fuih a*. *Kumbha ka tawn hmasak ber a ni* ; mipui au thawm leh surge ri chuan ka rilru a buai deuh niin ka hria. Ka chhehvel zawng zawngah chuan master hmel eng mah ka hmu lo. Ganges lui kamah bridge ka paltlang lai chuan, Ka bulah hian ka hmelhriat pakhat a ding tih ka hmu a, a dilna bawm chu a inzar pharh a.

"'Aw, he fair hi thawm ri leh diltu buaina mai mai a ni lo,' tiin beidawng takin ka ngaihtuah a. 'Mihringte tana thil \ha tihna atana hriatna ramte dawhthei taka tizautu khawthlang lam scientist-te hi heng sakhaw neia inchhal, mahse thilpek lama rilru pe tak takte hi Pathian lawmawm zawk an ni lo em ni ang tih ka ngaihtuah a ni .'

"Social reform chungchanga ka ngaihtuahna meikhu tak takte chu ka hmaa ding sannyasi sang tak aw chuan a titawp a ni."

"'Ka pu,' a ti a, 'mi thianghlim

pakhatin a ko che a ni.' "'Tunge a

nih?"

"Lokal leh hmu tan nangma.'

"Inhnial hmel zet hian." zui hei laconic a ni thurawn, Ka vat hmu keimah hnai ani thingkung tu ber branch hrang hrangah a awm an

zirtir pawl hmuhdawm tak takte nena guru pakhat inkhuartir. Master, hmel danglam tak, mitmeng dum hring dup tak, ka hnaih lai chuan a tho a, min rawn kuah a.

"Welcome, Swamiji,' duhawm takin a ti a.

"Sir,' tiin nget takin ka chhang a, '

Swami *ka ni lo,' ka ti a.*

"Pathianin "swami" tih hming pe tura min tihte chuan an paih chhuak ngai lo.' Mithianglim chuan awlsam takin min bia a, mahse a thusawiah chuan thutak rinna thuk tak a ri a; Chutianga min chawimawitu mihring ang maia ropui leh vantirhkoh ang maia lang chu ke bulah chuan ka kun a .

"Babaji-for it was indeed he-motioned me to a seat near him under the tree. A chak a, a naupang hle baw a, Lahiri Mahasaya ang mai a ni baw; chuti chung chuan a inangna chuan min ti lo, pu pahnih hmel inang lo tak takte chu ka hre fo tawh nachungin. Babaji." mi rilruah ngaihtuahna bik eng pawh lo chhuak lo tura a ven theihna thiltihtheihna a nei a ni. Guru ropui tak chuan a nihna hriatna avanga hlau lutuk lo, a hmaah chuan pianpui famkim nih min duh a ni tih a chiang hle.

'? Engnge ti nangmah ngaihtuah tan chumi *Kumbha Mela*'"

"Ka lungawi lo hle a ni, ka pu.' Hmanhmawh takin, 'Ka hmuh che thleng khan engtin emaw tak chuan mi thianglim leh he buaina hi an inzawm lo niin a lang,' ka ti leh a.

"Naupang,' a pu chuan a kum a let hnih vel zeta upa ka nih hmel viau nachungin, 'mi tam takte dik lohna avang hian a pum pui hi ngaihtuah suh. Lei chung a thil awm zawng zawng hi mizia inhmehtak, hnim leh sugar inzawm ang mai a ni. Sugar chauh man a, sand chu khawih lohvin a hnutchhiah thin rulhut fing ang ni rawh. Hetah hian sadhu tam tak chu bum takin an la vakvai tho nain, chuti chung chuan *mela chu* malsawmna a dawng a ni Pathian- hriatna mi tlemte .' "

"Chhung thlir tan ka nei inhmukhawm nen hei chawimawi a ni hotu, Ka rang takin tiin a remti a nen ani hmuhdan.

"Sir,' ka comment a, 'Khawthlang lam scientific mipa, hetah hian mipui tam zawk pungkawm aiin finna lamah nasa zawkin, Europe leh America hla takah awm, rinna hrang hrang nei, tuna mi ang *mela hlutna tak tak hre lote hi ka ngaihtuah fo thin.* *Anni hi chu an ni* India ram pu te nena inhmukhawmna hmanga hlawkna nasa tak nei thei mipa te. Mahse, finna lama hlawhtlinna sang tak nei mah se, khawthlang mi tam tak chu thil neih duhna (materialism) rank turin an innei a ni. Mi dangte, science leh philosophy lama hmingthang tak takte chuan sakhaw lama inpumkhatna

pawimawh tak chu an hre lo. An rinnate chu kan laka chatuana inthen darh thei tur daltu, hneh theih loh angin a thawk a ni.'

'''Khawthlang lam i ngaihven tih ka hmu a, chutiang bawkin Khawchhak lam pawh i ngaihven bawk.' Babaji hmel chu remtihna a eng chhuak a, 'I thinlung natna chu ka hre ta a, mipa zawng zawng tan pawh a zau tawh a, Oriental emaw Occidental emaw pawh nise.

"Khawchhak leh khawthlang hian thiltih leh thlarau lam thil inzawmkhawmna kawng rangkachak lar tak a din a ngai a ni,' tiin a sawi chhunzawm a ni. 'India hian khawthlang lam a\angin thil tihmasawn kawngah hian zir tur tam tak a nei a; chu a let lehna atan chuan India hian khawthlang ramte'n an sakhaw rinna chu yoga science lungphum nget lo tak takah an din theihna tur universal methods te chu a zirtir thei a ni.'

"Nang, Swamiji, Orient leh Occident inkara inremna lo thleng turah hian chanvo i nei a ni. Kum engemaw zat hnuah chuan khawthlang lama yoga thehdarhna atana i zirtir theih tur zirtir ka rawn tir ang che. Chutah chuan thlarau lam zawngtu thlarau tam tak vibrations chu tuilian ang maiin ka hnenah a lo thleng a. America leh Europe-a mi thianghlim ni thei turte ka hmu a, harh chhuah nghah an ni.'

Hmunah hei kaw k chung ani thawnthu, Sri Yukteswar a ni a hawi let a ani gaze rawh a famkim chungah ka ta.

"Ka fapa," thla eng hnuaiah chuan nui chung hian a ti a, "nang hi chu, kum tam tak kalta khan Babaji-a'n min tir tura a tiam zirtir kha i ni," a ti a.

Babaji chuan ka ke pen chu Sri Yukteswar lam a pan tih ka hriat chuan ka lawm hle a, chuti chung chuan khawthlang ram hla takah, ka guru duh tak leh hermitage remna awlsam tak atanga hla takah ka awm tih ka mitthla a harsa hle.

"Chutah chuan Babaji chuan *Bhagavad Gita chungchang a sawi a* ," Sri Yukteswar chuan a sawi chhunzawm a. "Ka mak tih ber chu, *Gita* bung hrang hranga hrilhfhahna ka ziah thu a hriat chian thu fakna thu tlemte hmangin a hriattir a ni ."

"Ka ngenna angin, Swamiji, khawngaihin hna dang thawk leh rawh,' tiin master ropui chuan a ti a. 'Kristian leh Hindu lehkhabu inpumkhatna bulpui ber chungchang lehkhabu tawi i ziak dawn lo em ni? Pathian thawk khum fate pawhin thudik inang an sawi tih, tunah chuan mihringte pawl hrang hrang inthliarnain a khuh bo tawh tih hi parallel reference hmangin lantir rawh.'

"Maharaj,' a ti a. **36-2 a ni** Ka tiin a chhang a diffident takin, . 'engnge ani thupek! Ang Ka ni thei ah tihlawhtling rawh chumi?'

"Babaji chu a nui zawih zawih a. 'Ka fapa, engvangin nge i rinhlelh?' a ti thlamuang hle a ni, 'Tih tak zetin, He thil zawng zawng hi tu hnathawh nge ni a, Lalpan min sawi tir apiang chu thutak angin a lo lang chhuak ngei ang,' a ti a.

"Mi thianghlim malsawmna avanga chakna neiah ka inngai a, lehkhabu ziah chu ka remti ta a. Inthenna hun a lo thleng tawh tih hreh chungin ka thutna hnah hring atang chuan ka tho ta a ni."

"Lahiri i hria em?' **36-3 a ni** master chuan a zawt a. 'Thlarau ropui tak a ni lawm ni?'

Kan inhmuhkhawmna chanchin kha hrilh rawh.' Chumi hnuah Lahiri Mahasaya tan thuchah min pe a.

"Inngaitlawm taka ka chibai hnu chuan mi thianghlim chuan ngilnei takin a nui a. 'I lehkhabu a zawh hunah chuan ka tlawh ang che,' tiin a tiam a. 'Tun dinhmunah chuan good-by.'

Kumbha Mela -ah mi thianghlim mak tak chanchin chu ka leihbuak a ."

"Aw, i hre lo em ni?" Lahiri Mahasaya mitmeng chu nui chungin a zai a, 'I thei lo tih ka hmu a, a khap che a ni.

"Babaji! Ka ti leh a, mak ti takin 'The Yogi-Christ Babaji! Hun kal tawh chu ka hrechhuak thei a, a hmaah vawi khat ka awm leh thei a, a lotus-a ka inpekna lantir nan ke!'

"Ngai lo rilru,' Lahiri a ni Mahasaya chuan a ti a sawi thlamuanthlak takin. 'Ani nei a tiam a ni ah hmu nangmah leh.'

"Gurudeva, Pathian pu chuan thuchah pe turin min ti a. "Lahiri hnenah hrilh rawh," a ti a, "tunah chuan he nun atana thiltihtheihna dahkhawm chu a tlachham tawh a; a zo tawh mai dawn a ni."

"Heng thu thuruk ka sawi hian Lahiri Mahasaya hmel chu lightning current-in a khawih ang maiin a khur a. Thla khat chhungin a chanchin zawng zawng chu a reh vek a; a hmel nuihzatthlak tak chu rin loh takin a khauh ta hle mai. Thing lem ang maiin, a thutna, a taksaah chuan a lungngai a, a che thei lo rawng nei lo a lo ni ta. Ka hlauthawng a, ka buai hle bawk. Ka nunah hian he thlarau hlim tak hian hetiang gravity rapthlak tak hi a lantir ka la hmu ngai lo. Zirtîr dang awmte chuan hlauthawng takin an en reng a.

"Darkar thum chu ngawi rengin a liam ta a. Tichuan Lahiri Mahasaya chuan a pianpui, hlim taka a awm dan chu a chhunzawm leh a, chela pakhat zel chu hmangaihna takin a bia a. Mi zawng zawng chuan thlamuang takin an thaw chhuak vek a."

"Ka pu chhân lêtna aţang chuan Babaji thuchah chu signal by tihsual theih loh a ni tih ka hrechhuak." chu chu Lahiri Mahasaya chuan a taksa chu rent lohvin a awm thuai dawn tih a hrethiam ta a ni. A ngawih rengna mak tak chuan ka guru chuan a nihna chu a thunun nghal vek a, thiltihtheihna khawvel nena a inzawmna hrui hnunung ber chu a titawp a, Thlarau lama a nihna nung reng tur lamah a tlanchhia tih a finfiah ta a ni. Babaji thusawi chu a sawi dan a ni tawh: 'I bulah ka awm reng ang' a ti.

"Babaji leh Lahiri Mahasaya te hi engkim hre vek ni mah se, keimah emaw, inkara palai dang emaw hmanga inbiak pawhna mamawh lo mah se, mi ropui tak takte chuan mihring drama-ah hian chanvo chang turin an inngaitlawm fo thin. A chang chuan an hrilhlawknate chu palai kaltlangin kawng pangngai takin an thawn chhuak thin a, chutiang chuan an thusawi tihhlawhtlinna hnunung ber chuan a hnua zir chhuaktu mihringte zingah Pathian rinna nasa zawk a thlen thei a ni." thawnthu.

"Benares ka chhuahsan thuai a, Babaji-a ngenna Pathian Lehkha Thu ziak chungchangah Serampore-ah hna ka thawk ta a ni," tiin Sri Yukteswar chuan a

sawi chhunzawm a. "Ka hna ka thawh tan meuh chuan thi thei lo guru tana inhlanna hla ka phuah thei ta a ni. Chu line thlum tak takte chu ka pen atang chuan theihtawp chhuah lovin a luang chhuak a, mahse tun hmain Sanskrit poetry hi ka la tum ngai lo."

"Chhung chumi reh tan zan Ka a buai hle keimah chungah ani khaikhinna tan chumi Bible leh chumi Pathian Lehkha Thute *Sanatan Dharma* chungchang a ni . **36-4 a ni** Malsawm Lal Isua thusawi chu la chhuakin a zirtirna chu a bul berah chuan Veda thupuan nen a inmil tih ka lantir a *ni* . Ka thlamuanna ber chu ka lehkhabu chu a hun rei lote chhung; He malsawmna rang tak hi ka *Param-Guru-Maharaj* khawngaihna vang a ni tih ka hrechhuak ta a ni . **36-5 a ni** Bungte hi *Sadhusambad* journal-ah a lo lang hmasa ber a; a hnuah chuan ka Kidderpore zirtir zinga pakhat chuan mimal takin lehkhabu angin a print ta a ni.

"Ka literature lama ka thawhrimna ka zawh hnu zingah chuan," Master chuan a sawi chhunzawm a, "Rai lam panin ka kal ta a ni," a ti a Ghat hetah hian Ganges-ah inbual turin. Ghat chu a thim vek tawh a; Rei vak lo chu ka ding reng a, ni chhuak thlamuanna chu nuam ka ti hle. Tui eng mawi takah chuan ka inbual hnu chuan in lam panin ka chhuak ta a. Ngawi renga thawm awm chhun chu ka Ganges-a hnim puan, ka ke pen apianga swish- swashing ri a ni. Lui kam bula banyan thing lian tak awmna hmun ka pelh lai chuan rilru natna nasa tak chuan hnunglam hawi turin min fuih a. Chutah chuan banyan thlazar hnuaiah leh zirtir tlemtein an hual vel chu Babaji ropui tak chu a thu a!

"Chibai, Swamiji!' Master aw mawi tak chuan ka mumang a ni lo tih min tiam a, 'I lehkhabu chu hlawhtling takin i zo tawh tih ka hmu a, lawmthu sawi turin ka lo kal a ni.

"Thinlung na tak tak nen a ke bulah chuan ka bawkkhup kim vek a. 'Param-guruji,' ngenna chungin ka ti a, 'nang leh i chela te hian ka in bula awm chu in awmna hmangin in chawimawi dawn lo em ni?'

"Supreme guru chuan nui chungin a hnawl a. 'Ni lo, naupang,' a ti a, 'thing inhumhimna duh mi kan ni a; he hmun hi a nuam khawp mai' a ti a.

"Khawngaihin rei vak lo awm rawh, Master.' 'Sa thlum bik nen karawn let leh nghal ang' tih chu ngenna nen ka en reng a.

"Minute tlemte hnua chaw tui tak dish khat kenga ka lo haw chuan lordly banyan chuan celestial troupe chu a humhim tawh lo. Ghat vel chu ka zawng vek a, mahse ka thinlungah chuan band te tak te chu etheric wings-ah an tlanchhia tawh tih ka hria."

"Ka rilru a na hle. 'Kan inhmu leh a nih pawhin a biak pawh ka ngaihtuah lo ang,' tiin ka in tiam a. 'Hetiang taka min kalsan nghal mai hi a ngilnei lo hle a ni.' Hei hi hmangaihna thinurna a ni ngei ang, chu aia tam chu a ni lo.

"Thla engemaw zat hnua Benares-a Lahiri Mahasaya ka tlawh a. A parlor te tak te ka luh rual chuan ka guru chu chibai bukin a nui suk a."

"Welcome, Yukteswar,' a ti a. 'Ka room kawngka bulah Babaji i hmu chauh em ni?' "'Engvangin nge, ni lo,' mak ti zet hian ka chhang a."

"Hetah lokal teh.' Lahiri Mahasaya chuan ka hmaiah zawi zawiin min khawih a, wawi khatah chuan, kawngka bulah chuan, Babaji hmel, lotus famkim ang maia par chhuak chu ka hmu ta a.

"Ka hliam hlui kha ka hrechhuak a, ka kun lo. Lahiri Mahasaya chuan mak ti zet

hian min en a. "Divine guru chuan mitmeng hriat theih lohvin min en a. 'Ka lakah i thinrim hle mai.'

"Ka pu, engvangin nge ka nih loh ang?' Ka chhang a, 'Thli atang chuan i magic group nen i lo kal a, boruak thianghlim takah chuan i bo ta a ni.'

"Ka hmu dawn che tih ka hrilh che a, mahse eng chen nge ka awm dawn tih erawh ka sawi lo.' Babaji chuan zawi te hian a nui a, 'I rilru hah lutuk chuan ether-ah chuan ka thim tawh hle tih ka tiam a che .'

"He hrilhfhahna mawi lo tak hian min ti lungawi nghal vek. A ke bulah chuan ka bawkkhup a; supreme guru chuan ngilnei takin ka kekawr ipteah min rawn fawp a."

"Naupang, i ngaihtuah tam zawk tur a ni,' a ti a. 'I mitmeng chu a la dik lo-ni êng hnuaia inthup hi i hmu thei lo.' Heng thute hi van lam flute aw-ah chuan Babaji chu êng thup chhungah chuan a bo ta a ni.

"Chu chu ka guru hmu tura Benares ka tlawh hnahnun ber zinga mi a ni," tiin Sri Yukteswar chuan a sawi chhunzawm a. "Babaji-a'n *Kumbha Mela* -a a lo sawi lawk tawh ang bawkin , Lahiri Mahasaya-a in neitu-incarnation chu a tawp dawn ta a ni. Kum 1895 nipui lai khan a taksa nghet tak chuan a hnungzang-ah boil te tak te a nei a. Lancing dodalna a dodal a; a zirtir thenkhat karma sual chu a tisa ngeiin a work out a. A tawpah chuan chela tlemte chu a insistent hle ta a; a pu chuan.".. .. tiin thuruk takin a chhang a:

"Chumi taksa nei ah zawnghmu ani chhan ah kal; Ka duhdan ni pawm a ni ah engpawhnise nangmah duh ah ti.'

"Hun rei vak lo hnuah chuan tehkhin rual loh guru chuan Benares-ah a taksa chu a hlan ta a. A parlor te tak teah chuan ka zawn a ngai tawh lo; ka dam chhung ni tin hi a hmun tina awm a kaihhruainain malsawmna ka dawng tih ka hmu thin.

Kum tam tak hnuah Swami Keshabananda hmu atang chuan, **36-6** zirtir hmasawn tak ka nih avangin Lahiri Mahasaya boral chungchang chipchiar tak tak mak tak tak tam tak ka hre ta a.

"Ka guru-in a taksa a chhuahsan hma ni engemaw zat kalta khan," Keshabananda chuan min hrilh a, "Hardwar-a ka hermitage-a ka thut lai khan ka hmaah a insiam a ni," a ti.

"Lokal hmunah vawikhat ah Benares chuan a ti a.' Nen hengte thumalte Lahiri a ni Mahasaya chuan a ti a a bo ta.

"Benares tan ka entrain nghal a. Ka guru inah chuan zirtir tam tak inkhawm ka hmu a. Chumi ni chuan darkar tam tak **36-7 chhung.**" master chuan *Gita chu a hrilhfhah a ;* tichuan, awlsam takin min rawn bia a.

"KA ni kal in.'

"A tap a." tan lungngaihna keh pawn duh chu do theih loh torrent a ni.

"Thlamuan rawh; ka tho leh ang.' He thu a sawi hnu hian Lahiri Mahasaya chuan a taksa chu vawi thum a herh kual a, a lotus posture-ah hmar lam a hawi a, ropui

takin final maha- samadhi -ah a lut ta-a ni

"Lahiri Mahasaya ruang mawi tak, devotee-te duh em em chu solemn takin halral a ni." householder rites at Manikarnika Ghat by the holy Ganges," Keshabananda chuan a ti chhunzawm a. "A tuk zing dar sawm velah Benares-a ka la awm laiin ka room chu êng nasa takin a luah khat a. Lo! ka hmaah chuan Lahiri Mahasaya tisa leh thisen pianzia chu a ding a! A taksa hlui ang chiah chiah a ni a, a naupang zawk leh eng zawka lang tih loh chu. Ka divine guru chuan min rawn bia a.

"Keshabananda,' a ti a, 'keimah hi ka ni. Ka taksa halral tawh atom chhe tawh tak tak atang chuan a pianphung siam thar ka kaitho ta a ni. Khawvela ka in neitu hna chu tihfel a ni tawh; mahse leilung hi ka chhuahsan vek lo. Tun atang chuan Himalaya tlangah Babaji nen hun engemaw chen ka hman dawn a, Babaji nen pawh cosmos-ah hun engemaw chen ka hman dawn a ni.'

"Ka hnena malsawmna thu tlemte nen chuan master transcendent chu a bo ta. Thlarau mak takin ka thinlung a luah khat a; Krista zirtirte leh Kabir **36-9- a zirtirte ang bawkin Thlarau lamah ka chawisang ta a ni.**" taksa thih hnua an guru nungte an en tawh lai khan.

"Hardwar hermitage hmun hla takah ka kir leh chuan," Keshabananda chuan a ti chhunzawm a, "Ka guru vut thianghlim chu ka keng tel a. Spatio-temporal cage atang chuan a tlanhhuak tawh tih ka hria; hmun tina awm sava chu zalenna a ni tawh. Mahse, a ruang thianghlim dahkhawm chu ka thinlung a thlamuan a ni," a ti.

Zirtir dang pakhat, a guru thawhleh hmuh avanga malsawmna dawngtu chu mi thianghlim Panchanon Bhattacharya, Calcutta Arya Mission Institution dintu a ni.
36-10 ah a awm

Panchanon-a chu Calcutta-a a chenna inah ka tlawh a, a pu nena kum tam tak a awm chhung chanchin chu lawm takin ka ngaithla a. Thutawp atan chuan a nunah thil thleng mak ber min hrilh a.

"Hetah hian Calcutta-ah hian," Panchanon chuan a ti a, "a ruang hal hnu zing dar sawm velah chuan Lahiri Mahasaya chu ropuina nung takin ka hmaah a rawn lang ta a ni," a ti a.

Swami Pranabananda, "taksa pahnih nei mithianghlim" pawhin amah ngeiin a chunglam thil tawn chipchiar tak chu min hrilh bawk.

"Lahiri Mahasaya-a'n a ruang a chhuahsan hma ni engemaw zat chu," Pranabananda chuan ka Ranchi sikul a tlawh lai khan min hrilh a, "A hnen atangin lehkha ka dawng a, Benares-a lo kal nghal turin min ngen ka guru hmel eng mawi tak.

"'Engati nge hmanhmawh ah Benares-a chu maw?' a ti a. Lahiri a ni Mahasaya chuan a ti a sawi, a nui suk a. 'Nangmah ang zawngghmu keimah sawtah Aih rei zawk a ni.'

"A thusawi pawimawhzia ka hriat chian rual chuan, inlarnaah chauh ka hmu tih ringin thinlung kehchhiain ka tap a."

"A pu chuan thlamuang takin min rawn pan a. 'Hetah hian, ka tisa hi khawih rawh,' a ti a. 'Ka nung reng a, a hma ang bawkin. Lungngai suh; chatuanin i hnenah ka awm lo em ni?'"

Hêng zirtîr ropui pathumte hmui a\ang hian thutak mak tak chanchin a lo chhuak ta a ni: Zing dar sawm, Lahiri Mahasaya ruang chu meialh hnuaia dah a nih hnu ni khatah chuan, a pu tho leh chu taksa tak tak, mahse a pianphung danglam takah chuan zirtir pathum hmaah a rawn lang a, khawpui hrang hrangah an awm ve ve a ni.

"Chuvangin engtikah hei a chhe thei ang nei dah chungah chhe lo, . leh hei thi thei ang nei dah chungah

thih theih lohna, chutichuan, Thihna chu hnehna a ei zo ta, tih thu hi a lo thleng ang. Aw thihna, khawiah nge i chil chu? Aw thlan, khawiah nge i hnehna chu?" **36-11**

.....

36-1 : 1.1. Sri Yukteswar a ni tawh a hnuah formal takin a ni initiate a ni chhungah chumi Swami chuan Thupek tu

chumi *Mahant chuan a rawn ti a* (monastery) a ni lu) tan Buddh a ni Gaya. 36-2: "Lal Ropui"-zahawmna hming.

36-3 : 1.1. ANI guru tih hi a ni atlangpuiin a kaw k a ni ah ani nei zirtir a ni awlsam takin tu ani hming, tih loh a ni engpawh nihna. Chuvangin, Babaji chuan sawi "Lahiri," tiin. "Lahiri Mahasaya" tih ni lovin.

36-4 : 1.1. A ngial a ngan chuan, "chatuan sakhua," chumi hming pek ah chumi taksa tan Vedic hmanga siam a ni zirtirnat a ni. *Sanatan Dharma a ni* nei lokal ah ni *Hindu* sakhua tia koh a ni atang khan chumi hun tan chumi Grik mite an ni tunge designated a ni chumi mi chungah chumi bank hrang hrangah a awm tan chumi lui Indus-ah a awm a angin *Indoos* , . emaw *Hindu te chuan an* . *Hindu* tih thumal hian a dik taka sawi chuan *Sanatan Dharma emaw Hinduism emaw* zuitute chauh a kaw k a ni . *Indian* tih thumal hi Hindu leh Mohammedan leh India ram chhunga *cheng dangte tan pawh a inang tlangin a hman theih bawk (chuan Columbus-a geographical error buaithlak tak hmang pawhin, American Mongoloid aboriginal-te tan pawh a hman theih bawk)*.

India hming hlui chu *Aryavarta* , a awmzia chu, "Aryan-ho chenna hmun" a ni. Sanskrit tawng atanga *arya bul* chu "a tling, thianghlim, ropui" tih a ni. A hnu lama ethnological misuse-a *Aryan-a chu* thlarau lam ni lovin, taksa lam mizia sawina atan chuan Orientalist ropui tak, . Max Muller, kum 2019 a ni. ah sawi quaint takin: "Ah keimah chu hnam lam thiam (ethnologist) a ni tunge a ti a tan chu Aryan a ni intlansiak, Aryan a ni thisen, Aryan a ni mit leh sam, chu ".dolichocephalic dictionary emaw brachycephalic grammar emaw sawitu linguist ang maiin mi sual ropui tak a ni

36-5 : 1.1. *param-guru tih a ni* hi a ngial a ngan chuan "guru." supreme" tih a ni. emaw "guru." piahah," tihna a ni ani rinngil emaw inthlak danglamna tan zirtirtu te an ni. Babaji, 1999 a ni. chumi

.*guru tih hi a ni* tan Lahiri a ni Mahasaya, 1999 a ni. tawh chumi *param-guru tih a ni* tan Sri Yukteswar a ni

36-6 : 1.1. Ka tlawh ah Keshabananda chuan a rawn ti a ashram ah a awm baw k hi sawifiah a ni chungah pp. 405- 408 thleng a ni.

36-7 : 1.1. September 26, 26 a ni. 1895 khan a lo piang a hi chumi tarikh chungah khawi Lahiri a ni Mahasaya chuan a ti a kalsan ani taksa. Chhung ani tlem belh ni ani ang a piancham wawi sawmruk leh pariat an tling tawh.

36-8 : Khawchhak lam hawi, leh taksa wawi thum inher hi Vedic rite pakhata tel a ni a, chu chu engtikah nge tih hre lawk tawh master-te hman thin a ni chumi final a ni darkar hi lam ah vua tan chumi pawnlam taksa. Chumi hnunung ber ingaihtuah muk, laiin khawi chumi hotu a inzawm khawm thin amah ngei pawh Cosmic AUM-ah chuan, *maha* , a nih loh leh ropui, *samadhi* , *tia koh a ni* .

36-9 : Kabir hi kum zabi sawm leh paruknaa mi thianghlim ropui tak a ni a, a hnungzuitu tam takah Hindu leh Mohammedan te pawh an tel a ni. Chutih lai chuan tan ani thihna, chumi zirtirte an ni a inhnia a chungah chumi nunphung tan kaihruiatu a ni chumi invuina inkhawmpui neih thin a ni. Chumi a thinrim hle master chu a tho ta a atangin ani final a ni mu, leh pe ani inkaihhruiaina. "Chanve tan ka a la awm reng a ni ang ni phum tu chumi Moslem a ni rites te;" ani sawi, "a chanve dang chu Hindu sakramen hmangin halral ni rawh se." Chutah a bo ta a ni. Zirtirte chuan a ruang awmna bawm chu an hawn chuan rangkachak rawng champak pangpar mawi tak tak, mitmeng mawi tak mai chauh chu engmah hmuh tur a awm lo. Chhung zinga a chanve chu Moslem-te chuan thu awih takin an phum a, wawiin thleng hian a hmun thianghlim chu an zah hle.

Chhung ani tleirawl Kabir a ni tawh a rawn hnaih a tu pahnih zirtirte an ni tunge duhna thil tereuh te mifing kaihruiaina zuiin :chumi mystic a ni kawng. Master chuan awlsam takin a chhang a

Kawng presuppose a ni hlatzawng; Chuan Ani ni hnai, Aih kawng mamawh nang hmunah zavai. Tih tak zetin chumi"

"!siam a ni keimah nui Ah ngaithla tan ani sangha in tui tuihal

36-10 : 1.1. Panchanon a ni din, chhung ani acre sawm leh pasarih a ni huan hmunah Deogarh chuan a rawn ti a chhung Bihar, 1999 a ni. ani biakin a awm ani lung milim Lahiri khuua mi a ni Mahasaya chuan a ti a. Adang milim

tan chumi ropui hotu nei ni ruahman tu zirtirte an ni chung chumi te parlor a ni tan ani Benares chuan a rawn ti a in.

36-11 : 1.1. Ka *Korinth khuaa mite* 15:54- 55-ah a awm.

BUNG: 1.1. 37. A rilru a hah lutuk

Ka Kal Ah America ramah a awm

"America! Heng mite hi American an ni ngei ang!" Hei hi ka ngaihtuahna a ni a, ka chhungril lam thlir hmaa khawthlang lam hmel panoramic vision a kal pelh lai chuan.

Meditation-a inhnim pil chungin Ranchi sikul storeroom-a bawm leivut thenkhat hnungah ka thu a. Tlangvalte nena hun buaithlak tak karah chuan private spot hmuh a harsa hle!

Inlarna chu a chhonzawm zel a; mipui tam tak, **37-1** min en reng chungin, actor ang maiin stage of consciousness chu a rawn swep a.

Storeroom kawngkhar chu a inhawng a; a hma ang bawkin tlangval naupang pakhat chuan ka inthupna hmun chu a hmuchhuak tawh a. "Hetah hian lo kal rawh, Bimal," hlim zet hian ka tap a. "I tan thuthang ka nei e: Lalpan America ramah min ko a ni!" "America lam pan chuan?" Tlangval chuan ka thusawi chu "thla hnenah" ka tih ang maiin a rawn sawi nawn leh a.

"Ni e! America hmuchhuak turin ka chhuak dawn a, Columbus ang bawkin. India ram chu a hmu ta niin a ngai a; chu ram pahnih inkarah chuan karmic link a awm ngei ang!"

Bimal chu a tlan chhuak ta a; rei lo Leah school pum pui chu ke pahnih nei chanchinbu chuan a hriattir ta a ni. **37-2 a ni** Faculty buai tak takte chu ka ko a, school chu a charge-ah ka pe ta a ni.

"Lahiri Mahasaya-a yoga ideals of education chu engtik lai pawhin i hmaah i vawng reng dawn tih ka hria," ka ti a. "Ka ziaak fo ang che; Pathian remruat chuan engtikah emaw chuan ka lo kir leh ang."

Tlangval te leh Ranchi khawpui ni chhuahna hmuna acre zau tak takte chu a hnunung ber ka han en chuan ka mittui a tla a. Ka nunah hun bituk pakhat chu tunah chuan a khar tawh tih ka hria; chuta tang chuan ram hla takah ka awm tawh ang. Ka vision atanga darkar tlemte hnuaa Calcutta lam panin ka entrain a. A tuk

zingah chuan America rama International Congress of Religious Liberals-a India ram a\anga palai hna thawk tura sawmna ka dawng a. Chumi kum chuan Boston-ah American Unitarian Association kaihhruaina hnuaiah inkhawm tur a ni.

Ka lu chhung ani whirl, . Ka zawng pawn Sri Yukteswar a ni chhung Serampore a ni.

"Guruji, America rama sakhaw inkhawmpuiah thu sawi turin min sawm

chauh a ni. Ka kal dawn em ni?" "Kawngkhar zawng zawng chu i tan a

inhawng vek a ni," Master chuan awlsam takin a chhang a. "Tunah a ni tawh

emaw, engtikah mah a ni tawh lo emaw."

"Mahse, Ka pu," Ka sawi chhung lungngaihna, . "engnge ti Ka hria lam vantlang thusawi? Ngai lo nei Ka pek ani thusawi, .

leh ngai lo chhung Sap."

"Sap emaw Aih Sap, i thumalte chungah yoga tih a ni ang ni hria chhung chumi West."

Ka nui suk a. "Awle, guruji duh tak, American-ho hian Bengali an zir dawn lo tih ka ring lo! Khawngaihin English tawng harsatna tawhte chu min nawr luih tir teh." **37-**

3 a ni

Ka ruahmanna chanchin ka Pa hnena ka hrilh chuan a mak hle mai. A tan chuan America chu rin loh takin a hla hle niin a lang a; min hmu leh tawh lo mai thei tih a hlau hle.

"Engtin nge i kal theih ang?" a ti nghal zat a. "Tunge finance ang che?" Ka zirna leh nun pum pui senso chu hmangaihna nena a phurh avangin a zawhna chuan ka project chu zahthlak takin a titawp ngei ang tih a beisei tlat a ni.

"Lalpa chuan min finance ngei ang." He chhanna ka siam lai hian, hun rei tak kalta a Agra-a ka unaupa Ananta hnena ka pek tawh ang chiah kha ka ngaihtuah a. Bumna nasa tak nei lovin, "Ka pa, Pathianin min pui turin i rilruah a dah mai thei," ka ti leh a.

"Aih, ngai lo!" Ani a han melh a hmunah keimah khawngaihthlak takin.

Chuvangin, Pain, a tuk zingah, sum tam tak siam chhuah check min pek chuan mak ka ti hle.

"He pawisa hi ka pe che a ni," a ti a, "Pa ka nihnaah ni lovin, Lahiri Mahasaya zirtir rinawm ka nih angin," a ti a. Kal tichuan ah sawmi hla Khawthlang lam ram; tidarh sawtah chumi rinna nei lo zirtirnate a ni tan *Kriya chuan Yoga tih a ni*."

Pain a mimal duhzawngte chu rang taka a dah bo theihna rilru put hmang chuan ka rilru a khawih hle a ni. Ram dang zin duhna pangngai reng reng hian ka zin chhuahna tur a tichak lo tih hriatna dik tak chu a hma zan khan a lo thleng tawh a ni.

"He dam chhung hian kan inhmu leh tawh lo mai thei." Hetih lai hian kum sawmruk leh pasarih mi Papa chuan lungngai takin thu a sawi a.

Chu intuitive tak a ni thiam loh chantirna tiin a zawt a keimah ah chhang, "Tih tak zetin." chumi Lalpa duhdan keng keini huho vawikhat belh."

Master leh ka pianna ram chhuahsanin America tuipui kam hriat loh lam pan tura ka inbuatsaihna ka kalpui lai chuan hlauhna tlemte pawh ka tawng lo. Khawthlang lam boruak (materialistic Western atmosphere) chungchang thawnthu tam tak ka lo hre tawh a, chu chu India ram thlarau lam dinhmun nen a danglam hle a, mi

thianghlimte kum zabi khat chhunga aura-in a luah khat a ni. "Khawthlang lam zirtirtu, khawthlang lam boruak huaisen tur chuan Himalaya khaw lum eng pawh fiahna piah lamah a harsa tur a ni," ka ti a!

Zing khat chu ka tawngtai tan a, chhunzawm zel tura tumruhna nghet tak nen, tawngtai chung a thih pawh ni se, Pathian aw ka hriat hma loh chuan. Tunlai utilitarianism vur zingah ka bo lo ang tih A malsawmna leh rintlakna chu ka duh a ni. Ka thinlung chu America rama kal turin a inpeih tawh a, mahse chu aia chak zawk chu Pathian phalna thlamuanna hriat chu ka tum tlat a ni.

Ka tawngtai a, ka tawngtai a, ka tap chu ka titawp a. Chhanna a awm lo. Ka ngawi renga ngenna chu crescendo hrehawm takah a pung a, chawhnu lamah chuan zenith ka thlen thlengin; ka thluak chuan ka hrehawmnate nawrna chu a tuar thei tawh lo. Ka chhungril passion thuk zawk nen vawi khat ka tap leh a nih chuan ka ka thluak chu a inthen ang maiin ka hria. Chutih lai tak chuan ka thutna Gurpar Road room bula vestibule pawnah chuan kik a rawn ri ta a. Kawngkhar ka hawng chuan tlangval pakhat, inhnukdawk tawh, inhnukdawk tak, incheina tlemte ha ka hmu a. A rawn lut a, kawngkhar chu a khar a, thut tura ka ngenna chu hnawl chungin, ding chungin min biak a duh thu chu kut zungtang hmangin a hriattir a.

"Babaji a ni ngei ang!" Ka ngaihtuah a, ka rilru a buai hle a, a chhan chu ka hmaa mipa hian Lahiri Mahasaya naupang zawk hmel a nei a.

Ka ngaihtuahna chu a chhang a. "Ni e, Babaji ka ni." Hindi tawngin thlum takin thu a sawi a. "Kan Vana Pa chuan i tawngtaina chu a ngaithla a. Heti hian hrilh turin min ti a ni: I guru thupek zawm la, America-ah kal rawh. Hlau suh; humhim i ni ang."

Vibrant pause hnu chuan Babaji chuan min rawn bia leh a. " *Kriya Yoga* thuchah khawthlang lama thehdarh tura ka thlan chu nang hi i ni. Hun rei tak kal ta khan *Kumbha Mela -ah i guru Yukteswar nen kan inhmu a* ; chutih hunah chuan training turin a hnenah ka tir dawn che tih ka hrilh a ni."

Ka tawng thei lo va, a awmna chu devotional awe-in ka chil a, ka thusawi hriat chuan ka rilru a khawih hle bawka a hmui ngei pawhin Sri Yukteswar lam min kaihruai tih a sawi. Thi thei lo guru hmaah chuan ka bawkkhup a. Khawngaih takin khum atang chuan min kaitho a. Ka nun chungchang tam tak min hrilh a, chutah chuan mimal zirtirna engemaw zat min pe a, hrilhlawkna thuruk tlemte min sawi bawka.

" *Kriya Yoga* , Pathian hriatchhuahna scientific technique," a tawpah chuan ropui takin a sawi a, "a tawpah chuan ram zawng zawngah a darh ang a, mihringin Pa tawp nei lo a mimal, a aia chungnung zawka a hriatna hmanga hnamte inremtirna kawngah a pui ang.

Majestic power mitmeng nen chuan master chuan a cosmic consciousness a hmuh chuan min electrified a. Rei vak lovah chuan kawngka lam pan chuan a kal ta a.

"Min zui tum suh," a ti a. "I ti thei dawn lo." "Khawngaihin,

Babaji, kal bo tawh suh!" Ka tap nawn leh a. "Min hruai ve

rawh!" A hnunglam a hawi let chuan, "Tun dinhmunah ni lo.

Hun dangah chuan," tiin a chhang a.

Emotion-in a hneh avangin a vaukhâna chu ka ngaihsak lo. Amah zui ka tum lai chuan ka ke chu leiah a zung nghet hle tih ka hmuchhuak a. Kawngkhar atang chuan Babaji chuan hmangaihna nen a hnuhnung ber min rawn melh a. Malsawmna angin a kut a phar a, a kal ta a, ka mit chu duhthusam takin a en reng a.

Minute tlemte hnuah ka ke chu a zalen ta. Ka thu a, ngaihtuahna thuk takah ka lut a, ka tawngtaina chhanna mai ni lovin Babaji nena inhmuhkhawmna hmanga malsawmna min pek avangin Pathian hnenah lawmthu ka sawi chhunzawm zel a. Ka taksa pum pui chu hmân lai, tleirawl reng reng puin a khawih avângin a thianghlim ang maiin a lang. Hun rei tak chhung chu amah hmuh chu ka duhna nasa tak a ni tawh.

Tun thleng hian Babaji nena kan inhmuh dan chanchin hi tumah ka la sawi nawn leh ngai lo. Holding it as ka mihring tawnhriat zinga thianghlim ber, ka thinlungah ka thup tlat a ni. Mahse, he autobiography chhiartute hian ka mit ngeia ka hmuh thu ka sawi chuan Babaji hmun hla tak tak leh a khawvel ngaihvenna tak takte hi an ring duh zawk mai thei tih ngaihtuahna a lo lang ta a ni. Tunlai India rama Yogi-Krista ropui tak thlalak dik tak siam turin artist pakhat ka pui tawh a; he lehkhabuah hian a lang.

Chumi eve tan ka chhuak tan chumi United State hrang hrangah hmu keimah chhung Sri Yukteswar-a chuan a ti a thianghlim awmna.

"Hindu i piang tih theihnghilh la, American ni suh. An pahnih hian a tha ber ber la rawh," Master chuan a finna rilru muang tak chuan a ti a. "I nihna dik tak ni la, Pathian fa ni rawh. I unau zawng zawng, hnam hrang hranga leia theh darh zawng zawngte mizia tha ber berte chu zawng la, i nihnaah telh rawh."

Tichuan mal min sawm a: "Rinna nena Pathian zawnga i hnena lo kal zawng zawngte chu tanpui an ni ang. I en chuan i mit atanga thlarau lam tui lo chhuak chu an thluak chhungah a lut ang a, an thil neihte chu a thlak danglam ang a, Pathian ngaihsak zawk turin a siam ang," tiin.

A sawi zelnaah, "Thlarau dik tak hipna tur i chanvo hi a tha hle. Khawi hmunah pawh, thlalerah pawh hian thian i hmu ang," a ti bawk.

A malsawmna pahnihte chu nasa takin a lantir a ni. America ramah keimah chauhvin ka lo kal a, thian pakhat mah nei lovin thlaler ramah ka lo kal a, mahse chutah chuan hun fiah tawh thlarau zirtirna dawng tura inpeih mi sang tam tak ka hmu a ni.

The City Of Sparta -ah ka chhuahsan a , Indopui I tawp hnua America rama passenger lawng kal hmasa ber a ni a, ka passport pek chungchangah "red-tape" harsatna tam tak, mak tak maia tihbo a nih hnua chauh passage ka book thei a ni.

Thla hnih zet kan zin chung hian ka passenger pui pakhat chuan Boston congress-a India palai ka nih thu a hre ta a.

"Swami Yogananda," a ti a, a hnua American-hoin ka hming an sawi ka hriat theihna tur quaint pronunciation tam tak zinga a hmasa ber nen, "please favor the passengers with a lecture next," a ti a Nilaini zan khan a ni. 'Nunna indona leh a do dan tur' tih thupui hmanga thusawi hi kan hlawkpui vek ang tih ka ring."

Alas! Ka nun indona chu ka beih a ngai a, chu chu Inrinni khan ka hmuchhuak ta a ni. Ka ngaihtuahnate chu English tawnga lecture-a dahkhawm tumin beidawng takin ka bei a, a tawpah chuan inbuatsaihna zawng zawng chu ka bansan ta a; ka

ngaihtuahnate, . sabengtung ramsa mitmeng ang maiin, English grammar dan nena thawhhona engmah a duh lo. Mahse, Master-a thutiam hmasate chu ring tlat chungin, steamer-a saloon-ah chuan ka Thursday audience hmaah ka inlan a. Ka hmuiah chuan thusawi thiamna a lo sang lo; tawng thei lovin assemblage hmaah chuan ka ding ta a. Minute sawm chhung zet endurance contest ka neih hnu chuan entuten ka harsatna chu an hrechhuak a, an nui ta hle mai.



America rama ka class pakhat hmaah dais-ah ka ding a. He yoga zirlai sangkhat awmna class hi Washington, DC-ah neih a ni

Tunah chuan dinhmun chu ka tan chuan a hlimawm lo hle a; thinrim takin Master hnenah chuan ngawi rengin tawngtaina ka thawn a. "I *thei* ! Thu sawi rawh!" A aw chu ka hriatna chhungah a ri nghal vek.

Ka ngaihtuahna chu English tawng nena inzawmna tha takah a tla nghal vek a. Minute 45 hnuah pawh mipui an la ngaihven hle. Chu thusawi chuan America rama pawl hrang hrangte hmaa a hnuah lecture pe turin sawmna engemaw zat min dawng a.

Ka hrechhuak thei ngai lo, a hnuah, ka thusawi pakhat mah. Fimkhur taka zawhna hmangin passenger engemaw zat hnen atangin ka zir chhuak a: "English stirring leh correct chungchangah lecture inspiring tak in pe a ni." He thu lawmawm takah hian ka guru chu a hun taka min puihna avangin inngaitlawm takin lawmthu ka sawi a, a ni reng tih ka hre thar leh ta a ni ka bulah, hun leh hmun daltu zawng zawng chu engmah lovah ka dah vek a ni.

Vawi khat chu tuifinriat lama kan zinna la awm chhung hian Boston congress-a English-lecture ordeal lo thleng tur chungchangah hian hlauhthawnna tlemte ka tawng thin.

"Lalpa," ka tawngtai a, "khawngaihin ka infuih tharna chu Nangmah ni rawh se, ngaithlatute nuihzatna-bomb ang kha ni leh tawh lo rawh !"

City Of Sparta hian September thla tawp lam khan Boston bulah a ding a. October ni ruk khan ka thusawi a America rama ka thusawi hmasa ber nen congress-ah. Miin an lo dawngsawng tha hle a; Hahdam hmel zet hian ka thaw halh a. American Unitarian Association secretary ropui tak chuan a hnuaia comment hi a thuziak

chhuah **37-4 -ah a ziaak a ni** congress kalpui dan tur chungchang:

"India ram Ranchi-a Brahmacharya Ashram atanga palai Swami Yogananda chuan a Association chibai bukna chu Congress-ah a rawn keng a. English thiam tak leh tharum hmanga thusawi hmangin 'The Science of Religion,' tih thupuih philosophical character pakhat thuchah a sawi a, chu chu pamphlet angin a zau zawka sem chhuah a nih theih nan print a ni tawh. Sakhaw hi, a vawng tlat a, khawvel pum huap a ni a, pakhat a ni.

Keini.".. ..

tih dan leh rinna bikte chu khawvel pum huap a ni thei lo va, mahse sakhaw lama thil awm tlangpui chu khawvel pum huapa hman theih a ni a, chu chu zawm leh zawm turin mi zawng zawng chu kan ngen vek thei a ni."

Father-a cheque tha tak avang chuan congress a zawh hnuah pawh America-ah ka awm thei ta a ni. Kum li chhung hlim takin Boston-ah hian dinhmun inngaitlawm takah kan hmang a. Mipui hmaah thusawi ka pe a, class ka zirtir a, hla bu, *Songs Of The Soul* , chu College of the City of New York president Dr. Frederick B. Robinson-a thuhmahruai nen ka ziaak baw. **37-5 a ni**

Kum 1924 nipui lai khan transcontinental tour ka tan a, khawpui lianah mi sang tam tak hmaah thu ka sawi a, chhim lam ka zinna chu Alaska hmar lam mawi takah chawlh hmangin ka titawp ta a ni.

Zirlai thinlung lian tak takte puihnain kum 1925 tawp lamah chuan Los Angeles-a Mount Washington Estates-ah American headquarters ka din ta a ni. He building hi kum tam tak kalta a Kashmir-a ka vision-a ka hmuh tawh kha a ni. Heng American thiltih hla tak takte thlalak hi Sri Yukteswar hnenah ka thawn nghal vat a. Bengali tawngin postcard hmangin a chhang a, chu chu hetah hian ka letling a ni:

11-na a ni August, 1926 khan a lo piang a

Naupang tan ka thinlung, O Yogananda chu!

I sikul leh zirlai thlalak ka hmuh hian ka nunah eng hlimna nge lo thleng tih ka sawi chhuah theih loh thumalte. Khawpui hrang hranga in yoga zirlai te ka hmuh hian lawmna ka melting hle. Chant affirmations, healing vibrations, leh divine healing prayers-a i methods te ka hmuh hian ka thinlung atanga lawmthu sawi che hi ka insum thei lo. Kawngkhar, tlangram hrual hrual, chunglam panna hmun leh hmun mawi tak takte hmuh chuan Mount Washington Estates hnuaiah a inzar pharh a, ka mit ngeia en vek ka duh hle.

Hetah hian engkim a kal tha hle. Pathian khawngaihna zarah hlimna i

chang reng ang che. SRI YUKTESWAR GIRI chuan a rawn ti a

Kum tam tak a liam ta. Ka ram thar hmun tinah thu ka sawi a, kohhran hrang hrang club, college, kohhran leh pawl za tam takah thu ka sawi baw. American mi sang tam takin yoga initiation an dawng a ni. An vai hian kum 1929 khan tawngtai ngaihtuahna bu thar ka hlan a- *Whispers From Chatuan* , Amelita Galli-Curci-i thuhmahruai nen. **37-6 ah a awm** Hetah hian, lehkhabu atang hian, zan khat chu lecture platform-a ka din laiin hla phuah pakhat, "Pathian! Pathian! Pathian!"

Atangin chumi thuk tak a ni tan mutthilh theihna, .
Harh chhuahna stairway spiral ka chhoh lai
chuan ka sawi chhuak ta a:
Pathian! Pathian! Pathian!
Nang chu chaw i ni a, ka chaw nghei ka bawh
hunah Zan tin Nangmah nena inthenna, .
Ka tem Nang, . leh rilru lamah pawh sawi:

Pathian! Pathian! Pathian!
Khawi hmunah pawh kal ila, ka rilru êng
(spotlight) chuan Nang chungah a rawn inher reng
a;
Leh chhung chumi indona din tan thiltih
Ka indona ngawi reng chu a ni reng a:
Pathian! Pathian! Pathian! Fiahna thlipui
na tak takte a au chhuah hian,
Lungkhamnain min au chhuah hian,
Ka tuiah pil rawh an au thawm, . ring takin hla a sa a:
Pathian! Pathian! Pathian!
Ka rilruin mumang a hrual
lai hian Hriatrengna thread
hmangin, .
Tichuan chungah sawmi magic a ni puan Ka zawngmu embossed a ni:
Pathian! Pathian! Pathian!
Engpawh zan, chhung hun tan thuk ber mu,
Ka thlamuanna chuan a mumang leh a ko thin,
Joy! Lawmna! Lawmna! Tin, ka hlimna chu hla
sain a lo thleng fo thin:
Pathian! Pathian! Pathian!
In harh, ei, hnathawh, mumang, mut, Rawngbawl,
ngaihtuahna, hla, Pathian hmangaihna, Ka
thlarau chu a hum reng a, tumah hriat loh:
Pathian! Pathian! Pathian!

A châng chuan-a tlangpuiin thla khatna ni-a Mount Washington leh Self-Realization Fellowship center dangte enkawlina atana bill a roll luh lai khan!-India ram remna awlsam tak chu duhthusam takin ka ngaihtuah thin. Mahse nitin khawthlang leh khawchhak inkara inhriatthiamna zau zel ka hmu a; ka thlarau a lawm a.

America thinlung ropui tak chu Emma Lazarus-i'n a sawi chhuah, Statue of Liberty, "Mother of Exiles" bul hnaia a phun, line mak tak tak hmanga a lantir chu ka hmu ta a ni:

Atangin ani beacon- kut a ni
Glows khawvel pum huapa lawmawm; a mit nem tak
chuan thupek The air-bridged harbor that twin
cities frame.
"Veng rawh u, ram hlui, in thawnthu pomp!" cries
she A hmu ngawi rengin. "I chau, i rethei, I mipui

huddled tak tak, zalen taka thawk chhuah duhna chu
min pe rawh,

I tuipui kam tui tak takte bawlhhlawh rethei
tak chu. Hengte hi, chenna nei lo, thlipui-
tost te hi min rawn thawh la, rangkachak
kawngkhar bulah ka khawnvar ka han chawi a.

37-1 : 1.1. Tam tak tan saw'ng saw hmaiah chuan Ka nei atang khan hmu tawh chhung chumi Chhim lam, . leh instant takin hriat chhuah a ni..

37-2 : 1.1. Swami chuan Premananda, 1999 a ni. tunah chumi hruaitu tan chumi Mahni Inhriatthiamna Biakin tan Zavai Sakhaw hrang hrang chhung Washington, 1999 a ni. DC, 2019 a ni. tawh pakhat America rama ka chhuahsan lai khan Ranchi sikula zirlai zingah chuan. (Chutih lai chuan Brahmachari Jotin a ni.)

37-3 : 1.1. Sri Yukteswar a ni leh Ka a tlangpuiin an titi a chhung Bengali tawng a ni.

37-4 : 1.1. *Thar Pilgrimage neih a ni Tan Chumi Thlarau* (Boston-ah chuan: Beacon a ni Chilh, 1921 khan a lo piang a).

37-5 : 1.1. Dr. leh Pi. Robinson-a chuan a rawn ti a tlawh a ni India chhung Kum 1939, 1999 khan. leh an chawimawi a ni mikhualte an ni hmunah chumi Ranchi a ni sikul.

37-6 : 1.1. Mme. Galli-Curci-a chuan a rawn ti a leh ani pasal, Homer-a chuan a ti a Samuela, 1999 a ni. chumi piano tum thiam, . nei ni Kriya chuan Yoga hmanga tih a ni zirlai te an ni tan sawmhnih kum. Chumi infuih tharna a ni thawnthu tan chumi lar prima donna a ni kum tan rimawi nei ni tunhnai khan tihchhuah a ni (*Galli-Curci-a te chuan Nunna Tan Hla* , C. E. LeMassena, Paear Co., New York, 1945-a ziah a ni).

BUNG: 1.1. 38. A rilru a hah lutuk

Luther-a chuan Burbank-ah a awm a -- . ANI Mithianglim Amidst ah chuan Chumi Roses te pawh a awm

"Scientific hriatna tih loh chu thlai chi thlah dan tihchangtlunna thuruk chu hmangaihna a ni." Luther Burbank-a chuan a Santa Rosa huana a bula ka kal lai chuan he finna hi a sawi chhuak a. Ei theih cacti khum bulah kan ding ta a.

"'Spineless' cacti siam tura experiment ka neih lai hian ka be fo thin," tiin a sawi chhunzawm a, "Ka biak fo thin," a ti thing leh mau te chu hmangaihna vibration siam turin. 'Hlauh tur in nei lo,' ka ti thin. 'I ti lo i defensive hlingte chu a mamawh a ni. Ka humhim ang che,' a ti a. Zawi zawiin thlaler thing tangkai tak chu a lo chhuak ta a hling nei lo chi khat."

He thilmak tih hian ka rilru a hneh hle. "Khawngaihin, Luther duh tak, Mount Washington-a ka huana phun tur cacti hnah tlemte min pe rawh."

ANI hnathawk ding chungin hnaivai tan ah phelh titawp engemawzat hnah; Burbank-ah a awm a ven a ni ani.

"Keimah ngei pawhin swami tan ka pluck ang." A hnah pathum min pe a, chu chu a

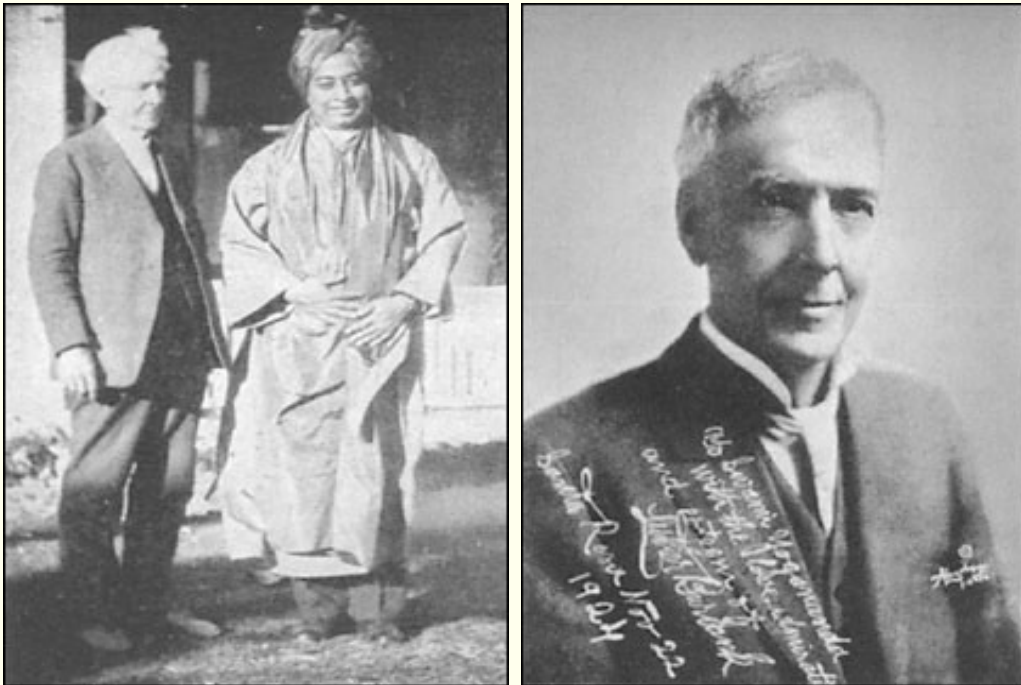
hnuah ka phun a, estate lian takah an lo thang lian zel a, lawm takin ka phun ta a ni.

Horticulturist ropui tak chuan a hnehna langsar hmasa ber chu alu lian tak, tuna a hminga hriat lar tak kha a ni tih min hrilh a. Genius chak lohna nen chuan khawvel hnenah za tam tak a rawn hlan zui ta a ni

crossed improvements on nature-a Burbank chi thar tomato, corn, squash, cherries, plums, nectarines, berries, poppies, lilies, roses te a siam chhuak a.

Luther-a'n natural evolution chu telescope hmanga tih chak theih a nihzia a finfiah tawh walnut thing hmingthang tak hmaa min hruai lai chuan ka camera chu ka focus a.

"Kum sawm leh paruk chhung chauhvin he walnut thing hian nut tam tak siam chhuahna dinhmun a thleng a, chu chu unaided nature chuan chu hun chhung chu a let hnih chhungin thing chu a rawn thlen thei ang," a ti bawk.



Luther-a chuan Burbank-ah, 1999 a ni. duhlai thianpa, . pose te a awm nen keimah chhung ani Santa Rosa huan.

Burbank-a chuan te adopt a ni fanu lokal romping a ni nen ani ui chhungah chumi huan.

"Ka mihring thlai a ni." Luther-a chuan duhawm takin a kut a phar a. "Tunlai hian mihringte hi thing lian tak pakhat angin ka hmu a, a tihhlawhtlinna sang ber atan hmangaihna chauh a mamawh a, pawn lam ropui tak takte pianpui malsawmna te, leh fing taka crossing leh selection te a mamawh a ni. Ka dam chhung hian thlai evolution-ah hmasawmna mak tak tak ka hmu a, a fate chu nun awlsam leh rilru fim tak nun dan thu bulte zirtir an nih velekhawvel hrisel, hlim tak chu beiseina nen ka thlir reng a ni. Nature leh nature-a nunphung pangngaiah kan kir leh a ngai a ni." Pathian."

"Luther, ka Ranchi sikul, pawn lama class neihna leh hlimna leh awlsamna boruak te hi i lawm hle ang."

Ka thusawi chuan Burbank-a thinlung naupang zirna hnaih ber chord chu a khawih a. Zawhna hmangin min plied a, a mitmeng thuk leh thlamuang tak atang chuan ngaihvenna a rawn lang chhuak ta.

"Swamiji," a tawpah chuan, "Nangmah ang sikul hi kum sangkhat lo awm tur beiseina awmchhun a ni. Kan hun laia zirna kalphung, thilsiam atanga inlakhnan leh mi zawng zawng tibuitu dodaltu ka ni," a ti ta a

mimal nihna (individuality) a ni. Ka ni nen nangmah thinlung leh thlarau chhung i tih theih ideals (ideal) te a ni tan zirna."

Sage ngilnei tak chu ka thlah lai chuan volume te tak te pakhat chu a autograph a, minrawn present a. **38- 10 a ni. 1. 1. A rilru a hah lutuk chuan a rilru a buai em em a**

"Hetah hi ka lehkhahu chungah *Chumi Inzirna Tan Chumi Mihring Thlai*," **38-2 a ni** ani sawi. "Thar chi hrang hrang tan training hi mamawh-hlahu nei lo experiment a ni. A chhang chuan fiahna huaisen ber berte pawhin an chhuah hlawhtling thin thei leh pangpar lamah a tha ber. Naupangte tana zirna lama thil thar siam pawh chutianga bawkin a tam zawk tur a ni a, huaisen zawk tur a ni."

Chumi zan chuan a lehkhahu te tak te chu ngaihven takin ka chhiar a. Intlansiak tana hmalam hun ropui tak a mitthlain, heti hian a ziaa: "He khawvela thil nung khauh ber, hrual harsa ber chu thlai a ni," tiin a ziaa a ni vawikhat ngeth chhung chiang tih dan phung (habits) te. Hrereng sawmi hei thlai nei vawnhim a ni chu chu mimal nihna (individuality) a ni zavai hun kal tawhte kaltlangin; lungpui ngeiah pawh hian hun rei tak chhunga hnunglam hawia zawn theih a ni mai thei, heng hun zau tak zawng zawngah hian nasa takin a danglam ngai lo. I ni maw , heng kum tam tak a sawi nawn leh hnu hian, thing chuan chutianga i koh duh chuan duhthlanna, tluk loh khawpa ngethna nei lo ta ang se? Dik tak chuan, thingnah thenkhat ang bawkin, mihring thiltihtheihna engmahin a la tidanglam thei lo va, a ngeth em em a ni. Mihring duhzawng hi thlai duhzawng piah lamah thil chak lo tak a ni. Mahse, he thlai pum pui hian nun thar a pawlh mai mai a, a nun a inthlak danglamna famkim leh thiltitheih tak a siam mai mai a, a nun chhung zawnga a rilru na tak chu a tihchhiat dan hi en teh. Tichuan engtikah nge chumi keh a lo kal a, . siam chumi tu hengte thlah kal zelte tan dawhtheih enkawlina hnuaiah a awm leh thlan chhuah, . leh thing thar chuan a kawng thar zawhin a hluiah kir leh tawh ngai lo turin a kal a, a duhthusam ngeth tak chu a chhe ta a, a tawpah chuan a danglam ta a ni.

"Naupang nihna ang chi thil sensitive leh pliable tak chungchang a nih chuan buaina chu nasa takin a awlsam zawk thin."

He American ropui tak hi magnetically drawn ka nih avangin ka tlawh leh fo thin. Zing khat chu postman nen hun khatah ka thleng a, Burbank-a study-ah lehkhah sangkhat vel a dah lut a.

Horticulture lama mithiamte an ni ziaa ani atangin zavai part hrang hrang tan chumi khawvel.

"Swamiji, i awmna hi huana ka chhuah theihna tura ka mamawh chhanna mai a ni," Luther chuan hlim takin a ti a. Travel folder za tam tak awmna desk-drawer lian tak a hawng a.

"En teh," a ti a, "hetiang hian ka zin hi ka ti thin. Ka thing leh mau leh lehkhah thawn te hian min khin tlat a, ram dang ram ka duhna chu heng thlalak te hi a chang

chuan ka tihlawhtling thin a ni," a ti a.

Ka car chu a kawt hmaah a ding a; Luther-a nen chuan khawpui tenau kawngpuiah chuan kan tlan a, a huante chu a mah ngeiin Santa Rosa, Peachblow, leh Burbank roses chi hrang hrang nen a eng chhuak a.

"Ka thianpa Henry Ford-a nen hian piantharna theory hlui hi kan ring ve ve a ni," tiin Luther-a chuan min hrilh a. "Nunna lam hawi thil dang sawifiah theih lohte a êng chhuak a ni. Hriatrengna hi thutak fiahna a ni lo; mihringin a nun hlui a hriatreng loh vang mai mai hian a nei ngai lo tih a finfiah lo. Hriatrengna hi a pum-nunna leh nausen lai chungchangah pawh a blank a ni; mahse, chu chu a paltlang ngei ang! A nui suk a.

Scientist ropui tak hian ka tlawh hmasak ber pakhtatah khan *Kriya initiation a lo dawng tawh a*. "Technic hi devout takin ka practice a, Swamiji," a ti. Thil hrang hrang chungchanga ngaihtuahna senga zawhna tam tak min zawh hnuah

aspect hrang hrang a awm tan yoga tih te, . Luther-a chuan tiin a sawi zawitein:

"Khawchhak lam hian hriatna tam tak an nei tak zet a, chu chu khawthlang lam chuan an chhui tan lo hle a ni."

Thilsiam nena inpawlna hnai tak, a thuruk tam tak, inhuatna nena a vawn tlat chu a hnena hawnsaktu chuan Burbank-a chu thlarau lam zahna tawp nei lo a pe a ni.

"A chang chuan Infinite Power nen hian kan inhnaih hle niin ka hria," zak takin a thuruk a sawi chhuak a. A hmel sensitive tak, model mawi tak mai chu a hriatrengnain a ti eng a. "Chuti a nih chuan ka chhehvela damlote ka tidam thei tawh a, chutiang bawkin thlai damlo tam tak pawh ka tidam thei tawh bawk."

A nu, Kristian rinawm tak chanchin min hrih a. "A thih hnuah vawi tam tak," Luther-a chuan, "Inlarnaah a inlanna avang hian malsawmna ka dawng a; ka hnenah thu a sawi tawh a ni," a ti.

Keini a khalh ta a hnung duh lo chungin lamah ani in leh saw'ng saw nghak sangkhat lehkha thawn a ni.

"Luther," ka ti a, "thla leh lamah chuan Khawchhak leh Chhim lam thudik thilpekte pholanna tur magazine ka siam tan dawn a ni. Khawngaihin journal hming tha tak siam turin min pui ang che," ka ti a.

Hun engemaw chen chu title chungchang kan sawi dun a, a tawpah chuan *East-West -ah kan inrem ta a ni* . A zirlai kan luh leh hnu chuan Burbank chuan "Science and Civilization" tih chungchanga a thuziak pakhat min pe a.

"Hei duhdan kal chhung chumi hmasa ber buaina tan *Khawchhak-Chhim* ," Ka sawi lawmthu sawiin.

Kan inþhianþhatna a thuk chhoh zel chuan Burbank chu ka "American saint" tiin ka ko ta a ni. "Ngai teh, mi pakhat, bumna awm lo!" A thinlung chu hriatthiam theih loh khawpin a thuk a, hun rei tak chhung chu inngaihtlawmna, dawhtheihna, inpekna te a lo hre tawh a ni. Rose kara a in te tak te chu a austerey simple hle a; luxury hlutna, thil neih tlemte hlimna chu a hre Chiang hle. A science lama a hmingthanna a hakna inngaitlawm tak chuan thei rah puitling phurrit phur chung a inngat thingte chu min hriatchhuah tir fo a; chumi chu thing hring, inchhuanna hlim lo taka a lu sang tak chawi sangtu chu.

New York-ah ka awm a, kum 1926 khan ka thian duh tak chu a boral ta a ni. Mittui chungin, "Aw, he hmun atang hian Santa Rosa thleng hian lawm takin ka kal ang a, a hmel vawi khat hmuh belh leh turin!" Secretary leh tlawhtute lakah ka inkharkhip a, a hnu darkar sawmnhnih leh pali chu inthiarfihlim takin ka hmang ta a ni.

A tuk zingah chuan Luthera thlalak lian tak vel chu Vedic hriatrengna rite ka nei a.

Ka American zirlai pawl pakhat, Hindu ceremonial thawmhnaw ha chungin, pangpar, tui leh taksa thilte mei chhinchhiahna leh Infinite Source-a an chhuah theihna tura thilhlan siam a nih angin hmân lai hlate chu an sa a.

Burbank hmel chu Santa Rosa-ah kum tam tak kalta a a huana a phun Lebanon cedar hnuaiah awm mah se, a thlarau chu ka tan chuan kawngpui sira pangpar mit zau tak par apiangah hian a awm reng a ni. Hun engemaw chen chu thilsiam thlarau zau takah a inhnukdaw a, chu chu Luther-a thlipui kara a thusawi, a zing khawvar lai kal lai chu a ni lo em ni?

Tunah chuan a hming hi common speech ro hluah a lut ta a ni. "Burbank" chu transitive verb anga list-in, Webster-a New International Dictionary chuan heti hian a sawifiah a: "Thil (plant) cross emaw, graft emaw. Chuvangin, figurative-in, thil tha thlan a, thil tha lo hnawl a, emaw, thil tha dah belh a, tihchangtlun (eng thil pawh, process emaw institution angin) a ni.

"Bloved Burbank," tih awmzia ka chhiar zawh chuan ka tap chhuak a, "I hming ngei pawh tunah chuan thil tha tihna a ni ta!"

A handwritten signature in cursive script that reads "Luther Burbank". The signature is written in black ink on a white background, enclosed within a thin black rectangular border.

chuan Lincoln-a chu chutiang ngaihsan chu a ngaihtuah a

Emancipator Ropui thlalak a hmuh hma loh chuan India rama kir leh a duh loh thu a sawi. Amah leh amah a phun nghet tlat chungah Lincoln-a chuan a ti a kawngka bulah, . chumi thilzuartu hnial ah kalsan hma chuan chumi mak a ti hle Hotu phalsak a ni ani ah New York-a lemziak thiam lar tak Daniel Huntington-a rawngbawlna chu inhmang rawh.

.Portrait an siam zawh chuan Hindu chuan hnehna changin Calcutta-ah a phur ta a ni

38-2 : 1.1. Thar York-ah chuan: Za Co., a ni. 1922 khan a lo piang a.

BUNG: 1.1. 39. A rilru a hah lutuk

Therese chuan a rawn ti a Neumann-a chuan, Chumi Catholic a ni Stigmatist tih hi a ni

"India ramah kir leh rawh. Kum sawm leh panga chhung zet chu dawhthei takin ka lo nghak tawh che a. Rei lo teah taksa atang hian ka inbual chhuak ang a, Shining Abode lam panin ka kal ang. Yogananda, lo kal rawh!"

Ka Mt. Washington headquarters-a meditation-a ka thut lai chuan ka beng chhungril lamah chuan Sri Yukteswar aw chu mak tak maiin a ri a. Mit hrual karah mel sang sawm zet a zawh lai chuan a thuchah chuan ka taksaah chuan êng êng ang maiin a rawn lut ta a.

Kum sawm leh panga! Ni e, ka hrechhuak ta, tunah chuan kum 1935 a ni tawh a; America ramah ka guru zirtirna thehdarh kawngah kum sawm leh panga ka hmang tawh a. Tunah chuan min hrechhuak leh ta.

Chumi chawhnu chuan ka thil tawn chu tlawhtu zirtîr pakhat hnênah ka sawi a. *Kriya Yoga* hnuaia a thlarau lam hmasawlna chu a mak em em a, "mithianghlim" ka ti fo thin a, Babaji-a hrilhlawkna chu America pawhin hmân lai yoga kawng hmangin Pathian hriatna nei mipa leh hmeichhia a siam chhuak dawn tih chu ka hre reng a ni.

Hei zirtir a ni leh ani a zat tan mi dangte chu thilphal takin a ti nghet sauh sauh a chungah siam a ni ani thawhlawm thawh a ni tan ka a zin chhuak thin. Chutianga sum leh pai lama harsatna chu chinfel a nih avangin, Europe kaltlangin, India ram pan turin lawngin ka kal ta a. Mount Washington-a inbuatsaihna kar tam tak chhung! Kum 1935 March thla khan California State dan angin Self- Realization Fellowship chu non-profit corporation angin charter ka nei a. He zirna inah hian mipui thawhlawm zawng zawng bakah ka lehkhabu, magazine, ziaak course, class

tuition leh sum lakluhna dang zawng zawng hralhna atanga sum hmuh zawng zawng pawh a kal vek a ni.

"KA ang ni hnung," Ka hrilh ka zirlai te an ni. "Ngai lo ang Ka theihnghilh America ram a ni."

Los Angeles-a thian duhawm tak takte'n min thlahna ruai min buatsaihah khan an hmel chu rei tak ka en a, lawm takin, "Lalpa, Petu Mahni anga hre rengtu che chuan a thlum chu a tlachham ngai lovang," tiin ka ngaihtuah a

tan inthianthatna zingah mihring thi thei te."

New York atangin June 9, 1935 khan **39-1 in ka chhuak a** *Europa* ah chuan . Zirlai pahnih min zui a: ka secretary, Mr. C. Richard Wright leh Cincinnati atanga lo kal hmeichhe upa tak, Miss Ettie Bletch. Tuipui remna ni te chu kan hlim hle a, kar kalta hmanhmawhthlak tak takte nen chuan a danglamna lawmawm tak a ni. Kan chawlh hun chhung chu rei lo te a ni a; tunlai lawng chakna hian thil pawl tak tak a nei a!

Tourist zawhna nei pawl dang ang bawkin London khawpui lian leh hlui tak chu kan fang kual a. A tuk zingah chuan Caxton Hall-a inkhawmpui lian takah thu sawi turin min sawm a, chutah chuan London-a mipui hmaah Sir Francis Younghusband-a'n min inhmelhriattir a. Kan party chuan Scotland-a a estate-ah Sir Harry Lauder-a mikhual angin ni nuam tak kan hmang a. Rei lo teah English Channel kan pel ta a continent, Bavaria-a pilgrimage bik neih ka duh avangin. Hei hi ka tan chauh a ni ang chance, ka hria, Catholic mystic ropui tak, Konnersreuth khuua mi Therese Neumann-i tlawh turin.

Kum tam tak kal ta khan Therese chanchin mak tak mai ka lo chhiar tawh a. Thuziak-a thu awmte chu hetiang hi a ni :

(1)Kum 1898-a piang Therese hi kum sawmhni mi lek a nih laiin accident-ah a hliam a; mitdel leh paralyze a lo ni ta a ni.

(2) Mak tak maiin kum 1923 khan St. Teresa hnena tawngtaina hmangin, "The Little Flower" tih hmangin a mit a hmu leh ta a ni. A hnuah Therese Neumann-i taksa pengte chu a dam nghal vek a.

(3) Kum 1923 a\ang khan Therese-i chuan nitin wafer thianghlim te tak te pakhat a ei tih loh chu ei leh in a insum vek a ni.

(4) Stigmata, a nih loh leh Krista hliam thianghlimte hi kum 1926 khan Therese-i lu, a hnute, a kut leh keah a lo lang a. Chumi hnu kar tin Friday-ah chuan Krista hrehawm tawrhna chu a paltlang tawh a, a taksaah a historic agonies zawng zawng a tuar vek a ni.

(5) A khuua German tawng awlsam tak chauh a hriat tlangpui avangin, a Friday trances lai hian Therese hian thumal hrang hrang a sawi a, chu chu mithiamte chuan hmân lai Aramaic tawng anga an hriat a ni. A inlârna hun remchângah Hebrai emaw, Grik emaw a hmang thin.

(6) Tu kohhran lam thil phalna, Therese chuan a rawn ti a nei thenkhat vawi tam tak ni hnuai khar scientific lama thil hmuhchhuah a ni. Protestant German chanchinbu editor Dr. Fritz Gerlick chuan Konnersreuth-ah "Catholic bumna pholanna" turin a kal a, mahse a tawpah chuan zah takin a biography a ziak ta a ni.

39-2 a ni

A hma ang bawkin Khawchhak emaw, Chhim emaw-ah pawh nise, mi thianghlim pakhat hmuh ka chak hle. Kan pawl te tak te, July 16th-a Konnersreuth khaw mawi takah an luh rual chuan ka lawm hle. Bavarian loneitute chuan kan Ford automobile (America atanga kan rawn hrui) leh a pawl hrang hrang-American tlangval, hmeichhe upa tak, leh olive rawng Oriental, a kawrfual kawr hnuaia sam sei tak dah chu an ngaihven hle a ni.

Therese chuan a ti a te thlam, fai leh felfai, nen geraniums a ni par chhuak tu ani primitive tih a ni Awle, tawh alas!

ngawi rengin a khar a. Thenawmte, leh khaw postman kal pelh pawh hian engmah thu min pe thei lo. Ruah a sur tan ta a; ka thiante chuan chhuah turin min rawt a.

"Aih," Ka sawi rilru na takin, . "KA duhdan cham hetah hma chuan Ka zawngmu engemawzat sulhnu hmahruaitu ah Therese a ni."

Darkar hnih hnuah pawh ruah sur nasa tak karah chuan kan car-ah kan la thu reng a. "Lalpa," phunnawi zet hian ka thaw halh a, "engvangin nge hetah hian min hruai a, a bo tawh a nih chuan?"

Chu English tawng hmang thiam mipa a titawp ta a bul keini, zahawm takin thilhlan a ni ani tanpuina.

"Therese awmna chu chiang takin ka hre lo a, mahse hetiang atanga mel sawmriat vela hla Eichstatt-a seminary master Professor Wurz-a inah hian a tlawh fo thin a ni," a ti a.

A tuk zingah chuan kan party chu motor-in Eichstatt khua reh tak, lungpui kawngpui zau tak takte nena inzawm chu kan pan ta a. Dr. Wurz-a chuan a inah thinlung takin min lo hmuak a; "Ni e, Therese chu hetah hian a awm." Tlawhtute chanchin chu a thawn ta a. Rei lo teah palai pakhat chu a chhanna nen a rawn lang ta a.

"Bishop hian a phalna tel lo chuan tumah hmu lo turin min ti a, mahse India ram atangin Pathian mi chu ka dawng dawn a ni."

Heng thute hian ka rilru a khawih hle a, Dr. Wurz chu inchungah chuan sitting room lam pan chuan ka zui ta a. Therese chu a lut nghal a, remna leh hlimna aura a rawn chhuah chhuak ta a. Gown dum leh lu kawr dum spotless tak a ha a. Hetih lai hian kum sawmthum leh pasarih ni mah se, a naupang zawk niin a lang a, naupang ang maia thar leh hlimthla a nei tak zet a ni. Hrisel, insiam that, rosy-cheeked, leh hlim tak, hei hi mi thianghlim ei lo chu a ni!

Therese chuan kut inthlakna ngilnei takin min lo hmuak a. Kan pahnih chuan ngawi renga inpawlnaah kan eng chhuak a, pakhat zawk chu Pathian hmangaihtu kan ni tih kan hre vek a.

Dr. Wurz chuan khawngaih takin tawnglettu hna thawk turin a inpe a. Kan thut lai chuan Therese chuan naive curiosity nen min melh reng tih ka hmu a; Bavaria ramah hian Hindu-te chu an tlem hle tih a chiang hle.

"Ti suh nangmah ei engpawh?" Ka duhna ah ngaithla chumi

chhanna atangin ani nei hmu a ni. "Ni lo, consecrated rice-flour

wafer tih loh chu, zing tin dar rukah wawi khat." "Wafer hi engtiang

chiahin nge a lian?"

"Paper ang maia thim, pawisa fai te tak te ang maia lian a ni." Tin, "Sacramental thil vangin ka la a; tihthianghlim loh a nih chuan ka ei thei lo," a ti bawk.

"Chutiang chuan i nung thei lo tih a Chiang, kum sawm leh

pahnih pum pui?" "Pathian êngin ka nung." A chhanna chu

a va awlsam tak em, Einsteinian a va ni em!

"KA hmu nangmah hrechhuak sawmi chakna thahrui a luang chhuak thin ah i taksa atangin chumi ether, 1000 a ni. ni, leh boruak."

ANI swift a ni nui keh chungah ani hmai. "KA ni chuvangin hlim ah hria nangmah hrethiam engtin Ka nung."

"I nun thianghlim hi Krista thusawi thutak nitin lantirna a ni: 'Mihring chu chhang chauhvin a nung ang a, Pathian kê a\anga thu lo chhuak zawng zawngah a nung zawk ang'" **39-3**

Ka hrilhfiahnaah chuan lawmna a lantir leh ta. "A ni tak zet a ni. Vawiin leia ka awm chhan pakhat chu mihring hi ei leh in chauh ni lovin, Pathian êng hmuh theih loh hmangin a nung thei tih finfiah a ni."

"Thei nangmah zirtir mi dangte chu engtin ah nung tellovin chaw?"

Ani langchhuak ani thil tenawm tak a ni a mangang hle. "KA thei lo ti sawmi; Pathian ti lo duhsak chumi."

Ka mit chu a kut chak tak, mawi tak takte chungah a tla a, Therese chuan a kutpah pakhat zel hliam te tak te, square tak, tihdam thar chu min hmuhtir a. A kut tin hnung lamah chuan a te zawk, crescent- hliam lem, tihdam thar. Hliam tin chu kut kaltlangin a kal nghal vek a. Chu thil hmuh chuan ka rilruah chuan thir nail lian tak tak, a tawp chu crescent-tipped nei, Orient-a la hman, mahse khawthlang lama ka hmuh tawh ka hre lo tih hriatrengna Chiang tak arawn thlen a ni.

Mithianghlim chuan kar tin a trances thenkhat min hrilh a. "Entu tanpui ngai lo ka nih angin Krista Tuarna zawng zawng hi ka zawm vek a ni." Kar tin, Thawhlehi zanlai atanga Zirtawpni chawhnu dar khat thlengin a hliamte chu a inhawng a, thisen a chhuak thin; a rit pangngai, pound 121-a rit aiin pound sawm zet a hloh a ni. A khawngaihna hmangaihnaah nasa takin hrehawm tuar chungin, Therese chuan heng kar tin inlarnate hi hlim takin a la nghakhlel reng a ni a Lalpa chu.

A nun mak tak mai chu Pathianin Thuthlung Tharah a ziah angin Isua nun leh kraws-a khenbeh a nihna chanchin dik tak chu Kristian zawng zawngte tichiang turin a tum tih ka hre nghal a, Galili rama Lalpa leh amah betute inkara inzawmna nung reng chu dramatic taka lantir a tum a ni.

Professor a ni Wurz chuan a ti a inzawm engemawzat tan ani thil tawn te a ni nen chumi mi thianghlim.

"Therese pawh tel vein mi engemaw zat chu Germany ram pumah hmun hrang hrang tlawh turin ni tam tak kan zin fo thin," tiin min hrilh a. "A danglamna langsar tak a ni-ni khatah chaw wawi thum kan ei laiin Therese hian engmah a ei lo. Rose ang maiin a thar reng a, zinkawngte hian min tihchaknain a khawih lo. Kan riltam a, kawngpui sira Inn kan zawn lai hian hlim takin a nui thin.

Professor hian taksa lam thil ngaihnawm tak tak a sawi belh a, "Therese hian ei tur a ei loh avangin a pum a ti tlem a. Exretion a nei lo a, mahse a perspiration glands te hian hna an thawk a; a vun hi a nem a, a nghet reng a ni," a ti.

Hmunah chumi hun tan inthenna, . Ka a sawi chhuak ah Therese chuan a rawn ti a ka chak ah ni thilpek hmunah ani trance tih a ni.

"Ni e, khawngaihin nakkum Friday hian Konnersreuth-ah lo kal rawh," khawngaih takin a ti a. "Bishop chuan permit a pe ang che. Eichstatt-a min zawn avangin ka lawm hle mai."

Therese chuan zawi zawiin kut a lo inthlak a, vawi tam tak, kan party nen chuan gate thlengin an kal a. Mr. Wright-a chuan motor radio chu a on a; mi thianghlim chuan phur takin nuihzat hmel zet hian a enfiah a. Chutiang khawpa thalai tam tak chu an pungkawm a, Therese chu in chhungah chuan a hnungtawlh ta a ni. Window pakhatat kan hmu a, chutah chuan naupang ang maiin minrawn en a, a kut a phar a.

A tuk zingah Therese-i unaupa pahnih, ngilnei tak leh ngilnei tak takte nena kan inbiakna atang chuan mi thianghlim chu zanah darkar khat emaw darkar hnih emaw chauh a mu tih kan hre ta a ni. A taksaah hliam tam tak awm mahse, a thawkrim a, chakna nen a khat a ni. Vawk a ngaina hle a, sangha awmna hmun a enkawl a, a huanah hna a thawk fo bawk. A lehkha thawm chu a tam hle a; Catholic devotee-te chuan tawngtaina leh damna malsawmna dawng turin lehkha an thawm thin. Amah hmang hian zawngtu tam tak chu natna khirh tak tak atangin an dam tawh a ni.

A unaupa Ferdinand, kum sawmhni leh pathum vel mi chuan Therese hian, tawngtaina hmangin, midang natnate chu a taksaah a thawk chhuak thei tih a sawfiah a. Mithianghlim hian ei tur a insumna hi a kohhran tlangval pakhat, chutih laia thupek thianghlima lut tura inbuatsaih mek chu a rilru natna chu a rilruah dah turin a tawngtai lai atang khan a ni.

Nilaini chawhnu khan kan party chu bishop in lam pan chuan kan tlan a, ani chuan mak ti deuhin ka lock luang chhuak chu a en a. Permit tul chu awlsam takin a zia chhuak ta a ni. Fee a awm lo; Kohhranin dan a siam chu Therese-i chu khualzin pangngai lo kalte laka humhimna tur chauh a ni a, kum hmasa lamah chuan Friday-ah sang tam takin an lo pungkawm tawh a ni.

Friday zing dar kua leh sawmthum vel khan Konnersreuth-ah kan thleng a. Therese-i cottage te tak te hian a light tam tak pek theihna turin glass-roofed section bik a nei tih ka hmu a. Kan hmuh chu kan lawm hle kawngkhar chu a khar tawh lo va, mikhual lawmna hlim takin a inhawng zau ta zawk a ni. Tlawhtu sawmhni vel line an awm a, an permit kengin an inthum a. Mi tam tak chu hla tak atangin mystic trance en turin an lo kal tawh a.

Therese hian professor ina ka test hmasa ber chu thlarau lam thil vangin ka hmu duh tih a hriat chian em avangin a pass tawh a, passing curiosity tihreh nan chauh ni lovin.

Ka test pahnihna chu, a room-a ka chhoh hma lawk hian, telepathic leh televisic rapport-a a bula pakhat nih theih nan yoga trance state-ah ka insiam a ni tih nen a inzawm a ni. A pindan chhungah chuan ka lut a, tlawhtuin an khat a; khumah chuan puan dum ha chungin a mu a. Pu nen chuan Mr. Wright chuan ka hnungah a zui hnai hle a, threshold chhungah chuan ka ding nghal a, thil mak leh hlauhawm ber hmuhdawm tak chu mak ka ti hle.



THERESE a awm bawk NEUMANN chuan a rawn ti a

Lar Catholic a ni Stigmatist tih hi a ni tunge inspired a ni ka 1935 khan a lo piang a pilgrimage neih a ni ah Konnersreuth-a chuan a rawn ti a. Bavaria ram a ni

Therese mitmeng hnuai lam atang chuan thisen chu inch khata zauah chuan a luang chhuak zauh zauh a, a luang chhonzawm zel bawk. A mit chu chunglam hawiin a hmai lairil chhunga thlarau mit chu a en a. A lu chung a puan khuh chu hling lallukhum stigmata hliam atanga thisenin a rawn luang chhuak a. Kum rei tak kal ta a Krista taksain sipai fei a vawrh avanga zah lohna hnahnung ber a tawrhna hmuna a sir lama hliam a\angin a thinlung chungah puan dum chu a sen hring dup mai a ni.

Therese kut chu nu ang maiin a phar a, a ngen a; a hmelah chuan tihduhdahna leh Pathian lam hawi hmel a lang. A hring zawk niin a lang a, thil fiah lo tak tak bakah pawn lam kawng tam takah a inthlak danglam bawk. Hnam dang tawngin thu a sawi mur mur a, a chhungril mit hmuh hmaa hmuh theih mite chu hmui khur deuh chungin a sawi a.

Amah nena kan inrem lai chuan a vision scene te chu ka hmu tan ta. Mipui nuihzatthlak tak takte zinga Isua kraws a phur lai chu a en reng a ni. **39-4 a ni** Vawikhatmah mak ti zet hian a lu a han chawi sang a: Lalpa chu rit lutuk hnuaiah chuan a tlu ta a ni. Inlarna chu a bo ta a. Khawngaihna nasa tak avang chuan Therese chu a pillow-ah chuan nasa takin a pil ta a.

Hetih lai tak hian ka hnungah chuan thawm ri nasa tak ka hre ta. Second khat chhung ka lu ka hawi let a, mi pahnih chuan khup ruang an keng chhuak tih ka hmu a. Mahse, deep superconscious state atanga ka chhuah dawn avangin ka chuan tlu

tawh chu a hre nghal lo. Ka mit chu Therese hmelah ka nghat leh a, thisen luang hnuaiiah chuan thihna ang maiin a rawn sen a, mahse tunah chuan a muang tawh a, thianghlimna leh thianghlimna a rawn eng chhuak ta a ni. A hnuah ka hnunglam ka hawi a, Mr. Wright-a chu a hmuiah a kut nghatin a ding a, chuta tang chuan thisen a chhuak a ni trickling a ni.

"Dick," a rawn ti a. Ka tiin a zawt a lungkham takin, . "an nangmah chumi pakhat tunge tla?"

"Awle, Ka a muhil ta a hmunah chumi hlauhawm tak a ni hmuhnawm tak a ni."

"Awle," Ka sawi thlamuanthlak takin, . "nangmah hi huaissen ah kirlet leh en chungah chumi thilmuh leh."

Pilgrims-te dawhthei taka lo nghaktu line chu hre reengin, Mr. Wright-a nen chuan ngawi reengin Therese-i chu kan thlah a, a awmna thianghlim chu kan chhuahsan ta a ni. **39-5 a ni**

A tuk zingah chuan kan pawl tlemte chu motor hmangin khawthlang lam panin kan kal a, rel-ah kan innghat lo va, mahse thingtlang hmun hrang hrangah kan duhna hmun apiangah Ford chu kan titawp thei a, chuvang chuan lawmthu kan sawi a ni. Minute tin kan hlim hle a ani zinvak tlang Germany, 1999 a ni. Holland, 1999 a ni. France ram, 1999. leh chumi Swiss a ni Alps-ah a awm a. Chhung Italy ram a ni keini siam ani danglam bik inngaihtlawmna tirhkoh, Mithianghlim Francis chawimawina atana Assisi-a zin. European tour chu Greece-ah a tawp a, chutah chuan Athens biak in te kan en a, mi ngilnei Socrates **39-6 awmna lung in chu kan hmu bawk** a thihna damdawi chu a in tawh a ni. Mi pakhat chu hmun tina Greek-hoin an duhthusam tak tak alabaster-a an siam chhuah thiamna chu ngaihsanin a khat a ni.

Mediterranean tuipui ni êng tak chungah lawng kan chuang a, Palestine-ah kan chhuk a. Nitin Ram Thianghlim chungah ka vak kual a, pilgrimage hlutna chu a hma aia nasain ka ring tlat a ni. Thlarau chu Krista chu Palestine ramah hian a awm vek a; Bethlehem-ah te, Gethsemane-ah te, Kalvari-ah te, Olive Tlâng thianghlimah te, Jordan lui leh Galili Tuipui kamah te zah takin ka kal a.

Kan pawl tenau chuan Birth Manger, Josefa thingrem siamna dawr, Lazara thlan, Marthi leh Mari te in, Zanriah Hnuhnung ber hall chu kan tlawh a. Hmanlai hun chu a lo inher chhuak a; scene by scene, Krista'n wawi khat chu kum tam tak chhunga a lo khelh tawh Pathian drama chu ka hmu a.

Aigupta lam pan lehin, tunlai Cairo leh hmân lai pyramid-te nen. Tichuan lawng pakhatin Tuipui Sen zim takah chuan a chhuk thla a, Arabian Tuipui zau tak chungah chuan; lo, India ram!

39-1 : 1.1. Chumi hriatreng tlak a huam tel bawk hetah tan ani zo tarikh hi hun ah chumi thudik sawmi ka secretary, . Pu. Wright-a chuan, keng ani zin chhuahna diary.

39-2 : 1.1. Thildang lehkhabu te chungah ani nunna hi *Therese chuan a rawn ti a Neumann-a chuan: ANI Stigmatist tih hi a ni Tan Kan Ni* , leh *Hla zawk Chronicles a ni Tan Therese Neumann* , a pahnih hian Friedrich Ritter von Lama (Milwaukee: Bruce Pub. Co.) siam a ni.

39-3 : 1.1. *Matthaia* 4:4-ah a awm. Mipa ta a ni taksa battery hi lo sustained a ni tu tenawm chaw (chhangthawp) a malin, mahse tu chumi vibratory a ni cosmic lam thil a ni chakna (thumal, emaw AUM emaw). Hmuh theih loh thiltihtheihna chu medulla oblongata gate hmangin mihring taksaah a luang lut a. He taksa lairil parukna hi a kawr hnung lamah spinal *chakra panga* (Sanskrit tawngin "wheels" emaw centers of radiating force tihna) chung berah a awm a ni. Medulla hi taksain universal life force (AUM) a pek chhuahna kawngkhar bulpui ber a ni a, mihring duhthlanna

thiltihtheihna nen a inzawm tlat a, mit pathumnaah pasarihna emaw, Christ Consciousness center (*Kutastha*) emaw-ah a innghat a ni karah chumi mitmeng a ti a. Cosmic lam thil a ni chakna thahrui hi tichuan dahkhawm a ni chunglam chhung chumi thluak angin ani tuikhuah a ni tan tawp nei lo thil awm thei te, . hla thuin *Veda* -ah chuan "eng lotus sangkhat nei" tia sawi a ni. Bible chuan AUM hi "Thlarau Thianghlim" emaw, hmuh theih loh nunna chakna emaw, Pathian lam atanga thil siam zawng zawng thlawptu emaw tiin a sawi fo thin. "Eng nge? In taksa chu Pathian hnen atanga in neih Thlarau Thianghlim biak in a ni tih in hre lo em ni?"-I *Korinth* 6:19.

39-4 : 1.1. Laiin chumi darkar a hmaa awm ka thleng, Therese chuan a rawn ti a nei diam hlanchhawng tlang tam tak inlarna a awm tan chumi khar a ni ni Krista taah chuan nunna. Ani luhna tur a ni atlangpuiin a tan ta nen scene hrang hrang a awm tan chumi thil thlengte a ni khawi a zui a chumi Hnuhnung ber Zanriah. Ani inlarna a awm kraws-a Isua thihna emaw, a chang chuan a phumna emaw hmangin a tawp thin.

39-5 : 1.1. Therese chuan a rawn ti a nei a damchhuak ta a ni chumi Nazi te an ni tihduhdahna, . leh hi che lo thilpek chhung Konnersreuth-a chuan a rawn ti a. milin ah 1945 khan a lo piang a American a ni Germany atanga thuthang thawh chhuah te.

39-6 : Eusebius-a thuziak pakhat chuan Socrates-a leh Hindu mi fing pakhat inhmuhna ngaihnaawm tak a sawi a. The passage runs: "Aristoxenus, musician chuan India mite chanchin hetiang hian a sawi a. Heng mite zinga pakhat hian Socrates-a chu Athens-ah a hmu a, a zawt a." ani engnge tawh chumi huang tan ani thil bul chhuina. 'Chu chhuifiahna chhungah mihring thil thleng (phenomena) te,' tiin. tiin a chhang a Socrates-a chuan a sawi. Hmunah hei chumi Indian chu a rawn puak darh ta pawn nui. 'Engtin thei ani mipa zawt rawh chhungah mihring thil thleng (phenomena) te,' tiin. ani sawi, 'engtikah ani hi mi hriat loh tan thianglim pakhatte chu maw?'" Aristoxenus sawi tak hi Aristotle-a zirlai a ni a, harmonics chungchanga ziaktu lar tak a ni bawk. A hun hi BC 330 a ni

BUNG: 1.1. 40 a ni

Ka Kirlet Ah India

Lawmthu sawiin India ram malsawmna boruak chu ka thawk chhuak ta a. Kan lawng *Rajputana* chu August 22, 1935 khan Bombay lawng chawlhna lian takah a ding a. Hei pawh hi, lawnga ka chhuah ni hmasa ber chu kum lo awm tur thlirlawkna a ni-thla sawm leh pahnih chhunga hnathawh chhunzawm zel tur chu. Thiante chu lawng chawlhna hmunah chuan pangpar leh chibai bukin an lo pungkawm tawh a; rei vak lovah Taj Mahal Hotel-a kan suite-ah chuan reporter leh thlalak thiam an lo awm ta a.

Bombay chu ka tan chuan khawpui thar a ni a; Energetically modern ka hmu a, khawthlang lam atanga thil thar tam tak a awm bawk. Boulevard zau tak takah chuan palm a awm a; state structure ropui tak takte chu hmân lai biak inte nêh ngaihven tûrin an inel a ni. Mahse, sight-seeing atan hun tlemte chauh pek a ni a; Ka dawhthei lo va, ka guru duh tak leh duh tak dangte hmuh ka chak hle. Ford chu baggage car-ah kan dah a, rei lo teah kan pawl chu rel hmangin hmar lam pan chuan Calcutta lam panin kan tlan ta a. **40-1 in hnehna an chang**

Howrah Station kan thlen chuan min lo hmuak turin mipui tam tak an pungkawm tih kan hmu a, rei vak lo chu rel atang chuan kan chhuk thei lo. Kasimbazar khuua Maharaja naupang leh ka nau Bishnu-a te chuan reception committee an kaihrui a; Kan lo dawnawn dan lum leh ropuizia chu ka inpeih lo.

Motor leh motor line khat hmaah leh drum leh conch shell hlimawm tak karah chuan Miss Bletch-i, Mr. Wright-a leh kei, lu atanga ke thlenga pangpar hrual hrual, zawi zawiin ka pa in lam pan chuan kan tlan ta a.

Ka nu leh pa tar tawh tak chuan mitthi zing ata lo haw angin min kuah a; rei tak chu kan in en reng a, hlimna avanga tawng thei lo. Unau leh unaunu, pa u, pi leh pu, leh cousin, kum rei tak kalta lama zirlai leh thiante chu ka bulah an inzawm khawm a, kan zingah chuan mit hring lo. Tunah chuan hriatrengna archive-ah ka kal ta a, hmangaihna nena inhmukkhawmna hmun chu chiang takin a tuar reng a, ka thinlungah chuan theihnghilh theih loh a ni.

Angin tan ka inhmukhawm nen Sri Yuktswar, kum 1999 a ni. thumalte hlawhchham keimah; nihtir chumi zui hrilhiahna atangin ka

"Vawiin hian beisei sang ber nen a khat a, Yoganandaji chu Calcutta atanga Serampore thlengin ka khalh a ni," tiin Mr. Wright chuan a travel diary-ah a ziaak a.

"Dawrkarin mawi tak tak kan paltlang a, chung zinga pakhat chu Yoganandaji-a college kal laia a ei duh ber a ni a, a tawpah chuan kawngpui zau tak, kulh neiah kan lut ta a. Chutah chuan veilam hawi nghal vat a, chutah chuan kan hmaah chuan ashram awlsam tak, mahse rilru hneh thei tak, chhawng hnih nei, a Spanish-style balcony chu a chung lam atanga lo chhuak a ni. The pervasive impression was that of peaceful solitude.. . . .

.

"A hmaa ropui takah ka awm theihna chanvo malsawmna ka dawng tih ka inhriat lai chuan ka thinlung chu a rit a, a lo hring chhuak ta a. Yoganandaji chu a khup thlenga a tlak lai chuan mittui chuan ka mittui tla zawih zawih chu a ti fiah lo va, lu bawkkhup chungin a thlarau lawmthu sawina leh chibai bukna a hlan a, a kut chuan a guru ke chu a khawih a, chutah, inngaitlawm taka thu awih takin, a lu ngei chu a khawih a. Hetih lai hian a tho a, a ni bawk." Sri Yukteswarji chuan a rilru sir lehlamah a kuah a.

"On bended knee before the master ka hmangaihna leh lawmthu sawi loh ka pe a, a ta chu ka khawih a." ke, hun leh rawngbawlna avanga khawngaihna nei lo, a malsawmna dawngtu. Chutih lai chuan ka ding a, pahnih ka hmachhawn a mit thuk mawi tak tak, mahni inngaihtuahna avanga meikhu chhuak, mahse hlimna avanga eng chhuak. A sitting room-ah chuan kan lut a, a sir zawng zawng chu kawngpui atanga hmuh hmasak ber pawn lam balcony-ah a inhawng a. Master chuan davenport chhe tawh takah chuan a insiamrem a, cement floor-a mattress khuh chungah chuan a thu a. Yoganandaji nen chuan guru ke bulah chuan kan thu a, kan dinhmun awlsam zawka innghahna tur pillow rawng orange rawng kan nei a straw mat chungah chuan.

"Swamiji pahnih inkara Bengali inbiakna chu luhchilh ka tum a, ka luhchilh tum baw- English tan chuan an awm dun lai hian a null and void tih ka hmuchhuak a, mahse Swamiji Maharaj, midangte'n guru ropui an tih angin a sawi thei a, a sawi fo baw. Mahse, Mi Ropui thianghlimna chu a thinlung ti na tak nuihzatthlak tak leh a mitmeng hlim tak hmangin ka hrechhuak ta a ni. A quality pakhat chu awlsam taka hriat theih a ni." inbiakna hlim tak, serious tak chu thusawiah thutlukna siam tha tak a ni-mi fing, a hre tih hretu chhinchhiahna, a chhan chu a finna ropui tak, a tum chakna leh a tumruhna chu kawng engkimah a lang chhuak a ni.

"A hun hunah zah takin ka zirchiang a, a lian hle a, infiammi a ni a, inhnukdawkna fiahna leh inpeknain a tikhauh tih ka hmuchhuak. A poise hi a ropui hle. A decidedly sloping forehead, as chuan zawng mek chumi vanram, . a thunun a ni ani thianghlim hmel lan dan. Ani nei ani chutiang ni lovin hrawl leh in lama awm hnar,

chu chuan hun hlimawm lo takah a intihhlim a, a kut zungtang hmangin a flipping leh wiggling a, naupang ang maiin. A mit dum chak tak chu ethereal blue ring in a halo a. A sam, a laiah a inthen a, tangkarua angin a intan a, tangkarua-rangkachak leh tangkarua dum hring hring hring hrual-ah a inthlak a, a kekawr ipteah ringlet-in a tawp a ni. A hmul leh hmul chu a tlem emaw, a hring emaw a, chutih rualin a hmel a ti mawi hle niin a lang a, a mizia ang bawkin a thuk leh a êng bawk.

"A rilru chhungril tak atanga lo chhuak nuihzatthlak leh hlimawm tak a nei a, chu chuan a taksa pum puiah a khur a, a khur nasa hle-a hlim leh thinlung tak zet a ni. A hmel leh a san zawng chu an thiltihtheihnaah a langsar hle a, a kut zungtang thau tak takte pawh a langsar hle bawk. A che chu zahawm takin a ke pen leh a ding nghet hle a ni."

Dhoti leh kawr pangngai a ha mai a , an pahnih hian hmân laiin ocher rawng chak tak an rawng a, mahse tunah chuan. " a faded orange a ni.

"Glancing about, he room chhe deuh hian a neitupa chu material comforts-a a innghahna a ni lo tih ka hmu a. Chamber sei tak bang dum, khaw lumin a tihbawlhhlawh chu plaster dum hring hring hring hring hring hring hring hring in a hrual a. Chu pindan tawp khatah chuan Lahiri Mahasaya thlalak, garlanded in simple devotion Congress of Religions-ah palaite an tel a ni.

"Tunlai leh hmanlai thil inmilna mak tak ka hmu a. Glass cut-glass, candle-light chandelier lian tak chu hman loh avangin cobwebs-in a khuh a, a bang chungah chuan calendar eng tak, tunlai tak a awm bawk. Room pum puiah chuan remna leh muanna rimtui a chhuak vek a. Balcony piah lamah chuan coconut thingte chu hermitage chungah ngawi renga venhimna neiin an sang tih ka hmu thei a ni."

40-2hi ka duh hle a ni a kekawr ipte thlenga sam dum sei tak, mit dum hring dup pahnih, a luhchilh ber, leh van lam nuihzatthlak tak nei; a mitmeng chu a eng chhuak a, a hmui kil hrang hrang a lo sang chho zel a, arsi leh thlasik lai tlai lam lo lang ang maiin.

"Swami Sri Yukteswarji-a hlimna chu a 'product' lo kir leh hian a nasa hle tih a Chiang hle (chuan 'product's product' chungchang pawh a hrechiang deuh niin a lang).

"Yoganandaji chuan thilpek engemaw zat a hlan a, chu chu zirtir chu a guru hnena a lo kir leh huna tih dan phung a ni. A hnuah chaw awlsam tak mahse tui tak ei turin kan thu a. Dish zawng zawng chu thlai leh buhfai inkawp a ni. Sri Yukteswarji chuan India hnam dan hrang hrang, entirnan 'finger- eating' ka hman dan chu a lawm hle a ni."

"Darkar engemaw zat Bengali tawngkam kan thlawh a, nuihzatthlak tak tak leh hlim

taka mitmeng kan inthleng hnuah a ke bulah chibai kan buk a, bade adieu with a *pronam* , 40-3. " tin, inkhawmna thianghlim leh chibai bukna chatuan hriatrengna nen Calcutta lam panin a chhuak ta a ni. Amah chungchanga pawn lam ka hmuh dante chu ziaak ber mah ila, chuti chung pawh chuan mi thianghlim dinna dik tak-a thlarau lam ropuina chu ka hre reng a ni. Ka a thiltihtheihna chu ka hre ta a, chu hriatna chu ka Pathian malsawmna atan ka phur ang."

America, Europe leh Palestine atang hian Sri Yukteswar tan thilpek tam tak ka rawn keng tawh a. Nui chungin a lo dawngsawng a, mahse engmah sawi lohvin. Ka hman tur atan Germany ramah combination umbrella-cane ka lei tawh a. India ramah chuan Master hnenah cane chu pek ka tum ta a.

"He thilpek hi ka lawmpui tak zet!" Ka guru mit chu hmangaihna nen min rawn en a hriatthiamna nei takin a sawi dan pangngai lo tak chu a sawi chhuak ta a ni. Thilpek zawng zawng atang chuan tlawhtute hnena pholan tura a single out cane chu a ni.

"Master, khawngaihin sitting room atan carpet thar siam min phalsak rawh." Sri Yukteswar-a sakeibaknei vun chu rug chhe tawh chungah an dah tih ka lo hmu tawh a.

"I duh chuan ti rawh." Ka guru aw chu a phur lo hle. "Ngai teh, ka sakeibaknei khum hi a mawiin a thianghlim a; keimah ngei pawh lalram tenau takah chuan lal ka ni. Chumi piah lamah chuan khawvel zau tak, pawn lam thil chauh ngaihvenna a awm a ni."

Heng thute a sawi lai hian kumte chu a kir leh ta niin ka hria a; wawi khat chu zirtir naupang, nitin hremna meiah tihthianghlim ka ni leh ta!

Serampore leh Calcutta atanga ka inhnukdawk theih meuh chuan, Mr. Wright nen chuan Ranchi lam panin ka chhuak ta a. Chutah chuan a va lawmawm tak em, ovation dik tak! Kum sawm leh panga ka awm loh chhunga sikul banner thlawk rengtu zirtirtu mahni hmasial lote chu ka kuah lai chuan ka mittui a tla zawih zawih a. Residential leh day zirlai te hmel eng leh hlim taka nuihzatthlak tak takte chuan an sikul leh yoga training kawng hrang hranga an neih hlutna chu a tilang chiang hle.

Mahse, a vanduaithlak hle mai! Ranchi institution chu sum lama harsatna nasa tak a tawh a ni. Sir Manindra Chandra Nundy, Maharaja hlui, a Kasimbazar Palace chu central school building-a siam, lalram thilpek tam tak pe thin kha tunah chuan a thi tawh a ni. Tunah chuan sikul-a zalenna, mi \ha tam tak chu mipui \anpuina tling a awm loh avangin hlauhawm takin a awm ta a ni.

America ramah hian kum tam tak chhung chu a finna hmantlak thenkhat, harsatna hmaa a thlarau hlauhawm lo tak tak te zir lovin ka la awm lo. Kar khat chhung chu Ranchi-ah ka awm a, harsatna khirh tak takte nen ka inhmachhawn a. Tichuan Calcutta-ah hruaitu leh zirtirtu langsar tak takte interview te, Kasimbazar tlangval Maharaja nena inbiakna rei tak te, ka pa hnena sum leh pai lama ngenna te, lo! Ranchi lungphum nghing tak takte chu siam\hat a ni tan ta. Check lian tak pakhat telin thawhlawm tam tak chu nick of time from ka American zirlai te.

India ka thlen hnu thla engemaw zat chhungin Ranchi sikul chu dan anga inzawmkhawm ka hmuh chuan hlimna ka nei ta a ni. Ka dam chhunga ka

duhthusam, permanent endowed yoga educational center chu a thleng famkim ta a ni. Chu inlârna chuan kum 1917-a tlangval pasarih awmna pawl nêna inngaitlawm taka bul țannaah min kaihruai tawh a ni.

Kum 1935 atanga kum sawm chhungin Ranchi hian a huam chin chu tlangval sikul aiin a tizau hle a ni. Tunah chuan Shyama Charan Lahiri Mahasaya Mission-ah hian mihring puihna nasa tak a awm tawh a ni.

He school, Yogoda Sat-Sanga Brahmacharya Vidyalaya hian grammar leh high school subject hrang hrangah outdoor class an nei thin a ni. Residential zirlai leh day scholar-te pawhin vocational an dawng bawk

training chi khat emaw a ni. Tlangvalte ngei pawhin an hnathawh tam zawk chu autonomous committee hmangin an regulate thin. Educator hna ka thawh tirh lamah khan zirtirtu hneh tura impishly delight thin tlangvalte chuan an zirlaipuiten disciplinary rules an siam chu hlim takin an pawm dawn tih ka hmuchhuak a. Keimah ngei pawh model pupil ka ni ngai lo va, boyish prank leh harsatna zawng zawngah hian ready sympathy ka nei vek.

Infiamna leh infiamna lama fuih a ni a; field-ah chuan hockey leh football practice a ri nasa hle. Ranchi zirlaiten competitive event-ah cup an chawi fo thin. Outdoor gymnasium hi hmun hla tak takah hriat a ni. Tihrawl recharging a ni tlang duhdan thuneihna hi chumi *Yogoda a ni* nihphung: rilru kawh lam tan nunna chakna thahrui taksa peng eng pawhah. Tlangvalte chu *asanas* (postures), khandaih leh *lathi* (stick) khelh te, jujitsu te zirtir an ni bawk. Chumi Yogoda a ni Hrisel Exhibition hrang hrang neih a ni hmunah chumi Ranchi a ni *Vidyalaya ah a awm a* nei ni a kalkhawm a ni sang tam takin an ti a ni.

Primary subject-a zirtirna chu Hindi tawngin *Kols* , *Santals* , leh *Mundas* , province-a aboriginal hnamte hnenah pek a ni. Hmeichhia tan chauh class buatsaih a ni tawh a, a bul hnaia khaw hrang hrangah class buatsaih a ni tawh bawk.

Kriya Yoga intan hi a ni . Tlangvalte hian nitin an thlarau lam exercise an ti a, *Gita* saknaah an inhmang a, thupek leh entawn tlak tak hmangin thil awlsam, mahni inpekna, chawimawina leh thutak thatnate chu an zirtir a ni. Sual chu hrehawmna siamtu anga an hnenah kawhbmuh a ni a; hlimna dik tak thlentu thiltih angin a tha. Sualna chu khawizu rimchhia, thlemna nei mahse thihna phurrit nen tehkhin theih a ni.

Taksa leh rilru hahdam lohna chu concentration technique hmanga hneh chuan thil mak tak tak a nei a: Ranchi-ah chuan mipa naupang, kum 9 emaw kum sawm emaw mi, hmeltha tak, thut hmuh chu thil thar a ni darkar khat emaw a aia rei emaw chhung chu rilru hahdam lo takin, mitmeng hrual lo chuan thlarau mit lam a hawi a. Vawi tam tak chu heng Ranchi zirlai thlalak hi ka rilruah a lo lang leh thin a, khawvel hmun hrang hranga collegian-te class period khat chhunga thut thei lote ka enfiah lai khan. **40-4 a ni**

Ranchi hi tuipui atanga feet 2000-a sangah a awm a; boruak a lum a, a inthlau bawk. Acre sawmhnih leh panga vela zau hmun, inbualna tuikhuah lian tak bulah hian India rama thei huan tha ber pawl a awm a- thei kung za nga- mango, guava, litchi, jackfruit, date. Tlangvalte chuan anmahni thlai an chin a, an *charka -ah an spin bawk* .

Khawthlang lam tlawhtute tan guest house chu mikhual takin hawn a ni. Ranchi library-ah hian magazine tam tak a awm a, English leh Bengali tawnga volume sangkhat vel, khawthlang leh hmar lam atanga thilpek a awm bawk. Khawvel

Pathian Lehkha Thute khawlkhawmna a awm a. Museum classified tha takah chuan archeological, geological, leh anthropological exhibits te dah a ni a; trophy, a tam zawkah chuan, Lalpa leilung chi hrang hrang chungka ka vakvai te.

Khaw hla tak takah pawn lam branch tam tak awmna Lahiri Mahasaya Mission-a charitable hospital leh dispensary-ah hian India rama mi rethei 150,000 vel rawngbawlina an nei tawh a ni. Ranchi zirlai te hi first aid lama zirtir an ni a, tuilian emaw riltam emaw hun lungchhiatthlak takah pawh an province tan fak tlak rawngbawlina an pe a ni.

Thei huanah hian Shiva biak in a ding a, chutah chuan malsawmna dawngtu, Lahiri Mahasaya lim a awm a ni. Nitin tawngtai leh Pathian Lehkha Thu class te chu mango bower hnuaiah huanah neih thin a ni.

Branch high school, Ranchi khawpui chhunga chenna in leh yoga feature nei te hawn a ni tawh a, tunah chuan a lo thang chak hle. Hengte hi mipa naupang tan Yogoda Sat- Sanga Vidyapith (School), Lakshmanpur-a nei a ni Bihar-ah te; leh Midnapore-a Ejmalichak-a Yogoda Sat-Sanga High School leh hermitage-ah te a awm bawk.

Yogoda Math ropui tak chu kum 1939 khan Ganges lui kama awm Dakshineswar-ah hlan a ni. Calcutta khawchhak lam mel tlemte chauh a hlaah, he hermitage thar hian khawpui chhunga chengte tan remna hmun a siamsak a ni. Khawthlang ram mikhualte tan chuan awmna tur remchang a awm a, a bik takin thlarau lam thil hriatchhuahna atana an nun nasa taka hlan thin zawngtute tan chuan awmna tur hmun remchang a awm bawk. Yogoda Math hmalakna hrang hrangah hian India ram hmun hrang hranga zirlaite hnenah Self- Realization Fellowship zirtirna kar hnih danah mail-a thawn chhuah a ni.

Heng zirna leh mihring lam thil zawng zawng hian zirtirtu leh hnathawk tam takte mahni inpekna leh inpekna a mamawh tih sawi vak a ngai lo. Hetah hian an hming ka tarlang lo, an tam em avangin; mahse ka thinlungah chuan pakhat zel hian niche eng (lustrous niche) an nei vek a ni. Lahiri Mahasaya duhthusam atanga infuih tharin heng zirtirtute hian khawvel thiltum beisei awm tak takte chu inngaitlawm taka rawngbawl turin, thilpek nasa tak pe turin an kalsan ta a ni.

Mr. Wright-a chuan Ranchi tlangvalte nen hian inþhianþhatna rang tak tak tam tak a siam a; clad in a simple *dhoti* , an zingah hian rei vak lo a awm a. Ranchi-ah te, Calcutta-ah te, Serampore-ah te, a kalna apiangah, ka secretary, a nei tawh sawifiahna thilpek Chiang Tak, a thil tawnte ziaak tûrin a zinna diary chu a la chhuak a. Tlai khat chu I tiin zawhna a zawt a.

"Dick, ." engnge hi i intawnhriat tan India?"

"Remna," ani sawi ngaihtuah chungin. "Chumi hnam hrang hrang aura a ni hi remna."

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40-1 : 1.1. Keini keh kan zinkawng chhung Central lam a ni Province hrang hrang, . a chanve vel a ni paltlang chumi khawmualpui, ah hmu Mahatma chuan a ti a Gandhi-a chuan a sawi hmunah Wardha chuan a rawn ti a. Chu ni chu bung 44 - ah tarlan a ni.

40-2 : 1.1. Prafulla a ni tawh chumi lad tunge nei ni thilpek nen Hotu engtikah ani cobra tih a ni a rawn hnaih a (hmu page 116 a ni).

40-3 : 1.1. A ngial a ngan chuan, "thianghlim." hming," ani thumal tan chibai bukna zingah Hindu-ho, . a zui bawk tu kutpah (palm-folded) a ni kut a ni a han chawi sang a atangin chumi thinlung chu hmai thlengin chibai bukna atan. India rama *pranam* pakhat chuan khawthlang lam chibai bukna hmun chu kut inthlakna hmangin a luah a ni.

40-4 : Concentration technique thenkhat hmanga rilru lam zirtirna hian India thlah tinah mipa hriatrengna mak tak tak a siam chhuak a. Sir T. Vijayaraghavachari, *Hindustan Times* -ah chuan Madras khawpuia tunlai professional "memory men" te chung a test an nei dan a sawi a. "Heng mite hi Sanskrit literature-ah chuan thil danglam takin an zir a ni. Mi tam tak kara þuin, mipui zinga mi engemaw zatin a ruala an test þhin ang chiah kha an ni. Test chu hetiang hi a ni ang: mi pakhatin bell a ri ðan ang a, ring zat chu 'memory man'-in a chhiar a ngai ang," tiin a ziaak a ni. Mi pahnihna chuan paper atangin arithmetic exercise rei tak a dictate ang a, chutah chuan addition, subtraction, multiplication, leh division

te a tel *ang* tan hla phuah te, . khawi nei ah ni tihchhuah leh; ani palina a ni ang ruahman harsatna a awm chhung versification tih a ni khawi mamawh chumi composition of a ni changte a ni chhung dik tluang meter a ni chungah ani pek thupui, vek rinngil ah tawp chhung ani tih a ni thumal, ani pangana a ni mipa ang phur chungah nen ani paruknaah chuan theological inhnialna a ni a, a ṭawngkam dik tak chu inhnialna neitute'n an kalpui dan tur dik takah tarlan a ngai a, mi pasarihna pakhat chu chutih lai zawng chuan kekawrte a her kual vek a, chu chu a revolution zat chhiar a ngai a ni. Chumi hriatrengna mithiam bik nei a rualin ah ti zavai hengte feats a ni purely a ni tu rilru kalphung hrang hrang, . angin ani tawh phal lehkha leh pencil a awm lo. Faculty-te chung strain chu a ropui hle ngei ang. A tlangpuiin mipa hriat loha inhuatna nei te hi an hlutna tlahniam (depreciate) an ni chutiang thawhrimna a ni tu nghawng nei thei ah ring sawmi anni tel ve chauh chumi insawizawi tan chumi hnuailam hnathawh dan hrang hrang tan chumi thluak. Mahse, hriatrengna chungchanga zawhna thianghlim tak a ni lo. A lian zawk chu rilru concentration nasa tak hi a ni."

BUNG: 1.1. 41 a ni

Chu Idyl a ni Chhung Chhim India

"Nangmah hi chumi hmasa ber Khawthlang lam mi, . Dick, 1999 a ni. reng ah lut sawmi hmun thianghlim (shrine) a ni. Tam tak mi dangte chu nei tum chhung engmah lo mai."

Ka thusawi avang chuan Mr. Wright chu a mangang hmel hle a, chutah a lawm hle bawk. India khawthlang lam Mysore thlir theihna tlangah Chamundi Temple mawi tak chu kan chhuahsan chauh a ni. Chutah chuan rangkachak hmaah kan bawkkhup tawh a tangkarua maicham-ah te tan chumi Pathiannu Chamundi, 2019 a ni. patron a ni pathian nihna tan chumi chhungkua tan chumi rorel lai a ni maharaja tih a ni.

"He chawimawina danglam tak hriatrengna atan," Mr. Wright chuan uluk takin rose par malsawmna tlemte chu a dah bo a, "He pangpar, puithiamin rose tui a theh hi ka humhim reng ang," a ti a.

Ka thianpa nen chuan ~~41-1~~ November, 1935 thla chu Mysore State-a mikhual angin an hmang a ni. Maharaja, HH Sri Krishnaraja Wadiyar IV hi model prince a ni a, a mite tana inpekna fing tak a nei a ni. Hindu Pathian ngaihsak tak, Maharaja hian Mohammedan pakhat, mi thiam Mirza Ismail chu a Dewan emaw Premier emaw atan thuneihna a pe a ni. Mysore khawpuia cheng maktaduai sarih te chu Assembly leh Legislative Council-ah te mipui aiawh an ni.

Maharaja ro luahtu HH the Yuvaraja, Sir Sri Krishna Narasingharaj Wadiyar chuan ka secretary leh kei hi a ram êng leh hmasawn zawk tlawh turin min sawm tawh a. Kar hnih kalta chhung khan Mysore mipui leh zirlai sang tam tak hnenah thu ka sawi tawh a, Town Hall-ah te, Maharajah's College-ah te, University Medical School-ah te; leh Bangalore-ah mipui inkhawm vawi thum neih a ni a, National High School-ah te, Intermediate College-ah te, mi sangthum chuang zet an inkhawmna Chetty Town Hall-ah te neih a ni bawk. America ram thlalak êng tak ka ziah chu ngaithla duhtute chuan an fak thei em tih chu ka hre lo; mahse, Khawchhak leh Chhim lama thil tha ber berte inthlengna ațanga inthlâk danglamna awm thei chungchâng ka sawi hian kutbengna chu a ri nasa ber thin.

Tunah chuan Mr. Wright nen chuan tropical peace-ah chuan kan chawl hahdam ta a. A zinna diary-ah hian Mysore khawpui chungchanga a thil hmuh dante chu hetiang

hian a tarlang a ni:

"Brilliantly green rice fields, varied by tasseled sugar cane patches, nestled at the protective foot of rocky hills-hills dotting the emerald panorama like black stones- and the play of colours is enhanced by the play of colours is enhanced by the rang leh dramatic of the sun as it searching rest rest behind the solemn hills."
.. ..

"Tam tak rapturous tak a ni moments a ni nei ni hmang chhung en reengin, . teuh awm lo- rilru puin, . hmunah chumi reng-

Pathian canvas danglam tak chu van boruak zau takah a inzar pharh a, A khawih ringawt pawh hian nunna thar nen a inher chhuak thei rawng a siam thei si a. Chu rawng hrang hrang tleirawl chu mihringin pigment chauh hmanga entwain a tum hian a bo ta a ni, Lalpa chuan medium-oils awlsam zawk leh tangkai zawk, oil emaw pigment emaw ni lo, êng êng mai mai a hmang a ni. Hetah hian light splash a toss a, chu chuan a reflect ta a ni sen; Brush chu a han vawrh leh a, zawi zawiin orange leh gold-ah a inhmeh ta a; tichuan, piercing thrust hmangin Ani a hliam a chumi chhum a ni nen ani thlur sung tan nawinawk sawmi hnah ani ringlet a ni emaw fringe a ni tan sen oozing a ni chhum zinga hliam ata chhuak; tin, chutiang chuan, a kal zel a, A khel a, zan leh zing ang bawkin, a danglam reng a, a thar reng a, a thar reng baw a; pattern awm lo, duplicate awm lo, rawng inang lo chauh. Chhun leh zan lama India ram inthlak danglamna mawina hi hmun dangah chuan tehkhin rual a ni lo; vawi tam tak chu van chu Pathianin a la vek ang maiin a lang A kit chhunga rawng hrang hrangte chu a pe a, vanah kaleidoscopic toss chak tak pakhat a pe baw.

41-2 a twilight tlawhna ropuizia hi ka sawi chhuak tur a ni." Mysore khawpui pawn mel sawm leh pahnih vela hlaa sak a ni. Yoganandaji nen chuan bus te tak teah chuan kan chuang a, tlangval te tak te chu official cranker emaw battery thlaktu atan emaw nen, ni zung ang maiin leilung kawngpui zau takah chuan kan chhuak ta a horizon-ah setting leh tomato puitling lutuk ang maia squashing.

"Kan zinkawng chuan hmun tina awm square rice fields te chu kan paltlang a, banyan thlamuanthlak tak line kan paltlang a." thingte, coconut palm sang tak tak, ramngaw ang maia thing leh mau hring hring awmna inkar, a tawpah chuan tlang chhip kan hnaih chuan, artificial lake lian tak nen kan inhmachhawn a, chu chu kan inngaihtuah a ni chumi arsi te leh fringe a ni tan kutphah a ni leh thildang thing, . a hual vel a ni tu duhawm terraced-ah a awm huan leh tuikhuah bula electric light row khat-chuan a hnuaiah chuan kan mit chuan geyser ang maia tuikhuah-a beam rawng hrang hrang inkhel hmuhnawm tak chu a hmu a, chu chu ink eng mawi tak tak luang chhuak tam tak ang maiin-tui tla mawi tak tak, mitmeng sen, green leh yellow spray, elephant-te tui chhuak, Chicago World's Fair-a miniature, leh chuti chung pawha mantu a ni tunlai khawvela langsar tak tak, he buh hmun hlui leh mi awlsam tak ram, hmangaihna nena min lo hmuaktu, ka Yoganandaji chu America rama hruai kir leh tur chuan ka chakna aia tam a mamawh dawn tih ka hlau.

"Another rare privilege-my first elephant ride. Nizan khan Yuvaraja chuan a summer palace-ah a sakeibaknei pakhat, sakawlh lian tak chunga chuang turin min sawm a. *Howdah* emaw saddle emaw thlenga sang taka chhoh theihna tura ruahman ladder ka chuang a, chu chu silk-cushioned leh boxlike a ni a; chutah chuan rolling, tossing, swaying, leh heaving down into a gully, lungngai lutuk emaw, au chhuahpui emaw tur khawpa rilru na, mahse nunna duh tak atan chuan a innghat tlat!"

India khawthlang lam, historical leh archaeological remains-a hausa chu ram, Chiang tak, mahse sawifiah theih loh ram a ni. Mysore chhim lamah hian India rama native state lian ber Hyderabad a awm a, chu chu Godavari lui chak takin a khuh,

tlangram mawi tak a ni. Tlang zau tak, leilung hring, Nilgiris emaw "Blue Mountains" duhawm tak, hmun dang, limestone emaw granite emaw tlang hring hring awmna hmun. Hyderabad chanchin hi thawnthu thui tak, rawng hrang hranga chei a ni a, kum sangthum kalta atang khan Andhra lalte hnuaiah a intan a, Hindu lalram hnuaiah AD 1294 thleng a chhunzawm a, chutih lai chuan Moslem roreltute thlah khat, lalte hnenah a kal ta a ni he ni hian.

India ram pumah hian architecture, sculpture leh painting pholanna hmuhnawm ber chu Hyderabad-ah hian lungphun hlui Ellora leh Ajanta-ah hmuh a ni. Ellora-a Kailasa, temple lian tak, lung pakhat chauh awmnaah chuan Michelangelo ang maia pathian, mihring leh sakawlh lem lem siam a ni. Ajanta hi Cathedral panga leh monastery sawmhnih leh panga awmna hmun a ni a,

lung laih zawng zawng chu fresco-a siam lungphum lian tak takin a enkawl a, chutah chuan artist leh sculptor-te chuan an thiamna chu thi thei lovin an dah a ni.

Hyderabad khawpui hi Osmania University leh Mecca Masjid Mosque ropui tak hian a chei mawi hle a, Mohammedan mi sang sawm zet chu tawngtai turin an inkhawm thei a ni.

Mysore State pawh hi thil mak tak, tuipui atanga feet sangthum vela sang, ramngaw zau tak tak awmna hmun, ramsa sakeibaknei, bison, bear, panther leh sakeibaknei te chenna hmun a ni. A khawpui lian pahnih Bangalore leh Mysore te chu a fai a, a hmuhdawm a, park leh vantlang huan tam tak a awm bawk.

Hindu architecture leh sculpture hian kum zabi sawm leh pakhat atanga kum zabi sawm leh panga thleng khan Hindu lalte enkawl na hnuaiah Mysore-ah an famkimna sang ber an thleng a ni. Kum zabi sawm leh pakhatnaa Lal Vishnuvardhana lal laia sak zawh tawh, Belur-a temple hi a chipchiar leh a lem mawi tak takte avang hian khawvelah chuan a tluk loh a ni.

Mysore hmar lama lungphun an hmuhte hi BC kum zabi thumna atanga siam niin, Lal Asoka hriatrengna a ti eng a ni. Chutih laia Maurya lalram lalthutthlengah chuan a hlawhtling ta a; a lalram chuan tûn lai India, Afghanistan, leh Baluchistan ram zawng zawng deuhthaw a huam a ni. He lal ropui tak, khawthlang ram chanchin ziaktute pawhin tehkhin rual loha roreltu anga an ngaih hian lungpui hriatrengnaah hian a hnuaia finna hi a hnutchhiah a ni:

He sakhaw thuziak hi kan fapate leh kan tu leh fate ngaihtuah loh nan an phun a ni hnehna thar a ngai a; khandaih hmanga hnehna chu hnehna hming vuah tlak nia an ngaih loh nan; boralna leh tharum thawhna chauh lo chu engmah an hmuh loh nan; sakhaw hnehna chauh lo chu hnehna dik anga an ngaih loh nan. Chutiang hnehna chuan he khawvelah leh nakin lawkah hlutna a nei a ni.



Ka ṭhianta a ni leh Ka pose a ni hmaah chumi "mumang chhung marble a ni,"
chumi Taj Mahal a ni hmunah Agra a ni.

Asoka hi Chandragupta Maurya (Greek-hoin Sandrocottus tia an hriat) hlauhawm tak pafa a ni a, a tleirawl lai khan Alexander the Great nen an inhmu tawh a ni. A hnuah Chandragupta chuan India rama Macedonian sipai awmte chu a tichhia a, Punjab-a Greek sipai Seleucus-a rawn beitu chu a hneh a, chumi hnuah a Patna lal in-ah Hellenic ambassador Megasthenes-a chu a lo dawngsawng ta a ni.

Thu ngaihnawm tak tak chu Greek historian leh mi dangte chuan Alexander-a India rama a zinnaah a zui emaw, a hnung zui emaw tute chuan minute tlemtein an ziaak chhuak a ni. Arrian-a chanchin, Diodoros-a te, Plutarch, 1999 a ni. leh Strabo chuan a rawn ti a chumi geographer (geographer) a ni nei ni lehlin a ni tu Dr. J. A rilru a hah lutuk chuan a rilru a buai em em a. W. M'Crindle chuan a rawn ti a **41-3 a ni** hmân lai India ram chungah êng zungbun (shaft of light) paih tûrin. Alexander-a'n hlawhtling lo taka a rawn beih dana thil lawmawm ber chu Hindu philosophy leh a hun huna a tawn thin yoga leh mi thianghlimte ngaihvenna thuk tak a lantir hi a ni. Greek indo mi chuan India hmar lam Taxila a thlen hnu rei vak lovah chuan tirhkoh pakhat, Onesikritos, Hellenic school of Diogenes zirtir chu India zirtirtu pakhat, Dandamis, sannyasi of ropui tak rawn hruai turin a tir a Taxila a ni.

"Aw Brahmin zirtirtu, chibai ka buk che!" Onesikritos chuan a forest retreat-a Dandamis a zawn hnuah a sawi. "Pathian chak tak Zeus fapa chu mi zawng zawng Lalber Alexander a nih avangin a hnena kal turin a ngen che a, i zawm chuan thilpek ropui tak tak a pe ang che, mahse i duh loh chuan i lu a tansak ang che!"

Yogi chuan he sawmna hi muangchangin a dawng a, "a hnah couch atang chuan a lu a chawi sang lo."

"Kei pawh hi Zeus fapa ka ni a, Alexander chu chutiang chu a nih chuan," tiin a comment. "Alexander-a ta chu engmah ka duh lo, ka neihah ka lungawi si a, chutih lai chuan a hote nen tuifinriat leh leia hlawkna awm lovin an vakvai a, a vakvaihna a tawp ngai lo tih ka hmu bawk."

"Kal la, Alexander-a hnenah Pathian Lalber chu insolent wrong siamtu a ni ngai lo va, a ni tih hrilh rawh." êng, remna, nunna, tui, mihring taksa leh thlarau siamtu; Thihnain a chhuah zalen hunah mi zawng zawng a lo dawngsawng a, engti kawng mahin natna sual hnuaiah a awm lo. Amah chauh hi ka chawimawina Pathian a ni a, talh hi a huat a, indona engmah tichhuak lo a ni.

"Alexander hi pathian a ni lo, thihna a tem ngei ngei tur a nih avangin," sage chuan ngawi reingin a ti chhunzawm a. "Engtin nge hetiang ang hi khawvel pu a nih theih ang, chhungril lalthutphah a la thut loh lai hian." khawvel pum huap thuneihna? Hades-ah hian awmin a la lut lo va, a kalna tur pawh a hre lo chumi ni tlang chumi central-ah a awm region hrang hrangah a awm tan chumi khawvel, laiin chumi hnam hrang hrangte chungah chu chu ramri nei a hming pawh hre lo!"

He hremna hnu hian, "Khawvel Lalpa" beng bei tura tirh zingah chuan a rilru na ber

ber a ni ngei ang, mi fing chuan nuihzatthlak takin, "Alexander-a tuna a thuneihnate
hi a duhzawngte tan a zau tawk lo a nih chuan Ganges lui chu pel rawh se; chutah
chuan a mi zawng zawng chhawmdawl thei tur bial a hmu ang, he lam ram hi a
thui lutuk a, a chelh thei lo a nih chuan. **41-4 a ni**

"Mahse, hei hi hre rawh, Alexander-a thilpek leh thilpek a tiamte hi ka tan chuan
thil tangkai lo tak tak a ni;

in, heng ni tin chaw min petu thing par, leh ka in tur tui; thil dang zawng zawng, lungkham taka enkawl khawmte erawh chu a tichhe vek thung anmahni khawl khawmtu, lungngaihna leh lungngaihna chauh siamtute, chu chuan mi rethei thi thei zawng zawng chu a khat vek a ni. Kei erawh chu ramngaw hnah chungah ka mu a, venhim ngai engmah ka neih loh avangin muthilh reh takah ka mit ka chhing a; chutih lain, vengtu tur thil ka neih chuan, chu chuan mut a hnawtchhuak ang. Lei hian engkim min supply a, nu angin a fate pawhin hnute a pe a ni. Ka duhna hmunah ka kal a, ka rilru tibuaitsu tur ngaihtuahna a awm lo.

"Alexander-a hian ka lu a tan a nih chuan ka thlarau pawh a tichhe thei lo. Ka lu chauh, chutah ngawi reengin, a awm reng ang a, taksa chu leia puan hrual ang maiin a awmtir ang. Chuti a nih chuan kei chu Thlarau ka lo ni ta a, ka Pathian hnenah ka chho ang, ani hian tisain min hual vek a, leia min hnutchhiah a, hetah hnuaia kan awm hunah hian A thupekte zawmin kan nung dawn em tih finfiah turin leh tu pawhin a zawm ang tih finfiah turin kan zavaia hnen atangin, chuta tang chuan A hmaa kan chhuah hunah, kan nun chanchin sawina kan phut a, Amah chu Roreltu a nih avangin thil dik lo chhuang tak zawng zawng; tihduhdah tuarte au thawm chu hremna a lo ni ta si a tihduhdahtu.

"Chuti a nih chuan Alexander-a chuan hausakna duhtu leh thihna hlautute chu heng vau hmang hian ti hlauhawm rawh se, kan lakah chuan heng ralthuamte hi thiltihtheihna nei lo an ni ve ve si a; Brahmin-ho chuan rangkachak hi an hmangaih lo va, thihna pawh an hlau lo. Chuti a nih chuan kal la, Alexander-a hnenah hetiang hian hrilh rawh: Dandamis hian i ta tur thil engmah a mamawh lo va, chuvangin i hnenah a kal lo vang a, Dandamis hnen atangin engmah i duh chuan a hnenah lo kal rawh.

Ngaihtuah ngun takin Alexander-a chuan Onesikritos kaltlangin yogi hnen atanga thuchah chu a dawng a, "a hre ta a ni." tar leh saruak ni mah se, hnam tam tak hnehtu, a tlukpui aia tam a tawn tawh zinga dodaltu awmchhun Dandamis hmuh duhna nasa zawk a nei a ni.

Alexander-a chuan Taxila-ah hian Brahmin ascetics engemaw zat, philosophy lam zawhnate chu finna thui tak hmanga chhan thiamna lama hriat hlawh tak takte chu a sawm a. Thusawi hmanga inhnialna chungchang hi Plutarch-a'n a sawi a; Alexander-a ngei pawhin zawhna zawng zawng chu a frame vek a.

"Eng nge tam zawk, mi nung nge mitthi?" "Mi

nungte, mitthite chu an awm lo si a."

"Tuin nge rannung lian zawk hi a hring, tuifinriat

nge lei?" "Ram chu, tuifinriat hi ram thenkhat

chauh a ni si a."

"Khawi hi chumi fing ber tan sakawlh te hi?"

"Mihringin a la hriat loh chu." (Mihringin hriat loh a hlau.) "Eng

nge awm hmasa ber, chhun nge zan?"

"Ni chu ni khatah a hmasa ber a ni." He chhanna hian Alexander-a chu mak tihna a phatsan a; Brahmin chuan: "Zawhna theih lohte chuan chhanna theih loh a mamawh a ni," a ti bawk.

"Engtin tha ber maithei ani mipa siam amah ngei pawh a ni duhlai?"

"Mihring chu thiltihtheihna nasa tak neia a la inhriat loh chuan hmangaih a ni ang."

"Engtin nge mihring chu pathian a nih theih?" **41-5 a ni**

"Mihring tih theih loh thil tih hian." "Eng nge chak

zawk, nunna nge thihna?"

"Nunna, avang chumi bears a ni chuvangin tam tak thil tha lote."

Alexander chuan India ram atangin, a zirtirtu angin, yogi dik tak a chhuah chhuak hlawhtling ta a ni. He mi hi Swami Sphines a ni a, Greek-ho chuan "Kalanos" an ti a, a chhan chu Kali ang maia Pathian betu mi thianghlim chuan A hming duhawm tak chu lam chhuakin mi zawng zawng chibai a buk a ni.

Kalanos-a chuan Alexander-a chu Persia ramah a zui a. Ni pakhatah chuan Persia rama Susa-ah Kalanos-a chuan Macedonia sipai zawng zawng hmuh theihin vuina meipuih a lut a, a ruang upa tawh tak chu a pe ta a ni. Historian-te chuan yogi chuan hrehawmna leh thihna hlahna a nei lo tih hmutu sipaite mak tihzia leh, meialh kang laia a dinhmun a\angin vawi khat mah a che ngai lo tih chu record rawh. A chhuah hmain a halralna atan chuan Kalanos chuan a thiante hnai tak takte chu a lo kuah vek tawh a, mahse Alexander-a chu a thlah lo va, Hindu mi fing chuan a sawi mai mai a ni:

"KA ang hmu nangmah rei lo teah chhung Babulon a ni."

Alexander-a chuan Persia ram a chhuahsan a, kum khat hnuah Babulon-ah a thi ta a ni. A Indian guru thusawi chu Alexander-a bulah nunna leh thihnaah a awm dawn tih a sawi dan a ni tawh.

Greek historian-te hian India khawtlang nun thlalak chiang tak leh rilru hneh tak tak tam tak min hnutchhiah a. Hindu dan chuan, Arrian-a chuan min hrilh a, mipuite a humhim a, "an zingah tumah, eng dinhmunah pawh, sal ni lo mah se, anmahni ngeiin zalenna an hlim a, mi zawng zawngin an neih chu a chanvo inang tlang chu an zah tur a ni tih a ruat a ni. Mi dangte chung a thuneihna nei lo emaw, mi dangte chung a rilru na lo emaw zir tawhte tan chuan chanvo inthlak danglamna zawng zawng tana insiamremna tha ber nun chu an nei ang tih an ngaihtuah a ni. **41-6 a ni**

"The Indians," runs another text, "usyry-ah pawisa an paih chhuak lo va, loan pawh

an hre lo. Indian pakhatin thil dik lo a tih emaw, a tuar emaw theihna tura hman dan din tawh nen a kalh a, chuvangin contract an siam lo va, securities pawh an mamawh lo bawh. Damna chu thil awlsam leh pianpui hmanga tihtamna a ni tih min hrilh a ni. "Damdawi hman ai chuan ei leh in tihtanglamna hmanga tihtam a ni zawk. Damdawi ngaihsan ber chu hriak leh plaster a ni. A dang zawng zawng hi a tam zawkah chuan chhiatna thlen thei anga ngaih a ni. Indonaa inhnawhchawh chu *Kshatriyas* emaw warrior caste emaw chauh a ni. "Hmelmain a ram a hnathawhna hmuna loneitu chung a lo kal chuan, a chungah chhiatna a thlen lo vang, hetiang mite tan hian." class chu vantlang tana \angkaitu anga ngaih an nih avangin hliam zawng zawng laka humhim an ni. Chutianga ram chu tihtchhiat loha awm leh thlai rit tak tak a chhuah chuan, chuta chengte chu nun nuam tak siamna atana thil tulte a pe chhuak a ni." 41-7

BC 305-a Alexander-a sipai hotu, Seleucus-a hnehtu Lal Chandragupta chuan pasarih a rel a kum a hnuah ah kut chungah chumi reins a ni tan India ram a ni sawrkar ah ani fapa. Khualzinna ah South India, Chandragupta hian a dam chhung kum sawm leh pahnih hnuhnung ber chu penniless ascetic angin a hmang a, Sravanabelagola-a lungpui lungpui pakhat mahni inhriatthiamna a zawng a, tunah chuan Mysore hmun thianghlim anga chawimawi a ni ta a ni. A bul hnaia dingte khawvela milem lian ber, mi thianghlim Comateswara chawimawina atana AD 983-a Jain-hoin lung lian tak atanga an phun chhuah a ni.

Mysore-a sakhaw hmun thianghlim hmun tina awmte hi South-a mi thianghlim ropui tam takte hriat nawn tirtu a ni reng a ni India. Pakhat tan hengte hotute, .
Thayumanavar, 1999 a ni. nei kalsan keini chumi zui harsa tak a ni hlathuhril:

Nangmah thei thunun ani a sai;
Bear leh sakei hmui i khar thei a; Sakeibaknei i
chuang thei a;
Nangmah thei inkhel nen chumi cobra (cobra) te;
Alchemy hmang hian i eizawna chu i eke
chhuak thei a; Universe chhungah hian
incognito takin i vak kual thei a; Pathiante
vassal i siam thei a;
Nangmah thei ni reng tleirawl lai;
Nangmah thei kal chungah tui leh nung chhung mei;
Mahse thunun tan chumi rilru hi tha zawk leh belh harsa.

India khawthlang lam tawp lama State mawi leh hring tak, lui leh tuikhuah hmanga lirthei kalna hmunah chuan Maharaja chuan kum tin indona avanga sualna leh hun kal tawh hla takah state tenau engemaw zat Travancore-a an inzawmkhawmna avanga a lo awm tawhte chu a phuhrukna tur rochun mawhphurhna a la a ni. Kum tin ni sawmnga leh paruk chhung chu Maharaja hian nitin vawi thum temple hi a tlawh a, Vedic hla leh thusawi ngaihthlak a ni a; expiation ceremony chu *lakshadipam* emaw, biak in chu êng sang zaa tihên emaw hmangan a tawp òhin.

Hindu dan siamtu ropui Manu **41-8** lal hnathawh tur a tarlang tawh a ni. "Indra (pathiante lal) ang chi amenities te chu a shower tur a ni; niin tui atanga vapor a hmuh rualin zawi zawiin leh hriat theih lohvin chhiah a khawn tur a ni; thliin khawi hmunah pawh a kal zel angin a hnuaia mite nunah a lut tur a ni; Yama (thihna pathian) angin mi zawng zawng hnenah dikna pawh a mete out tur a ni); dan bawhchhiate chu Varuna (Vedic pathian van leh thli pathian) ang chi noose-ah khin rawh u; khawngaihlin thla ang maiin mi zawng zawng chu halral rawh u."

mei pathian ang hmêlma te;

"Indonaah chuan lal chuan ralthuam rimchhia emaw, meialh emaw hmangin a bei tur a ni lo va, hmêlma chak lo emaw, inpeih lo emaw, ralthuam nei lo emaw, hlauthawng emaw, humhimna dilna tawngtai emaw, tlanchhia emaw mipa emaw chu a that tur a ni lo. Indona chu a tawp ber atan chauh hman tur a ni. Indonaah chuan a rah chhuah chu rinhlelh rual a ni fo thin.

India khawchhak lam tuipui kama Madras Presidency-ah hian khawpui zau tak, tuipui kam, Madras khawpui leh Conjeeveram, Golden City, Pallava lalram lalte lalna khawpui hmunpui a awm a ni

Kristian hunlai kum zabi hmasa lamah khan. Tunlai Madras Presidency-ah chuan tharum thawhna nei lo Mahatma Gandhi-a thil tumte chuan hmasawna nasa tak a nei a; a var danglam bik "Gandhi caps" te chu hmun tinah hmuh tur a awm. Khawchhak lamah chuan a tlangpuiin Mahatma hian "untouchables" te tan temple siamthatna pawimawh tak tak a tichhuak a, chubakah caste-system siamthatna pawh a tichhuak bawk.

Legislator ropui Manu-a siam, caste system lo chhuahna chu a fak hle. Mihringte chu natural evolution hmangin class ropui paliah an thliar hrang tih chiang takin a hmu a: an taksa thawhrimna hmanga khawtlang tana rawngbawlna pe theite (*Sudras*) rawngbawltute kaltlangin rilru, thiamna, loneih, sumdawnna, sumdawnna, sumdawnna nun a tlangpuiin (*Vaisyas*); an thiamna chu administrative, executive, leh protective-rulers leh warriors (*Kshatriyas*) te; ngaihtuahna nei, thlarau lam thila infuih leh rilru hneh thei (*Brahmin*) te . "Pian emaw, sakramen emaw, zirlai emaw, thlahtute emaw pawhin mi pakhat chu vawi hnih piang a nih leh nih loh (chu chu *Brahmin*);" Mahabharata *chuan* , "mizia leh nungchang chauh hian thutlukna a siam thei" tiin a puang. **41-9 a ni** Manu chuan a hrilh a society chuan a member-te chu finna, nungchang tha, kum, inzawmna emaw, a tawp berah chuan hausakna emaw an neih phawt chuan zahna lantir turin. Vedic India rama hausakna chu thilpek atana khawlkhawm emaw, hman theih loh emaw a nih chuan hmuhsit a ni fo thin. Mipa hausakna nasa tak nei mi thilphal lo tak takte chu khawtlang nunah dinhmun hniam takah dah an ni.

Kum zabi tam tak chhunga caste system chu hereditary halter-a a lo harh chhoh khan sualna lian tak tak a lo chhuak ta a ni. Gandhi ang social reformer leh tunlai India rama khawtlang tam tak member-te chuan pianpui ni lovin, pianpui thiamna chauh atanga inngat, hnam nunphung hlui siamthatna kawngah hmasawna zawi zawiin mahse chiang takin an nei mek a ni. Leia hnam tin hian anmahni hmachhawn tur leh tihbo tur hrehawmna siamtu karma danglam tak an nei vek a; India pawh hian a rilru natna (versatile and invulnerable spirit) nen chuan caste-reformation hna thawh tur nen a inang tih a lantir dawn a ni.

India khawthlang lam hi a entrancing em em a, Mr. Wright nen chuan kan idyl pawh rei zawk kan duh hle. Mahse hun chuan, a hriatrengna zah lohnaah chuan, zah takin min tizau lo. Calcutta University-a Indian Philosophical Congress thutawp session-ah thu ka sawi thuai dawn a ni. Mysore tlawhna tawp lamah chuan Indian Academy of Sciences lam a ni. He Hindu physicist thiam tak hi kum 1930 khan Nobel Prize a dawng a, chu chu êng darh chhuahna lama a thil hmuhchhuah pawimawh tak-tunah chuan sikul naupang zawng zawngin an hriat tawh "Raman Effect" a ni.

Madras zirlai leh thian tam takte chu duh lo takin thlahtu kut phar chungin, Mr. Wright-a nen chuan hmar lam panin kan chhuak ta a. Kawng lakah chuan Sadasiva Brahman hriatrengna atana hmun thianghlim tlemte hmaah kan ding a, **41-10** kum zabi sawm leh riatnaa a nun chanchinah chuan thilmakte chu a inzawm khawm

nasa hle. Nerur-a Sadasiva hmun thianghlim lian zawk, Raja of Pudukkottai-a sak chu pilgrimage spot a ni a, Pathian damna tam tak a hmu tawh a ni.

Sadasiva, master duhthusam leh êng kim tak chanchin mak tak tak tam tak chu South Indian khaw mipuite zingah chuan a la awm reng a ni. Ni khat chu Kaveri lui kamah *samadhi -ah a inhnim pil a* , Sadasiva chu tuilianin a hruai bo nghal tih hmuh a ni. Kar engemaw zat hnuah leilung hrual hnuai thuk takah phum a ni tih an hmu ta a ni. Khaw mipuite shovel-in a taksa a rawn deng lai chuan mi thianghlim chu a tho a, chak takin a kal ta a.

Sadasiva hian thu pakhat mah a sawi ngai lo va, puan pawh a ha ngai lo. Zing khat chu saruak yogi chu inkhawmpui nei lovin Mohammedan lal pakhat puan in chhungah chuan a lut ta a. A ladies te chu hlauthawng takin an au chhuak a; indo mi chuan savawm tak a ti a ngunhnam thrust a ni hmunah Sadasiva, 1999 a ni. tu ber ban tawh tihtawp a ni. Chumi hotu a chhuak ta ngaihsak lo takin.

Inchhira nain hnehin Mohammedan chuan khum atang chuan a kut chu a la a, Sadasiva chu a zui ta a. Yogi chuan ngawi rengin a kut chu thisen chhuak stump chhungah chuan a thun lut ta a. Indo mi chuan inngaitlawm taka thlarau lam zirtirna engemaw zat a dil chuan Sadasiva chuan a kut zungtang hmangin sands-ah chuan heti hian a ziaak a:

"Ti lo ti engnge nangmah duh, leh tichuan nangmah maithei ti engnge nangmah duh."

Mohammedan chu rilru dinhmun sang takah a kai chho a, mi thianghlim thurawn inthlau tak chu ego thiamna hmanga thlarau zalenna kaihruaitu ni turin a hrethiam a ni.

Vawikhat chu khaw naupangte chuan Sadasiva hmaah hian Madura sakhaw kû, mel 150 vela hlaa hmuh an duh thu an sawi a. Yogi chuan naupang tête chu a taksa chu khawih tûrin a kawhbmuh a. Lo! instantly group zawng zawng chu Madura-ah an phur ta a ni. Naupangte chu pilgrims sang tam tak zingah hlim takin an vakvai a. Darkar tlemte chhungin yogi chuan a charge te te chu a simple hmangin a rawn hruai haw ta a lirthei kal dan (mode of transportation) a ni. Mak ti tak nu leh pate chuan milem kalkhawmna chanchin chiang tak takte chu an hre ta a, naupang engemaw zatin Madura sweets bag an keng tih an hmu baw.

Tlangval rin loh tak pakhat chuan mi thianghlim leh thawnthu chu a nuihzat a. A tuk zingah chuan Sadasiva chu a pan hnai a.

"Master," nuihzat hmel zet hian a ti a, "Nizan khan naupang dangte tana i tih ang khan engvangin nge festival-ah min hruai loh?"

Sadasiva chuan a zawm a; naupang chu khawpui hla tak mipui zingah a inhmu nghal a. Mahse, a vanduaithlak khawp mai! tleirawl chhuah a duh lai khan khawiah nge mi thianghlim chu a awm? Naupang chau tak chuan hmân lai leh prosaic method of foot locomotion hmangin a in chu a thleng ta a ni.

41-1 : 1.1. Thelb Bletch, 1999 a ni. thei lo ah vawng chumi harhvang pen ruahman tu Pu. Wright a ni leh keimah, a awm ta a ni hlim takin nen ka Calcutta-a chhungte an ni.

41-2 : He dam hi hydro-electric installation lian tak a ni a, Mysore City chu a eng a, silk, sahbawn leh sandalwood oil siamna factory-te hnenah power a pe baw. Mysore atanga sandalwood souvenirs te hian rimtui nuam tak an nei a, chu chu hun chuan a ti tawp lo; a ti deuh a pinprick a ni a tihah leh thin chumi rimtui. Mysore-ah a awm a a inchhuang hle engemawzat tan chumi a lian ber pioneer a ni industrial undertaking te chu a ni chhung India, telin Kolar Gold Mines te, Mysore Sugar Factory te, Bhadravati-a thir leh thir hnathawhna lian tak tak te, leh state chhunga square mile 30,000-a zau tam tak huamtu Mysore State Railway man tlawm leh tangkai tak te a ni.

Chumi Maharaja chuan a rawn ti a leh Yuvaraja chuan a rawn ti a tunge an ka host te an ni chhung Mysore-ah a awm a chhung 1935 khan a lo piang a nei pahnhin tunhnai khan thi. Chumi fapa tan chumi Yuvaraja, 1999 a ni. tuna Maharaja, hi .rorel thiam tak a ni a, Mysore khawpui industry-ah hian thlawhna siamna hmun lian tak a belhchhah a ni

41-3 : 1.1. Paruk volume hrang hrang a awm chunga *Hmanlai India* (Calcutta, 1999 a ni. 1879 khan a lo piang a).

a ni: Ni lo ve ve Alexander-a chuan a ti a ni lo ve ve engpawh tan ani general-te an ni reng a cross a chumi **41-5**
Ganges a ni. Hmuhchhuah tumruh doletna chhung chhim thlang lam, . chumi Makedonia tawng a ni sipai hnial ah
penetrate a ni hla zawkah chuan; Alexander-a chuan a ti a tawh nawr luih tir a ni ah kalsan India leh zawng Persia rama
.a hnehnte

41-5 : 1.1. Atangin hei zawhna keini maithei rinhlelh tur a ni sawmi chumi "Fapa." tan Zeus" tih a ni. nei chu a chang
chuan ringhlel sawmi ani nei diam famkimna a thleng ta .

41-6 : 1.1. Zavai Greek tawng a ni entu te an ni sawizui chungah chumi tlachham tan saltanna a ni chhung India, ani
nihphung hmunah zo variance a ni nen chumi ruangam Hellenic khawtlang nun a ni.

41-7 : 1.1. *Themthiam India* tu Prof. Benoy chuan a rawn ti a Kumar Sarkar chuan a ti a a pe a ani huapzo milem tan India
ram a ni hmanlai leh tunlai

hlawhtlinnate a ni leh danglam bik tak a ni hlutna a ni chhung economics lam, . politics lam hawi Science, thu leh hla, themthiamna, leh vantlang thil bul chhuina. (Lahore-ah chuan: Motilal Banarsi Dass, Thuchhuahtute, 1937, 714 pp., \$5.00.)

Adang sawi mawi ri rin lam tehna hi *Indian a ni Hnamzia Tlang Chumi Kum*, . tu S. V. Venatesvara chuan a rawn ti a .(Thar York-ah chuan: Longman-a te, 1999. Hring & Co., \$5.00 man a ni)

41-8 : 1.1. Manu hi chumi khawvel pum huap a ni dan siamtu; lo a malin tan Hindu a ni khawtlang, mahse tan chumi khawvel. Zavai system hrang hrang a awm tan fing vantlang dan leh hrai leh intluk roelna tha hi patterned a ni hnua Manu. Nietzsche-a chuan a sawi nei petlak chumi zui chawimawina: "KA hria tan Aih lehkhahu chhung khawi chuvangin tam tak delicate leh khawngaihtakin thilte hi sawi ah hmeichhia angin chhung chumi *Dan bu Tan Manu*; saw'ng saw upa hmul dum (graybeards) a awm leh mi thianghlime nei ani hmeichhiate chunga huaisen taka awm dan chu a tluk loh pawh a ni mai thei . . . thil finna leh chungnung zawk hnathawh tehkhin rual loh . . . hlutna ropui tak takte nen a khat a, famkimna hriatnain a khat a, nunna atan a ni tih sawinain a khat a, amah leh nunna chungchangah pawh hnehna changin thiatna hriatnain a khat a ni chu lehkhahu pum pui chungah a eng chhuak a ni."

41-9 : 1.1. "Inclusion." chhung pakhat tan hengte pali castes te an ni a tir chuan a innghat a ni lo chungah ani mipa ta a ni pian chhuahna mahse chungah ani dan pangngai theihna a nei a lantir angin tu chumi tum chhung nunna ani thlan tlin a ni ah hlawhchhuak," chu thil chhung *Khawchhak-Chhim lam* tan January, Kum 1935, 1999 khan. a hrilh keini. "Hei goal a ni thei ni (1) . *kama* , . chak, thiltih tan chumi nunna tan chumi hriatna (senses) te (*Sudra chuan a ti a dawhsan*), (2) . *artha* , . hlawk, tihlawhtlinna mahse thunun (controlling) a ni duhna (*Vaisya stage*), (3) *dharma* , mahni inthununna, mawhpurhna leh thiltih dik nun (*Kshatriya stage*), (4) *moksha* , . zalenna, . chumi nunna tan thlarau lam thil leh sakhaw thil zirtirna pek a ni (*Brahmin a ni dawhsan*). Hengte pali castes te an ni pe let thawhna mihringte hnenah (1) taksa, (2) rilru, (3) duhthlanna thiltitheihna, (4) Thlarau.

Heng stage palite hian an inmilna chu chatuan *gunas* emaw nature, *tamas* , *rajas* , leh *sattva- ah te an nei a* : " obstruction, thiltih, leh tihzauh a; emaw, nawlpui, chakna thahrui, leh finna. Chumi pali dan pangngai castes te an ni hi mark a ni tu chumi *gunas* as (1) . *tamas tih a ni* (hriat lohna), . (2) . *tamas- 2019. rajas tih a ni* (mixture) a ni tan hriat lohna leh thiltih), (3) . *rajas-sattva tih hi a ni* (mixture) a ni tan dik activity leh eng chhuahna), . (4) . *sattva a ni* (enlightenment) a ni. Chuvangin nei nihphung mark a ni engpawh mipa nen ani caste, . tu chumi amah ngeiah chuan *gunas* pakhat, a nih loh leh pahnih inzawmkhawmna a thunun . Dik tak chuan mihring tin hian *guna pathumte hi a zat* .inang lo takin kan nei vek a ni. Guru chuan mipa caste emaw evolutionary status emaw chu dik takin a ruat thei ang

Ah ani Chiang chin, zavai intlansiakna a ni leh hnam hrang hrangte chik chhung inbuatsaih, chuan lo chhung thu, chumi " nihphung tan caste tih a ni. Khawnge sawtah hi license ropui tak a ni emaw an tih chu zalenna, . a bik takin chhung inneihna inzawmkhawm karah extremes te pawh a awm chhung chumi dan pangngai castes, . chumi intlansiak a tlahniam zel a hla a, a bo ta vek a ni. Purana *Samhita chuan* chutiang union thlahte chu barren hybrids nen a khaikhin a, chu chu mule ang chi, a chi hrang hranga inzarpaharh thei lo ang mai a ni. Artificial species te chu a tawpawh chuan tihboral vek an ni. History hian finfiahna tam tak a pe a ni tan tam tak a ni ropui intlansiakna a ni khawi Aih rei zawk nei engpawh nung aiawh te an ni. Chumi caste tih a ni tihdan tan India hi credit a ni a siam a ni ber thuk ngaihtuahna neitute nen ni chumi dap emaw venhimna lam a ni kalh license pek a ni khawi nei vawnhim a ni chumi thianghlamma tan chumi hnam leh kum sang tam tak chhunga inthlak danglamna kaltlangin him takin a rawn hrui a, hnam dangte erawh chu ".theihnghilh lovin an bo ta a ni

41-10 : A hming kimchang chu Sri Sadasivendra Saraswati Swami a ni. Formal Shankara line-a a thlaktu hmingthang tak, Jagadguru Sri Shankaracharya chuan a rawn ti a tan Sringeri chuan a rawn ti a Chhiarkawp, ziaik chu infuih tharna a ni *Ode a ni* zuah bik ah Sadasiva chuan a rawn ti a. *Khawchhak-Chhim lam* tan July, 1942, Sadasiva nun chungchang thuziak a keng tel a.

BUNG: 1.1. 42. A rilru a hah lutuk

Hnuhnung ber Ni tam tak Nen Ka Guru a ni

"Gruji, vawiin zing khan nangmah chauh ka hmu thei hi ka lawm hle mai." Serampore hermitage ka thleng chauh a, thei leh roses phurrit rimtui tak ka phur a. Sri Yukteswar chuan thuhnuairawlh takin min rawn melh a.

"Engnge hi i zawhna?" Hotu a han en a lam chumi pindan angin pawh nise ani an zawng mek talchhuak.

"Guruji, high school tleirawl ka nih lai khan i hnenah ka lo kal a; tunah chuan mipa puitling ka ni tawh a, sam dum emaw, sam dum emaw pawh nise." pahnih. Darkar hmasa atanga hetiang thleng hian hmangaihna ngawi rengin min rawn shower nain, chu chu i hre chiang em? vawikhat chauh, chungah chumi ni tan inhmukhawm, nei nangmah reng sawi, 'KA hmangaihna nangmah'?" Ka a han en a hmunah ani ngenna chungin.

Master chuan a mit a ti hniam a. "Yogananda, thumal nei lo thinlungin a veng tha ber rilru lum tak takte chu thusawi hmun lum takah ka rawn chhuah chhuak dawn em ni?"

"Guruji, ." Ka hria nangmah hmangaihna keimah, mahse ka thi thei beng na ah ngaithla nangmah sawi chuvangin."

"I duh angin ni rawh. Ka nupa nun chhung khan fapa ka duh fo thin a, yoga kawng zawh tura inzirtir tur. Mahse ka nunah i lo luh khan ka lungawi a; nangmah ah hian ka fapa ka hmu ta a ni." Mittui tla chiang tak pahnih Sri Yukteswar mitmengah chuan a ding a. "Yogananda, ka hmangaih reng che."

"I chhanna chu vanram panna ka passport a ni." Ka thinlung atang chuan weight lift ka hre ta a, a thusawi avang chuan chatuan atan a dissolve ta a ni. Vawi tam tak chu a ngawih rengna chu ka ngaihtuah fo tawh. Unemotional leh self- . contained, chutih rualin a châng chuan a rilru tihlim kim thei lo ka hlau thin. A nihna chu thil mak tak a ni a, hriat theih loh khawpin a awm ngai lo; thilsiam thuk leh muang tak, pawn lam khawvel hriat theih loh, hun rei tak chhunga a hlutnate a phak loh tawh.

Ni engemaw zat hnuah Calcutta-a Albert Hall-a mipui tam tak hmaa thu ka sawi chuan Sri Yukteswar chuan platform-ah ka bulah thu turin a remti a, Santosh khuuaa Maharaja leh Calcutta Mayor te nen an thu dun a. Master chuan engmah sawi lo mah se, ka thusawi lai chuan a chang chuan ka melh kual a, a mitmengah chuan lawmawm tak a rawn lang tih ka hmuchhuak niin ka hria.

Tichuan Serampore College alumni te hmaah thusawi a lo thleng ta a. Ka classmate hluite ka en lai chuan, anmahni "Mad Monk" ngei pawh an en lai chuan, hlimna mittui chu zah lo takin a rawn lang chhuak a. Ka silver- tongued professor of philosophy, Dr. Ghoshal chu min lo hmuak turin a rawn lang a, tun hmaa kan inhriatthiam lohna zawng zawng chu alchemist Time-in a titawp vek a ni.

December thla tawp khan Serampore hermitage-ah Winter Solstice Festival hman a ni a, he hun hi hman a ni. A hma ang bawkin Sri Yukteswar-a zirtirte chu hla tak leh hnai tak atangin an rawn pungkawm a. Devotional *sankirtans* , Kristo-da aw nectar-sweet-a solo, zirtir naupangte'n ruai an buatsaih, ashram-a mipui tam tak awmna courtyard-a arsi hnuaia Master thusawi thuk tak, rilru khawih tak, hriatrengna! Kum

rei tak kalta chhunga kût hlimawm tak takte! Zanin erawh chu thil thar a awm tur a ni.

"Yogananda, khawngaihin assemblage-ah hian thu sawi rawh-English-in." Master chuan he ngenna danglam tak vawi hnih a siam lai hian a mit a chhing a; English-a ka thusawi hmasak ber hmaa lawnga harsatna awm tawh kha a ngaihtuah em? Unau zirtir ka ngaithlatute hnenah thawnthu chu ka sawi a, kan guru chawimawina nasa tak nen ka tawp ta a ni.

"A hmun tina a kaihhruaina chu tuifinriat steamer-ah chauh ni lovin, America ram zau tak leh mikhual lawmawm takah kum sawm leh panga ka awm chhung zawng khan nitin ka hnenah a awm a ni," tiin ka thutawp a.

Khualzinte an chhuah hnu chuan Sri Yukteswar chuan mutna pindan khatah min ko a, chutah chuan-vaw khat chauh, ka kum tir lama festival neih zawhah-a thing khumah mut phalsak ka ni. Zanin hian ka guru chu ngawi reingin a thu a, a ke bulah chuan zirtir semicircle an awm a. Rang taka room chhunga ka luh rual chuan a nui suk a.

"Yogananda, tunah hian Calcutta lam i pan dawn em ni? Khawngaihin naktuk hian hetah hian lo kir leh rawh. Thil engemaw tak hrilh tur che ka nei."

A tuk chawhnu lamah chuan malsawmna thu awlsam tlemte hmangin Sri Yukteswar chuan *Paramhansa tih monastic title dang min pe a* . **42-1 a ni**

"It now formally supersedes your former title of *swami* ," a hmaa ka khup lai chuan a ti a. Ngawi reingin nui chungin ka American zirlaiten *Paramhansaji tih lam dan chungchanga an harsatna tawh tur chu ka ngaihtuah a* . **42-2 in hnehna an chang**

"Tunlai hian khawvela ka hna chu a zo tawh a; i chhunzawm zel tur a ni." Master chuan ngawi reingin thu a sawi a, a mitmeng chu a reh a, a nêh hle bawk. Ka thinlung chu hlauhna a rawn na hle.

"Khawngaihin Puri-a kan ashram enkawltu tur mi rawn tir rawh," Sri Yukteswar chuan a ti chhunzawm a. "I kutah engkim ka dah vek a ni. I nun leh pawl nun lawng chu Pathian tuipui kamah hlawhtling takin i kal thei ang."

Chhung mittui, Ka tawh embracing tih hi a ni ani ke; ani rose a ni leh malsawm keimah duhthusam takin.

A tuk zingah chuan Ranchi atangin zirtir pakhat Swami Sebananda chu ka ko a, Puri-ah hermitage hna thawk turin ka tir ta a. **42-3 a ni** A hnuah ka guru chuan a estate settled dan tur legal details min sawipui a; a thih hnuah a chhungte'n a hermitage pahnih leh thil dang, chu chu deeded over chauh a duh chu a neih avangin thubuai siamsak theih lohna turin a lungkham hle a ni thilpek atana hman tur a ni.

"Tun hnaiah Master-a'n Kidderpore a tlawh theih nan ruahmanna siam a ni a, **42-4 in an chak a ni.** " mahse, a kal thei lo." Unau zirtir Amulaya Babu chuan chawhnu khat chu he thu hi min hrilh a; ka hriat lawkna thlipui lum tak ka hre ta a. Ka zawhna na tak takte chu Sri Yukteswar-a chuan, "Kidderpore-ah ka kal tawh lo vang," tiin chauh a chhang a ni. Rei lo te chhung chu Master chu naupang hlauthawng tak ang maiin a khur ta a.

("Taksa chenna hmuna inzawmna, a nihna atanga lo piang [chu chu hriatrengna zung, thihna tawn tawh atanga lo chhuak tihna a ni]," tiin Patanjali chuan a ziak a, **42-5** "mithianghlim ropui tak takah pawh degree tlemteah a awm." Thihna

chungchanga a thusawi thenkhatah chuan ka guru hian heti hian a sawi belh fo tawh a: "Sava sei tak, kawngkhar hawn a nih chuan a in hman thin chu chhuahsan a hreh ang bawkin.")

"Guruji," a rawn ti a. Ka tiin a ngen a ani nen ani a tap a, . "ti suh sawi sawmi! Ngai lo utter tih hi a ni saw'ng saw thumalte ah keimah!"

Sri Yukteswar hmel chu thlamuang takin a hahdam a. A piancham vawi sawmriat leh pakhatna hnaih tawh mah se, a hmel a tha a, a chak bawk.

Nitin ka guru hmangaihna ni ênga inbual chungin, sawi loh mahse keenly feeled-ah chuan ka conscious mind atang chuan a lo hnaih tawh dan tur a hriattirna hrang hrang a pekte chu ka hnawtchhuak ta a ni.

"Ka pu, tun thla hian *Kumbha Mela hi* Allahabad-ah an inkhawm dawn a ni." Master chu *mela* dates in ka entir a Bengali almanac pakhat a ni. **42-6 a ni**

"Ti nangmah takzet duh ah kal?"

Sri Yukteswar-a'n min chhuahsan duh lohna chu hre lovin, ka sawi chhunzawm a, "Vawikhat chu Allahabad *kumbha- ah Babaji-a hmuhnawm tak i hmu a* . Tun tumah hian ka vannei hle mai thei," ka ti a.

"Chutah chuan i hmu dawn lo tih ka ring." Chutah ka guru chu a ngawi reng a, ka ruahmannate chu tibuai duh lovin a awm ta a ni.

A tuk zinga pawl tenau nen Allahabad lam pan tura kan chhuah chuan Master chuan a tih dan pangngaiin ngawi rengin mal min sawm a. Sri Yukteswar-a rilru put hmangah hian thil awmzia ka hre lo niin a lang a, a chhan chu Lalpa chuan ka guru boralna hmu tura nawr luih, tanpui ngai lovin, ka thil tawn chu min chhanhim duh a ni. Ka nunah hian a thleng fo tawh a, ka hmangaih tak takte thihnaah hian Pathianin khawngaih takin a hmun atanga hla taka awm turin min ruahman a ni.

42-7 a ni

Kan party chuan *Kumbha Mela chu* January 23, 1936 khan kan thleng a, mipui pungkhawm chu mi pahnih vel an ni mi maktaduai tam takte chu hmuhnawm tak a ni a, a rilru hneh tak pawh a ni. India mite thiamna danglam tak chu loneitu hniam ber pawhin Thlarau hlutna leh khawvel inzawmna kalsan a, diviner anchorage zawng tura puithiam leh sadhu-te zahna an neih hi a ni. Mi bum hmang leh mi âte chu an awm tak zet a, mahse India chuan chunglam malsawmna hmanga ram pum pui ti engtu tlemte tan chuan mi zawng zawng a zah vek a ni. Khawthlang mite chuan he thil hmuhnawm tak hi an en a, chu chu ram boruak rit tak hriat theihna hun remchang danglam tak an nei a, chu chu hun kal tawha India-in a chakna tihreh theih loha a bat thlarau lam rilru hahna chu a ni.



Chumi hmeichhia yogi, . Shankari chuan arawn ti a Mai Jiew, . chauh nung zirtir a ni tan chumi ropui Trailanga Swami chuan.

A bula thut turbaned figure chu Bihar-a tlangvalte tan kan Ranchi yoga school director Swami Benoyananda a ni. He thlalak hi kum 1938-a Hardwar *Kumbha Mela*- a lak a ni a; chutih lai chuan hmeichhe thianglim chu kum 112 mi a ni.



Krishnananda, 1999 a ni. hmunah chumi 1936 khan a lo piang a Allahabad-ah a awm a *Kumbha Mela* , . nen ani tame rawh vegetarian a ni sakeibaknei nu.



Sri Yukteswar-a Serampore hermitage-a chaw eikhawmna patio chhawng hnihnaah a awm. Ka guru ke bulah (in center) ka thu a.

Ni hmasa ber chu kan group chuan sheer staring-in kan hmang a. Hetah hian inbual

chhiar sen loh, sual ngaihdam dilna lui thianghlima inhnim pil chu an awm a; chutah chuan biakna inkhawmpui ropui tak takte kan hmu a; chutah chuan Pathian biakna thilhlante chu mi thianghlimte ke leivut hnuaiah an theh darh a; kan lu a inher a, sakeibaknei line, sakawr caparisoned leh Rajputana sanghawngsei slow-paced fileed by, emaw, sakhaw lam parade mak tak emaw

saruak a ni sadhus, . a kut a phar a lal tiangte tan rangkachak leh tangkarua, emaw flag te a awm bawh leh streamers te an ni tan silk a ni velvet a ni.

Anchorites loincloths chauh ha te chu ngawi rengin pawl tenauah an thu a, an taksa chu khaw lum leh vawt laka vengtu vut chuan a hnawih a. Thlarau mit chu an hmaiah chuan sandalwood paste hmun khat chauhvin Chiang takin a entir a. Lu hrual swamis chu mi sang tam takin an rawn lang a, ocher puan ha chungin an bamboo tiang leh dilna bawm an keng a. An hmel chu a eng chhuak vek a chumi renunciate tih a ni remna angin anni a kal a lam emaw chelh philosophy lam thil a ni sawihona neih a ni nen zirtirte an ni.

Hetah leh khawiah pawh thing hnuaiah, thinghnah kang lian tak takte chhehvelah chuan sadhus mawi tak tak, **42-8 in an awm a** an sam chu an lu chungah coil-a inzawm leh massed a ni. Thenkhat chuan hmul feet engemaw zat sei, curled leh knot-a khin an ha a. Ngawi rengin an ngaihtuah a, a nih loh leh malsawmna atan an kut an phar a mipui kal tlanga diltute, sakeibaknei chungah maharaja-te, *sari rawng hrang hrang ha hmeichhiate* - an bangle leh an kekawrte ri bengchheng tak takte, *fakir-te* kut te tak te nei, mak tak maia sang taka vawn, *brahmacharis-te* chuan meditation elbow-props kenga, mi fing inggaitlawm tak takte, an solemnity-in chhungril himna a thup a ni. Din chungah chuan biak in dar ri bengchheng tak tak ri chu kan hre ta a.

mela ni hnihnaah chuan ka thiante nen chuan ashram hrang hrang leh temporary hut hrang hrangah kan lut a, mi thianghlimte hnenah *pranam kan hlan a. Swami Order-a Giri branch* hruaitu -a thin, ascetical monk, mei nuihzatthlak mitmeng nei malsawmna kan dawng a. Kan tlawh lehna chuan hermitage-ah min hruai a, a guru chuan kum 9 kalta chhung khan ngawi renga thutiam leh thei ei tur khauh tak a lo zawm tawh a ni. Ashram hall chhunga central dais-ah chuan mitdel sadhu, Pragla Chakshu, shastra - *a zir thuk tak* leh pawl zawng zawngin an zah em em chu a thu a.

Vedanta -a Hindi tawnga thu tawi ka sawi hnu chuan , kan pawl chuan kan bula awm swami, Krishnananda, monk hmeltha tak, a hmui rosy tak leh a kekawrte hmuhdawm tak chibai buk turin hermitage thlamuang tak chu an chhuahsan ta a ni. A bulah chuan sakeibaknei nu tame tak a mu a. Monk thlarau lam himthla-a a taksa chak takah ni lovin, ka Chiang!-thlah rannung chuan sa zawng zawng chu buh leh bawnghnute duh lovin a duh lo. Swami chuan tawny- haired sakawlh chu " *Aum* " tih chu thuk tak, hmuhdawm tak growl-a cat devotee-a sawi turin a zirtir a ni!

Kan inhmu leh tur, sadhu naupang thiam tak nena kan inbiakna chu Mr. Wright-a zinna diary eng mawi takah hian a sawi Chiang hle.

"Ford-ah chuan Ganges lui hniam tak tak kan paltlang a, pontoon bridge ri bengchheng takah chuan kan chuang a, mipui zingah rul ang maiin kan tlan kual a, kawngpui zau tak tak, inher tak takah kan tlan a, lui kamah Yoganandaji-a'n Babaji

leh Sri Yukteswarji-te inhmuhkhawmna hmun atana min kawhhmuh hmun chu kan paltlang a

ni.".. ..

Car atanga rei vak lo hnuah kan chhuk a, sadhus-te meikhu rimtui tak karah leh hnim hring hring chungah chuan hla vak lo kan kal a, leilung leh buhfai khum te tak te, tlemte tak tak awmna hmun khat chu kan thleng ta a ni. Hêng hun eng emaw chen atana chenna hmun pawimawh lo zînga pakhat hmaah hian kan ding a, kawngkhâr nei lo pygmy-a luhna, Kara Patri, sadhu naupang vakvai, a finna danglam tak avânga hriat hlawh tak awmna hmun chu kan ding a. Chutah chuan a thu a, a ke chu buhfai bawm chungah a innghat a, a khuhna awmchhun-leh a nihna takah chuan a thil neih awmchhun chu a kekawr ipte chungah ochre puan a khuh a ni.

"Tih tak zetin, ke pali hmanga khum chhunga kan tlan luh hnuah leh he thlarau êng tak ke bulah hian *kan pronamed hnuah Pathian hmel pakhatin min nuihzat a* , chutih lai chuan kawngkaa kerosene lantern chu mak tak maiin a rawn eng chhuak a,

thatched wall-a thlalak zai tak takte. A hmel, a bik takin a mit leh ha famkim chu a eng a, a eng chhuak bawk. Hindi tawng chuan mak ka ti hle nachungin, a hmel lan dan chuan a lang Chiang hle a; thahnemngaihna, hmangaihna, thlarau lam ropuinain a khat a ni. A ropuizia chu tumahin an hre sual thei lo.

"Tisa khawvel nena inzawm lo mi pakhat nun hlim tak chu han ngaihtuah teh; thawmhnaw buaina atanga chhuak; ei duhna nei lo, dil ngai lo, ni inthlak danglam tih loh chu chaw chhum khawih ngai lo, engtikah mah." dilna bawm kengin; sum leh pai inzawmna zawng zawng laka fihlim, sum khawih ngai lo, thil dahkhawm ngai lo, Pathian rinchhan reng; lirtheia kalna tur ngaihtuahna nei lo, lirtheia chuang ngai lo, lui thianghlim kamah chuan kal fo thin; hmun khatah kar khat aia rei awm ngai lo chu inzawmna lian tham a awm loh nan.

"Chutiang thlarau inngaitlawm tak! *Vedas- a zir danglam tak*, leh Benares University atanga MA degree leh *shastri* (master of scriptures) tih hming nei. A ke bula ka thut lai chuan rilru natna ropui tak chuan min tuam a; chu zawng zawng chu India tak tak, hmân lai hmuh ka duhna chhanna a ni vek ang, he thlarau lam mi lian ram aiawhtu dik tak a nih avangin.

Kara Patri chu a nun vakvai chungchang ka zawtfiah a. "Thlasik atan thawmhnaw dang i nei lo em ni?" "Ni lo, hei hi a tawk."

"Ti nangmah phur engpawh lehkhabu a ni em?"

"Ni lo, ka thusawi ngaithla duhtute chu hriatrengna

atengin ka zirtir thin." "Eng nge i tih leh?"

"KA roam a ni tu chumi Ganges a ni."

Heng thu ngawi rengte hian a nun awlsam zawk duhna chuan min hneh ta a ni. America ram chu ka hrechhuak a, ka kekawrte chung a mawhphurhna awm zawng zawng chu ka hrechhuak bawk.

"Ni lo, Yogananda," lungngai takin rei lo te chhung chu ka ngaihtuah a, "he nunah hian Ganges lui kama vak kual hi i tan a ni lo."

Sadhu chuan a thlarau lam thil hriatna tlemte min hrilh hnu chuan zawhna

rang tak ka kap ta a. "Hetiang sawifiahnate hi Pathian Lehkha Thu atanga i

pe em ni, a nih loh leh chhungril lam thil tawn a\angin i pe em?"

"Chanve atengin lehkhabu zir," ani tiin a chhang a nen ani tlang takin nui, "leh chanve atengin tawnhriat."

Hlim takin rei vak lo chu meditative silence-ah kan thu a. A awmna thianghlim kan chhuahsan hnu chuan Mr. Wright hnenah chuan, "Rangkachak buhfai lalthutthlenga thu lal a ni," ka ti a.

arsi hnuaia *mela ground* -ah zanriah kan ei a , thinghnah nena pin khawm hnah plate atang chuan kan ei a. India ramah hian dishwashing hi a tlem berah tihhniam a ni!

Ni hnih dang *kumbha ngaihnawm tak* ; tichuan chhim thlang lamah Jumna tuipui kamah Agra thlengin a kal ta a ni. Vawikhat chu Taj Mahal chu ka melh leh a; in memory Jitendra chu ka bulah a ding a, marble-a siam mumang chu mak a ti hle. Tichuan Swami Keshabananda-a Brindaban ashram-ah kan kal leh ta a ni.

Keshabananda zawng tura ka thil tum chu he lehkhahu nen hian a inzawm tlat a ni. Lahiri Mahasaya nun zia k tura Sri Yukteswar-a ngenna kha ka theihngihl ngai lo. India rama ka awm chhung hian Yogavata zirtir direct leh chhungte biak theihna hun remchang apiang ka hmang thin. An inbiaknate chu note lian tak takah record-in, thudik leh nite ka finfiah a, thlalak, lehkhah hui, leh document-te ka khawl khawm baw. Ka Lahiri Mahasaya portfolio chu a lo hring tan ta a; Ka hmaah hian zia k tura hna thawh harsa tak tak a awm tih chu lungngai takin ka hrechhuak ta a ni. Colossal guru biographer ka nihna nen hian ka tlukpui ve theih nan ka tawngtai a. A zirtir engemaw zat chuan thuziak pakhat an pu chu hmuhsit emaw, hrilhfinh dik loh emaw a nih an hlau a.

"Pathian tisa lo piang nunah hian thu lum takin dikna a ti thei lo," tiin Panchanon Bhattacharya chuan vawi khat chu min lo sawi tawh a.

Zirtir hnai dangte pawhin chutiang bawkin Yogavata chu thihna nei lo zirtirtu anga an thinlunga thup reng chu an lungawi hle a ni. Chuti chung pawh chuan, Lahiri Mahasaya-a'n a biography chungchanga a sawi lawk chu ngaihtuah chungin, a pawn lam nun dik takte chu humhim leh finfiah tumin theihtawp ka chhuah lo.

Swami Keshabananda chuan Brindaban-ah kan party chu a Katayani Peith Ashram-ah chuan lawm takin a lo hmuak a, chu chu brick building ropui tak, lungphun dum lian tak tak nei, huan mawi takah dah a ni. Minrawn hrui lut a vawi khat chu Lahiri Mahasaya thlalak lian zawka chei sitting room-ah a lut a. A swami chu kum sawmkua a hnaih tawh a, mahse a taksa ruh (muscular body) chuan chakna leh hrishna arawn chhuah chhuak ta a ni. Sam sei tak leh hmul dum ang maia dum, hlimna avanga mitmeng hring hring, patriarchal embodiment dik tak a ni. India masters chungchang ka lehkhahuah a hming sawi ka duh thu ka hriattir a.

"Khawngaihin i nun hmasa lam kha min hrilh teh." Ka nui suk a; yoga thiam ropui tak takte chu inbiakpawhna nei lo an ni fo.

Keshabananda chuan inngaihtlawmna a ti a. "There is little of external moment. Practically ka nun pum pui hi Himalayan solitudes-ah ka hmang a, lungpui reh tak pakhat atanga lungpui dangah kea kal ka ni. Hun engemaw chen chu Hardwar pawnah ashram te tak te ka enkawl a, a sir zawng zawngah thing sang tak takin a hual vel a. Khualzinte tlawh tlem ber hmun thlamuang tak a ni a, hmun tina cobras awm vang a ni. Keshabananda chu a nui suk a. "A hnua h Ganges tuilian chuan hermitage leh cobras te chu arawn nuai bo vek a. Chumi hnua h chuan ka zirtirte chuan he Brindaban ashram saknaah hian min pui ta a ni."

Kan party zinga pakhat chuan swami chu Himalayan sakeibaknei lakah engtin nge a inven tih a zawt a. **42- 10 a ni. 9. A rilru a hah lutuk chuan a rilru a buai em em a**

Keshabananda chuan a lu a thing a. "Chutiang thlarau lam hmun sang takah chuan ramsa te hian yogi-te hi an tiduhdah tlem hle. Vawikhat chu ramngaw chhungah chuan sakei pakhat chu hmaichhanah ka tawh a. Ka ejaculation nghal takah chuan rannung chu lungah a chang ang maiin a transfixed ta a ni," a ti. Swami chuan a hriatrengna chu a nuihzat leh ta.

"A chang changin Ka kalsan ka inthiarfihlimna ah tlawh ka guru tih hi a ni chhung Benares chuan a rawn ti a. Ani hmang ah fiamthu nen keimah chungah ka

tihtawp loh a zin chhuak thin chhung chumi Himalayan a ni thlaler hmunah.

"I keah hian vakvai duhna chhinchhiahna i nei a ni,' tiin vawi khat chu min hrilh a. 'Himalaya tlang thianglim hi i luah khat thei khawpa zau a nih avangin ka lawm hle.'

"Vawi tam tak," Keshabananda chuan a sawi chhunzawm a, "a boral hma leh a boral hnuah pawh Lahiri Mahasaya hi taksain ka hmaah a rawn lang tawh a. A tan chuan Himalayan sang ber reng reng hi thlen theih loh a ni lo!"

Darkar hnih hnuah dining patio pakhtah min hruai a. Ngawi rengin lungngai hmel zet hian ka thaw halh a. Chaw ei tur sawm leh panga dang! Indian mikhualna kum khat pawh a tling lo, pound sawmnga zet ka lo pung tawh bawk! Mahse, ka chawimawina atana ruai tawp nei lote tana uluk taka buatsaih, chaw ei tur engmah hnawl chu zah lohna sang ber anga ngaih a ni ang. India ramah chuan (khawiah mah, alas!) swami padded tha tak chu hmuhdawm takah ngaih a ni. **42-10 ah a awm**



Pu. Wright-a chuan, keimah, Thelh Bletch a ni -- . chhung Aigupta ramah



Rabindranath chuan a rawn ti a Tagore, 1999 a ni. inspired a ni hla phuah thiam tan Bengal, 1999 a ni. leh Nobel a ni Lawmman dawngtu a ni chhung thu leh hla



Mr. Wright nen chuan Brindaban-a stately hermitage-ah chuan zahthlak Swami Keshabananda leh zirtir pakhat nen kan inpho a

Hnuah zanriah, Keshabananda chuan a rawn ti a kaihruai keimah ah ani inthiarfihlim a ni nook a ni.

"I thleng hi lo beisei loh takin," ani sawi. "KA nei ani

thuthawn tan nang." mak ka ti hle mai; Keshabananda tlawh

ka tum chu tumahin an hre lo.

"Nikum lama Badrinarayan bula Himalaya tlang chhip lama ka vak kual lai khan," swami chuan a ti chhunzawm a, "Ka kawng ka bo ta a. Puk zau takah chuan inhumhimna a lo lang a, chu chu lungpui hnuaiah chuan meipui alh chhuak chu a eng chhuak a, mahse a khar a ni. He inhnukdawkna hmun chauha awm chu ngaihtuah chungin mei bulah ka thu a, ka mit chu ni chhuahna kawngkhar lam chu a nghat tlat a ni lungpui chhungah chuan.

"'Keshabananda, hetah i awm hi ka lawm e.' Heng thute hi ka hnunglam atang chuan ka hawi let a, ka mangang hle a, Guru ropui tak chu lungpui chhunga recess-ah a insiam tawh a, kum tam tak hnuah ka hmu leh ta a, a ke thianghlim bulah chuan ka bawkkhup ta a.

"'Hetah hian ka ko che a ni,' Babaji chuan a ti chhunzawm a. 'Chuvang chuan i kawng i bo a, he lungpui chhunga ka chenna hun eng emaw chen atan hian hruai i ni. Kan inhmuh hnahnun ber atang khan a rei tawh hle a; vawi khat tal chibai ka buk leh che hi ka lawm hle a ni.'

"Thihna nei lo pu chuan thlarau lam tanpuina thu thenkhatin mal min sawm a, chutah chuan heti hian a sawi belh leh a: 'Yogananda tan thuchah ka pe che a ni. India rama a lo haw hunah a rawn tlawh ang che. A guru nena inzawm thil tam tak leh Lahiri zirtir la damte nena inzawm thil tam tak chuan Yogananda hi a buaipui kim vek ang. Chuti a nih chuan, tun tumah hian ka hmu dawn lo tih hrilh rawh, a beisei tak zet angin occasion.'" tih hi a ni.

Ka tawh thuk takin a khawih a ah dawng atangin Keshabananda chuan a rawn ti a hmui a ni hei thlamuanthlak tak a ni thutiam atangin Babaji chuan. ANI

ka thinlunga hliam engemaw zat chu a bo ta a; Sri Yukteswar-a'n a lo sawi tawh ang khan Kumbha Mela-ah Babaji a rawn lang lo tih chu ka lungngai tawh lo .

Sum hman dan pakhat zan angin mikhualte an ni tan chumi ashram, 1999 a ni. kan intelkhawm ruahman pawn chumi zui chawhnu Calcutta tan a ni. Jumna lui kawngpui chung a chuang chungin, ni-in van lam a hal lai takin Brindaban khawpui boruak mawi tak chu kan hmu a-Vulcan furnace dik tak, rawng nei, kan hnuaiah tui reh takah a lang chhuak.

Jumna beach hi naupang Sri Krishna hriatrengnain a tithianghlim a ni. Hetah hian a engage a innocent sweetness in *a lilas* (plays) ah *gopis* (maids) te nen, chunglam hmangaihna entir nan khawi reng a awm karah ani thianghlim tisaa lo chang leh ani devotees te an ni. Chumi nunna tan Lalpa Krishna chuan a ti a khawthlang lam commentator tam takin an hrethiam lo hle a ni. Pathian Lehkha Thua tehkhin thu hi rilru tak takte tan chuan a buaithlak hle. Lehlintu pakhatin a tihsual (hilarious blunder) chuan he thu hi a tilang chiang hle ang. He thawnthu hian hun laihawl hun laia mi thianghlim rilru hneh tak, cobbler Ravidas-a chungchang a ni a, ani chuan mihring zawng zawnga thlarau lam ropuina thup chu a sumdawnna thu awlsam tak hmangin a sa a ni:

Hnuai chumi zau vault a ni tan pawl
Nunna chumi pathian nihna thawmhnaw inbel chhung biru.

Mi pakhat chu khawthlang lam ziaktu pakhatin Ravidas-a hla phuah chu kea kalte hrilhfhahna a hriat chuan nuihzatna thup tumin a hawi kual a:

"A hnuaah chuan khum a sa a, chutah chuan milem a siam a, chu chu savun atanga a siam a, a biaknaah a inpe ta a ni."

Ravidas hi Kabir ropui zirtir unaupa a ni. Ravidas-a chela chawimawi zinga pakhat chu Chitor khuaa Rani a ni. A zirtirtu chawimawina atan Brahmin tam tak ruai theh turin a sawm a, mahse cobbler hniam tak nen chaw an ei duh lo. Mahni ei tur ei turin zahawm taka hla takah an thut lai chuan chaw bawlhhlawh lo, lo! Brahmin tin chuan an bulah Ravidas lem an hmu vek a. He mass vision hian Chitor-ah thlarau lam harhna zau tak a tihlawhtling ta a ni.

Ni rei lo te chhungin kan pawl te tak te chu Calcutta an thleng ta a. Sri Yukteswar hmuh ka chak em em a, Serampore a chhuahsan a, tunah chuan khawthlang lam mel zathum vel zeta hla Puri-ah a awm tawh tih ka hriat chuan ka lungawi lo hle.

"Puri ashram ah hian lo kal nghal rawh." He telegram hi March 8th khan unaupa

zirtir pakhatin Atul Chandra hnenah a thawh a ni Roy chuan a rawn ti a Chowdhry, 1999 a ni. pakhat tan Master's a ni chelas chhung Calcutta-ah a awm a. Chanchinthar tan chumi thuthawn thleng ka beng; lungngai takin hmunah chu chu a awmzia, . Ka thlahh ah ka khup a ni leh tiin a ngen a Pathian sawmi ka guru te a ni nunna chhanhim rawh se. Pa in atanga rel-a ka chhuah dawn lai chuan ka chhungrilah chuan Pathian aw a rawn ri ta a.

"Ti lo kal ah Puri zanin. Ka tawngtai a ni thei lo ani phalsak."

"Lalpa," lungngai takin ka ti a, "Puri-ah chuan 'tug of war'-ah min tel duh lo va, chutah chuan Master nunna atana ka tawngtaina tawp lo chu I hnial a ngai dawn a ni. Chuti a nih chuan I thupek angin hna sang zawk thawk turin a chhuak tur em ni?"

Chhungril thupek zawm chungin chu zan chuan Puri lam panin ka chhuak lo. A tuk tlaiah chuan I rel lam pan chuan a chhuak ta a; kalkawngah chuan dar sarih velah chuan astral cloud dum chuan van chu a rawn khuh ta thut mai a. **42- 10 a ni. 11. A rilru a hah lutuk** Nakinah chuan Puri lam pana rel a rawn ri lai chuan ka hmaah Sri Yukteswar inlarna a rawn lang ta a. A thu a, a hmel chu a grave hle a, a sir lehlamah êng a awm bawk.

"A tawp vek em?" Ka kut chu ngen

chungin ka han phar a. A lu a bu nghat

a, chutah zawi zawiin a bo ta a.

A tuk zingah Puri rel platform-a ka din lai chuan beiseina kalh zawnga beiseina ka la nei reng a, mi hriat loh pakhat chuan min rawn pan hnai a.

"I Lalpa a awm tawh lo tih i hria em?" Thu dang sawi lovin min kalsan a; Tu nge a nih leh engtin nge min hmuh theihna tur a hriat pawh ka hmuchhuak ngai lo.

Ka guru chuan kawng hrang hrangin chanchin lungchhiatthlak tak chu min hrilh a tum tih ka hrechhuak a, chu chu ka rilru a buai hle a, platform bang chu ka tlu ta a. Helna nen a lum a, ka thlarau chu meialh ang mai a ni. Puri hermitage ka thlen meuh chuan ka chim hnai tawh hle. A chhungril aw chuan ngilnei takin a sawi nawn leh a: "I in khawlkhawm rawh. Ngawi reng rawh."

Master taksa, ngaihtuah phak loh khawpa nunna ang maia lotus posture-a thutna ashram room-ah chuan ka lut a-hriselna leh hmangaihna thlalak. A boral hma rei vak lovah ka guru chu khawsik vangin a lo na deuh tawh a, mahse Infinite-a a chhoh ni hma chuan a taksa chu a dam vek tawh a ni. A hmel duhawm tak chu engtiang pawhin ka en pawhin a nunna chu a bo tawh tih ka hre thei lo. A vun chu a nê m a, a nê m bawk a; a hmelah chuan thlamuanna hlimawm tak a lang. Mystic summoning darkar-ah chuan a taksa chu hre reengin a hlan tawh a ni.

"Chumi Sakeibaknei tan Bengal ram a ni hi kal liam!" Ka a ti a chung an i daze tih a ni.

March 10th khan solemn rites ka nei a. Sri Yukteswar hi **42-12 in an phum a ni** a Puri ashram huana swami-te tih dan hlui nen. A hnuah a zirtirte chu hla tak leh hnai tak atangin an guru chawimawi turin vernal equinox hriatrengna inkhawmah an lo thleng a. Calcutta khawpui chanchinbu lar tak Amrita *Bazar Patrika* , chuan a thlalak leh a hnuaia report hi a keng tel a ni:

thihna *Bhandara* inkhawm hi March 21 khan Puri-ah neih a ni a, zirtir tam tak chu Puri-ah hian rites nei turin an chhuk a ni.

Bhagavad Gita sawifiahtu ropui ber pawl Swami Maharaj hi Benares khuaa Yogiraj Sri Shyama Charan Lahiri Mahasaya zirtir ropui tak a ni. Swami Maharaj hi India rama Yogoda Sat-Sanga (Self-Realization Fellowship) center engemawzat dintu a ni a, yoga movement siamtu ropui tak a ni a, chu chu khawthlang lamah Swami Yogananda, a

zirtir bulpui ber a ni. Sri Yukteswarji-a zâwlnei thiltihtheihna leh a hriatna thuk tak chuan Swami Yogananda chu tuifinriat a pelh a, America ramah India ram hotute thuchah a thehdarh a ni.

Bhagavad Gita leh lehkhahu dangte a hrilhfiahnate hian Sri Yukteswarji-a'n khawchhak leh khawthlang lam philosophy thupek a thukzia chu a nemnghet a, Khawchhak leh Khawthlang lam inpumkhatna mit tivartu angin a la awm reng a ni. Sakhaw rinna zawng zawng inpumkhatna a rin avangin Sri Yukteswar Maharaj chuan pawl hrang hrang leh rinna hrang hrang hruaitute thawhhonain *Sadhu Sabha (Society of Saints)* a din a, chu chu sakhaw lama scientific spirit tuh nan a ni. A boral lai hian a thlaktu tur Swami Yogananda chu *Sadhu Sabha president* atan a ruat a ni.

Hetiang mi ropui a boralna avang hian vawiinah hian India hi a rethei zawk tak zet a ni. A bula lo kal vannei zawng zawngte chuan India ram nunphung leh *sadhana* thlarau dik tak chu anmahniah tuh se, chu chu amahah a insiam a ni.

Calcutta-ah ka kir leh ta a. Serampore hermitage-a hriatrengna thianghlime nena kal tur chu ka la ring lo va, Serampore-a Sri Yukteswar-a zirtir te tak te Prafulla chu ka ko a, Ranchi sikul luh theihna tur ruahmanna ka siam ta a ni.

"Allahabad *mela -a i chhuah zing khan* ," Prafulla chuan min hrilh a, "Master chuan davenport-ah nasa takin a tla thla a. "

"'Yogananda a awm tawh lo!' a tap a, 'Yogananda a awm tawh lo!' Thuruk takin, 'Kawng dangin ka hrilh a ngai dawn a ni,' a ti leh a. Chutah chuan darkar tam tak chhung chu ngawi rengin a thu a."

Ka ni chu lecture, class, interview, leh thian hlui nena inhmuhkhawmnain a khat a. Nuihzatthlak tak leh thiltih tawp lo nun hnuaiah chuan, kum tam tak chhung ka hriatna zawng zawng hnim hring hnuaia lo inher chhuak hlimna lui chhungril chu black brooding luipui chuan a tibawlhhlawh a.

"Khawiah nge chu Pathian mi fing chu a kal tawh?" Thlarau hrehawm tak

thuk tak atang chuan ngawi rengin ka tap a. Chhanna a awm lo.

"Master hian Cosmic Beloved nena an inzawmna chu a zo tawh a nih chuan a tha ber," ka rilru chuan min tiam a. "Thihna nei lo thuneihna hnuaiah chatuan atan a eng chhuak a ni."

"Serampore in hluiah chuan i hmu leh tawh ngai lo vang," ka thinlung chuan a ti lungngai hle. "I thiante chu hmu turin i hruai tawh lo vang a, chhuanawm takin: 'Ngai teh, India ram *Jnanavatar* chu a thu a ni !"

Mr. Wright-a chuan June thla tir lam khan kan party chu Bombay atanga khawthlang lam pan turin ruahmanna a siam a. May thla khan Calcutta-ah kar hnih chhung zet farewell banquet leh thusawi kan neih hnu chuan Miss Bletch, Mr. Wright leh keimah ngei pawh Ford-ah Bombay lam panin kan chhuak ta a. Kan thlen chuan lawng thuneitute chuan kan kalna tur chu cancel turin min ti a, chu chu Ford-a tan hmun a awm loh avangin Europe-ah kan mamawh leh dawn a ni.

"Ngai lo rilru," Ka sawi lungngai takin ah Pu. Wright a ni. "KA duh ah kirlet vawikhat belh ah Puri." Ka ngawi rengin

a belh leh a, . "Nihtir ka mittui vawikhat leh tui chumi thlan tan ka guru."

42-1 : Literally, *param* , sang ber; *hansa* , hnim hring. Hansa *hi* scriptural lore-ah chuan Brahma, Supreme-a lirthei anga tarlan a ni Thlarau; angin chumi chhinchhiahna tan tihbikna, chumi var *hansa* swan tih hi a ni hi ngaihtuah tan angin thei ah inthenhrang chumi dik bawngnhute leh tui inzawm atanga *soma nectar*. *Ham-sa* (*hong-sau tia lam tur*) hi Sanskrit hla thianghlim pahnih, thawk lut leh chhuak nen vibratory connection nei an ni. *Aham-Sa hi* a awmzia takah chuan "Kei hi Amah ka ni" tihna a ni.

42-2 : 1.1. Anni nei tlangpuiin a tlanbo ta a ni chumi harsatna a awm tu addressing tih a ni keimah angin *Ka pu* .

42-3 : 1.1. Hmunah chumi Puri ashram, 1999 a ni. Swami chuan Sebananda chuan a rawn ti a hi che lo kaihruaitu a ni ani te, a lo thanglian zel yoga tih a ni sikul tan mipa naupang, . leh puitling tan meditation group hrang hrang siam a ni. Chutah chuan mi thianghlim leh mi thiamte inkhâwmna chu a hun hunah an inkhâwm ðhin.

42-4 : 1.1. ANI pawl then

tan Calcutta-ah a awm a.

42-5: *Aphorisms* : II:9.

42-6 : 1.1. Sakhaw thil *melas tih a ni* hi sawi tel chhung chumi hmanlai *Mahabharata chuan a rawn ti a* . Chumi Chinese tawng a ni khualzin Hieuen a ni Tsiang nei kalsan chu AD 644-a Allahabad-a *Kumbha Mela* lian tak neih chungchang sawina . *Mela* lian ber chu kum sawm leh pahnih danah neih thin a ni a; a dawttu lian ber (*Ardha* emaw a chanve emaw) *Kumbha chu* kum ruk danah a thleng thin. *Mela* tenau zawkte chu kum thum danah an inkhawm ðhin a, devotee maktaduai khat vel an hip ðhin. *Mela khawpui* thianghlim pali chu Allahabad, Hardwar, Nasik leh Ujjain te an ni.

Chinese khualzin hmasate chuan India khawtlang nun thlalak hmuhawm tak tak min hnutchhiah a. Chinese puithiam Fa-Hsien-a chuan chanchin a ziaak a tan ani sawmpakhat kum chhung India laiin chumi lal rawh tan Chandragupta chuan a rawn ti a II (hma 4-na a ni za). Chumi Chinese tawng a ni ziaktu a sawi: "Ram pum puiah chuan tumahin thil nung Vawk emaw, sava emaw an vulh lo va; an..... reng reng an that lo va, uain an in hek lo. awm lo," tiin a sawi

inzawmna (dealings) te chhung bawng, Aih sa thattute'n an ti a. dawr hrang hrangah a awm emaw distillery te pawh a awm bawk. Room hrang hrang a awm nen khum a awm bawk leh mattress, . chaw leh thawmhnaw, hi pek puithiam khawsa leh zin chhuakte tan chuan hlawhchham lovin, hei hi hmun tinah a inang vek a ni. Puithiamte chuan mi \ha tak takte chu an buaipui \hin rawngbawlnate leh nen chanting tih a ni liturgy-te chu; emaw anni thu chhung inggaihtuah muk." Fa-Hsien a ni a hrilh keini chumi Indian a ni mi hlim tak leh rinawm tak an ni a; thi tura hremna pek a ni tih hriat a .ni lo

42-7 : 1.1. Ka tawh lo thilpek hmunah chumi thihna thleng tan ka nu, upa unaupa Ananta, 2019. upa ber unaunu Roma, 2019 a ni. Hotu, Pa, emaw zirtir hnai tak tak engemaw zat a ni.

Pa hlanhhawng chungah hmunah Calcutta-ah a awm a chhung Kum 1942, 1999 khan. hmunah chumi kum tan sawmriat) (.leh pakua

42-8 : India ram sadhus sang tam tak hi hruiatu pasarih awmna executive committee-in a thunun a, an aiawh pasarih a ni hrawl section hrang hrangah a awm tan India. Chumi thilpek *mahmandaleswar chu a ni* emaw hotu hi Joyendra chuan a rawn ti a Puri. Hei mi thianghlim tak a ni mihring chu a insum hle a, a thusawi chu thumal pathum-Thudik, Hmangaihna leh Hnathawh-ah a innghat fo thin. Inbiakna tling tak a ni!

42-9 : Sakei outwitting atan hian hmanraw tam tak a awm niin a lang. Australian explorer pakhat, Francis Birtles chuan India ramngaw chu "a chi hrang hrang, mawi leh him" a hmuh thu a sawi. A safety charm chu flypaper a ni. "Zan tin hian quantity ka theh darh thin." tan sheets te a awm bawk vel ka camp a ni leh tawh ngai lo tihbuai a ni," ani tiin a hrilhfiah a. "Chumi chhan hi rilru lam thil a ni. Chumi sakei hi rannung, hriatna lama zahawmna nasa tak nei. A vak kual a, flypaper a thlen thlengin mihring chu a challenge a; a ti leh ta a. Sakei zahawm tak tak tumahin flypaper sticky tak chungah an bawkkhup hnuah mihring an hmachhawn ngam lovang!"

42-10 : 1.1. Hnuah Ka a rawn let leh a ah America ramah a awm Ka la titawp sawmruk leh panga a ni pound a ni.

42-11 : 1.1. Sri Yukteswar a ni hlanhhawng hmunah hei darkar-7:00 inkar a ni PM, 2019 a ni. Kea kal 9, 2019 a ni. 1936

khan a lo piang a.

42-12 : India rama vuina kalphungah chuan in neitute halral a ngai a; swami leh order dang monk-te chu halral an ni lo va, . mahse phum. (Sawtah hi a chang chuan tih loh chu.) Chumi taksa te tan monk te an ni hi entirna hmangin ngaihtuah tawh ah monastic thutiam an siam lai khan finna meiah halral an ni tawh.

BUNG: 1.1. 43 a ni

Chumi Thawhlehma Tan Sri Yukteswar a ni

"Lalpa Krishna!" Bombay-a Regent Hotel-a ka room-a ka thut lai chuan avatar hmel ropui tak chu meialh eng mawi tak karah a rawn lang ta a. Kawngpui sir lama building sang tak chung atanga eng chhuak chuan, ka third-story window inhawng rei tak atanga ka han thlir chuan, sawi theih loh vision chu ka mitah a rawn puak darh nghal vek a.

Pathian lem chuan min rawn kuah a, nui chungin chibai bukna atan a lu a bu nghat a. Lal Krishna thuchah dik tak ka hriatthiam theih loh chuan malsawmna kut zungtang nen a chhuak ta a ni. Mak tak maiin ka chawisang a, thlarau lam thil thleng engemaw tak chu sawi lawk a ni tih ka hria.

Ka khawthlang lam zin chu, tun dinhmunah chuan, tihtawp a ni tawh. Bengal tlawh leh tura ka chhuah hmain Bombay-ah vantlang thuchah eng emaw zat neih tura ruahman ka ni a.

June 19, 1936 chawhnu dar thum vel khan Bombay hotel-a ka khumah thuin-Krishna-a hmuh atanga kar khat hnuah-Ka ngaihtuahna atang chuan beatific light-in min tiharh a. Ka hawn hmain leh mit mak tak mai, pindan pum pui chu khawvel mak takah a chang a, ni êng chu chunglam ropuinaah a chantir ta a ni.

Sri Yukteswar-a tisa leh thisen pianzia ka hmuh lai chuan rapture

thlipuiin min rawn khuh ta! "Ka fapa!" Master chuan ngilnei takin a sawi

a, a hmelah chuan vantirhkoh ang maia nuihzatthlak tak a lang.

Ka nunah a vawi khat nan chibai bukna atan a ke bulah ka bawkkhup lo va, ka kuah a riltam takin ka rawn hruai khawm nghal vat a ni. Hun engemaw chen! Thla hmasa lama lungngaihna chu toll I counted weightless against the torrential bliss tuna lo chhuk mek chu.

"Ka pu, ka thinlung duh tak, engvangin nge min kalsan?" Hlimna lutukah chuan ka incoherent hle. "Engati nge ti tawh nangmah nihtir keimah kal ah chumi *Kumbha Mela* ? Engtin rilru na takin nei Ka tih a ni keimah tan chhuahsan ta nangmah!"



.tu B. K.K. Mitra chuan chung "Kalyana- Kalpatur" tih a ni-

KRISHNA, 1999 a ni. HMANLAI ZAWLNEI TAN INDIA

Tunlai artist pakhatin Pathian zirtirtu a ngaihdan, *Bhagavad Gita*- a a *thlarau lam thurawn* chu Hindu Bible a lo ni ta. Krishna hi Hindu art-ah chuan a sam-ah peacock hmul (Lalpa *lila* , inkhelh emaw, thil siam chhuahna infiamna emaw chhinchhiahna) nen a inlan a, flute a keng a, a note hlimawm tak takte chuan devotee-te chu, pakhat hnu pakhatin, *maya* emaw, cosmic delusion emaw mut a\angin a kaitho a ni.

"Pilgrimage spot where first hmuh i beiseina hlim tak kha tihbuai ka duh lo." Babaji nen kan inhmu a. Rei vak lo chauh ka kalsan che a; i bulah ka awm leh tawh lo em ni?"

"Mahse , *nangmah hi i ni em* , Master, Pathian Sakeibaknei tho kha? Puri sands rapthlak tak hnuaia ka phum ang ruang ang kha i ha em?"

"Ni e, ka fa, kei pawh chutiang bawk chu ka ni. Hei hi tisa leh thisen taksa a ni. Ethereal angin ka hmu a, mahse i hmuh danah chuan taksa lam a ni. Cosmic atom atang hian taksa thar tak tak ka siam a, chu cosmic-dream physical body chu Puri-a dream-sands hnuaia i mumang- khawvela i dah ang chiah kha a ni. Thudik takah chuan ka tho leh a ni-leiah ni lovin an chungah." astral planet. A mi chengte hian leia mihringte aiin ka tehfung sang tak takte chu an tlin thei zawk a ni.

"Thihna nei lo." guru, . hrih keimah belh!"

Master chuan rang zetin, hlim takin a nui suk a. "Khawngaihin, duhtak," a ti a, "I chelhna chu tlem i ti relax dawn lo em ni ?"

"Tlemte chauh!" Octopus grip chungin ka lo kuah tawh a. A hmaa a taksa ziarang, rimtui rimtui lo, rimtui tak, natural odor ang chiah kha ka hmu thei baw. A khawih thrilling tak chu

Pathian tisa chu ka kut chhung lam vel leh ka kutphah chhungah chuan chu darkar ropui tak takte ka hriatchhuah apiangin a la awm reng a ni.

"Mihringte taksa karma work out tura pui turin leia zawlneite tirh an nih angin, kei pawh hi ka hruai tawh a ni." Pathian ah rawngbawlsak chungah chu astral tih a ni planet a ni angin ani chhandamtu," Sri Yukteswar a ni tiin a hrilhfiyah a. "Chumi hi *Hiranyaloka emaw 'Illumined Astral Planet' emaw* tia koh a ni . Chutah chuan thilsiam changkangte chu astral karma atanga inthiarfihlim turin ka pui a, chutiang chuan astral piantharna atanga zalenna an hmu thei ta a ni. Hiranyaloka-a chengte hi thlarau lamah an hmasawn hle a; an vai hian, an leilung-a lo pian hnunung berah khan, an thih hunah an taksa taksa chu hriat reng chungah chhuahsan theihna ngaihtuahna-a pek thiltihtheihna chu an nei vek tawh a ni. *Sabikalpa samadhi* dinhmun kaltlanga leiah hian *nirbikalpa samadhi* dinhmun sang zawka a kal loh chuan tumah Hiranyaloka hi an lut thei lo vang **43-1 a ni**

"Hiranyaloka-a chengte hian astral sphere pangngai an paltlang tawh a, chutah chuan leia thil nung zawng zawng deuhthaw chu thih hunah an kal vek tur a ni; chutah chuan astral khawvelah an thiltih tawh chi tam tak an thawk chhuak a. Mihring hmasawn tih loh chu tumahin chutiang tlanna hna chu astral khawvelah hlawhtling takin an thawk thei lo. Tichuan, an thlarau chu karmic traces lodged in cocoon atanga an chhuah theihna turin an astral taksa, heng thilsiam sang zawkte hi Hiranyaloka-ah astral taksa thar nen pianthar turin a hruai a, chutah chuan anmahni pui turin ka tho leh a ni.

Tunah chuan ka rilru chu ka guru-te nen chuan a inmil tawh tawh hle a, a thumal-thlalakte chu a then chu thusawi hmangin a rawn thlen a, a then chu ngaihtuahna inthlak danglamna hmangin a rawn thlen ta a ni. Chutiang chuan a idea-tabloids te chu ka dawng nghal vat ta a ni.

"Pathianin Pathian Lehkha Thuah i chhiar tawh a ni," Master chuan a ti chhunzawm a, "Pathianin mihring thlarau chu taksa pathum-ah a zawnin a khuh a-a ngaihtuahna, a nih loh leh causal, taksa; subtle astral body, seat of man's mental and rilru lam thil (emotional natures) te; leh taksa pum pui (gross physical body) te a ni. Leiah hian mihring chu a taksa hriatna hmangin a thum a. Astral being chuan a hriatna leh a rilru put hmanh leh lifetrans atanga siam taksa hmangin hna a thawk thin.

43-2 a ni Causal-bodied being chu ngaihtuahna hlimna ram chhungah a awm reng a ni. Ka hnathawh chu causal world-a luh tura inbuatsaih mek astral beings te nen a ni."

"Adorable Master, khawngaihin astral cosmos chungchang hi min hrilh belh teh." Sri Yukteswar ngenna angin ka kuah chu tlem ka ti hahdam tawh nachungin ka kut chuan a la kuah reng a. Engkim aia ro hlu ro hlute, ka guru ka hnena thleng tura thihna nuihzat tawh kha!

"Astral planet tam tak a awm a, astral beings nen an khat a ni," Master chuan a ti tan a. "Mi chengte hian astral plane, a nih loh leh mass of light hmangin planet pakhat atanga planet dangah an kal a, electric leh radioactive energies aiin a chak zawk."

"Eng leh rawng chi hrang hranga vibration fiah lo tak tak hmanga siam astral universe hi material cosmos aiin a let za tam takin a lian zawk a ni. Taksa thil siam zawng zawng hi astral sphere-a balloon eng lian tak hnuaiah chuan bawm nghet tlemte ang maiin a inngnat a ni. Taksa ni leh arsi tam tak space-ah an vak kual ang bawkin, chutiang bawkin astral solar leh stellar system chhiar sen loh pawh a awm bawk. An planet-ah hian astral ni leh thla, a mawi zawk an nei bawk." taksa lam aiin astral lumnaries te hi aurora nen an inang hle

borealis-ni chhuak astral aurora chu mild-rayed moon-aurora aiin a ti eng zawk.
Astral ni leh zan hi leia awmte aiin a sei zawk.

"Astral khawvel hi tawp chin nei lovin a mawi a, a thianghlim a, a thianghlim a, a felfai bawk. Planet thi emaw, ram hring emaw a awm lo. Leilung bawlhhlawh- hnim hring, bacteria, rulhut, rul-te chu a awm lo. Leilung boruak leh hunbi hrang hrang ang lo takin, astral planet-te hian chatuan thlasik boruak lum leh vawt inthlau tak chu an vawng reng a, a chang chuan vur dum eng mawi tak tak leh ruah pawh rawng tam tak a awm bawk.".. ..
.. .. lights.Astral planet te hi opal lui leh tuifinriat eng leh rainbow luiah te a tam hle.

"Astral universe pangngai-Hiranyaloka-a astral vanram fiah lo zawk ni lovin-hi mipuiin an luah khat a ni." astral thil nung maktaduai tam tak, tun hnaia lo kal, lei atanga lo kal, leh fairy, mermaid, sangha, rannung, goblin, gnome, demigod leh thlarau tam tak nen pawh, karmic qualification angin astral planet hrang hranga awm vek an ni. Thlarau tha leh soal tan chuan spheric mansion emaw vibratory region hrang hrang siam a ni. Mi \hate chu zalen takin an zin thei a, mahse thlarau soalte erawh chu hmun tlemteah an inkhung hran a ni. Mihringte hi leilung chungah an awm ang bawkin, lei chhunga rulhut awm ang bawkin, tuiah sangha an awm ang bawkin, savate pawh boruakah an awm bawk a, chuvangin astral being grade hrang hrang te chu vibratory quarters remchang takah dah an ni.

"Khawvel dang atanga hnawhchhuah vantirhkoh thim tlu tawh zingah hian inhnialna leh indona hi lifetronic bomb emaw mental *mantric* **43-3 emaw hmangin a thleng thin.**" vibratory rays a ni. Heng thilsiamte hi lower astral cosmos-a gloom-drenched region-ah an awm a, an karma soal tak chu an thawk chhuak a ni.

"Astral prison thim tak chungah ram zau takah chuan engkim a eng vek a, a mawi bawk. Astral cosmos hi lei aiin a pianphungah chuan Pathian duhzawng leh famkimna ruahmannaah a inrem zawk a ni. Astral thil zawng zawng hi Pathian duhdanin a lang ber a, a then chu astral thilsiamte duhthlanna hmangin a lang chhuak bawk. Anni hian thil siam tawh thil eng pawh khawngaihna leh a pianzia siam danglam emaw, tihpun emaw theihna thiltihtheihna an nei a ni.".. ..
.. .. Lalpa a ni. A astral fate hnenah astral cosmos chu duh ang anga thlak emaw, siam that emaw theihna zalenna leh chanvo a pe a ni. Leiah hian solid chu natural emaw chemical emaw hmangin liquid emaw, chi dang emaw-ah a chantir tur a ni a, mahse astral solid chu a chhunga chengte duhthusam chauh leh a rang thei ang bera astral liquid, gas emaw energy-ah a inthlak thung.

"Lei hi tuifinriat, lei leh boruakah indona leh tualthahnain a thim a ni," ka guru chuan a ti chhunzawm a, "mahse astral." lalram (realms) te hria ani hlim inlungualna leh intluktlanna. Astral lam a ni thilsiamte dematerialize

(dematerialize) a ni emaw an form te chu duh angin materialize rawh. Pangpar emaw, sangha emaw, rannung emaw hian anmahni an insiam danglam thei a, hun engemaw chen chu, into astral mipa te an ni. Astral being zawng zawng hi eng ang chi pawh nei turin an zalen a, awlsam takin an inpawh tawn thei bawk. No fixed, definite, natural law hems them round-entir nan astral thing eng pawh chu hlawhtling takin a awm thei astral mango emaw, thei duh zawng dang emaw, pangpar emaw, thil dang emaw siam chhuah tura tih a ni.

Karmic restrictions thenkhat chu a awm a, mahse astral khawvelah chuan duhthusam chi hrang hrang chungchangah hian inthliarna a awm lo. Pathian thil siam êng chuan engkim a nung vek a ni.

"Tumah hi hmeichhia atanga piang an ni lo; fate chu astral beings te hian an cosmic will puihna hmangin specially patterned, astrally condensed forms ah an materialise thin. Tun hnaia taksa lama taksa nei lo being chu sawmna hmangin astral chhungkua ah a thleng a, rilru leh thlarau lam rilru put hmang inang lo takin a hip a ni."

"Astral taksa hi khaw lum emaw, lum emaw, thilsiam dang emaw hnuaiah a awm lo. Anatomy-ah hian astral thluak, emaw, thousand- petaled lotus of light, leh six awakened centers in the *sushumna* , emaw, astral cerebro-spinal axis emaw a ni thei. Thinlung hian astral thluak atang hian cosmic energy bakah light a la a, astral nerve leh body cells, a nih loh leh lifetrans ah a pump chhuak thin. Astral beings te hian an taksa hi lifetronic force emaw, *mantric* vibrations emaw hmangin an nghawng thei a ni .

"Astral taksa hi taksa pianphung hnunung ber nen a inang chiah chiah a ni. Astral beings te hian an tleirawl laia an leia an awm tawhna ang chiah kha an vawng reng a; a chang chuan astral being pakhat chuan keimah ang bawkin a tar lam lan dan chu vawng reng turin a thlang thin. Master, tleirawl lai tak tak emanating chuan hlim takin a nui suk a.

"Sense panga chauhin a hriat theih spacial, three-dimensional physical world ang lo takin, astral sphere te hi all-inclusive sixth sense-intuition-ah hmuh theih a ni," tiin Sri Yukteswar chuan a sawi chhunzawm a. "By sheer intuitional feeling, astral being zawng zawng hian an hmu, an hre, an rim, an ei a, an khawih baw. Mit pathum an nei a, chung zinga pahnih chu a then chu khar a ni. Astral mit pathumna leh chief, vertically placed on the forehead chu a ni." hawng. Astral beings te hian pawn lam sensory organ zawng zawng-beng, mit, hnar, lei leh vun an nei vek a-mahse, taksa peng eng pawh kaltlangin sensations experience turin intuitional sense an hmang a beng emaw, hnar emaw, vun emaw hmangin an hmu thei. Mit emaw lei emaw hmangin an hre thei a, beng emaw vun emaw hmangin an tem thei a, a dangte pawh an hre thei baw. **43-4 a ni**

"Mihring taksa taksa hi hlauhawm chhiar sen loh a taw. a, awlsam takin a hliam emaw, a hliam emaw a ni; ethereal astral taksa chu a chang chuan a hliam emaw, a hliam emaw a ni thei a, mahse duhtusam mai maiin vawi khatah a dam leh thin.

"Gurudeva, . hi zavai astral tih a ni mi te an ni mawi?"

"Astral khawvela mawina hi thlarau lam mizia a ni tih hriat a ni a, pawn lam conformation a ni lo," tiin Sri Yukteswar chuan a chhang a. "Chuvangin astral beings te hian hmel lan dan hi an ngai pawimawh vak lo. Mahse, an duh duhin taksa thar, rawng hrang hrang, astrally materialized tak tak nena incheina chanvo an nei a ni. Khawvel mipa te hian gala event-a array thar an ha ang bawkin astral beings te hian a bik taka siam form-a inchei theihna hun remchang an hmu thin."

"Hiranyaloka ang astral planet sang zawka astral festivities hlimawm tak takte hi thlarau lam hmasawna hmanga astral khawvel atanga chhuah zalen a nih a, chuvangin causal khawvel vanram luh peih a inpeih hian a thleng thin. Chutiang hunah chuan Hmuh theih loh Van Pa, leh Amah nena inzawm thianghlimte chuan

Anmahni duhthlanna taksaah an insiam a, astral-ah an inzawm khawm thin."
lawmna devotee chu inpekna hmanga biak a nih chuan Pathian chu Pathian Nu
angin a hmu a ni. Isua tân chuan, A tawp nei lo Pa lam chu ngaih dân dang aiin a hip
hle a ni. Siamtuin a thilsiam tinte a pek mimal nihna hian ngaihtuah theih leh
ngaihtuah theih loh zawng zawng a siam a ni demand on the Lord's versatility!" Ka
guru nen chuan hlim takin kan nui dun a.

"Nun dang thiante chuan astral khawvelah hian awlsam takin an inhriat tawn a ni,"
tiin Sri Yukteswar chuan a aw mawi tak, flute ang maiin a sawi chhunzawm a.
"Thian nihna thi thei lo chu lawmin, leia nun inthenna lungchhiatthlâk tak,
bumthlâk tak takte hun laia rinhlelh awm fo, hmangaihna tihchhiat theih lohzia an
hre Chiang hle."

"Chumi hriatthiamna tan astral tih a ni thilsiamte a hliam a tlang chumi veil a ni leh a enfiah a ni mihring thiltihte chungah leilung, mahse mihring chuan a hriatna parukna chu eng emaw chen a lo thanglian loh chuan astral khawvel hi a thlir thei lo. Leilung luahtu sang tam tak chuan rei lo te chhungin astral being emaw astral world emaw an hmuchhuak ta a ni.

"Hiranyaloka-a thil nung hmasawn tak takte chu astral ni leh zan rei tak chhung hian ecstasy-ah an harh tam ber a, hei hian cosmic sorkar leh fapa tlanbo, leia inngnat thlarau tlanna buaina buaithlak tak takte chinfelna kawngah a pui a ni. Hiranyaloka-a thilsiamte hi an mut hian a chang chuan mumang ang maia astral vision an nei fo thin. An rilru chu conscious state of highest-ah a inhnawhni tlangpui a

ni."
nirbikalpa hlimna a ni.

"Astral khawvel hmun tinah chengte chu rilru lama hrehawmna an la tawh reng a ni. Hiranyaloka ang planet-a thilsiam sang zawkte rilru sensitive tak takte chuan nungchang emaw, thutak hriatnaah emaw tihsual a awm chuan hrehawmna nasa tak an nei a. Heng thilsiam hmasawn tak takte hian an thiltih leh ngaihtuahna tinreng chu thlarau lam dan famkimna nena inmil tir an tum a ni.

"Astral-a chengte inkara inbiakpawhna chu astral telepathy leh television-in a vawng tlat a; leilung luahtute hian an tuar tur thu ziaik leh sawi chungchangah buaina leh hriatthiam lohna engmah a awm lo. Cinema screen-a mite chu thlalak êng hrang hrang hmanga che leh che anga lang, leh thawk tak tak lo ang bawkin, chutiang bawkin astral thilsiamte pawh chutiang chuan an kal a, an thawk bawh fang taka kaihhruai leh inzawmkhawma êng lem, oxygen atanga chakna lak ngai lovin Mihring hian eizawna atan thil nghet, tui, gas leh chakna a rinchan a ni.

"Master mine, astral being te hian engmah an ei em?" Ka faculties zawng zawng-rilru, thilung, thlarau pawm theihna nen a elucidations mak tak takah chuan ka in a. Thutak hriatna (superconscious perceptions of truth) chu a awm reng a, a danglam thei lo va, chutih lain, hun rei lote chhunga thil tawn leh hriatnate chu rei lo teah emaw, a tlem berah emaw a dik ngai lo va, rei lo teah a chiang zawng zawng chu hriatrengnaah a hloh vek thung. Ka guru thusawi chu ka nihna parchment-ah chuan a luhchilh em em a, engtik lai pawhin ka rilru chu superconscious state-ah ka sawn chuan Pathian thil tawn chu chiang takin ka nunpui leh thei a ni.

"Luminous." ray ang mai a ni thlaihna a tam hle chhung chumi astral tih a ni leilungte chu," ani tiin a chhang a. "Chumi astral tih a ni thilsiamte chuan thlai an ei a, êng tuikhuah ropui tak tak a\ang leh astral lui leh lui a\anga luang chhuak nectar an in bawh. Leilung chungah mihring lem hmuh theih lohte chu ether atanga lai chhuah a, television hmanrua hmanga hmuh theiha siam theih a nih ang bawkin, a hnua space-ah paih chhuah leh theih a nih ang bawkin, Pathian siam, hmuh theih

loh astral blueprint, ether-a thlai leh thlai lengte chu astral planet-ah a tla thla ta a ni tu chumi duhdan tan chu chu a chhunga chengte. Chhung chumi inang kawng, atangin chumi wildest ber a ni duhzawng tan hengte beings, pangpar rimtui huan pum pui chu a takin a lo lang a, a hnuah etheric invisibility-ah an kir leh ta a ni. Hiranyaloka ang vanram planet-a chengte chu ei tur mamawhna zawng zawng a\ angin chhuah zalen tawh mah se, chu aia sang zawk chu causal khawvela thlarau zalen vek tawh tak tak, hlimna manna tih loh chu engmah ei lote awmna chu a sang zawk a ni.

"Leia chhuah zalen astral being hian a chhungte, pa, nu, nupui, pasal leh thian tam tak, leia mihring anga lo piang hrang hranga a neihte a hmu a, 43-5." astral realm hmun hrang hranga a hun hunah an lo lang thin angin. Chuvangin tu nge a bik takin hmangaih tur tih hrethiam thei lovin a awm a; chutiang chuan mi zawng zawng hnenah Pathian hmangaihna leh intluktlanna pe turin a zir a, naupang leh

Pathian sawina mimal tinte. Hmangaihte pawn lam lan dan chu a danglam thei a, a tam emaw a tlem emaw chuan thlarau pakhat nun hnunung bera mizia thar lo piang chhuak ang zelin, astral being chuan a intuition dik lo tak chu a hmang a, hmân lai a hmangaih tawh zawng zawngte chu awmna plane dang-ah chuan a hre vek a, an astral home thara lawm turin a hmang a ni. A chhan chu thilsiam atom tinte hi mimal nihna tihbo theih loha dowered an nih avangin, 43-6 astral friend chu eng costume pawh ha mah se hriat chhuah a ni ang, leia actor nihna chu eng inthum pawh ni se ngun taka en chuan hmuhchhuah theih a nih ang bawkin.

"Astral khawvela nunna hun chhung hi lei aiin a rei zawk daih. A normal advanced astral." being dam chhung zawng zawng chu kum za nga atanga kum sangkhat thleng a ni a, leia hun tehna ang zela teh a ni. Redwood thing thenkhat chu kum sang tam zawkin thing tam zawk an dam rei ang bawkin, emaw, yogi thenkhat chu mipa tam zawk chu kum sawmruk an tlin hmain kum za tam tak an dam laiin, chutiang bawkin astral being thenkhat chu astral existence span pangngai aia rei zawk an dam thei a ni. Astral khawvel tlawhtute chu an taksa karma rit zawng angin hun rei zawk emaw, rei lo zawk emaw an awm a, chu chuan hun bituk chhunga leiah a hruai kir leh thin.

"Astral being hian a taksa eng tak a paih chhuah lai hian thihna nen hrehawm takin a do a ngai lo. Chuti chung pawh chuan heng thil nung tam tak hian an astral form chu subtler causal one atan paih chhuah tumna ngaihtuah hian an hlauthawng deuh hlek a ni. Astral khawvel hi duh loh zawng thihna, natna leh tar lam atanga fihlim a ni. Heng hlauhna pathumte hi leilung chiam a ni a, chutah chuan mihringin a hriatna a phalsak a

ni." .. .
. ah inhriattir amah ngei pawh a ni teuh a pum puiin nen ani chak lo tak pawnlam taksa mamawh a ni danglam lo tanpuina atangin boruak, ei leh in, leh mut chu awm tak tak theih nan.

"Tisa thihnaah hian thawk bo leh tisa cell te inthen darh a ni. Astral thihna chu lifetrons, astral beings nunna siamtu chakna unit langsar tak takte inthendarh a ni. Taksa thihnaah chuan thil nung pakhat chuan tisa hriatna a hloh a, astral khawvelah a taksa fiah lo tak chu a hre ta a ni. A hun takah astral thihna a tawh a, a chutiang chuan being chu astral birth leh death hriatna a\angin taksa pian leh thihna hriatnaah a kal ta a ni. Heng astral leh physical encasement cycle recurrent te hi unenlightened being zawng zawngte destiny pumpelh theih loh a ni. Pathian Lehkha Thua vân leh hremhmun chungchânga hrilhfiahnate hian mihring rilru thuk zâwk chu a tithinur fo ðhîn hriatrengna tan ani sei inzawmzat tan thil tawn te a ni chhung chumi blithesome tak a ni astral tih a ni leh leilung khawvel beidawnthlak tak takte pawh a ni."

"Beloved Master," ka ti a, "khawngaihin khawvela piantharna leh astral leh causal sphere-a piantharna danglamna hi chipchiar zawkin i sawi dawn em ni?"

"Mihring hi individualized soul angin a bul berah chuan causal-bodied a ni," tiin ka guru chuan a sawifah a. "Chu taksa chu matrix a ni." tan chumi sawmthum leh panga a ni *ngaihtuahna te* mamawh tu Pathian angin chumi bulthut emaw causal tih a ni ngaihtuah forces te an ni atangin chu chu a hnuah element sawm leh kua awmna subtle astral body leh element sawm leh paruk awmna gross physical body a siam ta a ni .

"Astral taksa element sawm leh pakua te hi rilru, rilru lam, leh nunphung (lifetronic) te an ni. A component sawm leh kua te hi finna; ego; hriatna; rilru (sense-consciousness); *hriatna hmanrua panga* , hmuhna, hriatna, rim, thlum, khawih sense-te nena inmil lo fiah lo tak takte; thiltih hmanrua panga , executive abilities-te tana rilru lama
inmilna.. ..
. .. fa neih, paih chhuah, .

"Pathian chuan a chhúngah ngaihdan hrang hrang a ngaihtuah a, mumangah a project a. Chutiang chuan Lady Cosmic Dream chu a relativity ornament lian tak tak tawp nei lo zawng zawnga chei mawi takin a lo piang chhuak ta a ni."

"Tisa taksa hi Siamtu mumang nghet, thil tum neia siam a ni. Dualities te hi leiah hian a awm reng a: natna leh hriselna, hrehawmna leh nawmna, hlohna leh hlawkna. Mihringte hian thil pathum-ah hian tikhhawtlai leh dodalna kan hmu a. Mihring nun duhna chu natna emaw thil dang emaw avanga nasa taka tihngching a nih chuan thihna a lo thleng a; tisa kawr rit tak chu hun eng emaw chen atan a ni."

"Tisa duhna hi egotism leh sense pleasures atanga lo chhuak a ni. Sensory experience-a compulsion emaw temptation emaw hi astral attachment emaw causal perceptions nena inzawm desire-force aiin a chak zawk a ni."

ni. "
 . of light emaw, ngaihtuahna emaw, mumang emaw inzawmkhawm angin emaw.

"Causal." duhzawngte hi tihhlawhtlin a ni tu hmuhdan chauh. Chumi nearly-free a ni thilsiamte tunge hi encased a ni chauh causal body-ah chuan universe pum pui hi

Pathian mumang-ngaihtuahnate tihhlawhtlinna angin an hmu a; eng thil pawh leh engkim hi ngaihtuahna mai maiin an tipung thei a ni. Chuvangin causal beings te chuan taksa hriatna emaw, astral delights emaw hlim taka hman chu thlarau hriatna tha tak takte tan chuan thil rapthlak tak leh rilru ti na thei takah an ngai a ni. Causal beings te hian an duhzawng chu a takin an tihlawhtling nghal vek a ni. **43-8 a ni** Causal body puan nalh tak chauhvin a khuh tih hmutute chuan Siamtu ang pawhin universe-te chu a lan chhuahnaah an hruai lut thei a ni. Thilsiam zawng zawng hi cosmic dream-texture atanga siam a nih avangin, causal-a inthum thlarau chuan thiltihtheihna hriatna zau tak a nei a ni.

"Thlarau chu a pianphung atanga hmuh theih loh a nih avangin a taksa emaw taksa emaw awmna atang chauhvin a danglam thei. The." mere awmna tan ani taksa a kawh a ni sawmi chu chu awmna hi siam thei tu tihhlawhtlin loh duhzawngte. **43- 10 a ni.**

atanga inthen nia lang chu a inrawlh a ni.

"Causal khawvela thlaraute hian Thlarau hlimna individualized point angin an inhriat tawn a; an ngaihtuahna-thilte chauh hi an chhehvel thilte chauh a ni. Causal beings te hian an taksa leh ngaihtuahna inthlauhna chu ngaihtuahna mai maiah an hmu a. Mihringin a mit khap chungin êng dum hring hring emaw, hnim hring hring hring emaw chu a mitthla thei angin, chuvangin causal beings te hian ngaihtuahna ringawt hian an hmu thei a, an hre thei a, an hre thei a, an tem thei a, an tem thei a, an ti thei bawkw touch;

"Causal khawvela thihna leh piantharna pahnih hi ngaihtuahnaah a awm a. Causal-bodied beings feast only on." chatuan hriatna thar ambrosia chu. Remna tuikhuah a\angin an in a, hriatna leilung kawng nei loah an vak kual a, tuifinriat tawp nei lo hlimna hmunah an inbual a ni. Lo! an ngaihtuahna êng tak takte chu Thlarau siam planet trillion tam tak, universe bubble thar, finna-star, rangkachak nebulae spectral mumang, Infinity-a skiey blue bosom zawng zawngah a zoom paltlang tih hmu rawh!

"Mi tam tak chu kum sang tam tak chhung chu causal cosmos-ah an awm reng a. Ecstasies thuk zawk hmangin thlarau zalen chuan causal taksa te tak te atang chuan a inhnukdaw a, causal cosmos zau tak chu a ha ta a ni. Ngaihtuahna hrang hrang eddies zawng zawng, thiltihtheihna, hmangaihna, duhthlanna, himna, remna, intuition, thlamuanna, mahni inthununna, leh concentration melt into the." ever-joyous Sea of Bliss Thlarau chuan a himna chu mimal hriatna thlipui angin a tawng a ngai tawh lo va, One Cosmic Ocean-ah a inzawm khawm ta zawk a, a thlipui zawng zawng-chatuan nuihzatthlak, thrills, throbs te nen.

"Thlarau pakhat chu taksa pathum cocoon atanga a chhuah chuan relativity dan atang chuan chatuan atan a tlanchhuak a, sawi theih loh Ever- Existent a lo ni ta a ni. **43-10.** " Omnipresence-a hnim hring, a thlaah arsi leh thla leh ni-a ziak chu en teh! Thlarau Thlaraua zau zawk chu êng nei lo, thim nei lo thim, ngaihtuahna nei lo ngaihtuahna bialah chuan a awm reng a, Pathian mumang cosmic creation-a a himna himthla chu zu rui a ni.

"ANI zalen thlarau!" Ka ejaculated a ni chhung awe.

"Thlarau pakhat chu a tawpah taksa bumna bawm pathum a\anga a chhuah chuan, mimal nihna hloh lovin Infinite nen pumkhat a lo ni ta a ni. Krista chuan Isua anga a pian hma pawh khan he zalenna hnunung ber hi a lo chang tawh a ni. A hun kal tawha a leia nunah hian thihna leh thawhleahna a tawn ni thum anga entirna, Thlarauva a taka tho leh theihna thiltihtheihna chu a lo chang tawh a ni," tiin Master chuan a sawi chhunzawm a.

"Mihring hmasawn lo chuan a taksa pathum a\anga a chhuah theih nan lei leh astral leh causal incarnation chhiar sen loh a paltlang a ngai a ni. He zalenna hnunung ber thleng theitu chuan mihring dangte Pathian hnena hruai kir leh turin zawlnei anga leia kir leh chu a thlang mai thei a, a nih loh leh keimah ang bawkin astral cosmos-a awm chu a thlang mai thei baw. Chutah chuan chhandamtu chuan a chhunga chengte karma phurrit thenkhat chu a phur a ni." **43-11 ah a awm** tin, chutiang chuan astral cosmos-a an cycle of reincarnation tihtawp a, causal spheres-a kal zel turin a pui baw. A nih loh leh thlarau zalen tak chu a thilsiamte chu causal body-a an span tihtlem theih nan leh chutiang chuan Absolute Freedom an neih theih nan causal world-ah a lut thei a ni."

"Thawhleah tawh, thlarau te khawvel pathuma kir leh tura nawr luihtu karma chungchang hi hriat belh ka duh a ni." Chatuan atan ka ngaithla thei ang, ka ngaihtuah a, engkim hretu ka Master chu. A leia nunah hian vawi khat chu a finna tam tak hi ka la assimilate thei ngai lo. Tunah chuan a vawi khat nan nunna leh thihna checkerboard-a interspace thuruk (enigmatic interspaces) te chu chiang tak, chiang takin ka hmu ta a ni.

"Mihring taksa karma emaw duhzawng emaw chu astral khawvela a awm reng theih

hma chuan a taka tihfel a ngai a ni," ka guru chuan a aw hlimawm tak chuan a ti
chiang hle. "Mihring chi hnih an nung." chhung chumi astral tih a ni spheres te a ni.
Saw'ng saw tunge che lo nei leia mi karma tih a ni ah paih chhuak rawh tan leh
tunge chuvangin an karmic leiba rulhna tur chuan taksa pum puiah an cheng leh tur
a ni a, taksa thih hnuah pawh, astral khawvel tlawhtu, permanent resident ni lovin,
hun eng emaw chen atana tlawhtu anga classified theih a ni.

"Lei lam karma tlan loh nei thilsiamte chu astral thih hnuah cosmic ideas high
causal sphere-ah kal phalsak an ni lo va, taksa leh astral khawvel atang chauhvin an
kal leh chhuak tur a ni a, an taksa taksa gross element sawm leh paruk awmna leh
an astral taksa element fiah lo sawm leh pakua awm chu a zawnin an hre reng tur a
ni. Mahse, a taksa taksa hloh apiangin a lo thanglian lo a ni

lei atanga lo kal nih hi a tam zawk chu thihna-muthilh thuk takah a awm reng a, astral sphere mawi tak chu a hre lo hle. Astral rest hnuah chuan chutiang mi chu zirlai dang zir turin material plane-ah a kir leh a, zawi zawiin, zinkawng zawh nawn fo hmangin, a khawvel hrang hrangah astral texture fiah lo tak tak a awm.

"Astral universe-a cheng pangngai emaw, hun rei tak chhunga awm tawh emaw erawh chu, thil neih duhna zawng zawng atanga chatuan atana zalen tawh, leilung vibration nasa takah kir leh ngai tawh lote an ni." Chutiang thilsiamte chuan hnathawh tur astral leh causal karma chauh an nei a ni. Astral thihnaah chuan heng thilsiamte hian an kal tlang thin a tawp chin nei lo fin zawk leh nalh zawk causal world. Cosmic law-in a ruat, span engemaw zat tawp lama causal body ngaihtuahna-form chu paih chhuakin, heng thilsiam hmasawn tak takte hi Hiranyaloka emaw, chutiang ang chiah astral planet sang takah emaw an kir leh a, astral taksa thara piang thar lehin an tlan loh astral karma chu an thawk chhuak leh a ni.

"Ka fapa, tunah chuan Pathian thupek hmanga kaihthawh ka ni tih hi i hrethiam zawk mai thei," Sri Yukteswar chuan a ti chhunzawm a, "a bik takin, lei atanga lo chhuak astral beings te aiin, astrally reincarnating souls lo kir lehte chhandamtu angin. Lei atanga lo kalte chuan, material karma vestigiges an la vawng reng a nih chuan, an ti ve tho a ni Hiranyaloka ang astral planet sang tak takah chuan a sang lo.

"Leia mi tam zawkin meditation hmanga an zir loh ang bawkin- acquired vision to appreciate the." chungnung hlimna a ni leh hlawkna a awm bawk tan astral tih a ni nunna leh chuvangin, hnuah thihna, chak ah kirlet ah leia hlimna tlemte, famkim lo tak takte chu, chuvangin astral being tam tak chuan an astral taksa a inthen darh dan pangngaiah chuan causal world-a thlarau lam hlimna dinhmun hmasawn tak chu an mitthla thei lo va, astral hlimna nasa zawk leh gaudy zawk ngaihtuahnaah an awm reng a, astral paradise tlawh leh an duh hle. Heavy astral karma hi chutiang thilsiamte chuan an tlan zawh hmain an tlan chhuak tur a ni astral death chu causal thought-world-a awm reng, Siamtu a\anga in\hen darh tak a ni.

"Mihring pakhatin mit tilawm thei astral cosmos-a thil tawn duhna a neih belh tawh loh hunah chauh, chutah chuan kir leh tura thlem theih a nih loh hunah chauh chuan causal khawvelah a awm reng a ni. Chutah chuan causal karma zawng zawng emaw, duhthusam hmasa chi emaw tlanna hna chu a zo vek a, thlarau inkhung hran chuan hriat lohna cork pathum zinga a hnunung ber chu a paih chhuak a, causal jar hnunung ber atanga chhuak a ni taksa, Chatuan nen a inzawm tlat.

"Tunah ti nangmah hrethiam?" Hotu a nui suk a chuvangin enchanting takin a awm!

"Awle, tlang i khawngaihna. Ka ni tawng ngaihna hre lo nen lawmna leh lawmna."

Hla emaw thawnthu emaw atang hian hetiang hriatna rilru hneh thei tak hi ka la

dawng ngai lo. Hindu lehkhabuah chuan causal leh astral khawvel leh mihring taksa pathum sawina ni mah se, chu phekte chu ka Pu thawhleh tawhte dikna lum tak nêna khaikhin chuan a va hla hle a, awmzia a nei lo tak êm! A tan chuan "unddiscover'd country whose bourn from traveler returns" pakhat mah a awm lo tak zet!

"Mihring taksa pathum inzawmkhawmna hi a nihna pathum hmangin kawng tam takin a lang chhuak a ni," ka ropui guru tih hi a ni kal chungah. "Chhung chumi harh chhuak nihphung chungah khawvel ani mihring ni hi harhfim a lirthei pathum zinga a tam emaw a tlem emaw. Sensuously intent a nih chuan tasting, rim, khawih, ngaithla, .

emaw, hmuh emaw chuan a taksa taksa hmangin hna a thawk ber a ni. Visualizing emaw willing emaw pawh nise, a astral body hmangin hna a thawk ber a ni. A causal medium hian mihringin introspection emaw meditation thuk taka a ngaihtuah emaw, a dive emaw hian expression a hmu a; cosmical thoughts of genius chu a causal body nena inzawm fo thin mipa hnenah a lo thleng thin. Hetiang a nih avang hian mimal pakhat chu 'thisa mi,' 'mi chak tak,' emaw, 'mi fing' emaw tiin zau takin a thliar hrang thei a ni.

"Mihring chuan nitin darkar sawm leh paruk vel chu a taksa lirthei hmangin a inhriat chian tir thin. Tichuan a muhil thin; a mumang a neih chuan a astral taksaah a awm reng a, astral beings te ang bawkin theihtawp chhuah lovin thil eng pawh a siam chhuak thin. Mihring mut chu a thuk a, mumang nei lo a nih chuan darkar engemaw zat chhung chu a hriatna, a nih loh leh I-ness hriatna chu causal body-ah a transfer thei a; chutiang mut chu a tinung leh thei a ni. A. A mumang neitu chuan a astral a contact a, a causal body a contact lo;

Ka nei ni hmangaihna nen enfiah a ni Sri Yukteswar a ni laiin ani pe ani mak tak mai sawifiahna (exposition) a ni.

"Angelic guru," ka ti a, "i taksa chu Puri ashram-a ka tap hnahnun ber tum ang chiah kha a ni."

"O yes, ka taksa thar hi a hlui copy tha famkim a ni. He form hi ka duh hun hunah ka materialize emaw dematerialize emaw a, leia ka awm lai aiin a tam zawk. Ka divine guru chu a nui suk a. "Tunlai hian i che chak em em a, mahse Bombay-ah hian ka hmu harsa lo!"

"O." Hotu, Ka tawh lungngai takin chuvangin thuk takin lam i thihna!"

"Ah, khawiah nge ka thih? Inhnialna a awm lo em ni?" Sri Yukteswar mitmeng chu hmangaihna leh intihhlamnain a rawn melh chhuak a.

"Leiah hian mumang chauh i nei a; chu leiah chuan ka mumang- taksa chu i hmu a ni," a ti chhunzawm a. "A hnua chuh mumang-image chu i phum ta a ni. Tunah chuan ka tisa taksa mawi zawk-i hmuh leh tunah pawh hian i pawm hnai zawk!- Pathian mumang-planet tha zawk dang ah a tho leh ta. Engtikah emaw chuan chu chuh mumang-taksa fin zawk leh mumang-planet fin zawk chu a liam tawh ang; anni pawh hi chatuan atan an ni lo. Mumang- bubble zawng zawng chu a tawpah chuan a tawp bera harh chhuahnaah a puak vek tur a ni. Ka fapa Yogananda, mumang leh Reality hi thliar hrang rawh!"

He ngaihdan hi *Vedantic* **43-12** thawhleahna chuan mak ka ti hle. Puri-a a taksa nunna nei lo ka hmuh lai khan Master ka khawngaih tih chu ka zak hle. A tawpah chuan ka guru chu Pathianah a harh kim vek tawh tih ka hrethiam ta a, a nun leh leia a kalna leh tuna a thawhleahna chu cosmic mumang-a Pathian ngaihdan

relativities tih loh chu engmah lo angah a ngai a ni.

"Tunlai hian Yogananda, ka nun, thihna leh thawhlehna thudikte chu ka hrilh tawh che a ni. Ka tan lungngai suh; Pathian mumang mihringte lei atanga Pathian mumang planet dang, astrally garbed souls-a ka thawhlehna chanchin hi hmun tinah thehdarh rawh! Khawvel manganna-mad, thihna hlau tak tak mumang neitute thinlungah beiseina thar a lut ang.

"Awle, Hotu!" Engtin duhthusamin ang Ka intawm nen mi dangte chu ka lawmna hmunah ani thawhlehna a ni!

"Leiah hian ka tehfung chu nuam lo takin a sang a, mipa tam zawk mizia nen a inmil lo. Vawi tam tak chu ka hau tur aia nasain ka hau che a. Ka fiahna i paltlang a; i hmangaihna chu zilhna zawng zawng chhum zingah a eng chhuak a ni. Duhawm takin, "Vawiinah pawh hian hrilh turin ka lo kal a ni: Engtikah mah sawiselna mitmeng khauh tak ka ha tawh lo vang. Ka hau tawh lo vang che," a ti bawk.

Ka guru ropui tak hremnate chu ka lo va hloh tawh em! An vai hian humhimna vantirhkoh vengtu an lo ni tawh a.

"Dearest." Hotu! Zilhna keimah ani maktaduai hun-tih hau keimah tunah!"

"Ka hau tawh lo vang che." A Pathian aw chu a grave hle a, chutih rualin nuihzatna undercurrent a nei bawk. "Nang leh kei hi kan nui dun ang, kan pianphung pahnih hi Pathian *maya* -dream-ah a danglamin a lang phawt ang. A tawpah chuan Cosmic Beloved-ah pakhat angin kan inzawm khawm ang; kan nuihzatthlak tak takte chu A nuihzatna a ni ang a, kan hlimna hla inpumkhat tak chu chatuan atan a vibrate ang a, Pathianin a siam thlaraute hnena pek chhuah a ni ang!

Sri Yukteswar hian thil thenkhatah êng min pe a, chungte chu hetah hian ka puang chhuak thei lo. Bombay hotel room-a ka bula darkar hnih a awm chhung khan ka zawhna zawng zawng chu a chhang vek a. Kum 1936 June ni-a a sawi khawvêl hrilh lâwkna engemaw zât chu a lo thleng tawh a ni.

"Tunah hian ka kalsan che, duhtak!" Heng thute hi ka hriat chuan ka kut hual vel chhungah chuan Master chu a lo hmin vek tih ka hria.

nirbikalpa samadhi kawngkaa i luh a , min koh apiangin, vawiin ang bawkin tisa leh thisenin i hnenah ka lo kal ang.

He van thutiam hman hian Sri Yukteswar chu ka mit atangin a bo ta a ni. Chhum aw chuan musical thunder-in a sawi nawn leh a: "Thil zawng zawng sawi vek rawh! I leilung hi Pathian mumang a ni tih *nirbikalpa* hriatchhuahna hmanga hretu chuan mumang hmanga siam planet mawi zawk Hiranyaloka-ah a lo kal thei a, chutah chuan ka leilung ang chiah taksaah tho lehin min hmu thei a ni. Yogananda, hrilh vek rawh!"

Inthenna lungngaihna chu a bo ta. Hun rei tak chhung ka thlamuanna rukbotu a thih avanga khawngaihna leh lungngaihna chu tunah chuan mualpho takin a tlanchhia ta a ni. Bliss chu tuikhuah ang maiin a luang chhuak a, tawp nei lo, soul-pores hawn thar atang chuan. Tûn hmaa hman loh vanga inkharkhip tawh, tûnah chuan hlimna nasa tak tuilianin a khalh lai chuan thianghlim takin an zau ta a ni. Ka taksa lo piang tawhte subconscious ngaihtuahna leh rilru put hmangte chuan an

karmic taints chu a paih chhuak a, Sri Yukteswar-a Pathian tlawhna chuan eng mawi takin a siam thar leh a ni.

He ka autobiography bung hian ka guru thupek ka zawm a, thu lawmawm chu ka thehdarh a, mahse, chu chuan vawi khat chu thil hriat duh lo thlahte chu a ti buai leh ta a ni. Groveling, mihring hian a hre Chiang Hle; beidawnna hi a danglam bik lo; mahse, chûngte chu thil dik lo tak tak a ni a, mihring chanvo dik takah chuan a tel lo. A duh ni chuan zalenna kawngah a insiam a ni. Hun rei tak chhung chu a "dust-thou-art" counselor-te dank pessimism chu a ngaithla tawh a, hneh theih loh thlarau chu ngaihsak lovin.

Ka tawh lo chumi chauh pakhat chanvo nei tak a ni ah ngai teh chumi Thawhleh a ni Guru a ni.

Sri Yukteswar-a chela pakhat chu hmeichhe kum upa tawh tak, hmangaihna nena *Ma* (Nu) tia hriat a ni a, a chenna in chu Puri hermitage bulah a awm a ni. Master chuan zingkar a kal lai khan a bulah inbiakna neihpui turin a ding fo tawh a. March 16, 1936 tlaiah Ma chuan ashram chu a thleng a, a guru hmu turin a ngen a.

"Engvangin nge, Master kha kar khat kalta khan a thi!" Tuna Puri hermitage enkawltu Swami Sebananda chuan lungngai takin a en a.

"Chu chu thil theih loh a ni!" Tlem chuan a nui suk a. "Guru chu insistent visitors laka humhim i tum mai mai pawh a ni mai thei?"

"Aih." Sebananda chuan an phum dan chipchiar takin a sawi. "Lo kal rawh," a ti a, "Sri Yukteswarji thlan thlengin hmalam huanah ka hruai ang che," a ti a.

Ma chuan a lu a thing nghut a. "A tan thlan a awm lo! Vawiin zing dar sawm velah chuan ka kawngka hmaah a kal dan pangngaiin a kal pel a! Pawn khawvar êng tak karah minute engemaw zat chu ka bia a."

"'Lokal hei tlailam ah chumi ashram,' tiin a sawi. ani sawi.

"Hetah hian ka awm ta! He lu dum hlui chungah hian malsawmna a luang chhuak! Thih thei lo guru chuan vawiin zing khan eng taksa ropui takah nge min rawn tlawh tih hi hriatthiam a duh a ni!"

Chumi mak a ti hle Sebananda chuan a rawn ti a a khup a hmaah ani.

"Ma," a ti a. ani sawi, "engnge ani buk tan lungngai nangmah chawi atangin ka thinlung! Ani hi tho leh ta!"

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43-1 : 1.1. Chhung *sabikalpa a ni samadhi tih hi a ni* chumi devotee a ni nei thlarau lamah chuan hmasawn zel a ni ah ani nihphung tan chhung lam hawiin thianghlim union, . mahse thei lo maintain his cosmic lam thil a ni rilru harhna hmaih chhung chumi che thei lo trance-state a ni. Tu chhunzawm zel a ni inngaihtuah muk, ani a thleng thei chumi chungnung nihphung of *nirbikalpa samadhi* , khawvelah zalen taka a kal a, Pathian hriatna hloh lovin a pawn lam hna a thawhna hmun.

43-2 : 1.1. Sri Yukteswar a ni hmang chumi thumal *prana* ; Ka nei lehlín a ni chumi angin lifetróns te an ni. Chumi Hindu a ni Pathian Lehkha Thute kawhhmuh lo chauh ah chumi *anu* , "atom," tih a ni. leh ah chumi *paramanu* , . "piaha chumi atom," finer zawk electronic hmanga siam a ni chakna (energy) te; mahse pawh ah *prana* , . "themthiam nunphung (lifetronic) a ni chakna." Atoms te leh electron a ni hi mitdel sipaite chu; *prana tih a ni* hi a pianphungah a awm remhria. Chumi pranic tih a ni lifetróns te an ni chhung chumi spermatozoa a ni leh ova, . entirnan, karmic design angin embryonic hmasawna chu kaihuai rawh.

43-3 : Adjective of *mantra* , chanted seed-sounds chu rilru silai, concentration atanga chhuak. Puranas (hmanlai *shastras*) te chu emaw treatises) tih a ni. hrilhfiah hengte *mantric tih a ni* indona te karah *devas te an ni* leh *asuras tih hi a ni* (pathiante leh ramhuai te). Chu *asura* vawikhat tum chant chak tak hmanga *deva* thah . Mahse a sawi dik loh avangin mental bomb chuan boomerang angin hna a thawk a, ramhuai chu a that ta a ni.

43-4 : 1.1. Entirnan tan chutiang thiltihtheihnate a ni hi lo duhthusam intluk chungah khawvel, angin chhung chumi thubuai tan Helen-i chuan Keller chuan a rawn ti a leh thildang vang thilsiamte.

43-5 : 1.1. Lalpa Buddha tawh vawikhat zawt engati nge ani mipa tur hmangaihna zavai mi te an ni inang tlangin. "Avang," chumi ropui zirtirtu tiin a chhang a, . "in a." lutuk tam tak a ni leh chi hrang hrang a awm dam chhung zawng

tan vek mipa, engpawh thildang ni nei hmunah pakhat hun emaw adang ni duhtak ah ani."

43-6 : 1.1. Chumi pariat elemental lam thil a ni mizia te khawi lut chhungah zavai siam a ni nunna, atangin atom ah mipa, hi khawvel, tui, mei, boruak, ether, motion, rilru leh mimal nihna te a ni. (*Bhagavad Gita* : VII:4.) A rilru a hah lutuk a, a rilru a buai em em bawk a.

43-7 : 1.1. Taksa a kaw k a ni engpawh thlarau-encasement, . emaw tenawm emaw hriat har. Chumi pathum taksa te hi cage-ah te dah a ni tan chumi Sava tan Pialral.

43-8 : 1.1. Intluk angin Babaji chuan a pui a Lahiri a ni Mahasaya chuan a ti a ah laksak amah ngei pawh a ni tan ani subconscious a ni chak atengin engemawzat hunkaltawh nunna tan ani lal in, . [bung 34](#) - a sawi angin .

43-9 : "Tin, an hnenah, "Rangruang awmna apiangah chuan mupuite chu an awm khawm ang," a ti a.- *Luka* 17:37. Khawi hmunah pawh chumi thlarau hi encased a ni chhung chumi pawnlam taksa emaw chhung chumi astral tih a ni taksa emaw chhung chumi causal tih a ni taksa, sawtah chumi rulpui (eagles) te tan duhna- mihring hriatna chak lohnate, emaw, astral leh causal attachment-te ei thinte pawhin thlarau chu tang anga awm reng turin an inkhawm ang.

43-10 : "Hnehtu chu ka Pathian biak inah lungphun ka siam ang a, a chhuak tawh lo vang (chu chu a pianthar leh ang." Aih belh).Ah ani sawmi a hneh duhdan Ka phalsak ah thu nen keimah chhung ka lalthutthleng, . intluk angin Ka pawh hneh a ni a, . leh

.ni ruahman hnuailam nen ka Pa chhung ani lalthutthleng."- *Thupuan* 3:12, 13-ah a awm. 21. A rilru a hah lutuk

43-11 : Sri Yukteswar hian a leia mihringa a lo chan lai ang bawkin natna rit tak chu a chang changin a lo la tawh tih a tilang a ni ah lighten rawh ani zirtirte' tih a ni. karma, . chuvangin chhung chumi astral tih a ni khawvel ani thiltum bik angin ani chhandamtu enabled a ni ani ah la chungah Chiang Hiranyaloka-a chengte astral karma a ni a, chutiang chuan causal khawvel sang zawka an inthlak danglamna chu a tikhawtlai a ni.

43-12 : 1.1. Nunna leh thihna angin thil chi hrang hrang (relativities) te tan ngaihtuah chauh. *Vedanta a ni* points a ni pawn sawmi Pathian hi chumi chauh Anihna tak; zavai thil siam a ni emaw, inthen emaw a ni thei awmna hi *maya* emaw thil tihsual (illusion) a ni. Hei thil bul chhuina tan monism tih hi a ni dawng chu chu a sang ber tilangchhuak chhung chumi Shankara-a *Upanishad hrilhfiahnate*.

BUNG: 1.1. 44. A ni

Nen Mahatma chuan a ti a Gandhi-a chuan a sawi Hmunah Wardha chuan arawn ti a

"Wardha ah hian kan lo lawm a che!" Mahatma Gandhi secretary Mahadev Desai chuan Miss Bletch, Mr. Wright leh keimah ngei pawh hi heng thu duhawm tak tak leh *khaddar* (homespun cotton) pangpar thilpek hmanga chibai a buk a . Kan pawl tlemte chu August thla zingkar hmasa berah Wardha station-ah an chhuk thla chauh a, rel leivut leh lumna chhuahsan chu an lawm hle. Kan bungrua chu bawng tawlailir-ah dahin, Mr. Desai leh a thiante, Babasaheb Deshmukh leh Dr. Pingale-te nen motor car inhawng takah kan lut a. Ram kawngpui hnim hring chungah chuan rei vak lo kan kal a , India ram politics mithianghlim ashram *Maganvadi -ah kan thleng ta a*.

Pu Desai-a chuan zia kana pindan lam pan chuan min hruai nghal a, chutah chuan ke hrual chungin Mahatma Gandhi chu a thu a. A kut pakhatat pen a keng a, a kut pakhatat chuan lehkha pheh a keng a, a hmaiah chuan nuihzatthlak tak, hnehna chang thei, thinlung lum tak a lang!

"Chibai!" ani a ziaak chhuak a chhung Hindi tawng a ni a; chumi tawh ani Thawhtanni, ani kar tin ni tan reh.

Hei hi kan inhmuh hmasak ber ni mah se, hmangaihna nen kan inbeam a. Kum 1925 khan Mahatma Gandhi chuan Ranchi sikul chu tlawhin a chawimawi a, a guest-book-ah chuan zahna ropui tak a ziaak bawk.

Pound 100 zeta rit mi thianghlim te tak te hian taksa, rilru leh thlarau lam hriselna a ti eng a. A mitmeng dum nê̄m tak chu finna, thinlung tak leh thliar hrannain a eng a; he statesman hian a finna a inmil a, dan lam, khawtlang leh politics lama indona sang tam takah hnehtu a ni ta a ni. Khawvela hruaitu dang tumahin a mite thinlunga Gandhi-a'n India ram tana a luah secure niche hi an la thleng lo lehkha thiam lo maktaduai tam tak. An spontaneous tribute chu a hming lar tak- *Mahatma* , "thlarau ropui" tih hi a ni. **44-1 a ni** An tan chauh chuan Gandhi hian a thawmhnaw chu cartoon zau tak tak, loincloth-ah a khung a, chu chu mipui tihduhdah, thil lei thei tawh lote nena an inpumkhatna chhinchhiahna a ni.



Mahatma chuan a ti a Gandhi-a chuan a sawi

India rama political saint nen Wardha-a a hermitage-ah August, 1935-ah chawhmeh ngawi rengin kan ei dun a.

"Ashram-a chengte hi i kutah an awm vek a; eng rawngbawlna pawh nei turin rawn biak rawh u." Mahatma chuan characteristic courtesy nen he note hmanhmawh taka ziah hi min pe a, Mr. Desai-a'n kan party chu ziakna pindan atanga guest house lam pan tura a hruai lai chuan.

Kan guide chuan thei huan leh pangpar huan kal tlangin tile- roof building, latticed window neiah min hruai a. Yard hma lam tuikhuah, feet sawmhnih leh panga a sei chu stock tui pekna atan an hmang a, Mr. Desai chuan a sawi a; a bulah chuan buhfai hrualna tur cement wheel inher chhuak chu a ding a. Kan mutna pindan tenau tinah chuan tihtlem theih loh minimum chauh a awm tih a Chiang hle-khum, hrui hmanga kutchhuak. Kitchen chu a var a a sir khatah faucet leh a sir dangah chaw

siamna tur meikhu khur a awm tih a inchhuang hle. Arcadian ri awlsam tak takte chuan kan beng a thleng a-kawng leh sava au thawm te, bawng ri te, leh lung chip nan chisels rap ri te.

Enfiahna Pu. Wright-a chuan a ti a zin nitin thiltih chhinchhiahna, Pu. Desai a hawng a ani page leh ziaak chungah chumi ani ziaak tlar tan *Satyagraha tih a ni*

a ni thutiam a siam a laksak tu zavai chumi Mahatma a ni khirh followers te an ni (44-2
.satyagrahis) tih hi a ni

"Thawkna tel lo; Thutak; Rukruk loh; Celibacy; Non-Possession; Body- Labor; Palate control; Hlahna nei lo; Sakhaw zawng zawng zahna inang; *Swadeshi* (in lama thil siam hman); Freedom from Untouchability. Heng sawm leh pakhat hi inngaihtlawmna rilru pu chungah thutiam anga zawm tur a ni.

(Gandhi-a chuan amah ngei pawh a ni sign a ni hei page chungah chumi zui ni, thilpek pek chumi tarikh pawh-August 27, 1999 a ni. 1935 khan a lo piang a.)

Kan thlen hnu darkar hnih hnuah ka thiante nen chuan chaw ei turin min ko a. Mahatma chu ashram verandah arcade hnuaiah, a study atanga courtyard sir lehlamah chuan a thu tawh a. Kekawr bul lo ha *satyagrahi* sawmhnih leh panga vel chu dar no leh plate hmaah chuan an bawkkhup a. Khawtlang mipui tawngtaina chorus; tichuan, *chapati* (whole-wheat unleavened bread) ghee- a theh, dar bêl lian tak tak atanga chaw ei a ; *talsari* (thlai hmin leh diced), leh lemon jam.

Mahatma chuan *chapati* , beet hmin, thlai hmin thenkhat, leh orange te a ei a. A plate sir lamah chuan thisen tithianghlitmu langsar tak, *neem hnah thlum tak tak hnah lian tak a awm a*. A spoon hmangin a then a then a, ka dish chungah chuan a dah ta a. Tui hmangin ka bolt thla a, naupan lai hun lai kha ka hrechhuak a, chutih lai chuan Nuin a dose duh loh zawng chu ka ei tir a. Mahse, Gandhi erawh chuan *neem* paste chu sa thlum tui tak ang maiin a ei nasa hle thung.

He thil thleng tlemteah hian Mahatma-a'n a duh duhin a rilru chu hriatna atanga a lak chhuah theihna chu ka hmuchhuak a. Kum engemaw zat kalta a a appendectomy hmingthang tak an tih kha ka hrechhuak leh ta. Anesthetics pek duh lovin, mi thianghlim chuan operation chhung zawng khan a zirtirte nen hlim takin an inbia a, a nuihzatna hrik kai thei tak chuan a natna a hriat lohzia a tilang chiang hle.

Chawhnu lamah chuan Gandhi-a zirtir lar tak, English admiral, tuna Mirabai tia koh Miss Madeleine Slade fanu nen inbiakna hun remchang a rawn keng tel a ni. 44-3 a
ni A hmel chak tak, thlamuang tak chu phurnain a eng chhuak a, Hindi flawless takin nitin a thiltih dan min hrilh lai chuan.

"Thingtlang siam that hna hi a hlawkthlak hle! Kan pawl khat chu zing tin dar nga-ah kan bul hnaia khaw mipuite rawngbawl tur leh faina awlsam tak zirtir turin kan kal a. An inthiarna leh an khum, leivut hmanga khuh te tihfai hi kan tum ber a ni. Khaw mipuite hi zia leh chhiar thiam lo an ni a; entawn tur chauh lo chuan zirna an pe thei lo!".. tiin a sawi. Hlim zet hian a nui suk a.

He English hmeichhe sang tak, a Kristian inngaihtlawmna dik tak hian "untouchables" chauhin an tih thin scavengering hna chu a thawk thei a, chu chu ngaihsan takin ka en a.

"Kum 1925 khan India ramah ka lo kal a ni," tiin min hrilh a. "He ramah hian 'ka lo haw leh ta' niin ka hria." Tunah chuan ka nun hlui leh ka ngaihven hluite chu ka kir leh duh tawh lovang."

America chungchang chu rei vak lo kan sawi dun a. "India ram tlawhtu American tam takin thlarau lam thil an ngaihvenna thuk tak an lantir hi ka lawm a, mak ka ti fo bawk," a ti. **44-4 a ni**

Mirabai kut chu rei lo teeth *charka* (spinning wheel)-ah chuan a buai ta a, ashram pindan zawng zawngah hmun tinah a awm a, dik tak chuan Mahatma vangin India thingtlang ram zawng zawngah a awm vek a ni.

Gandhi hian cottage harhtharna fuihna kawngah hian economic leh cultural reasons dik tak a nei a ni industry-ah te, mahse tunlai hmasawna zawng zawng chu fanatical repudiation a fuih lo. Machinery, rel, motor, telegraph te hian a nun ropui takah hian hmun pawimawh tak a chang a ni! Kum sawmnga chhung zet vantlang rawngbawlna, lung inah leh pawnah, nitin politics khawvela thil chipchiar tak tak leh thil tak tak harsa tak takte nena a insualna chuan a balance, a rilru zau tak, a rilru fim tak, leh mihring hmuhdawm tak takte chu a hlimthla ang maia ngaihhlutna chu a tipung chauh a ni.

Kan pathumte chuan Babasaheb Deshmukh mikhual angin dar ruk velah zanriah kan ei dun a. Zan dar 7:00 PM tawngtai a ni darkar chuan *Maganvadi ashram* -ah min hmu leh a , *satyagrahi sawmthum* awmna inchungah chuan kan chho ta a chhung ani semicircle a ni vel Gandhi-a chuan a sawi. Ani tawh squatting tih a ni chungah ani kuang mat, . chu hmanlai pocket watch chu a hmaah a ding a. Ni hring dup chuan kutphah leh banyan-te chungah chuan êng hnunung ber a rawn chhuah a; zan ri leh cricket ri chu a intan ta. Boruak chu serenity tak tak a ni a; Ka enrapture hle mai.

Mr. Desai kaihhraina hnuaia hla ropui tak, pawl lam atanga chhanna te; tichuan *Gita* chhiar a ni leh ta. Mahatma chuan thutawp tawngtaina pe turin min kut a thlak a. Chutiang Pathian ngaihtuahna leh duhthusam inpumkhatna chu! Chatuan atana hriatrengna: arsi hmasa hnuaia Wardha roof top meditation.

A hun takah Dar riat velah Gandhi chuan a ngawih rengna chu a titawp ta a ni. A nunah hna thawh nasa tak takte chuan a hun chu minute tin a sem darh a ngai a ni.

"I lo lawm e, Swamiji!" Tun tumah hian Mahatma chibai bukna chu lehkhah hmanga chibai a ni lo. Inchung atanga a zia kana pindan, square mat (chair awm lo), desk hniam tak, lehkhahu awmna, . paper te, . leh ani tlem tlanglawn pens a ni (lo tuikhuah pen te chu); ani sawifiah theih loh sona a tick a chhung a corner a ni. Remna leh inpekna aura zawng zawng huapzo. Gandhi chuan a nuihzatthlak tak, lungpui ang mai, ha nei lo ang maia nuihzatthlak tak pakhat chu a hlan a ni.

"Kum tam tak kal ta khan," tiin a sawifiah a, "Ka lehkhah thawnte enkawlina tur hun ka neih theihna tur atan kar tin ngawi renga ni khat ka hman tan a. Mahse tunah chuan chu darkar sawmnhah leh pali chu thlarau lam mamawh pawimawh tak a lo ni ta a ni. Hun bi neia ngawi renga thupek siam chu hrehawm tawrhna ni lovin malsawmna a ni," tiin a sawifiah a ni.

Ka thinlung zawng zawngin ka remti a. **44-5 a ni** Mahatma chuan America leh Europe chungchang min zawt a; India ram leh khawvel dinhmun kan sawiho a.

"Mahadev," Mr. Desai chu room chhunga a luh rual chuan Gandhi chuan a ti a, "khawngaihin Town Hall-ah naktuk zan hian Swamiji-a'n yoga chungchang a sawi

theih nan ruahmanna siam rawh," a ti a.

Mahatma hnenah zanriah ka dil lai chuan ngaihsak takin citronella oil bottle khat

min pe a. "Wardha rulhut te hian *ahimsa* chungchang hi engmah an hre lo , 44-6. "

Swamiji!" nui chung hian a ti a.

A tuk zingah chuan kan pawl tenau chuan buhfai tui tak, molasses leh bawnghnute nen chawhmeh kan ei hmasa a. Dar sawm leh sawmthum velah chuan Gandhi leh *satyagrahis* te nen chaw ei turin ashram verandah-ah min ko a . Vawiin hian menu-ah hian brown rice, thlai thar thlan chhuah, leh cardamom chi te a awm a.

Noon chuan ashram ground-a ka vak kual lai chu min hmu a, bawng tlemte tihbuai theih loh ran vulhna hmunah chuan. Bawng humhalh hi Gandhi-a duhthusam a ni.

"Bawng hi ka tan chuan mihring hnuai lam khawvel zawng zawng a kaw k a, mihring lainatna chu a chi piah lamah a tizau a ni," tiin Mahatma chuan a sawifiah a ni.

"Mihring chu bawng kaltlangin a nihna hrechhuak turin thupek a ni." thil nung zawng zawng nen. Hmanlai rishi-hoin apotheosis atan bawng an thlan chhan hi ka tan chuan a Chiang Hle. Chumi India rama bawng chu tehkhin thu tha ber a ni a; thil tam tak petu a ni. Bawng hnute a pe mai ni lovin, agriculture pawh a ti thei ta a ni. Bawng chu khawngaihna hla a ni a; pakhat chuan ran ngilnei takah khawngaihna a chhiar. Mihring maktaduai tam takte nu pahnihna a ni. Bawng venhimna tih awmzia chu Pathian thilsiam bengchheng zawng zawng humhimna a ni. Thilsiam hnuai zawkte appeal hi a chak zawk a, a chhan chu thusawi theih loh a nih vang a ni."

Orthodox Hindu-te chungah nitin ritual pathum tih a ni. Pakhat chu *Bhuta Yajna* , ei tur hlanna a ni ransa lalram. Hei hunserh a entir a ni mipa ta a ni hriatchhuahna tan ani tih tur (obligations) te ah thil siam chhuahna chi hrang hrang, instinctively tied to bodily identifications which also corrode humans nun, mahse mihringte tana thil danglam bik, zalenna pe thei rilru put hmanng chu a tlachham thung. *Bhuta Yajna chuan a rawn ti a* chutiang chuan mihring chak lote tanpui tura a inpeihzia chu a tichak a, ani chu a lehlahmah hmuh theih loh thilsiam sang zawkte dilna chhiar sen lohin a thlamuan a ni. Mihring pawh hi leia, tuifinriat leh vanahte boral tawh, thilsiam thilpek tihthar lehna atan inzawmna hnuaiah a awm baw. Chutiang chuan thilsiam, rannung, mihring leh astral angel-te inkara inbiakpawhna awm lohna evolutionary barrier chu hmangaihna ngawi reng office-te chuan a hneh ta a ni.

yajna dang pahnih chu *Pitri* leh Nri te an ni . *Pitri Yajna* hi pi leh pute hnena thilhlam hlan a ni a, . mihringin hun kal tawha a leiba a pawmzia chhinchhiahna angin, a finna bulpui ber chuan tûn laia mihringte chu a êng a ni. *Nri Yajna* hi mi hriat loh emaw, mi rethei emaw hnena ei tur hlan a ni a, tuna mihring mawhpurhna, a hun laia mite chungah a tih tur chhinchhiahna a ni.

Chawhnu lamah chuan hmeichhe naupangte tana Gandhi-a ashram tlawhna hmangin thenawm *Nri Yajna ka hlen chhuak ta a ni*. Minute sawm vel kalnaah chuan Mr. Wright-a chuan min zui a. *Sari* hnah sei tak tak, rawng hrang hranga siam chungah chuan pangpar ang maia hmel naupang te te ! Hindi tawnga thusawi tawi tawp lamah 44-7 chu chu pawnah ka pe a, van chuan ruah sur nghal mai chu a rawn chhuahsan ta a. Nui chungin Mr. Wright nen chuan car-ah chuan kan chuang a, driving silver phek karah chuan *Maganvadi lam pan chuan kan tlan let leh ta a*. Chutiang tropical intensity leh splash chu!

Guest house-a ka luh leh chuan hmun tina awm, thil awlsam tak leh mahni inpekna finfiahna chuan min tithinur leh ta a ni. Gandhi-a thil neih loh tura thutiam chu a

nupui neih tirh lamah a lo thleng a ni. Kum khata \$20,000 chuang a hlawh chhuah
thin dan lama hnathawh zau tak chu bânsanin, Mahatma chuan a hausakna zawng
zawng chu mi retheite hnenah a thehdarh ta vek a ni.

Sri Yukteswar a ni hmang ah poke rawh dimdawi hlimawm hmunah chumi a tlangpuiin
tling lo ngaihdan (conceptions) te tan bânsan a ni.

"Diltu chuan hausakna a phatsan thei lo," Master chuan a ti ang. "Miin a lungngaih
chuan: 'Ka sumdawnna hian a nei.' hlawhchham; ka nupuiin min kalsan a; Engkim
ka phatsan ang a, monastery-ah ka lut ang,' eng khawvel inthawina nge a sawi?
Hausakna leh hmangaihna a phatsan lo va; an phatsan ta a ni!"

Gandhi ang mithianghlimte erawh chuan thil hmuh theiha inpekna mai ni lovin,
mahni hmasialna leh mimal thiltum bânsan harsa zawkin, an chhungril ber chu an
inzawm khawm a ni

chumi lui te tan mihring nihna angin ani pumpui.

Mahatma nupui mak tak Kasturabai chuan a hausakna hmun khat mah amah leh an fate hmanna atana a dahkhawm loh chuan a dodal lo. Tleirawl laia nupui nei tawh Gandhi leh a nupui hian fapa engemawzat an neih hnuah nupui pasal nei lo tura thutiam an siam a ni. **44-8 a ni** A tranquil heroine chu a intense hle drama that has been their life together, Kasturabai hian a pasal chu jail-ah a zui a, kar thum chhunga a pasal chu a share chaw nghei, . leh a famkim borne a ni ani intawm tan ani tawp nei lo mawhphurnate a ni. Ani nei petlak Gandhi hnenah hian a hnuaia tribute hi a sawi:

I dam chhung zawnga i thian leh i tanpuitu nih theihna chanvo i neih avangin lawmthu ka sawi a ni. Khawvela inneihna famkim ber, *brahmacharya* (mahni inthununna) atanga inngat leh sex-a inngat lo inneihna avangin lawmthu ka sawi a ni. India tana i nun hnathawhnaah i tlukpui min ngaih avangin lawmthu ka sawi a ni. Naupang tain a naupan laia a infiamna thilte a chau nghal vat ang maia nupui leh fate chau taka khelh, intlansiak, hmeichhia, uain leh hlaa hun hmangtu pasalte zinga mi i nih loh avangin lawmthu ka sawi a ni. Midangte thawhrimna hmanga hausakna atana hun hmangtu pasalte zinga mi i nih loh avangin ka va lawm tak em.

Thamna hmaah Pathian leh ram i dah a, i rinna huaisenna leh Pathian rinna famkim leh Chiang lo tak i neih avangin ka va lawm tak em. Pathian leh a ram ka hmaa dahtu pasal ka neih avangin ka va lawm tak em. Kan nunphung, thil tam tak atanga tlemte thlenga in inthlak danglamna ka phunnawi leh ka hel lai khan min tuar thiamna leh ka tleirawl laia ka tlin lohnate avangin ka lawm hle a ni.

Naupang tain ka nih laiin i nu leh pate inah ka awm a; i nu kha hmeichhe ropui leh tha tak a ni a; min zirtir a, nupui huaisen, huaisen tak nih dan tur leh a fapa, ka pasal tur ni tur hmangaihna leh zahna vawng reng dan tur min zirtir baw. Kum a lo vei a, India ram hruaitu duh ber i nih chhoh zel chuan kei pawhin ka nei tawh pakhatmah tan chumi hlauhna a nei sawmi beset a ni chumi nupui tunge maithei ni tilang aside engtikah ani pasal nei hlawhtlinna ladder-ah a chho a, ram dangah pawh a thleng fo thin. Thihna hian nupa min la hmu dawn tih ka hria.

Kum tam tak chhung chu Kasturabai hian mipui sum enkawltu hna chu a thawk a, chu chu milem biak Mahatma hian maktaduai tam takin a thawhkhawm thei a ni. Indian home-ah hian thawnthu hlimawm tak tak a awm nual a Gandhi inkhawmpuiah pasalte'n an nupuiin eng jewelry pawh an hak avanga an hlauthawng tih nghawng; Mahatma-i magical tongue, mi tihduhdahte ngenna chuan rangkachak kutkawr leh diamond kawrfualte chu mi hausa kut leh kawr atang chuan collection bawm chhungah a hip lut nghal a!

Ni khat chu public treasurer, Kasturabai chuan cheng li pek chhuah chu a account thei lo. Gandhi chuan auditing chu a dik takin a tichhuak a, chutah chuan a nupui cheng li inthlauhna chu tihtawp theih lohvin a tarlang a ni.

He thawnthu hi ka American zirlai class hmain ka lo sawi fo tawh a. Tlai khat chu hall chhunga hmeichhe pakhat chuan thinrim takin a thaw halh a.

"Mahatma nge Mahatma ni lo," a lo tap tawh a, "ka pasal ni ta se chutiang taka vantlang hmaa a tul lo taka sawichhiatna avang chuan mit dum ka pe ngei ang!"

American nupui leh Hindu nupui chungchangah hian kan inkarah banter hlimawm tak tak a lo kal tawh hnu chuan sawifiahna kimchang zawkah ka kal ta a ni.

"Mrs. Gandhi hian Mahatma hi a pasal angin a ngai lo va, a guru, dikna neitu angin a ngai zawk a ni." to discipline her for even insignificant errors," I had pointed out. "Kasturabai chu vantlang hmaa sawisel a nih hnu eng emaw chen chu Gandhi chu politics thubuaiah lung ina tantir a ni. Muangchangin a nupui chu a thlah lai chuan a ke bulah chuan a tlu ta a. 'Zirtirtu,' inngaitlawm takin a ti a, 'ka tihsual ngai che a nih chuan min ngaidam rawh,'" **44-9**

Chumi chawhnu dar thum velah chuan Wardha-ah chuan, a hmaa ka ruat tawh angin, a nupui ngei atanga zirtir rilru nghet lo siam thei mi thianghlim ziakna pindan-ah chuan ka inpe ta a- thilmak hmuh tur awm lo! Gandhi chuan a theihngihl theih loh nuihzat hmel zet hian a han hawi chho a.

"Mahatmaji," a bula cushioned mat-a ka thut lai chuan ka ti a, "khawngaihin *ahimsa tih i hrilhfiahna kha min hrilh teh* ."

"Chumi pumpelh a ni tan hliam ah engpawh nung thilsiam chhung ngaihtuah emaw thiltih."

"Beautiful ideal! Mahse khawvel hian a zawt fo ang: Mi pakhatin naupang humhim nan cobra a that lo ang em, a nih loh leh mahni inrintawkna atan?"

"Ka thutiam pahnih bawhchhia lovin cobra ka that thei lo- hlauh lohna, leh thah loh. Hmangaihna vibrations hmanga rul chu chhungril lamah tihlum ka tum zawk ang. Ka dinhmun nena inmil turin ka standard hi ka tihhniam thei lo. A thusawi dik tak mak tak mai hmangin Gandhi chuan, "Cobra ka hmachhawn a nih chuan he inbiakna hi ka kalpui thei lo tih ka inpuang tur a ni!"

Ka tiin a sawi chungah thenkhat lutuk tunhnai Khawthlang lam lehkhabu te chungah ei leh in khawi ngat chungah ani dawhkan.

Satyagraha movement- ah hian diet hi a pawimawh hle- hmun dangah ang bawkin," nui chungin a ti a. "Because I advocate complete continence for *satyagrahis* , I am always trying to find out the best diet for the celibate. Mi pakhat chuan procreative instinct a thunun theih hmain palate a hneh hmasa tur a ni. Semi-starvation emaw unbalanced diets emaw hi a chhanna a ni lo. A chhungril lama ei tur *duhâmma a hneh hnuah satyagrahi chuan* a mamawh zawng zawng vitamin, mineral, calories, leh a tul zawng zawng nen rational vegetarian diet a zawm chhunzawm zel tur a ni so forth. Ei leh in chungchanga chhungril leh pawn lam finna hman hian SATYAGRAHI-a mipat hmeichhiatna tui chu awlsam takin taksa pum pui tan chakna pawimawh takah a chang ta a ni."

Mahatma nen chuan sa thlakna tha kan hriatna chu kan khaikhin a. "Avocado hi a tha hle mai," ka ti a. "California-a ka center bulah hian avocado huan tam tak a awm a ni."

Gandhi hmel chu ngaihven takin a eng chhuak ta. "Wardha-ah hian an lo thang lian dawn em ni? *Satyagrahis te hian* ei tur thar an duh ngei ang."

"Los Angeles atanga Wardha thleng hian avocado thing thenkhat ka thawm ngei ang." **44-10 ah a awm** Ka sawi belh leh a, "Egg hi protein tamna ei tur a ni a; *satyagrahis ei khap a ni em* ?"

"Egg fertilized lo ni lo." Mahatma chu hriatrengna ang maiin a nui a. "Kum tam tak chhung chu an hman dan hi ka countenance lo ang; tunah pawh hian keimah ngei pawhin ka ei ngai lo. Vawikhat chu ka fanu pakhat chu ei leh in tha lo vangin a thi tawh a; a doctor chuan egg a insist a. Ka remti lo ang, a then pe turin ka fuih bawk." egg-a thlaktu.

"'Gandhiji,' a ti a. chumi daktawr sawi, 'nau pai lo egg a ni huap Aih nunna sperm (sperm) te; Aih thah a ni hi tel.'

"Chumi hnuah chuan lawm takin ka fanu chu rulhut ei phalna ka pe a; rei lo teah a hriselna a lo tha leh ta a ni."

Lahiri Mahasaya-a *Kriya Yoga* dawng duhna a lo sawi tawh a ni . Mahatma-a rilru zau tak leh zawhna zawh duhna rilru chuan min khawih hle. Pathian lam a zawннаah chuan naupang ang maiin a awm a, Isuan naupangte hnena a fakna pawm thiamna thianghlim chu a pholang a, ". . . chutiang mite chu van ram chu a ni," a ti.

Ka thutiam zirtirna hun chu a lo thleng ta a; tunah chuan *satyagrahi* engemaw zat chu pindan chhungah an lut ta- Mr. Desai, Dr. Pingale, leh *Kriya technique* duhtu mi tlemte .

Class tlemte hnenah chuan taksa *Yogoda* exercise ka zirtir hmasa ber a. Taksa chu hmun sawmhnihah then anga hmuh theih a ni a; will chuan section tinah energy chu a inthlak a, a kaihruai thin. Rei vak lovah chuan mi zawng zawng chu mihring motor ang maiin ka hmaah an vibrate vek tawh. Gandhi-a taksa peng sawmhnih, engtik lai pawha hmuh theiha lang vek chung a rippling effect awm chu hmuh a awlsam hle! Thinrim hle mah se, a duh loh zawngin chutiang chu a ni lo; a taksa vun chu a hrual a, a hrual lo.

A hnuah Ka initiate a ni chumi pawl chhungah chumi zalenna pe theitu technique hmanga tih a ni tan *Kriya chuan Yoga hmanga tih a ni* .

Mahatma hian khawvel sakhaw zawng zawng zah takin a zir chhuak a ni. Jain lehkhahu, Bible-a Thuthlung Thar leh Tolstoy-a sociological thuziak te **44-11** tih hi Gandhi-a tharum thawhna tel lova a rinna bulpui pathumte an ni. A credo chu hetiang hian a sawi a ni:

Bible, *Koran* , leh *Zend-Avesta* **44-12 te hi ka ring** *Veda* ang bawka Pathian thawk khum ni tûrin . Guru-te institution hi ka ring a, mahse tunlai hunah hian mi maktaduai tam tak chu Guru tel lovin an kal a ngai a, a chhan chu thil awm lo tak a nih vang a ni thil ah zawnghmu ani inkawpchawi tan sawisel bo thianghlimna leh sawisel bo zir. Mahse pakhat mamawh lo mahni sakhaw thudik hriat ngai lo tura beidawna, a chhan chu Hinduism bulpui ber berte angin mi tin sakhaw ropui tak takte hi danglam thei lo, hriatthiam awlsam tak an ni.

Ka ring duh engpawh Hindu a ni chhung Pathian leh Ani inpumkhatna, . chhung piantharna leh chhandamna. Ka thei Aih belh ka nupui ngei aiin Hindu sakhua ka ngaihdan sawi rawh. Khawvela hmeichhe dangin an tih theih loh angin min ti che a ni. Thiam lohna a nei lo tihna a ni lo; Ka hmuh aia tam a nei tih ka daresay. Mahse, inzawmna (indissoluble bond) hriatna chu a awm a ni. Chuti chung pawh chuan Hindu sakhua chu a dik lohna leh a tih theih lohna zawng zawng nen ka ngaina a, ka ngaihtuah bawh. *Gita* , emaw Tulsidas hla *Ramayana* music angin engmah hian min ti lawm lo . Ka thawk hnuhnung ber ka la dawn tih ka fancy lai khan *Gita* chu ka thlamuanna a ni.

Hindu sakhua hi sakhaw bik a ni lo. Chutah chuan khawvel zawlnei zawng zawng biakna tur hmun a awm a. **44-13 ah a awm** A awmzia pangngaiah chuan missionary sakhaw a ni lo. Ringhlelna a nei lo

a fold-ah hnam tam tak a absorb a, mahse he absorption hi evolutionary, hriat theih loh character a ni. Hindu sakhua chuan mi tinte chu anmahni rinna emaw *dharma emaw angin Pathian biak turin a hrilh a* , 44-14 chutiang chuan sakhaw zawng zawng nen remna zawngin a khawsa thin.

Krista chungchang hi Gandhi-a chuan heti hian a ziaa: "Tunlai hian hetah hian mihring zingah awm ta se, a hming pawh hre ngai lo pawh ni thei mi tam tak nun chu mal a sawm ngei ang 44-15 ah a awm Isua chuan ama nun zirlai ngeiah hian mihringte chu kan tum ber tur thiltum ropui tak leh thiltum pakhat chauh a pe a ni. Kristianna chauh ni lovin, khawvel pum, ram leh hnam zawng zawnga mi a ni tih ka ring."

Wardha-a ka zan hnunung berah chuan Town Hall-a Mr. Desai-a'n a koh tawh meeting chu ka sawi a. Chu pindan chu window sill thlengin a khat a, mi 400 vel zet chu yoga chungchanga thusawi ngaihthlak turin an pungkawm a ni. Hindi-in ka sawi hmasa a, chutah chuan English-in ka sawi leh a. Kan pawl tlemte chu a hun takah ashram-ah chuan Gandhi-a zan tha taka en turin an kir leh a, remna leh lehkha thawnin an inkhuh a ni.

Zan a la rei hle a, zing dar 5:00 AM-a ka tho chuan Khaw nun chu a lo buai tawh a; a hmasa berin ashram kawngka bulah bawng tawlailir a awm a, chutah chuan loneitu pakhatin a phurrit lian tak chu a lu chungah hlauhawm takin a inthlau a ni. Chawhmeh ei kham chuan kan pathum chuan Gandhi chu farewell *pronams atan kan zawng a* . Mithianglim chu a zing tawngtai turin dar li velah a tho thin.

"Mahatmaji, . good-by!" Ka a khup a ah khawih ani ke. "India hi him chhung i keeping!"

Wardha idyl atanga kum tam tak a liam tawh a; lei leh tuifinriat leh van chu indona khawvel nen a thim ta a ni. Hruaitu ropui zingah amah chauhvin Gandhi hian ralthuam hmanga chakna ai chuan tharum thawhna tel lo, hmantlak tak a rawn pe a ni. Grievance siam\hat leh dik lohna tihbo nan Mahatma chuan a hmang a ni nonviolent means chu a hlawhtlinna chu a tichiang leh fo tawh a ni. A thurin chu heng thu hmang hian a sawi a ni:

Boralna karah pawh nun hi a awm reng tih ka hmuchhuak ta. Chuvangin tihchhiatna dan aia sang zawk a awm tur a ni. Chu dan hnuaiah chauh chuan khawtlang inrelbawl tak chu hriatthiam theih leh nunna hlu tak a ni ang.

Chu chu nun dan a nih chuan nitin nunah kan thawk chhuak tur a ni. Indona awmna apiangah, dodaltu kan hmachhawn apiangah hmangaihna hneh rawh. Hmangaihna dan chiang tak chu ka hmu ta a ni tihchhiatna danin a tih ngai loh angin keimah ngei pawhin ka nunah a chhang tawh a ni.

India ramah hian he dan kalpui dan hi a zau thei ang bera mit hmanga lantir kan nei

a. India rama mi 360,000,000 zingah tharum thawhna tel lo hian a rawn luhchilh tawh tih ka sawi lo va, mahse, rin loh takin hun rei lote chhungin thurin dang zawng zawng aiin a thuk zawk niin ka sawi thung.

Rilru lama tharum thawhna tel lo tur chuan training hahthlak tak a ngai a ni. Disciplined nun a ni a, sipai nun ang mai a ni. Rilru, taksa leh thusawi inrem taka a awm phawt chuan dinhmun famkim a thleng thei a ni. Thutak leh tharum thawh lohna dan chu nunna danah siam kan tum a nih chuan buaina zawng zawng hi chinfelna tur a ni ang.

Scientist pakhatin thilsiam dan hmanna hrang hrang a\angin thilmak a tih ang bawkin, hmangaihna dante chu science dik taka hmangtu chuan thilmak ropui zawk a ti thei a ni. Nonviolence tih hi a ni , entirnan, electric ang chi thilsiam chakna aiin a mak leh fiah lo zawk. Hmangaihna dan hi tunlai science zawng zawng aiin science ropui zawk daih a ni.

History ngaihtuah chuan mihringte harsatna chu tharum thawhna hmanga chinfel a ni lo tih hi a dik takin a sawi thei ang. Indopui I-na chuan khawvel tichhe thei snowball of war karma a siam a, chu chu Indopui II-naah a lo pung chho ta a ni. Unau inpawlna lumna chauh hian tuna indona karma vur lian tak, chutiang ni lo se chuan Indopui III-ah a lo thang lian thei chu a ti hmin thei a ni. He trinity thianghlim lo tak hian Indopui II-na thlen theihna chu atom bomb tawp ber hmangin chatuan atan a hnawtchhuak ang. Inhnialna chinfelnaah mihring ngaihtuahna aiah jungle logic hman chuan leilung hi jungle-ah a siam leh ang. Nunnaah unau an awm lo a nih chuan tharum thawha thihnaah unau an ni.

Indona leh sualna hian a hlawkpui ngai lo. Bomb puak thei engmah lo meikhua dollar tluklehdingawn tam tak lo chhuak chu khawvel thar, natna laka fihlim tak leh retheihna atanga fihlim tak tak siam turin a tawk ang. Hlahuna, buaina, riltam, hripui, the *danse macabre* , leilung ni lovin, remna, hausakna, leh hriatna zau zawk ram zau tak pakhat a ni.

Gandhi-a aw tharum thawhna tel lo hian mihring chhia leh tha hriatna sang ber a hip a ni. Hnam tinte chu thihna nênzawm tawh lovin, nunna nênzangrual rawh se; boralna nen ni lovin, in sakna nen; Annihilator nen ni lovin, Siamtu nen.

"Mi pakhat chuan a ngaidam tur a ni, hliam eng pawh hnuaiah," tiin *Mahabharata - ah chuan a sawi* . "Species chhunzawm zelna hi mihringin ngaihdamna a neih vang niin an sawi a. Ngaihdamna chu thianghlimna a ni a; Ngaihdamna hmang hian khawvel pum pui hi a vawn tlat a ni. Ngaihdamna hi mi chakte chakna a ni a; Ngaihdamna chu inpekna a ni a; ngaihdamna chu rilru a ngawi reng a ni. Ngaihdamna leh ngilneihna hi mahni inngaihtuahna a ni." Anni aiawh chatuan hlutna."

Tharum thawh lohna hi ngaihdamna leh hmangaihna dan atanga lo chhuak pianphung a ni. Gandhi chuan, "Indona dik takah nunna hloh a ngai ta a nih chuan, mi pakhat chu Isua ang bawkin midang thisen ni lovin a thisen chhuah turin a inpeih tur a ni. A tawpah chuan khawvelah thisen chhuak a tlem zawk ang," tiin a puang.

hmangaihna nena huatna, tharum thawhna chu tharum thawhna tel lo, phuba lak ai chuan zahngaihna tel lova tihhlum phaltu Indian *satyagrahi- te chungah epics ziah a ni ang*. A rah chhuah chu chungah chiang historic tak a ni hun hman danah tawh sawmi chumi ralthuam keng dodaltu te an ni a thlak a hnuaalam an silai a keng tel

bawk tin, a tlanchhia a, . mualpho takin, . a nghing a ah an thuk tak a ni tu chumi thilhmuh tan mipa te tunge hlut a ni chumi nunna tan adang anmahni aia chungnung zawk.

Gandhi chuan, "Ka nghak ang, a tul chuan kum tam tak chhung chu, thisen chhuak hmanga ka ram zalenna zawng ai chuan," a ti. Mahatma hian vaukhâna ropui tak chu a theihnghilh ngai lo: "Khandaih latu zawng zawng chu khandaih hmangin an boral vek ang." **44-16 ah a awm** Gandhi-a chuan heti hian a ziaak a ni:

Nationalist ka inti a, mahse ka nationalism hi universe ang maia zau a ni. A sweep-ah hian a tel vek a ni chumi hnam hrang hrangte tan chumi khawvel. **44-17-ah a awm** Ka hnam hmangaihna a huam tel bawk chumi hriselna tha tak a ni tan chumi pumpui khawvel. Ka ti

ka India ram chu hnam dang vut chungah a tho chhuak duh lo. Mihring pakhat mah India hian a chhawr tangkai ka duh lo. India ram hi a chakna hmanga hnam dangte pawh a kai theih nan chak se ka duh a ni. Tûn lai Europe rama hnam pakhat chauh chungchângah chuan chutiang chu a ni lo; mi dangte chu chakna an pe lo.

President Wilson-a chuan a point sawm leh pali mawi tak takte chu a sawi a, mahse, "A nihna takah chuan, he remna thlen tura kan beihna hi a hlawhchham a nih chuan kan ralthuamte chu tlak leh tur kan nei a ni," a ti. Chu dinhmun chu tihdanglam ka duh a, ka ti a: "Kan ralthuamte chu a hlawhchham tawh a ni. Tunah chuan thil thar zawngin i awm ang u; hmangaihna chakna leh Pathian thutak chu i tum ang u," ka ti a ni. Chu chu kan neih hunah chuan thil dang kan duh tawh lo vang.

Mahatma-in *satyagrahi dik tak sâng tam tak* (he bung hmasa bera kan sawi tawh thutiam khauh tak tak sawm leh pakhat neitute) a zirtirna hmangin, anni chuan thuchah chu an thehdarh leh a thlarau lam leh a tawpah chuan thil lam thil hrethiam turin India mipuite chu dawhthei taka zirtirna hmangin tharum thawhna tel lo hlawnka; a mite chu tharum thawhna tel lo ralthuam hmanga ralthuam- dik lohna nena thawhhona nei lo, ralthuam hman ai chuan zah lohna, lung ina, thihna ngei pawh tuar duhna by enlisting world sympathy through countless examples of heroic martyrdom among *satyagrahis*, Gandhi chuan tharum thawhna tel lo, indona tel lova buaina chinfel theihna a thiltihtheihna ropui tak chu dramatic takin a tarlang a ni.

Gandhi hian tharum thawhna tel lo hmangin a ram tana political concession tam zawk a hneh tawh a, silai mu hmanga tih loh chu ram hrulaitu tu pawhin an la hneh ngai lo. Thil dik lo leh sual zawng zawng tihbo nan tharum thawhna tel lo hmanrua chu mak tak maiin hman a ni a, chu chu a... political arena-ah mahse India khawtlang nun siamthatna kawng nalh leh buaithlak takah chuan. Gandhi leh a hnungzuitute chuan Hindu leh Mohammedan inkara buaina rei tak awm tawh tam tak chu an tibo tawh a; Moslem sang za tam tak chuan Mahatma chu an hrulaitu atan an thlir a ni. Khawih theih lohte chuan an hmu ta him an champion hlauhawm lo leh hnehtu. "Ka tan piantharna tur a awm a nih chuan," tiin Gandhi chuan a ziaak a, "I duhsak ah ni piang ani pariah a ni chung chumi lai takah tan paria te, . avang chutiang chuan Ka ang ni thei ah rawngbawlna hlawhtling zawk pe rawh u."

Mahatma hi "thlarau ropui tak" a ni tak zet a, mahse, chu hming pe thei tur hriatthiamna nei mi maktaduai tam tak ziaak leh chhiar thiam lo an ni. He zâwlnei ngilnei tak hi ama ramah chawimawi a ni. Loneitu hnuaihnnung tak chu Gandhi-a harsatna sang tak hmachhawn turin a tho thei ta a ni. Mahatma chuan mihring pianpui ropuina chu thinlung takin a ring a ni. Hlawhchhamna pumpelh theih lohte chuan a beidawng ngai lo. "A khingpuiin a khelhpui pawhin." vawi sawmhnih dik lo a ni," tiin a ziaak a, " *satyagrahi chuan a vawi sawmhnih leh pakhatnaah* a-rin theih nan a inpeih tawh a, mihring nihphung rinna chiang tak chu rinna thupui ber a nih

avangin."

"Mahatmaji, mi danglam tak i ni. Khawvel hian nangmah ang hian che turin i beisei tur a ni lo." Vawikhat chu sawiseltu pakhat chuan he thil hi a lo sawi tawh a.

Gandhi chuan, "Engtin nge kan inbum tih hi thil mak tak a ni a, taksa hi siamthat theih a ni tih kan ngaihtuah a, mahse thlarau thiltihtheihna thup chu a chhuah chhuah theih loh thu kan ngaihtuah a ni," tiin a chhang. "Chutiang thiltihtheihna zinga pakhat tal ka neih chuan kan zinga mi tu pawh ang maia thi thei chak lo ka nihzia lantir tumnaah ka inhmang a, tunah pawh hian ka chungah thil mak tak tak ka nei ngai lo tih leh tunah pawh hian ka nei ngai lo. Mihring pangngai tak, thi thei dang ang bawka tihsual nei thei ka ni. Mahse, ka thil tihsualte puang chhuak tur leh ka ke pen zawh leh theihna tur inngaihtlawmna tling ka nei tih hi ka nei a ni. Pathian leh Amah rinna che thei lo ka nei tih hi ka nei a ni." thatna, leh an

thutak leh hmangaihna duhna (unconsumable passion) a ni. Mahse, chu chu mi tinin a chhunga thup tlat chu a ni lo em ni? Hmasawna kan neih dawn chuan history kan sawi nawn leh lo va, history thar kan siam tur a ni. Kan pi leh pute ro an hnutchhiah hi kan belhchhah tur a ni. Khawvel phenomenal-ah hian thil thar leh thil thar kan siam thei a nih chuan thlarau lam thila kan bankruptcy hi kan puang tur em ni? Exceptions te hi dan anga siam turin multiply theih a ni lo em ni? Mihring hi a hmasa berin mihring a ni reng tur a ni em, a awm a nih chuan?" **44-19**

American-ho chuan William Penn-a'n kum zabi 17-naa Pennsylvania-a a colony a dinnaah tharum thawhna tel lova a experiment hlawhtling tak chu chhuanawm takin an hre reng mai thei. "Fort pawh a awm lo, sipai pawh a awm lo, militia pawh a awm lo, ralthuam pawh a awm lo." Ramri indona raphlak tak leh ram luah thar leh Red Indian-te inkara sa thatna thleng karah chuan Pennsylvania-a Quaker-ho chauh pawh tihbuai lohvin an awm ta a ni. "Midang chu thah an ni a; mi dangte chu thah an ni a; mahse an him a ni. Quaker hmeichhia pakhat mah pawikhawihna tuar an awm lo; ni lo." Quaker naupang pakhat chu thah a ni a, Quaker mipa pakhat mah tihduhdah a ni lo." A tawpah chuan Quaker-ho chu state sorkar an bânsan a ngai ta a, "indona a chhuak a, Pennsylvania mi thenkhat an thi a ni. Mahse Quaker pathum chauh an thi a, pathum chu an rinna atanga hla tak, invenna ralthuam keng thei khawpa tlu tawh an ni."

Franklin D. Roosevelt chuan, "Indopui Ropui (I)-ah khan resort to force hian thlamuanna a thlen thei lo a ni," tiin a sawi. "Hnehna leh hnehna chu sterile vek a ni. Chu zirlai chu khawvelin a zir tur a ni."

Lao-tzu chuan, "Thil tharum thawhna ralthuam a tam poh leh mihringte tan hrehawmna a tam zawk a ni," tiin Lao-tzu chuan a zirtir a ni. "Thil tharum thawhna hnehna chu lungngaihna kût-ah a tawp a ni."

"Khawvel remna aia tlem lo ka bei a ni," tiin Gandhi chuan a puang. "India movement hi tharum thawhna tel lo *Satyagraha* basis-a hlawhtlinna tura kalpui a nih chuan ram hmangaihna chu awmzia thar a pe ang a, inngaihtlawmna zawng zawng nen ka sawi theih chuan nun ngei pawh a pe ang.

Galilee Master-in *Satyagraha* a sawifiahna hi han ngaihtuah hmasa ila :

"Mit aiah mit leh ha aiah ha tih an tih hi in hre tawh a; nimahsela ka hrilh a che u, Sual chu in dodal suh ang che u: **44-20.**" nimahsela, tu pawhin i biang dinglamah vuaktu che chu, a dang pawh a lam hawi leh rawh."

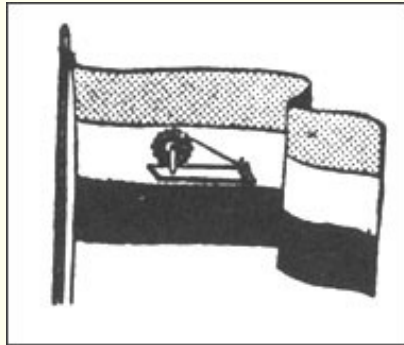
Gandhi-a hun lai chu, cosmic timing dik tak mawi tak nen, kum zabi khat, Indopui pahnih avanga tihchhiat tawh leh tihchhiat tawhah a inzar pharh ta a ni. A nun granite bang chungah chuan Pathian kutziak a lang a: unaute zinga thisen chhuah belh zel tur laka vaukhâna a ni.

इस संस्था की मैं समीक्षा में उभरिया हूँ इस संस्था
का मेरे मन पर अच्छा पड़ा है. चारों ओर प्रवृत्ति में मैं आहूँ।
गान्धी और आत्मा की आशा रखता हूँ
आ.पू. २० मोहनदासजी

Mahatma Gandhi chuan ka high school chu Ranchi-ah yoga training neiin a tlawh a. Ranchi guest-book-ah a chungah line tarlan te hi khawngaih takin a ziaak a. A lehlin dan chu: "He institution hian ka rilru a hneh hle a ni. He sikul hian spinning wheel hman tangkai lehzuah a fuih ngei ang tih beiseina sang tak ka nei a ni.

a ni. MOHANDAS chuan a rawn ti a GANDHI chuan a ti a (*Signed*)

September 17, 19 a ni. 1925 khan a lo piang a



India ram tana national flag chu kum 1921 khan Gandhi-a'n a duang a. A stripe te chu saffron, var leh green a ni a; a laiah *charka* (spinning wheel) chu a dum dum a ni. " *Charka* hian chakna a entir a ni," tiin a ziaak a hriat nawn tir a ni keini sawmi laiin chumi hunkaltawh eras a ni tan hausakna chung India ram a ni hmanlai hun zirna, kut spinning a ni leh ram chhunga kut hnathawh dangte pawh a langsar hle bawk."

44-1 : 1.1. Ani chungkua hming hi Mohandas chuan a rawn ti a Karamchand chuan a rawn ti a Gandhi-a chuan a sawi. Ani ngai lo a kawka a ni ah amah ngei pawh a ni angin "Mahatma."

44-2 : 1.1. Chumi literal takin lehlin a ni atangin Sanskrit tawng hi "a vawn tlat." ah thudik." *Satyagraha tih a ni* hi chumi lar tharum thawhna tel lo chet kaihruai Gandhi- a ziah a ni .

44-3 : 1.1. Diklo leh alas! thil tha lo tak a ni report a ni an tunhnai khan a darh chhuak ta a ni sawmi Thelh Slade chuan a rawn ti a nei tihtawp a ni zavai ani ties a ni nen Gandhi-a chuan a sawi a thutiamte pawh a kalsan ta a ni. Kum sawmhnih chung zet Mahatma-a *Satyagraha zirtirtu Miss Slade-i chuan United* hnenah thuchhuah signed statement a tichhuak a *Chilh* , dated a ni Dec. 29, 29 a ni. Kum 1945, 1999 khan. chung khawi ani tiin a hrihfhah a sawmi ani inzawmzat tan base nei lo thuthang a awm a rawn tho chhuak a hnuah ani nei Gandhi malsawmna dawngin Himalaya tlang bula India hmarchhak lam hmun tenau takah a chhuak a, chutah chuan tuna a lo thanglian mek chu dinna tur a ni *Kisan Ashram ah a awm a* (lai tan damdawi lam leh agriculture lam thil a ni tanpuina ah loneitu a ni loneitute). Mahatma chuan a ti a Gandhi-a chuan a sawi ruahmanna siam a ni ah kum 1946 chhung khan ashram thar tlawh a ni.

44-4 : 1.1. Thelh Slade chuan a rawn ti a tih hriat nawn tir a ni keimah tan adang distinguished a ni Khawthlang lam hmeichhia, Thelh Margaret-i chuan a rawn ti a Woodrow-a chuan a rawn ti a Wilson, kum 2019 a ni. upa ber fanu a ni America ram a ni ropui hotu. Ka an inhmua a ani chung Thar York khawpuiah; ani tawh nasa takin ngaihven chung India. A hnuah ani kal ah Pondicherry-ah hian a dam chhung kum nga hnunung ber a hmang a, hlim takin Sri Aurobindo Ghosh ke bulah discipline kawng a zawh a ni.

Hei mifing ngai lo thu a sawi a; ani ngawi rengin chibai a buk a ani zirtirte an ni chungah pathum kumtin hun hman danah
.chauh

44-5 : 1.1. Tan kum chung America ramah a awm Ka nei ni enfiah a ni periods a awm thin tan reh, ah chumi mak tihna a ni
tan call tute pawh an ni leh secretary te an ni.

44-6 : 1.1. Harsatna awm lo; tharum thawhna tel lo; chumi bulthut lung tan Gandhi-a chuan rinna (creed) a ni. Ani
tawh piang chungah ani chhungkua tan khirh Jain-ho, . *ahimsa* chu root-virtue anga zahtute . Hindu sakhua pawl
pakhat Jainism hi kum zabi 6-na BC khan Mahavira, a

inrualtlang tan Buddha. Mahavira chuan a rawn ti a kalkawng "ropui mi huaisen"; maithei ani en hnuailam chumi kum zabi
!tam tak chung chungah ani mi huaisen tak a ni fapa Gandhi-a chu

44-7 : 1.1. Hindi tawng a ni hi chumi lingua tih a ni franca a ni tan chumi pumpui tan India. Chu Indo- 1999 a ni. Aryan a ni tawng zulzui a tam zawkah chuan chungah Sanskrit tawng zung, . Hindi tawng a ni India hmarchhak tawng hman ber a ni. Western Hindi tawng hman ber chu Hindustani a ni a, *Devanagari* (Sanskrit) character leh Arabic character hmanga ziah a ni. A subdialect, Urdu chu Moslem-hoin an hmang a ni.

44-8 : 1.1. Gandhi-a chuan a sawi nei sawifiah a ni ani nunna nen ani a tichhe nasa hle thudik tak sawina chung *Chumi Thawnthu Tan Ka Experiment hrang hrang a awm Nen Thudik* (Ahmedabad: Navajivan tih a ni Chilh, Kum 1927- 1999 chung khan. 29, 29 a ni. 2. A rilru a hah lutuk chuan a rilru a buai em em a vol.) a ni. Hei mahni chanchin ziaakna (autobiography) a ni nei ni a tawi zawngin a sawi chung *Mahatma chuan a ti a Gandhi-a kum 1999 khan. Ani Nei Thawnthu*, C. F. Andrews-a edit a ni a, John Haynes Holmes-a thuhmahruai (New York: Macmillan Co., 1930) nen a ziaak bawk.

Tam tak mahni chanchin ziaakna (autobiographies) a ni replete rawh nen lar hmingte leh rawng hrang hrang a awm thil thlengte a ni hi teuh zavaiin reh chungah engpawh hunbi tan chungril lam thlirletna emaw hmasawanna. Pakhat lays a ni hnuailam vek tan hengte lehkhahu te nen ani Chiang lungawi lohna, . angin pawh nise tiin: "Hetah hi mi langsar tam tak hre tawh, mahse mahni inhriat ngai lo mi." Hetiang chhanna hi Gandhi-a chanchin ziaaknaah hian thil theih loh a ni a; a dik lohna leh bumate chu eng kum pawha annals-a hmuh tur awm lo, thutak lama mize nei lo inpekna nen a pholang .a ni

44-9 : Kasturabai Gandhi chu February 22, 1944 khan Poona-ah lung inah a thi a, a tlangpuiin rilru na lo Gandhi chu ngawi rengin a tap a. Rei lo teah hnuah ani ngaihsan tak tak te an ni nei tiin rawtna a siam a ani Hriatrengna hun hman a ni Fund a ni chungah ani zahawmna, 125 a ni lacs a ni tan cheng a ni (tep pali dollar maktaduai tam tak a ni) . a rawn luang chhuak a chungah atangin zavai chungah India. Gandhi-a chuan a sawi nei ruahmanna siam a ni sawmi chumi fund a ni ni hmang tan thingtlang hamthatna hnathawk zingah hmeichhia leh naupang. A thiltih dante chu a English weekly, *Harijan -ah a report thin* .

44-10 : 1.1. Ka thawn ani shipment a ni ah Wardha, 2019 a ni. vat hnuah ka kirlet ah America ramah a awm. Chumi thlai, alas! thi chungah chumi kawng, thei lo tuifinriat lama lirtheia kal rei tak takte harsatna tuar thei turin.

44-11 : 1.1. Thoreau-a chuan, Ruskin, 1999 a ni. leh Mazzini chuan a rawn ti a hi pathum thildang Khawthlang lam ziaakute an ni tu ber sociological lam thil a ni views a ni Gandhi-a chuan a sawi nei ngun takin a zir a.

44-12 : 1.1. Chumi serh lehkhahu ziaak a ni pek ah Persia ram a ni lam 1000 a ni BC tu Zoroaster a ni.

44-13 : 1.1. Chumi danglam nihphung tan Hindu sakhua a ni zingah chumi khawvel sakhaw hrang hrangte hi sawmi chumi derives a ni lo atangin ani mal ropui dinto a ni mahse, a angin chumi mize nei lo Vedic hmanga siam a ni Pathian Lehkha Thute. Hindu sakhua a ni chuvangin a pe a huang tan biakna a ni incorporation tih a ni chungah chu chu thlep tan zawlneite zawng zawng zingah kum tam tak chungah leh zavai ram hrang hrang. Chumi Vedic hmanga siam a ni Pathian Lehkha Thute tih dan tur (regulate) a ni lo chauh devotional lam hawi tih dan a ni mahse zavai pawimawh vantlang hnam dan, chungah mihring thiltih apiang chu Pathian dan nena inmil tura beihna.

44-14 : Sanskrit tawnga dan sawina thumal kimchang tak; dan emaw, pianpui felna emaw nena inmil; duty chu thil awmdanah hian a pianpui angin a awm chungah khawi ani mipa a hmuchhuak amah ngei pawh a ni hmunah engpawh pek hun. Chumi Pathian Lehkha Thute hrilhfiah *dharma tih a ni* angin "chumi dan pangngai universal laws, a zawm chuan mihring chu tihchhiatna leh hrehawm tawrhna ata a inchhanchhuak thei a ni."

44-15 : 1.1. *Matthaia* 7:21-ah a awm.

44-16 : 1.1. *Matthaia* 26:52 ah a awm.

44-17 : 1.1. "Nihtir lo ani mipa ropuina chungah hei, sawmi ani hmangaihna ani ram; Nihtir ani chutiang ni lovin ropuina chungah hei, sawmi ani hmangaihna ani ngilnei tak."- *Persia Thufing*.

44-18 : "Tichuan Petera chu a hnenah a lo kal a, "Lalpa, ka unaupa hian eng chen nge ka chungah thil a tihsual ang a, ka ngaidam ang? vawi sarih thleng?" Isua a ti a to ani, Ka sawi lo to nang, . Hma chuan pasarih a ni vawi tam tak: mahse, Hma chuan sawmsarih vawi tam tak pasarih."- *Matthaia* 18:21- 22-ah a awm.

44-19 : Electrical engineer ropui Charles P. Steinmetz-a chu vawi khat chu Mr. Roger W. Babson-a chuan heti hian a zawt

a: "Kum sawmnga chhungin eng line of research nge hmasawwna nasa ber hmu ang?".. tiin a zawt a. "Hmuhchhuahna ropui ber chu a rualin a awm dawn niin ka hria." thlarau lam thil line hrang hrang," Steinmetz chuan a rawn ti a tiin a chhang a. "Hetah hi ani tilui khawi hmanlai hun zirna chiang takin zirtir a ni nei ni chumi ropui ber thuneihna chhung mipa hmasawwna. Mahse, kan khelhpui mai mai a, taksa lam kan neih angin ngun takin kan zir ngai lo forces te an ni. Engtikah emaw chuan mi duhdan zir sawmi bungrua thilte ti lo keng hlimna leh hi tan te hmang chhung siam a ni mipa leh hmeichhia thil siam thiam leh thiltithei tak tak. Tichuan khawvel scientist-te chuan an laboratory-te chu Pathian leh tawngtaina leh thlarau lam thiltithei, tun thlenga hual harsa tak takte zir chiannaah an hlan ang. He ni a lo thlen hunah hian khawvel hian thlah li kalta aiin thlah khatah hmasawwna a hmu tam zawk dawn a ni."

44-20 : 1.1. Sawmi hi, dodal lo sual nen sual. (*Matthaia* 5:38- 39) a ni.

BUNG: 1.1. 45. A rilru a hah lutuk

Chumi Bengali tawng a ni "Lawmna-Permeated". Nu

"Ka pu, khawngaihin Nirmala Devi hi hmu lovin India ram chhuahsan suh. A thianghlimna hi a nasa hle a; hmun hla tak takah Ananda Moyi Ma (Joy- Permeated Mother) tia hriat a ni." Ka farnu, Amiyo Bose chuan taima takin min en reng a.

"A dik e! Hmeichhe thianghlim hi hmuh ka duh hle." Ka sawi belh leh a, "Pathian hriatna a dinhmun hmasawn tak chu ka chhiar tawh a. A chungchang thuziak tlemte chu kum tam tak kalta khan *East-West -ah a lo chhuak tawh a ni*."

"Ka hmu tawh a ni," Amiyo chuan a ti chhunzawm a. "Tun hnai khan ka khawpui tenau Jamshedpur ngei chu a tlawh a. Zirtîr pakhat ngenna angin Ananda Moyi Ma chu mi thi mai tur inah a kal a. A khum bulah a ding a; a kut chuan a hmai a khawih lai chuan a thihna ri chu a reh ta. Natna chu a bo nghal vek a; chu pa chuan mak a ti hle a, a dam tawh a ni.

Ni engemaw zat hnuah chuan Nu Blissful Mother chu Calcutta khawpui Bhowanipur section-a zirtir pakhat inah a awm tih ka hre ta a. Mr. Wright nen chuan ka pa in Calcutta atang chuan kan chhuak nghal a. Ford chuan Bhowanipur in a hnaih meuh chuan ka thianpa nen chuan kawngpuiah thil danglam tak kan hmu a.

Ananda Moyi Ma chu motor chunglam hawn takah chuan a ding a, zirtir za khat vel zet chu mal a sawm a. A chhuahna tur hmunah a awm tih a chiang hle. Mr. Wright chuan Ford chu hla vak lovah a dah a, kein min zui a, assemblage reh tak lam pan chuan. Hmeichhe thianghlim chuan kan lam chu a melh a; a car atang chuan a alit a, kan lam pan chuan a kal ta a.

"Ka pa, i lo kal ta!" Heng thu rilru na tak takte hian ka kawngah a kut a nghat a, a lu chu ka kawngah a nghat bawk. Mithianghlim ka hre lo tih ka sawi tak Mr. Wright-a chu a ni he lawmna lantir dan mak tak hi nasa takin nuam an ti hle. Chela zakhat mit pawh chu duhthusam tableau-ah chuan mak tihna engemaw zat nen a innghat tlat a.

Mithianghlim chu *samadhi dinhmun sang takah a awm tih ka hmu nghal vek tawh a*

ni . Hmeichhia anga a pawn lam incheina chu hre lo tak zetin, thlarau danglam thei lo angin a inhria a; chu thlawhna atang chuan Pathian betu dang pakhat chu hlim takin chibai a buk a. Ka kut chu a motor chhungah min hruai lut a.

"Ananda." Moyi chuan Ma, . Ka ni tikhawtlai a ni i zinkawng!" Ka tiin a lungawi lo hle.

"Ka pa, he dam chhung hian a vawikhatna atan ka hmu che a, kum tam tak hnuah!"
a ti a. "Khawngaihin la chhuak suh ."

Car hnunglam seat-ah chuan kan thu dun a. Nu Blissful Mother chu rei lo teah immobile ecstatic state ah a lut ta a. A mitmeng mawi tak chuan van lam a hawi a, a chanve a inhawng a, a ngawi reng a, hla tak mai chhungril Elysium chu a melh ta a. Zirtirte chuan zawi zawiin: "Victory to Mother Divine!"

India ramah hian Pathian hriatna nei mipa tam tak ka hmu tawh a, mahse hetiang hmeichhe thianghlim chawimawi hi ka la tawng ngai lo. A hmel nê̄m tak chu Nu Blissful Mother tih hming putu hlimna sawi theih loh chuan a rawn eng chhuak vek a. A lu khuh loh hnung lamah chuan sam dum sei tak tak chu a lo muhil a. A hmaiah sandalwood paste sen hring chuan thlarau mit, a chhunga inhawng reng chu a entir a ni. Hmel te tak te, kut te te, . ke te tak te-a thlarau lam ropuina nen a danglam hle!

Ka dah engemawzat zawhnate a awm ah ani hnaivai hmeichhia chela laiin Ananda chuan a rawn ti a Moyi chuan Ma a awm ta a ni a lut ta a.

"Nu Blissful Mother hian India ramah a zin kual nasa hle a; hmun tam takah zirtir za tam tak a nei a ni," tiin chela chuan min hrilh a. "A huaisen taka a thawhrimna hian khawtlang nun siam\hatna duhthusam tam tak a thlen a ni."

Brahmin ni mah se, mi thianghlim hian caste inthliarna a hre lo. **45-1 a ni** Kan pawl khat chu a zinpui fo thin a, a hahdamna tur kan enkawl fo thin. A nu kan nih a ngai a; a taksa chu a hre lo. Tuman chaw an pek loh chuan a ei lo va, zawhna pawh a zawt lo. Chaw ei tur a hmaa dah a nih pawhin a khawih ngai lo. He khawvel atanga a bo loh nan keini zirtirte hian kan kut ngeiin kan chawm thin. Ni tam tak chhung chu Pathian rilru hahna (divine trance)-ah a awm fo va, thawk a harsa hle a, a mit a chhing a. A zirtir ber pakhat chu a pasal a ni. Kum tam tak kalta khan an inneihna hnu lawkah ngawi renga thutiam a siam a ni."

Chela chuan mipa kekawr zau tak, hmeltha tak, sam sei tak leh hmul dum hring tak chu a kawhhmuh a. Inkhawmpui karah chuan ngawi reingin a ding a, zirtir zahna rilru pu chungin a kut a beng a.

Infinite-a a dip avang chuan a rilru a hahdam a, tunah chuan Ananda Moyi Ma chuan a hriatna chu thilsiam khawvelah a dah ta a ni.

"Pa, khawngaihin i awmna hmun min hrilh teh." A aw chu a chiang

a, a thlum bawk. "Tun dinhmunah chuan Calcutta emaw Ranchi

emaw-ah; mahse rei lo teah America-ah ka kir leh dawn a ni."

"America?"

"Ni e. India hmeichhe thianghlim pakhat chu chutah chuan thlarau lam zawngtute chuan thinlung takin an lawmpui ang. I kal duh em?"

"Chuan Pa thei la keimah, Ka duhdan kal."

Hei chhang avanga lo awm ani hnaivai zirtirte an ni ah tan chhung ralkhel.

"Kan zinga mi sawmhnih emaw a aia tam emaw chuan Blissful Mother nen hian kan zin dun fo thin," an zinga pakhat chuan nghet takin min hrilh a. "A tel lo chuan kan nung thei lo. A kalna apiangah kan kal ngei ngei tur a ni."

Duh lo chungin ruahmanna chu ka kalsan ta a, mahni insiamthatna (spontaneous enlargement) thil tih theih loh tak nei angin!

"Khawngaihin Ranchi-ah tal lo kal rawh, i zirtirte nen," mi thianghlim chu chhuahsanin ka ti a. "Nangmah ngei pawh Pathian fa i nih angin ka sikula naupang têtê chu i hlim hle ang."

"Engtiklaipawhin Pa a la a keimah, Ka duhdan lawm takin kal."

Hun rei vak lo hnuah Ranchi *Vidyalaya* chu mi thianghlim tlawh tura tiam chu gala array-ah a awm ta a ni. Tlangvalte chuan eng ni pawh lawmna hun hman tur chu an nghakhlel hle a-zirlai awm lo, darkar tam tak music, leh climax atan ruai buatsaih tur!

"Hnehna! Ananda Moyi Ma, ki jai!" He rilru na tak tak, rilru na tak tak tam tak atanga hla nawn lehna hian mi thianghlim pawl chu school kawtah an luh rualin a lo hmuak a. Marigold ruahtui tla, cymbal ri ri, conch shell lusty blowing leh *mridanga* drum ri! Nu Blissful Mother chu nui chungin *Vidyalaya* grounds ni chhuahna hmunah chuan a vak kual a, a chhungah chuan portable paradise chu a phur fo thin.

"Hetah hian a mawi hle mai," Ananda Moyi Ma chuan main building chhunga ka hruai luh rual chuan khawngaih takin a ti a. Ka bulah chuan naupang ang maia nui chungin a thu a. Thian duh tak zinga hnai ber, mi pakhat chu a hriattir a, chuti chung pawh chuan hla tak aura a awm reng a-the paradoxical isolation of Omnipresence.

"Khawngaihin hrilh keimah engemaw tan i nunna."

"Pa hian a hre vek a; engvangin nge a sawi nawn leh ang?" Tisa lo chang tawi pakhat chanchin dik tak chu hriat lohvin a awm niin a hria tih a Chiang hle.

Ka a nui suk a, . zawi zawiin tih nawn leh a ka zawhna.

"Pa, sawi tur a tlem hle." A kut mawi tak takte chu zah lohna lantir nan a phar a. "Ka hriatna hian he taksa hun eng emaw chen atan hian a inzawm ngai lo. He leia ka lo kal hma hian ka Pa, 'Kei pawh chutiang bawk chu ka ni.' Hmeichhe naupang têtê ka nih angin, 'Kei pawh chutiang bawk chu ka ni'. Hmeichhiaah ka lo thang lian a, mahse chuti chung chuan 'Kei pawh chutiang bawk chu ka ni' a ni. Ka pianna chhungkua chuan he taksa hi nupui neih tir tura ruahmanna an siam chuan, 'Kei pawh chutiang bawk chu ka ni' tiin. Tin, passion-drunk-a ka pasal chu ka bulah a lo kal a, thu duhawm tak tak arawn phun chhuak a, ka taksa chu zawi zawiin a

khawih a, chutih lai pawh chuan 'Kei pawh chutiang bawh chu ka ni' si a, lightning-in a rawn nuai ang maiin nasa takin a tithinur a ni.

"Ka pasal a khup a hmaah keimah, folded a ni ani kut, . leh tiin a ngen a ka ngaidam.

"Nu,' a ti a, 'i taksa biak in chu duhârna ngaihtuahna hmanga ka khawih avângin-a chhûngah chuan ka nupui ni lovin Pathian Nu a awm tih hre lo-he thutiam ropui tak hi ka siam a ni: I zirtîr ka ni ang, zuitu nupui nei lo, chhiahhlawh angin ngawi reingin ka enkawl reng ang che, ka dam chhung chuan tumah ka biak leh tawh ngai lo vang vawiina sual ka tih avang hian

kalh nangmah, ka guru.' tiin a sawi.

"Ka pasal rawtna hi ngawi renga ka pawm lai pawh khan, 'Kei pawh chutiang bawh chu ka ni.' Tin, Pa, in tunah chuan i hmaah, 'Kei pawh chutiang bawh chu ka ni.' Chumi hnuah chuan chatuan hall-a ka chhehvela thilsiam zai chu inthlak danglam mah se, 'Kei pawh chutiang bawh chu ka ni ang.'"

Ananda Moyi Ma chu ngaihtuahna thuk takah a pil ta a. A hmel chu statue- still a ni a; a koh fo thin lalram lamah chuan a tlanchhia tawh a ni. A mitmeng tuikhuah thim tak chu nunna nei lo leh glass ang maiin a lang. He thumal hi mi thianghlimte'n taksa taksa atanga an hriatna an lak chhuah hian a awm fo thin a, chu chu chutih lai chuan a ni thlarau nei lo leilung pheh khat aia tam pawh a ni lo. Darkar khat chhung zet chu ecstatic trance-ah chuan kan thu dun a. Gay nuihzatthlak takin he khawvelah hian a kir leh ta a ni.

"Khawngaihin, Ananda Moyi Ma," ka ti a, "ka rualin huanah lo kal rawh. Mr. Wright hian thlalak engemaw zat a la ang."

"A dik e, Pa. I duhzawng chu ka duhzawng a ni." A mit ropui tak chuan thlalak tam tak a lak laiin Pathian êng danglam thei lo chu a vawng reng a ni.

Ruai hun hman a hun tawh! Ananda Moyi Ma chu a blanket-seat-ah chuan a bawkkhup a, a ei tur pe turin a elbow-ah zirtir a ni. Nausen ang maiin mi thianghlim chuan thuawih takin chaw chu chelain a hmuiah a rawn thlen hnuah a ei zo ta a ni. Nu Blissful chuan curry leh sweetmeat inthlahna a hre lo tih chu a chiang hle !

Tlai lam a hnaih chuan mi thianghlim chu a pawl nen chuan rose par hring dup karah chuan an chhuak ta a, tlangval naupangte chungah malsawmna atan a kut a phar a. An hmel chu theihtawp chhuah lovin a tiharh hmangaihna chuan a eng chhuak ta a.

"Lalpa i Pathian chu i thinlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin, i chakna zawng zawngin i hmangaih tur a ni:" Krista chuan, "hei hi thupek hmasa ber a ni," tiin a puang ta a ni. **45-2 a ni**

Inferior attachment zawng zawng paih bovin, Ananda Moyi Ma chuan Lalpa hnena a rinawmna chauh a hlan a ni. Mithiamte sam tichhe thei inthliarna hman ni lovin rinna logic chiang tak hmangin naupang ang maia mi thianghlim hian mihring nunah harsatna awm chhun-Pathian nena inpumkhatna din chu a chinfel sak ta a ni. Mihring chuan he thil awlsam tak, tunah chuan issue maktaduai khatin a tihbuai tawh hi a theihnghilh ta a ni. Pathian hmangaihna pakhat chauh nei chu hnawlin, hnamte chuan an rinawm lohna chu khawngaihna pawn lam hmun thianghlim hmaah hun taka zahna hmangin an thup a ni.

Hengte mihringte tana thil \ha tihna a ni kut zungtang (gestures) a ti hi mi tha, .

avang tan ani hun tawi te anni divert tih a ni mipa ta a ni ngaihvenna chu amah a\ angin a ni a, mahse, Isuan thupek hmasa ber anga a sawi, nunah a mawhphurhna pakhat chauh a\angin an chhuah zalen lo. Pathian hmangaih tura mawhphurhna chawisang thei chu mihringin a Mihringte tanpuitu pakhat chauhvin a thlawna a pek boruak a thawh hmasak ber hmangin a la a ni.

Vawi khat chu Ranchi a tlawh hnuah Ananda Moyi Ma hmuh theihna hun remchang ka nei bawk. Thla engemaw zat hnuah Serampore station platform-ah chuan a zirtirte zingah a ding a, rel chu a nghak a.

"Ka pa, Himalaya tlangah ka kal dawn a ni," min ti a. "Zirtir thahnemngai tak takte chuan Dehra Dun-ah hian hermitage min siam sak a ni."

Rel-a a chuan lai chuan mipui zingah emaw, rel-ah emaw, ruai ei lai emaw, ngawi renga thut emaw pawh ni se, a mit chuan Pathian a hawisan ngai lo tih ka hmuh chuan mak ka ti hle. Ka chhungah chuan a aw ka la hre reng a, a thlum tehfung nei lo echo a ni:

"Ngai teh u, tunah leh englaipawhin pakhat nen chumi Chatuan, 'KA ni reng chumi inang.'"

.....
45-1 : Ananda Moyi Ma nun chungchang thudik dang engemaw zat ka hmu a, *East-West -ah tihchhuah a ni* . He mi thianghlim hi kum 1893 khan central-a Dacca-ah a piang a ni Bengal ram a ni. Lehkha thiam lo, . ani nei thlengin a ti rilru a buai hle chumi mi fing tak takte an ni tu ani finna. Ani changte a ni chhung Sanskrit tawng nei thun khat mithiamte chuan mak an ti hle. Lusûnna tuarte tân thlamuanna a thlen a, thilmak takin tihdamna a thlen bawka, chu chu a awmna mai mai a ni.

45-2 : 1.1. *Mark* 12:30 a ni ang.

BUNG: 1.1. 46. A rilru a hah lutuk

Chumi Hmeichhia Yogi a ni Tunge Ngai lo A ei thin

"Ka pu, vawiin zing hian khawiah nge kan bound dawn?" Mr. Wright-a chuan Ford chu a khalh a; kawng atang chuan a mit a la sawn rei hle a, zawhna hrual hrual chungin min en reng a. Nitin hian Bengal ram eng hmun nge a hmuhchhuah leh dawn tih a hre tlem hle.

"Pathianin a remtih chuan," rinawm takin ka chhang a, "khawvel thilmak pariatna hmuh tumin kan kal mek a ni-hmeichhe thianghlim, a ei leh in chu boruak thianghlim tak a ni!"

"Mak tih nawn lehna-Therese Neumann hnuah." Mahse, Mr. Wright-a pawh chutiang bawka chuan duhthusamin a nui a; car tlan chakna pawh a ti chak hle. A travel diary atan chuan grist mak zawk! Tourist pangngai zinga mi ni lo, chu chu!

Ranchi sikul chu kan hnutchhia ve chauh a; ni hmaah kan lo chhuak tawh a. Ka secretary leh keimah bakah hian Bengali thian pathum chu party-ah hian an awm a. Zing lama natural wine, boruak hlimawm takah chuan kan in a. Kan driver chuan loneitu hmasa berte zingah chuan car chu fimkhur takin a kaihruai a, bawngpa ke pahnih nei, zawi zawiin joked, hump-shouldered bawngte'n an hruai, honking interloper nen kawngpuiah inhnial duhtu tawlailir chu a kaihruai a.

"Ka pu, keini ang duh ah hria belh tan chumi chaw nghei mi thianghlim."

"Ani hming hi Giri Bala," Ka hriattir a ni ka thiante a ni. "KA hmasa ber hria lam ani kum kal ta atangin ani

mi thiam mi fel tak, Sthiti Lal Nundy. Gurpar Road in lamah ka unaupa Bishnu tutor turin a lo kal fo thin."

"Giri Bala hi ka hre chiang hle,' tiin Sthiti Babu chuan min hrilh a. 'Yoga technique engemaw tak a hmang a, chu chuan ei lovin a nung thei a ni. Ichapur bula Nawabganj-a a thenawm hnai tak ka ni. **46-1** Amah chu ngun taka en turin ka rilru ka siam a; ei leh in emaw a ei tih finfiahna ka hmu ngai lo. Ka ngaihvenna chu a tawpah chuan a sang chho ta hle a, Burdwan khuaa Maharaja chu **46-2 in ka pan ta a ni** leh chhui chian turin a ngen bawk. Chu thawnthu chu mak ti takin a lal in lamah a sawm ta a. Test neih a remti a, thla hnih chhung zet chu a in hmun tlemteah khung chungin a awm ta a ni. A hnuah ni sawmhnih chhung lal in tlawh turin a kir leh a; tin, chutah chuan ni sawm leh panga chhunga fiahna vawi thumna atan. Maharaja ngei pawhin heng uluk taka enfiahna pathumte hian a ei lohna dinhmun chu rinhlelh rual lohvin a ring tlat tih min hrilh a ni.'

"He Sthiti Babu chanchin hi kum sawmhnih leh panga chuang zet chu ka rilruah a la awm reng a ni," ka titawp ta a. "America-ah hian a chang chuan hun lui hian *yogini hi* **46-3 in a ei lo ang em tih ka ngaihtuah thin.**" ka hmuh hma chuan. Tunah chuan a kum a upa tawh hle ang. Khawiah nge a awm tih pawh ka hre lo, a awm leh awm loh pawh ka hre lo. Mahse darkar tlemte hnuah Purulia kan thleng ang; a unaupa hian chutah chuan in a nei a ni."

Tu sawm leh sawmthum vel a ni kan te pawl tawh inbiakna neihpui nen chumi unaupa, Lambadar chuan a rawn ti a Dey, . ani danhremi tan Purulia a ni.

"Ni e, ka unaunu hi a awm. Hetah hian ka bulah a awm fo thin a, mahse tunah chuan Biur-a kan chhungkaw chenna inah a awm mek a ni." Lambadar Babu chuan rinhlelh hmel zet hian Ford chu a melh a. "Ka ngaihtuah harsa khawp mai, Swamiji, Biur thleng hian motor eng pawhin chhungril lamah a lut tawh lo. Bawng tawlailir himthla hluiah khan in inhnukdawk vek a nih chuan a tha ber mai thei!".. tiin a sawi.

Angin pakhat aw kan intelkhawm a tiam a ni rinawmna ah chumi Chapona tan Detroit-ah a awm a.

"Ford hi America atanga lo kal a ni," ukil hnenah chuan ka ti a. "Bengal thinlung nena inhriatthiamna hun remchang laksak chu a zahthlak hle ang!"

"May Ganesh chuan **46-4 in a chak.** " kal ve rawh!" Lambadar Babu chuan nui chungin a ti a. Zahawm takin a sawi belh leh a, "I thlen chuan Giri Bala hian a hmu che a lawm hle ang tih ka ring tlat a ni. Kum sawmsarih a hnaih tawh a, mahse hriselna tha tak a nei chhunzawm zel a ni."

"Khawngaihin min hrilh teh, ka pu, engmah a ei lo tih hi a dik tak tak a nih chuan?" A mitmeng chu ka en nghal zat a, chu rilru telltale windows te chu.



GIRI chuan BALA

He hmeichhe yogi ropui tak hian kum 1880 atang khan ei leh in a la ngai lo a, a thlalak nen hian ka awm a, kum 1936 khan Bengal khaw hla tak Biur-a a chenna inah a thleng a ni. A ei lohna dinhmun chu Burdwan khuuaa Maharaja chuan ngun takin a chhui tawh a ni. Yoga technique engemaw tak hmangin a taksa chu ether, ni leh boruak atanga cosmic energy hmanga recharge a ni.

"A dik a ni." A mitmeng chu a inhawng a, a zahawm hle bawk. "Kum sawmnga chuang zet chu a ei lai ka la hmu ngai lo. Khawvel hi a tawp nghal a nih chuan ka unaunu chaw ei lai hmuh ai chuan mak ka ti zawk thei lo!"

Keini a nui suk a huho chungah chumi thil thleng thei lo tan hengte pahnih cosmic lam thil a ni thil thlengte a ni.

Lambadar Babu chuan, "Giri Bala hian a yoga practice-na atan hian mahni chauha thlen theih lohna hmun a zawng ngai lo," tiin a sawi chhunzawm. "A nun pum pui chu a chhungte leh a thiante hual velin a hman tawh a. Tunah chuan a dinhmun mak tak chu an thiam vek tawh. Giri Bala-a'n engmah ei a tum nghal a nih chuan rilru buai lo tur pakhat mah an awm lo! Sister is naturally retiring, as befits a Hindu widow, but our little circle in Purulia and in Biur all know that she is literally an 'exceptional' woman."

Unaupa thinlung tak tak chu a lang Chiang hle. Kan pawl tenau chuan lawmthu an sawi a, Biur lam panin an kal ta a. Kawngpui dawr pakhat curry leh *luchis ei turin kan ding a*, chu chuan urchin rual khat chu kan hip a, chu chu Mr. Wright-a'n Hindu tih dan awlsam tak hmanga a kut zungtang hmanga a ei lai en turin an rawn inkhawm kual a. **46-5 a ni** Hearty appetites chuan chawhnu lam chu min tichak a,

chu chu tun dinhmunah chuan hriat loh, a hahthlak tawh hle tur a ni.

Tunah chuan kan kawng chu ni chhuahna buh hmun kal tlangin hmar lam panin Bengal ram Burdwan section-ah kan lut ta a. On through kawngpui, thing leh mau tam tak awmna kawngpuiah; *mayna* hla leh stripe-throated *bulbuls te chu* thing hnah lian tak tak, umbrella ang maia lian tak tak nei atang chuan a rawn luang chhuak a. Bawng tawhlair pakhat chu a chang chuan, a *rini*, . *rini*, . *manju*, . *manju* a rawn ti chhuak ta tan chu chu axle a ni leh thir-kekawr a ni thinga siam wheel a awm bawh a danglamna (contrasting) a ni sharp takin a sawi

chhung rilru nen chumi *swish*, . *swish tih hi a ni* tan auto tires a ni chungah chumi mi hausa (ristocratic) a ni asphalt a ni tan chumi khawpui hrang hrangah.

"Dick, lo ding rawh!" Ka dilna rang tak chuan Ford atang chuan nawrh huaihawt na tak a rawn thlen a. "Chu mango thing phurrit lutuk chuan sawmna a au fair khawp mai!"

Kan panga chuan naupang ang maiin mango-a chim leiah chuan kan tlan phei ta a; thing chuan thahnemngai takin a rahte chu a lo puitlin tawh angin a lo paih tawh a ni.

"Full many a mango hi hmuh theih loha mu turin a piang a, a thlum chu lungpui chungah a tichhe vek a ni, " ka ti leh a.

"America ramah hian hetiang hi a awm lo, Swamiji, eh?" ka Bengali zirlai zinga mi Sailesh Mazumdar chuan a nui a .

"Ni lo," mango tui leh lungawinain ka khuh a, ka pawm a. "Khawthlang ramah hian he thei hi ka va ngai lo tak em! Mango tel lo Hindu vanram chu ngaihtuah phak a ni lo!"

Ka picked a ni chunglam ani lung leh a tla thla ta ani chapo mawina thuhruk chungah chumi a sang ber limb (limb) a ni.

"Dick," ambrosia bite inkar ah ka zawt a, tropical ni lum takin a lum a, "car chhungah hian camera zawng zawng a awm vek em ?"

"Awle, Ka pu; chhung chumi baggage a ni compartment ah a awm a ni."

"Giri Bala hi mi thianghlim dik tak a nihzia a lantir chuan khawthlang lamah a chanchin ziah ka duh a ni. Chutiang thiltihtheihna rilru hneh thei Hindu *yogini* chu heng mango tam zawk ang hian hriat lohvin a nung tur a ni lo va, a thi tur a ni lo.

Chanve chu darkar a hnuah Ka tawh che lo strolling a ni chhung chumi sylvan tih a ni remna.

"Sir," Mr. Wright chuan a ti a, "Ni tlak hmain Giri Bala kan thleng tur a ni, thlalakna tur êng tling tak kan neih theih nan." Nui chung hian, "Khawthlang mite hi rinhlelhna nei tak an ni a; thlalak engmah nei lo chuan he nula hi an ring ngei kan beisei thei lo!"

Hei te tan finna tawh sawisel theih loh; Ka a hawi let a ka hnung chungah thlemna leh a rawn lut leh ta chumi lirthei.

"I sawi dik e, Dick," kan tlan chak lai chuan ka thaw halh a, "Western realism maicham chungah mango paradis chu ka hlan a ni. Thlalak kan neih ngei ngei tur a ni!"

Kawngpui chu a na zual sauh sauh a: rut hrual, lei khauh tak boil, tar chak lohna lungchhiatthlak tak takte! Kan pawl chuan Mr. Wright-a'n awlsam zawka Ford chu a khalh theih nan sakawr atanga kan chhuk fo thin a, chu chu kan pali chuan hnunglam atanga kan nawr a ni.

"Lambadar Babu hian thu a sawi tak zet a ni," tiin Sailesh chuan a pawm a ni.

"Motor hian min phur lo; kan phur a ni!"

Kan climb-in, . climb-out a ni auto tedium a ni tawh bum a ni reng leh anon tu chumi landan tan ani thingtlang,

vek pakhat ani hmun tan quaint tak a ni thil awlsam tak a ni.

"Kan kawng chu ramngaw hring dup chhunga khaw hlui, chhe lo tak takte zinga thingnah huanah a inthlak a, a inher chhuak a ni," tiin Mr. Wright chuan a zinna diary-ah a ziaak a, May 5, 1936-a date hnuaiah a ziaak a ni kawngkhar chu; naupang têt têt, saruak tam tak chu sual nei lovin an inkhel a, en reng emaw, tlanchhiat emaw tûrin an chawl a he tawlailir lian tak, dum, bawngpa nei lo, an khuaa rilru na taka a rawn phelh lai atang hian. Hmeichhia te chuan thlalak atang chuan an han en mai mai a, mipa erawh chu kawngpui sira thing hnuaiah chuan rilru hah takin an lo inkhung a, an ngaihsak lohna hnuaiah chuan thil hriat duh tak an nei a ni. Hmun khatah chuan khaw mipui zawng zawng chu hlim takin tank lian takah chuan an inbual vek a (an thawmhnaw ha chungin, an taksaah puan hring hrual chungin an inthlak a, a hnim chu an thlak a).

Hmeichhia nei tui ah an in hrang hrang, . chhung lian dar hmanga siam a ni jars a ni.

"Kawngpui chuan tlang leh ridge chungah hlim takin min rawn um zui a; kan bounce leh toss a, lui te teah kan dip a, causeway siam zawh loh vel kan detour a, lui kam hring leh hnim hring kan paltlang a, a tawpah chuan, 5:00 PM vel khan kan tumna hmun, Biur chu kan hnaih ta a ni. This minute village in the interior of Bankura District, hidden in the protection of dense foliage, is ruahtui tlak laiin khualzinte hnaih theih loh, luite chu lui lianin a luang chhuak a, kawngpui chuan rul ang maiin leilung hnim chu a chhuah a ni.

"Biak in tawngtaina atanga an haw lam (field lonely-a chhuak) biaktu pawl pakhat zinga kaihhruaitu kan dil lai khan, Giri Bala-a min hruai duh em em, car sir lama inthuum tlemte inbel tlangval sawmhnih chuang zetin min hual a.

"Kawngpui chu date palm huan pakhat lam pan chuan a kal a, chu chuan mud huts pawl pakhat a khuh a, mahse kan thlen hma chuan Ford chu rei lo te chhung chu angle hlauhawm takah a tip a, a toss up a, a tla thla a. Chu kawngpui zau tak chuan thing leh tank vel a hruai a, ridges chungah, holes leh deep ruts-ah a hruai lut a. Car chu bushes clump-ah anchor a, chutah chuan grounded on a tlang chungah chuan leilung hnim hring (lift of earth clods) kan kal a, zawi zawiin leh uluk takin kawng chu a laiah brush tam takin a titawp ta a; of the cart track, detour down a precipitous ledge into a dry tank, chhanchhuahna chu scraping, adzing, leh shoveling engemaw zat a ngai a ni. Vawi tam tak kawngpui chu kal theih loh ang maiin a lang a, mahse pilgrimage chu a kal zel tur a ni; obliging lads chuan spades an la a, harsatna awmte (shades of Ganesh!) chu an tichhia a, naupang leh nu leh pa za tam takin an en reng bawk.

"Rei vak lovah chuan hmân lai kawngkhar pahnih chu kan thread ta a, hmeichhiate chuan an khum kawngka atang chuan mitmeng zau takin an en a, mipa chu kan bulah leh kan hnungah an hnungtawlh a, naupangte chu an swell the swell turin an tlan chhuak ta a procession neih a ni. Kan auto hi heng kawngpui zawh hmasa ber pawh a ni mai thei; 'bawng tawlailir union' chuan a ti tur a ni hetah hian engkim

tithei ni rawh! Kan siam chhuah sensation chu a va ni em-American pakhatin a khalh a, an hamlet fastness-ah ngei car snorting-a pioneer-in, hmân lai privacy leh thianghlimna chu an rawn bei ta a ni!

"Lane tawi takah kan ding a, Giri Bala pi leh pute chenna atanga feet za vel zeta hlaah kan inhmu a. Kawngpui rei tak kan beih hnua tihhlawhtlinna rilru hahna chu kan hre ta a. Brick leh plaster-a siam building lian tak, chhawng hnih nei, a chhehvela adobe khumte chu a thunun a; in chu siamthat hna thawh mek a ni a, a chhehvelah chuan a characteristically tropical framework a awm avangin."
.. .. . of bamboos a ni.

"Lalpa 'riltam lo' khawih avanga malsawmtu kawngkhar inhawng hmaah chuan khawsik nghahhlelhna leh hlimna thunun tak nen kan ding a. Khaw mipuite chu agape rengin, naupang leh puitling, saruak leh inchei, hmeichhiate pawh aloof somewhat but inquisitive too, mipa leh tlangvalte pawh zak lo takin kan kekawr ipteah an awm a, he thil hmuhnawm tak hi an en reng a ni."

"Rei lo teah kawngkaah chuan mipa tawi tak a rawn lang ta-Giri Bala! Silk dum, rangkachak ang maia siam puan in a khuh a; Indian fashion pangngaiah chuan, a *swadeshi* puan chunglam fold hnuai atang chuan tlem a han thlir a, inngaitlawm tak leh hreh takin hmalam a pan a. A mit chu a lu khuhna thlalak hnuaiah chuan meikhu rimtui ang maiin a eng chhuak a; kan lo lawm hle a ni hmêl tha ber leh ngilnei tak, . hriatna leh hriatthiamna hmel, leia inzawmna bawlhhlawh laka fihlim.

"Thlamuang takin." ani a rawn hnaih a leh ngawi rengin a pawm a ni ah kan snapping a ni ani a zat tan thlalak te nen kan 'still' leh 'movie' camera te. **46-6 a ni** Dawhthei tak leh zak takin kan photo techniques posture adjustment te chu a tuar chhuak a leh eng ruahmanna. A tawpah chuan keini nei record a ni tan a hnua lo piang turte tam tak thlalak te a ni khawvela hmeichhe awmchhun, kum sawmnga chuang ei leh in nei lo nia hriat zinga mi a ni. (Therese Neumann-i chu kum 1923 atang khan chaw nghei a ni tih chu a chiang ber.) Nu ang ber chu Giri Bala hmel lan dan kha a ni a, kan hmaa a ding lai, puan hlim lo tak chuan a khuh vek a, a taksa engmah hmuh tur a awm lo va, a mitmeng hnuai lam, a kut leh a ke te tak te te nen a hmel chauh hmuh tur a awm lo. Remna hmuh tur awm lo leh sual nei lo poise-a hmel zau, naupang ang maia, . a khur chhuak ta hmui, . ani hmeichhe lam hawi hnar, zim, a eng chhuak mit, leh ani wistful nuihzatthlak tak a ni."

Mr. Wright-a'n Giri Bala a ngaihdan chu keimah ngei pawhin ka lo share ve a; thlarau lam chuan a puan zawi zawia eng chhuak ang maiin a khuh a. In neitu hnen atanga puithiam hnena chibai bukna tih dan pangngaiin ka hmaah a pronamed a . A hlimthla awlsam tak leh a nuihzatthlak tak chuan honeyed oratory aia nasa zawkin min lo hmuak a; theihnghilh tawh chu kan zinkawng harsa tak, leivut tam tak awmna chu a ni.

Mithianghlim te tak te chu verandah-ah chuan ke cross-in a thu a. Kum upa lam hliam tuar mah se, a chak lo hle a; a vun olive rawng chu a tone-ah a thianghlim a, a hrisel reng bawk.

"Nu," Bengali tawngin ka ti a, "kum sawmhnih leh panga chuang zet chu he pilgrimage ngei hi ka ngaihtuah nasa hle a! I nun thianghlim chungchang hi Sthiti Lal Nundy Babu hnen atangin ka hre tawh a ni," ka ti a.

Ani a ti a chhung hriatpuina a ni. "Awle, ka tha thenawm chhung Nawabganj ah hian a awm."

"Chutiang kum chhung chuan tuifinriat ka pel tawh a, mahse engtikah emaw hmuh

tur ka ruahmanna hmasa kha ka theihnghilh ngai lo." nangmah. Hetah hian hmuh theih loh khawpa i play drama sublime hi hun rei tak chhung chhungril ei tur Pathian theihnghilh tawh khawvel hmaah hian blazoned tur a ni."

Mithianglim chuan minute khat chhung zet a mit a ti sang

a, serene interest nen a nui suk a. "Baba (pa zahawm tak)

hian a hre ber a ni," tiin thuhnuairawlh takin a chhang a.

A thinrim loh avangin ka lawm hle a; mi pakhat chuan yogi emaw yogini ropui tak takte chuan mipui hriata puan chhuah ngaihtuahna chu eng angin nge an chhân lêt ang tih a hre ngai lo. An pumpelh a, dan angin, thlarau zirchianna thuk tak chu ngawi renga zawm duhin. An nun pholanna hun dik tak a lo thlen chuan chhungril lama hremna (inner sanction) an hnenah a lo thleng thin

tlang takin tan chumi chhawr tangkai tan zawng mek rilru te.

"Nu," ka ti leh a, "chuti a nih chuan zawhna tam tak ka phurrit che avangin khawngaihin min ngaidam ang che. I lawm zawng chauh chhang la; i ngawih rengna pawh ka hrethiam ang."

Khawngaihna hmel pu chungin a kut a phar a. "Ka chhang thei hi ka lawm hle a, keimah ang mi pawimawh lo takin chhanna lungawithlak tak a pek theih phawt chuan."

"Awh, Aih, lo thil pawimawh lo tak!" Ka tiin a lungawi lo hle tihtakzetin. "Nangmah hi ani ropui thlarau."

"Mi zawng zawng chhiahhlawh inngaitlawm tak ka ni." Quiint takin, "Ei

siam leh mi chawm hi ka ngaina hle a ni," a ti bawk. Mi thianghlim ei lo

tan chuan intihhlimna mak tak a ni tih ka ngaihtuah a!

"Hrilh keimah, Nu, atangin i nei hmui-do nangmah nung tellovin chaw?"

"Chu chu a dik a ni." Rei vak lo chu a ngawi reng a; a thusawi leh chuan rilru lam chhiar thiamna (mental arithmetic) a buaipui tih a tilang a ni. "Kum sawm leh pahnihi ka nih atanga thla li ka nih atanga tuna ka kum sawmruk leh pariat- kum sawmnga leh paruk aia rei- ei tur ka ei lo va, tui pawh ka ei lo."

"Hi nangmah ngai lo thlem a ni ah ei?"

"Chaw ei duhna ka neih chuan ka ei a ngai dawn a ni." Simply yet regally she stated this axiomatic truth, ni khata chaw vawi thum ei chungchanga khawvelin a hriat chian lutuk!

"Mahse, thil engemaw i ei ve tho!" Ka tone chuan dodalna

note a keng tel a. "Ni chiah e!" Hriatthiamna rang takin a

nui suk a.

"I chaw ei hi boruak leh ni êng chakna tha zawk atanga lo chhuak a ni a, 46-7." tin, medulla oblongata kaltlangin i taksa recharge tu cosmic power atang pawhin."

"Baba." a hria." Leh ani a pawm a, . ani nunphung thlamuanthlak tak leh ngaih pawimawh lo.

"Nu, khawngaihin i naupan lai chanchin min hrilh teh. India ram zawng zawng tan ngaihvenna thuk tak a nei a, tuipui kama kan unaute tan pawh ngaihvenna thuk tak

a nei a ni."

Giri Bala dah aside ani tih dan phung (habitual) a ni dahthat, a hahdamthlak hle chhungah ani inbiakna a ni ngaihtuahna.

"Chutiang chu ni rawh se." A aw chu a hniam a, a nghet bawk. "Hetiang ramngaw bialah hian ka piang a. Ka naupan lai kha chu thil mak lo tak a ni a, chu chu ei duhna rilru tihreh theih lohin min luah tih loh chu a ni. Kum tir lamah khan ka inhual tawh a ni ."

"'Naupang,' ka nu chuan min vaukhân fo țin, 'i duhâmna thunun tum rawh. I pasal chhungkuaa mi hriat lohte zinga i awm hun a lo thlen hunah chuan i nite chu ei leh in mai loh chu engmah lovah i hman chuan engtin nge an ngaih ang che?'

"A lo thlir lawk tawh chhiatna chu a lo thleng ta a. Nawabganj-a ka pasal mite ka zawm khan kum sawm leh pahnih chauh ka ni. Ka pi chuan ka ei leh in tih dan chungchangah zing, chawhnu leh zanah min ti mualpho a. A hausaknate chu malsawmna a ni a, mahse; ka thlarau lam rilru muhil chu a tiharh a. Zing khat chu a nuihzatna chu khawngaihna nei lo a ni."

"'Ka finfiah thuai ang che,' ka ti a, rang takin ka beng a, 'ka dam chhung chuan ei tur ka khawih leh tawh ngai lo vang.'

"Ka pi chuan nuihzat hmel zet hian a nui a. 'Chuti a nih chuan!' ani chuan, 'engtin nge ei lovin i nun theih ang, ei tam lutuk lovin i nun theih loh laiin?' a ti a.

"He thusawi hi chhan theih loh a ni! Chuti chung chuan thir resolution chuan ka thlarau chu a scaffold a. Hmun hla takah chuan ka Van Pa ka zawng a."

"'Lalpa,' ka tawngtai chhunzawm zel a, 'khawngaihin guru min tir la, ei tur hmang lovin I ênga nun min zirtir thei ang.'

"Divine ecstasy ka chungah a tla a. Beatific spell kaihhruaiin Ganges lui kama Nawabganj *ghat lam panin ka chhuak ta a* . Kalkawngah chuan ka pasal chhungte puithiam nen kan inhmu a."

"'Venerable tak a ni." Ka pu,' Ka sawi rintlak takin, . 'khawngaihtakin hrilh keimah engtin ah nung tellovin ei.'

"Chhanna awm lovin min en reng a. A tawpah chuan thlamuanthlak takin a sawi a. 'Naupang,' a ti a, 'vawiin tlai hian biak inah lo kal rawh; *Vedic* ceremony bik ka buatsaih ang che' a ti a.

"He chhanna mumal lo tak hi ka zawn chu a ni lo; *ghat lam* pan chuan ka kal chhunzawm ta a

"'Naupang duh tak,' hmangaihna lainatna aw chuan a ti a, 'I tawngtaina hmanhmawhthlak tak tihlawhtling tura Pathianin hetah a tirh guru hi ka ni. A nihna danglam tak chuan a khawih hle a ni! Vawiin atang hian astral light, i taksa atom te chu tuifinriat tawp nei lo atanga chawm hmangin i nung ang.'

Giri Bala chu ngawi rengin a tlu ta a. Mr. Wright-a pencil leh pad chu ka la a, a hriat theih nan thil tlemte English-in ka letling a.

Mithianghlim chuan thawnthu chu a chhunzawm leh a, a aw nem tak chu hriat theih a ni lo. " *Ghat chu* a thim tawh a, mahse ka guru chuan kan chhehvelah chuan guarding light aura arawn thlak a, chu chu a hnuah chuan stray bathers tumahin min tibuai lo. Ani chuan min initiate a ni." mihring thi thei ei tur (gross food)-a taksa inngahna atanga chhuahtirtu kria technique . Technique-ah hian

mantra engemaw tak hman a ni 46-8 leh mi pangngaiin a tih theih aia harsa zawk thawk chhuahna exercise a ni bawk. Damdawi leh magic engmah a tel lo; *kria* tih loh chu engmah a awm lo ."

Chhung chumi nunphung tan chumi American a ni chanchinbu a ni reporter, . tunge nei hriat lohvin zirtir keimah ani

procedure, khawvel ngaihven tur nia ka hriat thil tam takah Giri Bala ka zawtfiah a. Min pe a, tlem tlem a, a hnuiaia thute hi:

"Fa ka nei ngai lo; kum tam tak kalta khan hmeithai ka ni ta. Ka mut tlem hle a, mut leh harh hi ka tan chuan a inang vek a ni. Zannah ka ngaihtuah a, nitin ka inchhung hnate ka buaipui thin. Season hrang hranga boruak inthlak danglam hi ka hre tlem hle. Natna ka nei ngai lo va, natna engmah ka tawng ngai lo. Accident-a hliam ka tuar hian natna tlemte chauh ka hre thin. Ka taksa atanga chhuak ka nei lo. Ka thinlung leh ka thunun thei bawk." thawk chhuak. Ka guru bakah thlarau ropui dangte pawh ka hmu fo thin, inlarnaah."

"Nu," ka ti a, "Engvangin nge chaw tel lova khawsak dan hi midangte i

zirtir loh?" Khawvela mi maktaduai tam tak riltam tak takte chungka ka

beiseina lian tak chu a lo chhuak ta a ni.

"Aih." A lu a thing nghal ringawt. "Ka guru chuan thuruk chu puang chhuak lo turin thupek khauh tak min pe a. Pathian thil siam drama tihdanglam hi a duhthusam a ni lo. Mi tam tak ei lovin nun ka zirtir a nih chuan loneitute chuan lawmthu min hrilh lovang! A rah tui tak takte chu leiah hmantlak lohvin a awm ang. Hrehawmna, riltam leh natna te hi kan karma vuakna a ni a, a tawpah chuan nun awmzia dik tak zawng turin min hruai niin a lang.

"Nu," Ka sawi zawitein, "engnge hi chumi hmang tan i nei ni singled a ni pawn ah nung tellovin ei?"

"Mihring hi Thlarau a ni tih finfiah nan." A hmel chu finnain a eng chhuak.

"Pathian hmasawmna hmangin ei leh in ni lovin Chatuan Eng hmanga nun a zir zauh zauh thei tih lantir nan."

Mithianghlim chu ngaihtuahna thuk takah a pil ta a ni. A mitmeng chu chhungril lam hawi a ni a; a mitmeng thuk tak nê̄m tak chu a lang thei lo. A thaw halh halh a, chu chu ecstatic breathless trance hmahruaitu a ni. Hun engemaw chen chu zawhna awm lo ram, chhungril hlimna vanram lamah a tlanchhia tawh a ni.

Tropical thim chu a lo tla tawh a. Kerosene lamp te tak te ê̄ng chuan khaw mipui sawmhnih zet, thlalak hnuiaia ngawi renga awmte hmaiah chuan arawn eng chhuak ta hlawm a. Hmun hrang hranga darting glowworms leh hla tak tak oil lantern te chuan velvet zan chhungah chuan pattern eng mawi tak tak an hrual a. Inthenna darkar hrehawm tak chu a ni a; kan party te tak te hmaah chuan zinkawng zawi leh hahthlak tak a awm a.

"Giri." Bala," Ka sawi angin chumi mi thianghlim a hawng a ani mit, "khawngaihin pe keimah ani hriatrengna-a phelh tan pakhat tan i

Rei lo teah Benares silk phék khat kengin a rawn let leh a, a kutah chuan a phar a, leiah chuan a bawkkhup nghal a.

"Nu," Ka sawi zah takin, . "chutiang ni lovin nihtir keimah khawih i nei malsawm ke!"

.....
46-1 : 1.1. Chhung hmar lam a ni Bengal ram a ni.

46-2 : 1.1. H. H. Ka pu Bijay chuan Chand Mahtab, . tunah thi. Ani chhungkua rinhlelh rual lohvin a nei a ni engemawzat chhinchhiah tan chumi Maharaja te chuan Giri Bala chhui chianna vawi thum neih a ni.

46-3 : 1.1. Hmeichhia yogi tih a ni.

46-4 : 1.1. "Remover." tan Damdawi awmte," chumi pathian tan tha rosum.

46-5 : 1.1. Sri Yukteswar a ni hmang ah sawi: "Chumi Lalpa nei pek keini chumi thei chi hrang hrang tan chumi tha khawvel. Keini duh ah hmu kan chaw, ah rim it, to taste it- the Hindu likes also to touch it!" Mi pakhat chuan *a hriat* pawh a pawl lo , chaw eikhawmnaah midang an awm loh chuan!

46-6 : 1.1. Pu. Wright a ni pawh la moving thlalak te tan Sri Yukteswar a ni laiin ani hnuhnung ber Thlasik Ni zung

(solstice) a ni Kutpui chung Serampore a ni. 46-7: "Kan ei hi radiation a ni a; kan ei tur hi chakna quanta tam

tak a ni," tiin Cleveland-a Dr. George W. Crile chuan a

awmkhawm tan damdawi lam mipa te chungah Maithei 17, 19 a ni. Kum 1933 khan a lo piang a chhung Memphis khawpuiah a awm. "Hei zawng zawng-a pawimawh radiation, . khawi tihchhuah a ni electrical hmanga siam a ni currents te chu a ni

taksa electrical circuit, nervous system chu ni êngin ei tur a pe a ni si a. Atoms hi Dr. Crile chuan solar system a ni a ti.

Atoms te chu hi chumi lirthei te a ni sawmi hi thun khat nen ni zung hmanga siam a ni eng (radiance) a ni angin chuvangin tam tak coiled a ni tuikhua a ni. Hengte chhiar sen loh atomfuls a ni of energy chu ei tur atan an la lut thin. Mihring taksaah vawi khat a awm chuan heng tense vehicles, atom te hi taksa protoplasm-ah an chhuak a, . chumi eng (radiance) a ni furnishing hmanga siam a ni thar chemical hmanga siam a ni chakna thahrui, thar electrical hmanga siam a ni currents te chu a ni. 'I taksa hi siam chunglam tan chutiang atoms,' tiin Dr. Crile chuan a sawi. 'I taksa ruh, thluak leh

"" .hriatna peng, mit leh beng ang chi te an ni

Engtikah emaw chuan science lam mithiamte duhdan hmuchhuak engtin mipa thei nung direct a ni chungah ni zung hmanga siam a ni chakna thahrui. "Chlorophyll a ni." hi chumi chauh thupui hria nature-ah chuan sawmi engtin tin emawni a nei a ni chumi thuneihna ah thilti angin ani 'ni eng thang,'" William-a chuan a rawn ti a L. A rilru a buai em em a. Laurence chuan a rawn ti a tiin a ziaak a chhung chumi *Thar York-ah a awm a Hun kal tawh* . "Ni êng chakna chu a 'man' a, thlaiah a dah khawm a ni. Hei hi awm lo se chuan nunna reng reng a awm thei lo. Kan ei tur thing leh mau emaw, thlai eitu rannungte sa emawa ni chakna dahkhawm ațangin nunna atana kan mamawh chakna chu kan hmu a

".ni

Chumi chakna thahrui keini nei atangin lungalhthei emaw tel hi ni zung hmanga siam a ni chakna thahrui trapped a ni tu chumi chlorophyll a ni chhung thlai nunna maktaduai tam tak a ni tan kum kal ta. Keini chlorophyll agency hmangin ni ".bulah an nung thin

a ni: Thiltihthei tak a ni vibratory a ni chant a ni. Chumi literal takin lehlin a ni tan Sanskrit tawng *mantra a ni* 46-8 hi "hmanrua tan ngaihtuah," tihna a ni chumi ideal, hriat theih loh a ri chhuak khawi aiawh pakhat hmelhmang tan thil siam; engtikah vocalized a ni angin syllables, . ani *mantra a ni* a siam a ni ani universal terminology hmanga hman theih a ni. Aw thiltihtheihna tawp nei lo chu AUM atanga lo chhuak a ni a, chu chu Cosmic Motor-a "Thu" emaw .thil siam chhuah hum emaw a ni

BUNG: 1.1. 47. A rilru a hah lutuk

Ka Kirlet Ah Chumi Chhim lam

"India leh America-ah yoga zirlai tam tak ka pe tawh a; mahse ka inpuang tur chu, Hindu ka nih angin English zirlai tan class ka buatsaih hi a danglam bik hle a ni."

Ka London class member-te chu lawmthu sawiin an nui a; politics buaina engmahin kan yoga remna a tibuai ngai lo.

Tunah chuan India chu hriatrengna thianghlim tak a ni ta. Kum 1936 September thla a ni a; Thla sawm leh paruk kalta a London-a lecture ka pe leh tura thutiam ka pek chu hlen turin England-ah ka awm a ni.

England pawhin hun kal tawha yoga thuchah hi a pawm thiam hle. Grosvenor House-a ka quarters-ah chuan reporter leh newsreel cameraman-te chuan an rawn luah khat a. British National Council of the World chuan a rawn ti a

Fellowship of Faiths chuan September 29th khan Whitefield-a Congregational Church-ah inkhawmpui an buatsaih a, chutah chuan thupui rit tak "How Faith in Fellowship may Save Civilization" tih hmangin mipui hmaah thu ka sawi a. Caxton Hall-a dar riat-a thusawi chuan mipui a hip lut nasa hle a, zan hnih chhung chu Windsor House auditorium-ah dar kua leh sawmthum-a ka thusawi vawi hnihna tur chu overflow chuan a nghak a. Kar leh lamah chuan yoga class chu a lo lian ta hle a, Mr. Wright-a chuan hall danga transfer tur ruahmanna siam a ngai ta a ni.

English tenacity hian thlarau lam inzawmnaah hian fak tlak takin a lantir a ni. London yoga zirlai te chuan rinawm takin, ka chhuah hnuah, Self-Realization Fellowship center-ah an inbuatsaih a, indona kum khirh tak chhung zawng khan kar tin an meditation meeting an nei thin.

England rama kar theihnghilh theih loh; London khawpuiah ni tam tak tlawh kual a, chutah chuan thingtlang mawi tak tak chungah. Mr. Wright nen chuan Ford rintlak tak chu British history-a hla phuah thiam ropui leh mi huaisen te pianna hmun leh thlan tlawh turin kan ko a.

Kan party te tak te chu October thla tawp lam khan Southampton atangin America lam panin *Bremen lawngin kan kal a* . New York lawng chawlhna hmuna Statue of Liberty ropui tak chuan Miss Bletch leh Mr. Wright-te rilruah chauh ni lovin, ka rilruah pawh rilru natna hlimawm tak a rawn keng tel a ni.

Hmanlai leilung nena inbeihna avanga tlem a tlakbuak Ford chu a la puissant hle a; tunah chuan California-a transcontinental trip chu a stride-ah a la ta a ni. Kum 1936 tawp lam khan lo! Washington tlang chungah a awm.

Kum tawp chawlh hi kum tin Los Angeles centre-ah December 24th (Spiritual Christmas)-ah darkar riat chhung group meditation neih a ni a, a tuk zingah ruai (Social Christmas) neih a ni. Kumin lawmna chu khawvel khualzin pathumte lo hmuak tura khawpui hla tak tak atanga lo kal thian duh tak tak leh zirlai te an tel avangin a tizual hle.

Krismas Ni ruaiah hian he hun hlimawm tak atan hian mel sang sawm leh panga zeta thui chaw tui tak tak an rawn keng tel a: Kashmir atanga *gucchi mushroom*, *canned rasagulla* leh mango pulp, *papar* biscuit, leh oil pakhat kan ice cream tituitu Indian *keora* pangpar chu. The evening found us grouped around a huge sparkling Christmas tree, the near-by fireplace crackling with logs of aromatic cypress.

Thilpek-hun! Leilung kil hla tak tak-Palestine, Aigupta, India, England, France, Italy atanga thilpek. Mr. Wright-a chuan ram dang junction tinah trunk-te chu a va chhiar nasa em em a, America rama hmangaih tak takte tana ruahman ro hlu chu rukru kut tu mahin an dawng lo vang! Ram Thianghlim atanga olive thing thianghlim plaque te, Belgium leh Holland atanga lo chhuak lace nalh tak tak leh embroidery te, Persian carpet te, Kashmiri shawl tha tak tak te, Mysore atanga sandalwood tray

rimtui tak tak te, Central Province atanga Shiva "bull's eye" lung te, Indian coins of dynasties hun rei tak atanga tlanchhia te, bejeweled vases leh cups te, miniatures, tapestries, temple incense leh perfumes, *swadeshi* cotton prints, lacquer hnathawh, Mysore ivory carvings, Persian slippers an ke sei tak zawhna nei tak, quaint old illuminated manuscripts, velvets, brocades, Gandhi caps, potteries, tiles, brasswork, tawngtai rugs-booty of continent pathum a ni!

Pakhat tu pakhat Ka sem chhuah a ni chumi hlim takin wrapped a ni package hrang hrang a awm atangin chumi nasa tak intiangkhawm hnuai chumi thingkung.

"Unaunu Gyanamata!" Ka awm loh lai khan Mt. Washington-a enkawltu American hmeichhe thianghlim, hmel thlum leh hriatna thuk tak nei hnenah chuan box sei tak ka pe a. Paper tissue atang chuan rangkachak Benares silk *sari pakhat chu a la chhuak a*.

"Lawm nangmah, Ka pu; chumi a rawn keng tel chumi pageant a ni tan India hmaah ka mit."

"Mr. Dickinson-a chuan!" Parcel dangah chuan thilpek pakhat a awm a, chu chu Calcutta bazar-a ka lei a ni. "Mr. Dickinson hian hei hi a duh ngei ang," chutih lai chuan ka lo ngaihtuah tawh a. Zirtir duh tak, Mr. Dickinson-a hi kum 1925-a Mt. Washington din a nih atang khan Krismas ruai apiangah a tel thin a ni. He kum tin lawmna vawi sawm leh pakhatnaah hian ka hmaah a ding a, a square little package ribbon te chu a phelh a.

"Tangkarua no chu!" Emotion nen a buai hle a, present chu a en reng a, in tur no sang tak a ni. Hmun hla takah chuan a thu a, a rilru a buai hle niin a lang. Santa Claus ka channa ka thawh leh hmam hmangaihna nen ka nuih a za hle.

Ejaculatory zan chu thilpek zawng zawng Petu hnena tawngtaina nen a khar a; tichuan Krismas hlate group-a sak a ni bawh.

Pu. Dickinson chuan a rawn ti a leh Ka an chatting a ni huho engtikah emaw chuan a hnuah.

"Ka pu," a ti a, "khawngaihin tunah hian tangkarua no min pek avangin lawmthu ka sawi ang che. Krismas zan khan thumal ka hmu thei lo."

"KA keng chumi thilpek bik takin tan nangmah."

"Kum sawmli leh pathum chhung zet chu chu tangkarua no chu ka nghak tawh a! Thu sei tak a ni a, ka chhunga ka thup tlat a ni." Mr. Dickinson chuan zak zet hian min rawn en a. "A bul tanna chu a dramatic hle: ka tuiah a pil ta a. Ka u chuan Nebraska khawpui tenau takah feet sawm leh panga vela sang pool-ah inkhelh takin min nawr lut a. Chutih lai chuan kum nga mi lek ka ni. Tui hnuaia a vawi hnihna atan ka pil dawn lai chuan êng rawng hrang hrang, a rawn lang chhuak vek a, hmun zawng zawng a luah khat vek a. Chumi lai chuan mipa mitmeng muang tak leh nuihzatthlak tak nei lem a awm a. Ka taksa chu. Ka taksa chu a vawi thumna atan a pil lai chuan ka unaupa thin pakhat chuan ka kut zungtang beidawng tak tak hmanga ka man theih khawpa hniam takah chuan willow thing sei tak chu a ben a, tlangvalte chuan bank-ah min kai chho a, hlawhtling takin first-aid treatment min pe ta a ni.

"Kum 12 hnuah, kum sawm leh pasarih mi lek ka nih laiin ka nu nen Chicago kan tlawh a. Kum 1893 a ni a; World Parliament of Religions ropui tak chu a inkhawm a. Nu nen chuan kawngpui lian takah kan kal a, chutih lai chuan êng êng chak tak chu

ka hmu leh a. Kawng tlemte kalnaah chuan, hahdam takin kan kal a, chu chu a ni
kum tam tak kalta a inlarnaah ka hmuh tawh mipa tho kha. Auditorium lian tak chu
a pan hnai a, a bo ta a kawngka chhungah chuan.



Pu. E. E. Dickinson chuan a rawn ti a tan Los Angeles-ah te; ani zawng ani tangkarua no



Sri Yukteswar a ni leh keimah chung Calcutta-ah, 1999 a ni. 1935 khan a lo piang a. Ani hi phur chhuak chumi thilpek umbrella- zungbun (umbrella- cane) a ni



Ranchi zirlai leh zirtirtu pawl pakhat chuan Kasimbazar-a Maharaja zahawm tak (a laiah, a dum ha) nen an inlan a. Kum 1918 khan a Kasimbazar Palace leh Ranchi-a acre sawmnhnih leh panga chu mipa naupangte tan ka yoga school awmna hmun nghet atan a pe a.

"Nu,' Ka a ti a, . 'sawmi tawh chumi mipa tunge langchhuak hmunah chumi hun Ka tawh tuiah a pil ta!"

"Ani nen chuan building chhungah chuan kan lut nghal vat a; chu pa chu lecture platform-ah a thu a. Rei lo teah India rama Swami Vivekananda a nih thu kan hre ta a ni. 47-1." Thlarau tiharhtu thu a sawi zawh hnu chuan amah hmu turin ka kal ta a. Khawngaih takin min nuih a, thian hlui ang maiin min nuih a. Ka naupan hle a, ka rilru put hmang lantir dan tur ka hre lo va, mahse ka thinlungah chuan ka zirtirtu nih a rawn inpe ang tih ka beisei a ni. Ka ngaihtuahna chu a chhiar a.

"Ni lo, ka fapa, i guru ka ni lo.' Vivekananda chuan a mitmeng mawi tak mai, ka mitmeng chu a melh thûk hle a, 'I zirtirtu chu nakinah a lo kal ang che'. Tlemte a chawlh hnu chuan nui chungin, 'Tunlaia i chelh theih aia tam malsawmna a leihbuak ang che,' tiin a sawi belh leh a.

"Ni engemaw zat hnuah Chicago ka chhuahsan a," Mr. Dickinson-a chuan a sawi chhunzawm a, "Vivekananda ropui tak chu ka hmu leh tawh ngai lo. Mahse, a thusawi zawng zawng chu ka hriatna chhungril takah chuan thaibo theih lohvin a inziak vek a. Kum tam tak a liam a; zirtirtu pakhat mah a lo lang lo. Kum 1925 zan khat chu Lalpan ka guru min tir turin ka tawngtai thuk hle a. Darkar tlemte hnuah chuan muthilh ata ka harh chhuak ta a melody. Van lam thilsiam pawl, flute leh instrument dang kenga ka hmuh hmaah chuan boruak chu ropui takin an luah khat hnu chuan vantirhkohte chu zawi zawiin an bo ta a.

"A tuk tlaiah chuan, a vawi khatna atan, hetah Los Angeles-a in thusawi pakhatat ka tel a, chutih lai chuan ka tawngtaina chu tihhlawhtlin a ni tih ka hre ta a ni."

Keini a nui suk a hmunah vek thildang chhung reh.

"Kum sawm leh pakhat chhung chu i *Kriya Yoga* zirtir ka ni tawh a ni," Mr. Dickinson chuan a ti chhunzawm a. "A chang chuan tangkarua no chungchang hi ka ngaihtuah thin a; Vivekananda thusawi chu tehkhin thu chauh a ni tih ka inhriat tir tawh mai. Mahse, Krismas zan khan thing bula bawm square tak min pek lai khan, Ka hmu, tan chumi pathumna hun chhung ka nunna, chumi inang dazzling tak a ni phezuai tan eng. Chhung adang thil tereuh te Ka tawh

kum sawmli leh pathum kalta a Vivekananda-a'n ka tana a lo lo ruahman lawk tawh ka guru thilpek chu en reng chungin- tangkarua no pakhat!"

.....
a ni a: Chumi hotu zirtir a ni tan chumi Krista ang hotu Sri Ramakrishna chuan a rawn ti a 47-1

BUNG: 1.1. 48 a ni

Hmunah Encinitas tih a ni Chhung California-ah a awm a

"Mak tak mai, ka pu! Ram pawna i awm loh chhung hian he Encinitas hermitage hi kan siamsak tawh a; 'welcome-home' thilpek a ni!" Unaunu Gyanamata chuan nui chungin gate pakhat atang chuan min hruai a, thing hring hring kalkawngah chuan min chho ta a.

Building pakhat chu tuifinriat lawng dum lian tak ang maia blue brine lam pan chuan a rawn lang chhuak ka hmu a. A hmasa berin tawng thei lovin, chutah "Oh's!" leh "Ah's!", a tawpah chuan mihring hlimna leh lawmthu sawina thumal tling lo tak nen chuan ashram-a pindan lian danglam tak sawm leh paruk, pakhat zel chu mawi taka siam vek chu ka enfiah ta a.

Central hall ropui tak, ceiling thlenga sang window lian tak tak awmna chuan, grass, ocean, sky-a symphony in emerald, opal, sapphire-a inpumkhatna maicham a thlir a. Hall-a meipui lian tak chungah chuan mantle pakhat chuan Lahiri Mahasaya lem frame-a siam chu a keng a, he Pacific vanram hla takah hian a malsawmna chu a nuihzat a ni.

Hall hnuai chiah, bluff chhunga sak, solitary meditation cave pahnih chuan van leh tuifinriat tawp nei lote chu an hmachhawn a. Verandah, ni chhuahna hmun, thei huan acre tam tak, eucalypti huan, roses leh lilies kal tlanga arbor reh tak thlenga flagstone kawngpui, tuipei kam hla takah tawp stairs sei tak leh tui zau tak! Mumang chu a concrete zawk ngai em?

"Mi thianghlimte thlarau \ha leh huaisen leh thilpekte chu hetah hian lo kal rawh se," tiin "A Prayer for a Dwelling," tih chu *Zend-Avesta* , hermitage kawngkhar pakhata khin a\angin, "kan rualin kal rawh se, lei ang maia zau, luipui thlenga hla, ni

ang maia sang, mi tha zawkte tihhmasawn nan, tamna leh ropuina tihpun nan.

"He in chhungah hian thuawihnain thu awih lohna chu hneh rawh se; hetah hian inrem lohna chungah remna hneh rawh se; duhâmna chungah thinlung zalen taka thilpek, bumna chungah thudik sawiin, hmuhsitna chungah zahna. Kan rilru a hlim a, kan thlarau a chawisang a, kan taksa pawh chawimawi sela; leh Aw Light Divine, Nang hi kan hmu ang che, keini pawhin, Thee vel hnaih hian lo kal ila, tin, Nangmah chu thleng rawh

zavaiin ṭhian nihna!"



Encinitas, California, Pacific tuipui thlir theihna hmun a ni. Self-Realization Fellowship neihna hmunpui leh hmun thenkhat

He Self-Realization Fellowship ashram hi American zirtir tlemte, American sumdawng, mawhphurhna tawp nei lo, nitin an *Kriya Yoga atan hun la hmu thinte thilphalna hmanga tih theih a ni tawh a ni* . India leh Europe-a ka awm chung khan hermitage sak dan thumal khat pawh ka hnena thlen phal a ni lo. Mak tihna, lawmna!

America rama ka kum hmasa lamah khan tuipui kama ashram siamna tur hmun tlemte zawngin California tuipui kamah ka comb tawh a; hmun remchang ka hmuh apiangin min tibuaitsu tur daltu eng emaw tak a lo awm fo thin. Tunah chuan Encinitas acre zau tak chu thlirin, **48-1** inggaitlawm takin Sri Yukteswar-a hrilhlawkna hun rei tak kal ta: "tuipui kama hermitage" tih chu theihtawp chhuah lovin a thleng famkim tih ka hmu a.

Thla engemaw zat hnuah, kum 1937 Easter-ah chuan Encinitas-a lawn smooth tak takah chuan a hmasa berin ka conduct a Sunrise Services tam tak a ni. Hmanlai magi-te ang bawkin, zirlai za tam tak chuan nitin thilmak, khawchhak van boruaka ni meialh rite hmasa ber chu devotional awe-in an en a. Chhim lamah chuan Pacific luipui, a fakna ropui tak chu a rawn ri chhuak a; hla takah chuan lawng lian var te tak te, leh seagull pakhat chauh a thlawk a. "Krista, i tho leh ta!" Vernal ni nen chauh ni lovin, Thlarau chatuan zing lamah!

Thla hlim tak tak tam tak a liam chak hle a; in the peace of perfect beauty ka hermitage-ah hian hun rei tak chhunga an lo ruahman tawh, *Cosmic Chants* . English thumal leh Western musical notation-ah hla sawmli vel ka set a, a then chu original a ni a, a then chu hmân lai melodies ka siam chhuah a ni. Heng zingah hian Shankara hla, "No Birth, No Death" tih pawh a tel a; Sri Yukteswar-a duh ber pahni: "Harh rawh, Mahse, harh rawh, Aw ka Mithianghlim!" leh "Duhna, ka Hmelma Ropui" tih te; the hoary Sanskrit "Brahma hla" tih chu a ni a; Bengali hla

hlui, "What Lightning Flash!" leh "I Hming An Hria" tih te; Tagore-a "Ka Temple-ah hian tu nge awm?"; leh ka hla phuah engemaw zat: "I Will Beyond Always," "In the Land Beyond my Dreams," "Come Out of the Silent Sky," "Listen to my Soul Call," "In the Temple of Silence," leh "Thou Art my Life."

Tan ani thuhmahruai ah chumi hla bu Ka a sawi nawn leh a ka hmasa ber tha fawr tawnhriat nen chumi pawm thiamna (receptivity) a ni tan

Khawthlang lam mite chuan khawchhak lam quaintly devotional airs-ah te. He hun hi vantlang hmaa thusawi a ni tawh a; a hun lai, April 18, 1926; hmun chu, New York-a Carnegie Hall-ah a ni.

"Mr. Hunsicker," American zirlai pakhat hnenah thuruk ka lo hrilh tawh a, "Hindu hla hlui, 'Aw Pathian Mawi!'

"Sir," Mr. Hunsicker chuan a lo dodal tawh a, "heng Oriental hlate hi American hriatthiamnaah chuan thil danglam tak a ni. Lecture chu tomato puitling lutuk commentary-in a tihchhiat chuan a va zahthlak tak em!"

Nui chungin ka lo pawm lo tawh. "Music hi universal language a ni. American-te chuan he hla sang takah hian soul- aspiration hi an hre lo ang." **48-2 a ni**

Lecture neih lai hian Mr. Hunsicker chu ka hnungah platform-ah a thu a, ka himna tur a hlau hle a ni mai thei. A rinhlelhna chu a bul a awm lo va; thlai duh loh tak tak awm lohna mai ni lovin, darkar khat leh minute sawmhnih leh panga chhung chu "Aw Pathian Mawi!" tih chu tihtawp lohvin a ri tawh atangin pathum sangkhat a rilru a buai hle. Blase' tih a ni. Aih rei zawk, . duhtak Thar York-a chengte; i thinlungte chu lawmna paeen awlsam takah chuan a lo sang chhuak ta! Chumi tlai chuan Pathian tihdamna a lo thleng tawh a ni hmangaihna nena Lalpa hming malsawmna hla satu devotee-te zingah.

Literary minstrel nun inthiarfihlim chu rei tak chhung chu ka chanvo a ni lo. Rei vak lovah chuan kar hnih danah Los Angeles leh Encinitas inkarah ka insem ta a. Pathianni inkhawm, class, club leh college hmaa thusawi, zirlai interview, lehkha thawn chhunzawm zel, *East-West tana article* , India rama hmalakna tur kaihhruaina leh American khawpui chhunga center tenau tam takah te. Hun tam tak pek a ni bawk a, *Kriya* leh Self-Realization Fellowship zirtirna dangte chu hmun hla tak tak yoga zawngtute tana zirchianna hrang hranga ruahman, an thahnemngaihna hmun tikhawtlai a nei lo tih a hre chiang hle bawk.

Joyous a ni inhlanna tan ani Mahni Inhriatthiamna Biakin tan Zavai Sakhaw hrang hrang la hmun chhung 1938 khan a lo piang a hmunah Washington, 1999 a ni. DC Ramngaw mawi tak karah awmin, biak in ropui tak hi khawpui chhunga hmun pakhat, "Friendship Heights" tia koh dik takah a ding a ni. Washington hruaitu hi Swami Premananda a ni a, Ranchi school leh Calcutta University-ah zirna a nei a ni. Kum 1928 khan Washington Self-Realization Fellowship center hruaitu hna thawk turin ka lo ko tawh a.

"Premananda," a biak in thar ka tlawhnaah ka hrilh a, "he Khawchhak lam hmunpui hi i inpekna hahdam lo tak hriatrengna lungah a ni. Hetah hian hnam khawpuiah hian Lahiri Mahasaya-a thil tum êng chu i vawng sang a ni," ka ti a.

Premananda chuan Washington atangin Boston-a Self-Realization Fellowship center

tlawh rei vak lo turin min zui a. Kum 1920 atanga nghet taka lo awm tawh *Kriya Yoga band* hmuh leh chu a va lawmawm tak em ! Boston hruaitu Dr. M. W. Lewis chuan ka thianpa leh keimah chu tunlai, thiamna hmanga chei suite-ah a dah a.

"Sir," Dr. Lewis chuan nui chung hian min ti a, "America-a i kum hmasa lamah khan he khawpuiah hian pindan pakhatah, inbualna nei lovin i awm a. Boston hian apartment mawi tak tak a nei tih i hriat ka duh a ni!".. tiin a sawi.

Khawvel pum puiah chuan mi thah hnaih tak thlalak chu a sei ta hle a; already acute ear chuan indona drum hlauhawm tak tak chu a hre mai thei. California-a mi sang tam tak interview-naah te, leh khawvel pum huapa lehkhaw thawnna hmangin mipa leh hmeichhiain an thinlung an dap thuk hle tih ka hmu chhuak a; pawn lam inrintaw lohnalungchhiatthlak tak chuan Chatuan Anchorage mamawhna chu a lo sawi uar tawh a ni.

"Meditation hlutna kan zir tak zet a ni," tiin London Self-Realization Fellowship center hruaitu chuan kum 1941 khan min zia a, "kan chhungril thlamuanna hi engmahin a tibuai thei lo tih hria ang che. Kar tlemte kalta chhung khan inkhawmpui neih chhung hian thlawhna hmanga beihpui thlakna vaukhanna kan hre tawh a, puakruk puak ri pawh kan ngaithla a ni tihkhawtlai-action tih a ni bomb, . mahse kan zirlai te an ni che lo kalkhawm leh kimchangin hmang nuam kan rawngbawlna mawi tak ."

America ram indona a luh hma lawk khan indona nasa tak karah England atangin lehkhaw dang ka hnenah a thleng leh a. Thu pawh tak tak hmangin, *The Wisdom Of The East Series* -a editor lar tak Dr. L. Cranmer Byng-a chuan heti hian a zia a:

East-West ka chhiar khan kan inhlath zia ka hrechhuak a, pahnih ah kan cheng niin a lang." khawvel hrang hrang. Los Angeles atang hian mawina, inrelbawlina, thlamuanna leh thlamuanna chu ka hnenah a lo thleng a, lawng chawlhna hmunah chuan lawngin ka lut a khawpui hual tawh takah Holy Grail malsawmna leh thlamuanna phur lawng.

"Mumangah i palm thing huan ang maiin ka hmu a, Encinitas-a biak in pawh tuifinriat zau tak leh tlang thlir theihna nen, a chung berah chuan thlarau lam ngaihtuahna nei hmeichhia leh mipa inpawlina, inpumkhatnaa hriatthiam, thil siam chhuahna lama inhmag, leh ngaihtuahnaa luah khat khawtlang a ni. Keimah ngeiin ka vision khawvel a ni a, chu siamnaah chuan ka chanvo tlemte chu ka tuar ve ngei ka beisei a, tunah pawh hian."

"Taksaah chuan i rangkachak tuipui kamah ka thleng ngai lo mai thei a, i biak inah pawh ka biak ngai lo vang. Mahse, thil dang leh a aia tam zawk a ni, inlarna ka neih a, indona karah pawh in lawng chawlhna hmunah leh in tlangte zingah remna a la awm reng tih hriat hi. Sipai pangngai pakhat hnen atanga Fellowship zawng zawngte chibai ka buk a, zing khawvar nghaktu vêngtu in chungah zia a ni.

Indona kumte chuan an thil tihbuainaah Thuthlung Thar zirna pawh a tel ngai lote zingah thlarau lam harhtharna a thlen a ni. Indona thinghnah thlum tak tak atanga distillment thlum tak pakhat! Mamawh lo pung zel puhruk nan, Self-Realization Church of All Religions te tak te, rilru hneh thei tak siam a ni a, hlan a ni bawh chhung 1942 khan a lo piang a hmunah Hollywood atanga lo chhuak a ni. Chumi hmun hmaiah chuan Olive a ni Tlang leh chumi hla tak a ni Los Angeles-ah hian

Planetarium a awm a. Biak in hi blue, white leh gold-a siam zawh a ni a, tuikhuah
lian tak chhunga water hyacinths karah a lang chhuak a ni. Garden-te chu pangpar
nei gay, lung sakeibaknei tlemte, stained- glass nei an ni pergola, leh duhthusam
tha tak quaint tak a ni. Mihring duhthusam pawisa fai leh kaleidoscopic duhthusam
nena paih luh chu Thlarau ro hlu awmchhun duhna thianghlim tak a ni tawh! Lahiri
Mahasaya leh Sri Yukteswar lem te, Krishna, Buddha, Confucius, Mithianghlim
Francis te lem leh Zanriah Hnuhnung Bera Krista mother-of- pearl reproduction
mawi tak awmna niche te tak te atang hian universal benignity a luang chhuak a ni.

Self-Realization Church of All Religions dang chu kum 1943 khan San Diego-ah din
a ni a. Tlang chung a temple reh tak a ni a, eucalypti ruam hrual takah a ding a, San
Diego Bay eng mawi tak chu a thlir thei a ni.

Zan khat chu he hmun reh takah hian thuin, ka thinlung chu hlain ka sawi chhuak a.
Ka kut zungtang hnuaiah chuan kohhran organ thlum tak chu a awm a, ka hmuiah
chuan hmân lai Bengali mi pakhat duhthusam lungngaihna a awm baw

devotee a ni tunge nei a zawng a tan chatuan thlamuanna:

Chhung hei khawvel, Nu, pakhatmah thei hmangaihna keimah;
He khawvelah hian hmangaihna divine an hre
lo. Hmangaihna thianghlim khawiah nge a awm?
Khawiah nge hmangaihna tak tak
Nang chu a awm? Chutah chuan ka
thinlung chuan awm a duh hle.

Chapel-a ka thianpa, San Diego center hruaitu Dr. Lloyd Kennell-a chuan hla thu a
hriat chuan tlem a nui suk a.

"Tih tak zetin min hrilh teh, Paramhansaji, a hlut em ni?" Tih tak zetin min en a. A
zawhna laconic tak chu ka hrethiam ta: "America-ah hian i hlim em? Beidawna te,
thinlung natna te, center hruaitu hruaitu thei lo te, zirlai zirtir theih loh te kha
engtin nge ni ang?"

"Lalpa'n a fiah thin mi chu a eng a thawl e, Doctor! Ka chung a phurrit a nghah thin
chu tunlai hian a hre reng a ni!" Chuti a nih chuan, mi rinawm zawng zawngte chu
ka ngaihtuah a, hmangaihna leh inpekna leh America ram chhungril lama awm
hriatthiamna. Zawi zawiin ka sawi chhonzawm zel a, "Mahse ka chhanna chu: Ni e,
vawi sangkhat chu a ni! A hlu hle a ni; ka mumang aiin, Chhim leh Khawchhak
inzawmna nghet tak awmchhun, thlarau lam thila inhnaih zawka inhnaih zawk hmuh
hi min fuih reng a ni!

Ngawi reengin tawngtaina ka belh leh a: "Babaji leh Sri Yukteswarji te hian min tir
beiseina sang tak chu ti beidawng lovin, ka chanvo ka hlen chhuak niin an hria ang
che," tiin.

Ka a hawi let a leh ah chumi taksa peng hrang hrang; hei hun ka hla tawh tinged a ni
nen ani sipai lam a ni huaisenna chu:

The grinding wheel of Time doth mar
Full many a life of moon and star
And many a brightly smiling morn-
Mahse, chuti chung chuan ka thlarau
chu a kal zel a ni!

Thim, thihna leh hlawhchhamnate chu

an inel a; Ka kawng khap tumin nasa
takin an bei a;
Ka insualna chu jealous Nature's
strong- Mahse, chuti chung chuan ka
thlarau chu a kal zel!

Kum 1945 kum thar kar khan ka Encinitas study-ah hnathawhnaah min hmu a, he lehkhahu kutziak hi ka siam \ha leh a.

"Paramhansaji, khawngaihin pawnah lo kal rawh." Boston atanga rawn tlawh Dr. Lewis chuan ka window pawn atangin ngenna ang maiin min rawn nuih a. Rei vak lovah ni êng hnuaiah kan vak kual ta a. Ka thianpa chuan tuipui kama highway nena inzawm Fellowship property sir lama tower thar sak mek chu a kawhnmuh a .

"Ka pu, ka tlawh hnahnun ber atang khan hetah hian hmasawmna tam tak ka hmu a ni." Dr. Lewis hi kum khatah vaw hnih Boston atangin Encinitas-ah a lo kal thin.

"Ni e, Doctor, hun rei tak ka ngaihtuah tawh project pakhat chuan a lan dan chiang tak a nei tan ta. Heng boruak mawi takah hian khawvel colony tenau tak ka din ta a ni. Unau nihna hi thupek aiin entwinn tlak taka hriatthiam theih tur ideal a ni! Hetah hian pawl tlemte inrem tak chuan leilung chungah khawtlang duhthusam dangte chu a fuih thei a ni.

"ANI tha lutuk ngaihtuahna, Ka pu! Chumi colony a ni duhdan a ni ngei ang ni ani hlawhtling chuan mi zawng zawng tihtakzetin ti ani bung hrang!"

"'Khawvel' hi thumal lian tak a ni a, mahse mihring hian a rinawmna chu a tizau tur a ni a, khawvel khua leh tui êngah a inngaihtuah a ngai a ni," ka ti chhunnawm a. "Mi dik tak chuan: 'Khawvel hi ka ram a ni; ka America, ka India, ka Philippines, ka England, ka Africa a ni,' tih hian nun tangkai leh hlim tak neih theihna tur hmun a tlachham ngai lovang. A natural local pride chuan limitless expansion a hre ang; creative universal currents nen a inzawm tlat ang.

Dr. Lewis nen chuan hermitage bula lotus pool chungah chuan kan ding ta a. Kan hnuaiah hian Pacific ramri a awm a.

"Heng tui vek hi West leh East tuipui kamah te, California leh China-ah te pawh a inang tlangin a inthen a ni." Ka thianpa chuan tuifinriat square mile maktaduai sawmsarih zinga a hmasa berah chuan lung tlem a paih a. "Encinitas hi khawvel colony pakhat tan chuan symbolic spot a ni."

"Chu chu a dik a ni, Doctor. Hetah hian conference leh Congress of Religion tam tak kan ruahman ang a, ram hrang hrang a\angin palai kan sawm ang. Kan hall-ah hian hnam hrang hrangte flag a tar ang. A hual chungah hian temple tenau tak tak siam a ni ang a, khawvel sakhaw lian ber berte tana inhlan a ni ang."

"A rang thei ang bera," ka ti chhunnawm a, "Hetah hian Yoga Institute hawn ka tum a ni. Khawthlang lama *Kriya Yoga -in malsawmna chanvo* hi a tan chauh a ni lo. Mihring zawng zawngin mihringte hrehawm tawrhna zawng zawng hnehna tur hian mahni inhriatthiamna (self-realization technique) chiang tak, scientific tak a awm tih hi hre rawh se!



Kum 1945-a San Francisco-a Remna Inkhawmpui kohnaah Interracial Meeting-a thusawitute. (Vei lam atanga dinglam) Dr. Maneck Anklesaria, John Cohee, keimah ngei, Hugh E. MacBeth, Vince M.



Washington, DC-a Self-Realization Church of All Religions, an hruaitu Swami Premananda chu hetah hian ka thlalak nen a awm a



Ka venerable a ni pa, thut lai a ni chhung chumi thlamuang takin lotus tih a ni dinmun, . Calcutta-ah, 1999 a ni. 1936 khan a lo piang a

Zan rei takah ka thian duh tak- America rama *Kriya Yogi hmasa ber-* chuan thlarau lam thila din khawvel colony neih a tulzia min sawipui a. "Society" tia koh anthropomorphic abstraction avanga natna lo awmte chu Everyman kawngka bulah hian a tak zawkin dah a ni mai thei. Utopia hi civic virtue-a a par chhuah hmain mimal rilruah a lo chhuak tur a ni. Mihring hi thlarau a ni a, institution a ni lo; a chhungril siam\hatna chauh hian pawn lam siam\hatnate chu a awm reng thei a ni. Thlarau lam thil hlute, mahni inhriatthiamna (self- realization) ngaih pawimawh a nih avangin khawvel unau nihna entawntlak tak colony chu a awmna hmun atanga hla takah inspiring vibrations thawn turin thuneihna pek a ni.

August 15, 1945, Khawvel Indopui II-na khar! Khawvel pakhat tawpna; Atomic Age thuruk tak a lo chhuak ta! Hermitage-a chengte chu main hall-ah lawmthu sawina tawngtaina neiin an pungkawm a. "Van Pa, a awm tawh ngai lo vang! I fate chu unau angin an kal leh dawn ta!"

Indona kumte tension chu a bo ta a; kan thlarau chu remna ni chhuahnaah chuan a pur ta. Ka American comrade pakhat zel chu hlim takin ka en a.

"Lalpa," Ka ngaihtuah lawmthu sawiin, . "Nang." hast pek hei monk a ni ani hrawl chhungkua!"

in hnehna an chang. ANI te khawpui chungah Kam Highway a ni 101, 101 a ni. Encinitas tih a ni hi 100 a ni miles **48-1**

chhim tan Los Angeles-a kum 2019 a ni. leh 25. A rilru a hah lutuk miles hmar tan San Diego chuan a rawn ti a. 48-2:

:Hetah hian Guru Nanak hla thu hi ka letling a

O Pathian mawi! O Pathian mawi!
Ramngaw chhungah chuan, Nang chu
. ,green i ni

Tlângah chuan, I sang a, In
chumi lui, Nang chuan
themthiamna restless, Tuipuah,
!Nang chu thlan i ni

Ah chumi rawngbawlna nei, . Nang
chuan themthiamna rawngbawlna,
,Hmangaihtu hnenah, Hmangaihna i ni

,Ah chumi lungngai, . Nang chuan themthiamna lainatna

!Ah chumi yogi, . Nang chuan themthiamna nuam tak

O Pathian mawi! O Pathian mawi!

!I ke bulah chuan, OI do bow



:Appendix:a ziaktu



Kriya Yoga, Pathian Yoga, Pathian Hmangaihna
leh Pathian hriatchhuahna tur Cyberspace
Ashram



He "Autobiography of a Yogi" hi a atanga siam a
ni a thuziak hmasa ber 1946 - edition hmasa ber.
Kum 1946 edition hmasa ber copyright chu USA-
ah a tawp tawh a, tunah chuan he lehkhahu rilru
hneh ber hi public domain a ni tawh a, khawvel
..zawng zawng tan zalen takin a awm tawh



PDF format-a eBook version siam a ni tawh baw
Acrobat 7.0 Professional hmangin a rawn hlan a
ni [Cyberspace Ashram-](#) in a buatsaih a ni -
Hmangaihna zirtirna famkim telin chumi
chipchiar takin a sawi initiation tih a ni ah chumi
thianghlim science of Kriya Yoga hi online-ah a
thlawnin [www. kriyayoga.com](http://www.kriyayoga.com) ah hian a awm a .
Cyberspace Ashram hi kum 1997 khan din a ni a,
a tum ber chu khawvel zawng zawngah
hmangaihna zirtirna bulpui, Kriya Yoga science
thianghlim intanna kimchang leh chipchiar tak te
.pawh tel a ni



Ka pa hmangaihna leh hlimna chuan
chawisang che sela, i rilru, ngaihtuahna leh
thinlung tithianghlimin i kawng fo
hmangaihna tizau rawh se in. Hmangaihna
hi chumi chahbi ah Pathian - . Hmangaihna
hi Pathianin a pek zawng zawng che -
hmangaihna dawng tur chuan hmangaihna
pek a ngai - hmangaihna tih loh chu engmah
a ni lo



Cyberspace Ashram -a section
pawimawh thenkhat thlirletna

1. Ah start the practice of Kriya Yoga proper - [Cyberspac e-](#) a phek za tam tak chhuah tawhte chu i chhiar tawh tak zet tih hria ang che [Ashram ah a awm a](#) section zawng zawng te pawh huamin:
2. [Chungah i thla a nei tan hmangaihna - . chungah i kawng ah Pathian](#)

- 
3. [Thlarau lam thil Microletter hmanga ziah a ni](#)
 4. [Thlarau lam thil Chanchinbu hrang hrang](#)
 5. [FAQ](#)
 6. [Nen Hmangaihna atangin Pathian ah nangmah](#)
 7. Engtikah Cyberspace Ashram-a am file leh section zawng zawng chhiar - a hun takah i hmu ang nihna chiah diksha-a pheik a ni nen zavai tul details of chumi technique hrang hrang a awm tan th eholy Science tan Kriya Yoga hmanga tih a ni. Chhiar vek turin inpeih la, i hriatthiam vek hma loh chuan zir vek turin inpeih la, a tawpah chuan i nitin nun kawng tinrengah hmangaihna zirtirna chu hmang la, Kriya Yoga i tihnaah hlawhtlinna i chang thei ang. Kriya Yoga hi Pathian chenna lirthei a ni - hmangaihna hi hmangaihna in i kalna kawngah fuel a ni.

Hmangaihna leh

Hlimna hans nen

[Pathian chu Hmangaihna a ni](#) | [Hmangaihna](#)
| [Hmangaihna Zirtirna](#) | [Pathian' s](#)
[Hmangaihna fapa](#) | [Hmangaihna Zirna](#) | " I.
" tih hi zir rawh hmangaih che" |
[Hmangaihna pawm zir rawh".](#) | [Hmangaihna](#)
[fiahna an d Feedback hmangaihna](#) | [Thlarau](#)
[lam Forum - A chinfel dan tur o f](#)
[Hmangaihna](#) | [LoveCards hmanga "Ka](#)
[.hmangaih che" tih tur](#)

Finna sum dahkhawmna

**Paramhansa Yogananda chuan a
rawn ti a**

Thlarau lam Thuziak



Mi fing nun atanga thlirletna

Self-Knowledge Society president hlui Shri Daya Mata

ziah a ni

Chu chuan zirtirtu Paramhansa Yogananda zirtirna chu a
ziak lut a, thlah tam tak chhung chu a vawng nung reng a ni
Paramhansa Yogananda ka hmuh hmasak ber tum khan

kum 1931 khan Salt Lake City-ah mipui tam tak, mak tak
maiin thu a sawi a

Hall mipui tamna hmun hnunglam kil khata ding
chungin, thusawitu leh a thusawi tih loh chu ka chhehvela
thil awm zawng zawng chu ka hre lo

Ka taksa pum pui chu ka thlarau chhunga Pathian finna

leh hmangaihna luang chhuak, ka thinlung leh rilru a luah
khat vek chuan ka ngaihtuah theih awmchhun chu, "He mi

hian hmangaih ka duh em em ang bawkin Pathian a
hmangaih a ni Pathian a hria a, chu chu ka zui zel dawn a ni"

Tin, chu chu chutih hun atang chuan ka ti tawh a ni

Chu kum hmasa lama ka zirtirtu zahawm tak

Paramhansa nena ka nunah a thusawi thlarau lam
thiltihtheihna ropui tak ka hriat lai chuan, khawvel pum leh
thlah zawng zawng tana a thusawi fing tak takte ziaak chhuah
leh vawnhim turin ka chhungah hmanhmawhthlakna nasa
tak a lo chhuak ta a ni

Vanneihthlak takin, Master Paramahansa nena kum tam

tak kan thawh dun chhung khan a thusawi leh mimal
thurawn te chu ka record a—finna mak tak leh Pathian
hmangaihna danglam tak ro hlu tak leh tam tak a ni

Vantirhkoh zirtirtu rilru hnehna chu a luang chhuak nasa

hle a, a thusawi chhunzawm zelnaah a lang chhuak a; a vawi
khatnaah minute engemaw zat chu chawlhsan lovin a sawi
fo va, a châng chuan darkar khat pum a sawi fo bawk

A ngaithlatute mak tih leh ngaihnawm taka an thut lai
chuan ka pen chu rin loh takin a tlan chak hle! A thusawi chu
shorthand hmanga ka transcribe lai chuan malsawmna
danglam tak a lo chhuk ang maiin ka hria a, zirtirtu aw chu
phek-a shorthand chhinchhiahnaah a letling nghal a ni

Thuziak pangngaia ziah luh chu tih tur thianghlim leh
thiltih malsawm tak a ni a—Tun thleng hian a la ni reng baw
—Hetiang hun zawng zawng hnuah pawh hian—ka thil
hmuhchhuah thenkhat chu kum sawmli chuang kal ta a ni—
ka ziah chhuah tan tirh hian, ka rilruah mak tak maiin a thar
ka hmu a, nizan lama ziah ang maiin, ka hriat theih khawpa
—thumal tin maiah—vantirh koh aw danglam tak a ni Master
aw, ka thlarau chhungril thuk ber berte zingah
Zirtirtu chuan a thusawi chu tlemte pawh a buatsaih
tlem hle A inbuatsaih tak tak a nih chuan, thudik tlemte rang
tak leh tawi te tea ziah chhuah a ni mai thei Biak in panna
kawngah chuan kan zinga pakhat—car chhungah—tih thuin
min zawt thin
Vawiin ka lecture thupui chu eng nge ni?" A rilru chu "
thupui a dah ang a, chutah chuan Pathian thawk khum
chhungril tuikhuah a\angin thuchah chu extemporaneous-in
a sawi ang
Zirtirtu thusawi thupui te chu biak inah puan lawk a ni a,
mahse a rilru chuan a chang chuan thu a sawi tan chuan
field danglam tak takah hna a thawk thin
Chumi ni thupui chu eng pawh ni se, zirtirtu chuan
chutih lai chuan a hriatna luahtu thutakte chu a sawi a, a
thlarau lam thil tawn leh hriatthiamna, hriatthiamna Chiang
tak a\angin luipui luang chhuak chhunzawm zelin hriatna hlu
tak chu a rawn leih chhuak \hin an ngaihven bik philosophy
ngaihvan pakhat sawifahna
A châng chuan, lecture a neih laiin, zirtirtu hriatna chu a
sâng hle a, rei lo tâh ngaithlatute chu a theihngihl a,
Pathian nên direct-in a inbiak thin A nihna zawng zawng chu
hlimnain a khat a, Pathian hmangaihna a khat a ni
Chutiang hriatna sang zawk dinhmunah chuan a hriatna
chu Pathian hriatna nen a inmil tawh hle a, churang chuan a
chhungril thutak chu a hrechhuak a, a thil tawn leh a hmuhte
chu a sawi chhuak ta a ni

Mi dangte chu Paramhansa Yogananda awmna êng tak
chuan an ti hlauhawm hle mai thei a, mahse a
inngaihtlâwmna, a inngaihtlâwmna, a inngaihtlâwmna ngawi
reng chuan a awm zawnz zawnzah remna leh muanna a tuh
nghâl a Mi tinte chuan a pu thusawi chu anmahni hnênah
mimal taka sawi ang maiin an inhria a ni
Hlimna leh rilru hlim tak chu zirtîrtu mizia mizia duhawm
tak a ni Thumal uluk taka thlan chhuah, awmze nei taka
thiltih, a nih loh leh hmêl lan dân hlimawm tak hmangin,
thupui pakhat emaw, thupui thuk tak leh fiah lo tak emawa
rilru lama hun rei tak leh nasa taka ngaihtuah hnua
ngaithlatute tih hahdam nân emaw, a hun takah chuan thian
thâ taka chhân lêtna leh thinlung taka nuihzatna a siam thei
a ni

Mi pakhat chuan a thil neih danglam bikte chu
lehkhawh a ziaak thei lo Paramhansa Yogananda mizia pum
pui chu a eng a, a nung a, a hmangaihna a sang hle a,
Amaherawhchu, he lehlin tawi tak hi ka hlan theihna tura ka
beiseina inngaitlawm tak chu chhiartute'n a zirtirna an hlim
leh ngaihhlutna tipung thei tur mimal thlirletna pek hi a ni
Ka vântirhkoh zirtîrtu chu Pathian Hmasawanna nêna
inrem thâ famkim leh inremna thianghlim taka ka hmuh hnu
leh, thutak tam tak leh a thlarau hausa leh thâ tak thinlung
taka a luang chhuak chu ka hriat hnu chuan a zirtirna ropui
tak takte chu chhuan zawnz zawnzah a ziaak chhuak tawh a;
tin, tunah chuan chhiartute kuta dahin, ka au chhuak lo thei
!lo: Aw, ka hlimna ropui tak

Zirtirtu thusawi ropui tak takte hian a duhtute
thinlungah Pathian rinna nghet tak leh Pathian hmangaihna
kawngkhar a hawnsak theih nan Pathian Engkimtitheia ka
ngen a ni

Theory of Reincarnation Science hmanga finfiah

theih a ni

Miin khawvel pum huapa Pathian dik tak a rin chuan piantharna ngaihdan hi pawm a awlsam zawk a, chu chu ngaihdan pahnih hi a inzawm tlat avangin Mahse, rinhlelhna neitu leh Pathian awm ring lote chu engtin nge an awm ang? Piantharna thil tak tak chu an lungawina tur khawpin science hmanga finfiah theih a ni em? Tin, piantharna theory hi beiseina pe mai ni lovin, a dikzia finfiahna pe tûrin scientific ?analysis khauh tak hnuaiah dah theih a ni em

Materialist scientist-te chuan Pathian a awm tih finfiahna tak tak an la hmu lo niin an sawi a, chuvangin mihring zawng zawngte tisaa lo chang lehna hmanga insiamthatna leh hmasawn theihna hun remchang inang pe thei A dan dik tak a awm tih finfiahna engmah an pe thei lo

Naupang sual nei lote hrehawm tawrhna te, dik lohna te, leh nun dik lohna te hi chutiang scientist-te tan chuan thil Chiang lo leh sawifiah theih loh ang main a lang vek a, thil siamtu dik tak a awm lohzia a tilang a ni

Kawng lehlamah chuan, Pathian dik leh inthlau tak ringtu tam zawk chuan an rinna chu rinnaah chauh an nghat a, ringlote hnena hlan tur finfiahna engmah an nei lo An rinna chu an hloh emaw, khawtlang buaina a thlen emaw hlauvin an chhui hreh fo emaw, zawhna awmze nei tak hnuaiah emaw an inhnial fo thin Phên dangin sawi ila , an rinna nemnghet thei tur scientific emaw thlarau lam dan engmah an hre lo

Mahse, engvangin nge thlarau lam dan hi scientist-te'n thilsiam (natural phenomena) an hmuhchhuahna atana an hman experimental method ang bawka chhui chianna khauh tak hnuaia awm a nih loh? He zawhna hi kum zabi tam tak kalta khan India rama thlarau lam mithiamte'n an lo zawt

tawh a, anni chuan an chhang let ve a An thil enchhinna
chuan scientific methods a siam chhuak a, chu chu tu
pawhin thlarau lam dan pholanna atana an hman theih tur,
chutiang chuan, piantharna leh cosmic thudik tawp ber
zawng zawng hriatthiam theihna tur a ni
Finfiahna hmanrua a awm chung chuan tumahin
mihringa lo kir lehna leh thlarau lam dan dangte chu a dik lo
tih sawi theihna an nei lo, a tih dante a lo enchhin a, a mit
ngeia thil dik tak a hmuh loh chuan
Skeptical naturalist chuan a ngaihdan sawi theihna a nei
a, mahse chu chu ngaihdan mai a la ni reng a, thil dik tak a
ni lo
Natural sciences-ah chuan chhui mek theory eng pawh
finfiah turin kalphung bik zawm a ngai a, natna hrik hi mit
chauhvin hmuh theih loh a nih avangin microscope hmanga
enfiah a ngai a ni Mi pakhatin microscope hmanga en a duh
loh chuan, hrik awm dan theory chu a enfiah a, a finfiah
tawh tihna a ni thei lo Chuvangin, an ngaihdan hian rit a
phur lo a, a chhan chu finfiah dan tur ruahmanna siamte an
zawm loh vang a ni theory dikna a ni
Thlarau lam thilah pawh chutiang bawk chu Thiltih dan
siam a ni a, dan siam a ni a, a rah chhuah chu experiment
duh apiang hmaah hlan a ni a, Mahse, khawthlang ramah
chuan thlarau lam dante ngun taka zir chianna tur scientific
method a awm loh avangin mihring nunah chakna
pawimawh tak anga sakhaw hlutna chu nasa takin a tihniam
a ni Thlarau thurinte chu in-depth atanga thil chhuak Chiang
tak anga ngaih ai chuan mimal rinna angin pawm emaw
hnawl emaw a ni zirlai leh thlarau lam zawhna mumal tak
neih a ni
Engtin nge hmân lai India mi fîngte chuan heng khawvêl
dân danglam thei lote hi an rawn pho chhuah? An
hermitage-a laboratory-a mihring nun leh ngaihtuahna
experiment neihna hmangin Thilsiam awm dan hriatthiam
nan thilsiamte kan enchhin a ngai ang Chutiang bawkin,

piantharna chungchang thudik hmuchhuak tur chuan, a nih
loh leh taksa tam tak hmanga thlarau pakhat inthlak
danglamna chungchang thudik hmuchhuak tur chuan
mihring hriatna chungchangah experiment neih a ngai a ni
Hêng hmân lai mithiamte hian mihring nun chung
zawngin mihring nihna chu a danglam lo tih an hmu chhuak
a, chu chu harh chhuah, mumang leh mumang nei lo mut
laiin thil tawn leh ngaihtuahna inthlak danglamna hrang
hrang awm mah se, hriatna lama hriatna, boruak,
ngaihtuahna leh taksa dinhmunte chu a danglam vek a,
mahse mahni inhriatna emaw, ego emaw chu pian a\anga
thih thlengin a danglam lo tak zet tih an hmuchhuak a ni
Indian experimental scientist-te chuan mi pakhatin a
taksa chu a enkawl chhunzawm zel, a hriatna leh mahni
inrintawkna hmanga uluk taka ngaihtuah a, chu chu harh
chhuahna, mumang leh mumang ni lo mut dan inthlak
danglam a\anga innghat lovin, mi pakhat chuan mahni nihna
awm reng leh chatuan daih chu a hre thei tih an nemnghet a
ni

Mi pakhat chuan heng dinhmun pakhat hi a hre fo thin A
harh laiin hriat rengin a hre reng a, a chang chuan an
mumang dinhmun pawh an hre thei bawh Mumang a neih
laiin mumang a nei tih hriat hi thil mak a ni lo
Thiltih leh tih dan thenkhat hmangin mi pakhat chuan a
chunga kan sawi tak dinhmun tinte chu hriatna neia hriatna
a vawng reng thei a, dinhmun palina—hriatthiamna sang
zawh malsawmna dinhmun—chu pawh an thleng thei a ni
Mut lai hian duh loh zawnga chawlh hahdamna a awm a,
chu chu nerve leh hriatna lama thiltih a bo vek avangin
Practice hmang hian mi pakhat chu harh laiin leh hriatna
neia thawhrimna hmangin he chawlh hahdamna hi a thlen
thei Mut thuk takah emaw, thihnaah emaw, rilru hahdamna
famkim chu thinlung leh ruhro atanga nunna chakna a
lakchhuah angin a thleng thin Meditation thuk tak hmangin,
he hahdamna famkim hi harh laiin hriatna nei lovin a

tichhuak thei a ni Thu dangin sawi ila, duh loh zawnga taksa
hnathawh zawng zawng exercise bik hmangin hriatna leh
tumruh taka thunun theih a ni
Hmanlai India mi fingte chuan thihna chu mihring taksa
khawnvar atanga nunna chakna lakchhuahna a ni tih
thutlukna an siam a, chutah chuan a nerve te, a hriatna te,
leh chakna pawimawh tak tak channel chhiar sen loh te
pawh a tel a ni cosmic energy-ah a kir leh ta a ni
Mut lai hian sensory mind chuan hna a thawk tawh lo
va, nerve-a electrical current chu rei lo te chhung atan a
inhnukdawh thin a Thih hunah chuan mihring hriatna chu
taksa hmangin a inlan chhuak tawh lo vek a, chu chu kut
paralyzed ang mai a ni a neitu chuan a awmna chu a hria a,
mahse a thunun thei lo va, a ti thei lo bawh Medical record-
ah chuan puithiam pakhat, coma-a lut a, a chhehvela mite'n
a thihna anga lang chu an tap tih a hriat thu a sawi a, chuti
chung pawh chuan a taksa hnathawh hmangin a rilru put
hmang a sawi chhuak thei lo A taksa kalphung chu a tawp
nghal a, a rilru thupekte chu a chhang duh lo va, hetiang
dinhmunah hian darkar sawmhni leh pali a awm hnuah,
chutiang bawkin phum tura hruai a ni dawn a, theihtawp a
chhuah nasa hle a, a che thei ta He thil thleng hian taksa chu
nunna nei lo anga a lan lai pawhin mahni inhriatna a awm
rengzia a tilang Chiang hle
Mi fingte chuan taksa a\angin thiltih leh hriatna chu hriat
chian takin a thliar hrang tur a ni a, mut dinhmun chu hriat
rengin enfiah tur a ni a, thinlung leh ruhro lairil a\anga
hriatna thiltih chu duhthusamin a chhuahsan dan tur a
practice tur a ni an ti Chutianga tih chuan thihnain hriat
lohvin leh an duh loh zawngin an chungah eng nge a nghah
dawn tih chu hriatna neia pawm a zir a ni
Vital energy chu medulla oblongata kaltlangin taksaah a
lut a, thluaka reservoir-ah a dah khawm a, Chumi hnuah
chuan spinal column-a nunna leh hriatna hmun dang

pangaah a chhuk a, chutah chuan sensory organs leh taksa
dang zawng zawngah a sem darh a ni
Thih hunah chuan vital energy chu a pum pui leh chiang
takin ruhroah a chhuak vek a, medulla oblongata kaltlangin
taksa chu a chhuahsan ta a ni Yogi thiam tak chuan
duhthlanna leh hriatna hmangin he chakna pawimawh tak hi
taksa leh hriatna a\angin ruhroah a la chhuak thei a, hriatna
thianghlimna hmun sang ber berte hnenah a thawh thei a,
chutah chuan "thi" an nihna hlimna chu an tawng a ni—chu
chu inzawmna avanga lo awm sensory illusions atanga
zalenna a ni taksa hriatna tlemte thlengin

There is a documented case in the records of French
and other European physicians concerning a man named
Sadhu Haridas, at the court of the Indian Emperor Rajneet
Singh He case hian Sadhu Haridas-a chuan a taksa atanga a
hnathawh pawimawh tak leh hriatna chu a thliar hrang thei
tih a tilang a, chutah chuan thla engemaw zat hnuah a
inzawm leh thei a, chu chu thla engemaw zat hnuah A ruang
chu lei hnuaiah phum a ni a, chu hmun chu thla engemaw
zat At he hun tawp lamah hian a ruang chu an la chhuak a,
European doctor-te chuan an enfiah a, an thi tawh niin an
puang a, mahse, he thu puan a nih hnu minute tlemte hnuah
chuan a mit a meng a, a taksa hnathawh zawng zawng chu a
thunun leh ta a, chu mi hnuah kum tam tak a nung a, chu mi
hnuah chuan a taksa leh rilru duh loh zawnga hnathawh
zawng zawng thunun dan chu practice hmangin a zir tawh a
ni true nature of the cosmic law Chumi avang chuan thih
hnua mihring awm chhonzawm zelna leh thlarau thi thei lo
awmzia chu a boral thei lo tih a finfiah thei ta a ni
Piantharna scientific thudik chu mahni inhriatfiah
duhtute chuan thih hnua hriatna chhonzawm zel dan chu
hriatna neia taksa leh thlarau inthliarna hmangin an lantir
hmasa tur a ni Hei hi kum zabi tam tak kalta a India thlarau
lam mithiamte'n dan an siam zawm hmanga tih theih a ni Mi
pakhatin mut laiin harh chhuah a zir a, a duh angin mumang

a tiharh a, hriatna neia hriatna panga chu a inthen a—
passive ang lovin mut laiin a thleng a—chutiang chuan
thinlung hnathawh thunun an zir hunah chuan hriatna neia
thihna emaw, taksa hriat lohna dinhmun (hriat lohna
. dinhmun ni lo) emaw an tawng thei ang
Kan mi fingte chuan naupan lai, tleirawl lai leh tar hun
zawng zawngah mahni inhriatthiamna (self is consciously
aware of itself) tiin an sawi a, Thlarau taksa nei chuan mi
pakhatin a tawn dan inzawm zawng zawng a hre reng a,
chutah chuan thih hnua taksa dang dawng leh taksa leh
boruak khawvel inkara kal te pawh a tel a ni He thutak hi
thlarau lam science thiam tak takte chuan an sawisel lo
A chung a kan sawi tak state pali thlentu methods te kan
practice hian self chu a awmna state-ah kan track thei Thih
lai te, cosmic space-a a vakvai lai te, leh taksa thara nunna a
lo kir leh lai te chu consciously track thei a ni
Heng thilte zirtir lohte hian mut tam zawk chung hian
hriatna an nei thei lo: thihna Chutiang chuan, an hmaa an lo
tawn tawh dinhmun engmah an hre thei lo va, dam chung
khat chhunga "muthilh thuk tak" hun chung pawh an hre
thei lo
Chu dante chu enchhin leh finfiahtu hmân lai India
mithiamte hmanraw hman a nih chuan, khawvêl hnênah
hriatna hlu tak, finfiah theih thilpêk pein, piantharna
chungchânga science thudik leh chatuan thudik dang zawng
zawng chu a zir thei a ni

Thlarau nuihzatthlak chu

Nuihzatthlak tak tak chu thlarau lam hlimna nuihzatna a
ni a, ngaihtuahna, Pathian ngaihtuahna leh A awmna hriatna
atanga lo piang Ka nuih hi ka chhungril hlimna thuk tak a\
anga lo chhuak a ni—mi zawng zawng tana hmuh theih
hlimna Rose par hring thinlung atanga lo chhuak rimmtui ang

mai a ni He hlimna ropui tak hian midangte chu hlimna tui
thianghlma inhnim pil turin a sawm a ni

Mi pangngaiin a hriat chian state pali a awm a, chungte
chu: duhthusam tihhlawhtlin a nih hunah hlimna, hnial a nih
hunah hlim lohna, hlim leh lungngaihna nei lo huna bo, leh
heng rilru natna emaw, rilru lam dinhmun hlimna,
hrehawmna leh borehnate hneh hunah thlamuanna

Remna chu lungngaihna leh nawmna awm lohna atanga
lo chhuak dinhmun duhthusam tak a ni a, boredom awm
lohna a ni Heng dinhmunte hi thlarau chunglam zawng
zawngah an ripple reng a, hrehawmna leh nuam tihna thlipui
buai tak takte chu an chuang a, chutah chuan hahna thuk
takah chuan a pil nawn fo pawh a tel a, remna tuifinriat
muang takah chuan hlimna a awm a Mahse remna aiin a
ropui zawk chu thlarau lam thil a ni ecstasy—thlarau hlimna
—hlimna tawp ber Hlimna chatuan, a bo ngai lo va, chatuan
atan thlarau nena awm reng a ni He hlimna sang ber hi
Pathian awmna hriatna hmang chauhvinn a thleng thei a ni

Thla êng hnuaia tui bawm pakhat i dah a, chutah i hnim
hrual chuan thla lem dik lo tak i siam ang Tui chu bawm
chhunga a awm chuan, a êng chu a Chiang ta Bowl chhunga
tui chu a reh reng a, thla hmel Chiang taka a lantir lai hun te
chu ngaihtuahna remna leh muanna thuk tak dinhmun nen
tekhin theih a ni In the peace of contemplation, all waves of
sensations and ngaihtuahnate chu rilru a\angin a luang
chhuak tawh lo Tin, he remna dinhmun thuk zawkah hian,
ngaihtuahna sengtu chuan, chu thlamuannaah chuan,
thlarau dilah chuan Pathian awmna thla bial chu a hmu a ni

Remna chu passive state a ni a, chu chu hlimna,
hrehawmna leh ngaihsak lohna thlipui awm lohna a ni
Chutiang chuan, ngaihtuahna hmangtu chu, hun rei lote
hnuah, rilru natna thlipui chu tawng leh turin a hip a Mahse,
ngaihtuahna remna chu a thuk poh leh thlarau lam

thlamuannaah a inthlak a, chuvang chuan, hlimna tha takah
a inthlak a, chutiang chuan ngaihtuahna hmangtu chuan
hlimna chu siam thar reng leh a content vek

I mut lai hian ngaihtuahna leh rilru put hmang chu
passive takin i ngawih ngawih a Mahse, ngaihtuahna leh rilru
put hmang chu ngaihtuahna hmanga i tihreh hian i tawn
hmasak ber chu thlamuanna dinhmun a ni a, i hmai ruhte
chuan a pianphungah chhungril thlamuanna lantir thei
nuihzatna a siam a Mahse, i thlarau thianghlimna hriat theih
nan he thlamuanna dinhmun piah lam hi i thlir a ngai a ni—a
thianghlimna chu sensory stimuli emaw automatic reactions
to thoughts associated with the senses Chumi hnua i tawn
dinhmun chu hlimna chatuan, siam thar zelna a ni

Zâwlnei leh mi thianghlimte chuan an thinlungah he
hlimna hi an nei reng a, himna leh muanna malsawmna an
nei reng a, thinurna thlipuiin a nghing lo va, hneh loh an nei
lo va, lungkhamna leh hlauhna a khawih lo Using the
scalpel of reason or insight, they can dissect their own
thoughts or the thoughts of others thoughts on the operating
table of the mind while maintaining their composure and
serenity In this hlimna dinhmun, lungngaihna zawng zawng a
bo vek a, thlarau lam hriatthiamna chu hlim zawngtu nihna
chhungah a lo chhuak a, Pathian nena an inzawmna chu a
tichak a ni

Nui tam zawk hi ngilneihna thiltih atanga lo chhuak rilru
tha tak tak atanga lo chhuak a ni a, a nih loh leh thian nihna,
hmangaihna, ngilneihna, lainatna atanga lo chhuak Mahse
nuih dan mak ber chu mi thinlung chu Pathian hmangaihnain
a khat a nih chuan mi zawng zawng a hmangaih thei ang a,
a nuih reng thei ang All other forms of smiles are fleeting
because emotions, how good, flicker, fade, and then die out
Thil awm chhun chu Pathian hlimna a ni Chu hlimna chu i
neih chuan i nuihzat reng thei a; chuti lo chuan, i ngilneihna

chu zah lo taka chhân lêttu chu hmangaihna i nei thei lo
vang

Mi pakhat ka hria a, a nupui thih lai khan lungngaihna
nasa tak a lantir a A superficial, feigned emotions chu ka
scrutinized a, "Thla khat chhungin i innei leh ang" ka ti a, a
thinrim hle a, min hmu leh duh lo a, mahse a nupui thih
atanga thla khat chhungin nupui a nei leh ta A nupui hmasa
ber a hmangaihna chu a nasa hle niin a ngai a, mahse a
!theihnghilh nghal vat a ni

Ka zirtirtu, Sri Yuktswarji hnen atanga he thawnthu te
tak te min hrilh laia ka zir chhuah ropui tak kha ka
:theihnghilh ngai lovang

Tlangval naupang ka nih lai khan ui te tak te, hmel"
mawi lo tak, vengchhung mite ta nei tur hian ka rilru a buai
hle a, chu ui chu ka hmuh theih nan kar tam tak chhung chu
in chhungah buaina ka siam a, ka rilru na takin ran vulh
mawi zawka inpekna zawng zawng chu ka hnawl vek a, chu
ui chu chauh ka duh a, midang ka duh lo

The same attachment grips people in what is called
infatuation Hmangaihtute chu magnetically drawn to a
particular face that they are unable to find solace elsewhere
Mahse midangte chung a mawina kan zawn tur chu thiltih
ropui tak tak, nungchang tha tak tak, leh thlarau lam duhna
mawina a ni a, taksa mawina ni lovin

I thlarau chu hlimnain a khat a, mi hmuhnawm i lo ni ta
a, nuihzatthlak tak, sual nei lo tih loh chu engmah ka
hmangaih lo a chhan chu chutiang tel lo chuan mite chu
puppet nen an danglam lo Vawiin hian chatuan atan an
hmangaih ang che an ti a, naktuk hian an phum ta a nih
chuan khawiah nge an hmangaihna ropui tak chu? Tin,
khawiah nge chu Chiang tak, "Ka nunna i ni a, chatuanin ka
"?hmangaih ang che

Mahse, Pathianin vawi khat chauh pawh, "Ka hmangaih che," a tih che i phal chuan, chu hmangaihna chu chatuan a ni tak zet ang Engvangin nge mihring hmangaihna chi hrang hrang, sum tlemte, emaw, hei emaw, chu emaw zawngin hun i khawhral ang, Pathianah engkim i hmuh theih lai hian: khawvela hmangaihna zawng zawng, thiltihtheihna awm zawng zawng? Thiltihtheihna duhâmna avânga Pathian kan zawng tûr a ni lo va, hmangaihna duhna avângin kan zawng zâwk tûr a ni Chumi hnuah chuan ro hlu ber chu kan hmu ang Tin, hmangaihna thuk tak, thinlung taka Pathian kan hmangaih hunah chuan min chhâng ang a, kan thinlungah a hmangaihna a rawn beng tih kan hria ang

A zawngtu chuan ngaihtuahna a nei fo tur a ni, Pathian ngaihtuah hian nun a ti thlum si a, ngaihtuahna hi sum leh pai, mihring hmangaihna emaw, a rilrua lo lang thei thil dang emaw zawnga darkar chhian sen loh hun hman ai chuan a ropui zawk daih Miin a ngaihtuah tam poh leh hnathawh laiin thlarau lam dinhmunah a rilru nghet taka a din poh leh, chu ramah chuan tunah leh engtik lai pawhin—Pathian hriatna malsawm takah chuan ka awm a, chu chu nuih theihna a lo ni ta zawk a ni Engmah hian min nghawng lo Keimah chauh pawh ni se, midang nen pawh ni ila, Pathian hlimna chu ka chhungah a rawn thawk chhuak fo thin Ka nuihzatthlak chu ka vawng reng thei a Mahse chu nuihzatthlak chu hnehna chu hna hahthlak tak a ni! Chu nuihzatthlak tak takte chu i chhungah pawh a awm baw—thlarau hlimna leh hlimna ang chiah chu i chhungah a awm I neih a ngai lo, chu chu lak let leh mai tur chauhvin Hriatna nena mahni inhlina hmangin rei lo te atan i hloh a, chu chu i nei leh thei a ni

Taksa thil, hmuh, hriat, thlum, rim, leh khawih hmanga hlim theihthe hian hlimna thianghlim a thlen tih ringtu chu nasa takin a tisual a ni Hriatthiamna hian hlimna a pe lo rather, they deprive us of it I hlimnaah hian condition i siam chuan, "Chu hmel chu ka hmuh loh chuan ka hlim thei lo

vang," tih ang chi, hlimna thianghlim, tihdanglam loh i tem
ngai lo vang, a chhan chu hriatna lama hlimnate hi a rei lo
hle a ni Ni leh kumte hian taksa mawina a tichhe vek Ni leh
kumte hian taksa mawina a tichhe vek Engkim hi thilsiam
khawvela thil awm zawng zawng hi inthlak danglamna dan
hnuaiah a awm vek a Chutiang chuan mi pakhat chuan
khawvela hmel mawi zawng zawng chu a hmu thei a, a ri
zawng zawng a hre thei a, a khawih zawng zawng pawh a
hre thei bawk desired, they would still not find true
happiness Yet, they might dedede themselves into thinking
they are happy A châng chuan thil pakhat hmuh tumin
theihtâwp chhuah nasa tak an neih hnua, chu thil takah
chuan hlimna a awm lo tih an hmuchhuak a Chuti chung
pawh chuan, an thawhrimna aţang chuan lungawina
engemaw zat an hmu a, chuvângin hlim takin an inngai a
Mahse, he lungawina chi hi chu rei lo tê chauh a ni a, rei lo tê
chauh a ni

Chuvangin, hriatna lama hlimna zawn chu a hlawk lo
Thlarau lam hlimna chu hmuh tur a ni a, tawngkam leh hmêl
lan danin a lan chhuah a ngai Miin hetiang a tih hian
nuihzatna tenau tak pawh hian a malsawmna magnetism
hmangin a chhehvela mi zawng zawng chu a khuh vek ang
a, mi dangte pawhin hlimna an nei ang

Mahse Pathian chauhvin thinlung a thlak danglam thei
Thil tha tih theihna hi keimahniah kan inngat tur a ni lo Thil
tha titu dik tak awmchhun chu Pathian a ni He khawvel hi A
ta a ni A awmna i hriat a, engkim a thunun tih i hriat chian
chuan, engkim A kutah i hlan a nih chuan—thil tha leh thil
tha lo pawh—i thiltih zawng zawng chu thil thaah a inthlak
vek dawn tih i hmuh chuan mak i ti hle ang

Pathian hriatna chu i hnena a awm hunah chuan A duh
loh zawng engmah i ti thei lo vang Kan nun hi A hnenah kan
hlan tur a ni a, Pathian a ni tih kan hriat a ngai a,

ngaihtuahna ropui tak tak min fuih a, thil tha ti tura min
fuihtu chu Pathian a ni tih kan hriat a ngai a ni Chu "ego,"

chu chu kan tihbo a ngai a, chu chu he zalenna pe thei
hriatna daltu lian ber a ni Mi pakhat chuan a kut a phar thei
lo ang, Pathianin nunna meialh te tak te chu a timit thei ang
an medulla-ah chuan oblongata! [Nunna chakna taksaa a
.luhna hmun bulpui ber]

Vawikhat chu pawnah ka thu a, a vawt hle a, ka hriatna
chu chhungril lamah ka hawitir a, mitmeng khat lek
chhungin khaw lum chu ka hre thei tawh lo tak zet a, hlimna
nasa takin ka khat a, a chang chuan ka taksa leh ka
chhehvela thil zawng zawng chu êng khatah a lo hmin vek
tih ka hmu a, ka chhehvela pianzia te chu ka ngaihtuah
chuan ka hmu thei a, êng lam ka ngaihtuah chuan khawvel
hi a bo vek ang Nothing can be seen without awareness If
you have complete i rilru thunun la, chhungril lam, nangmah
chhung lam hawi la, chu Pathian êng ropui tak chu i hmu
ang, i mit meng pawh ni se

I mit hmanga pawn lam i hawi chuan i hriatna chuan
pawn lam khawvel a hre chhuak vek a awm zawng zawng hi
Pathian cosmic film-a lem che thei tak a ni Chumi ni chuan
Pathian atanga lo chhuak ka hriatna atana mumang ang
maia hriatna leh ngaihtuahna ka hmu thei bawK Ka hriatna
chhungril lam ka hawitir lai khan engmah hriatna engmah
awm lovin hlimna thianghlim tak ka nei thei bawK Even
though I was sitting in that
bitter..
. khaw vawt, thawmhnaw
rit lo chauh ha chungin, khaw lum leh thil hmuhnawm tak
takte chu a bo tih ka hre thei a, hlimna chauhvin a rawn
chelh a A hnuah chuan chu hlimna ropui tak chu ka tawn lai
chuan hriatna engemaw zat ka tawng ta a ni

Pathian hre turin kan inzirtir tur a ni Tawngtai tawi sawi
emaw, êng awlsam tak hmu emaw hian kan lungawi tur a ni
lo Tupawh a rilru put hmang dik taka thunun thei, an
hriatnate chu eng emaw chen enkawl thei, leh Pathian chu a
theihna zawng zawnga zui thei chuan rinhlelh rual lohvin
Pathian nena inhmuhkhawmna a tawng ang, chu chu duhna
a neih chuan Mi pakhat chu nungchang lama hma latu ropui
tak leh thlarau lam duhna leh rilru put hmang nei pawh ni se,
hei hi a ni Pathian hriatna tak tak tel lo chuan a tawh lo

Miin a inbum tur a ni lo Thlarau lam thil tawn a duh em
em a nih chuan, uluk takin a ngaihtuah a, Pathian hnenah
heti hian a sawi tur a ni: “Lalpa, ka chak lohnate chu ka hria,
mahse kei leh nang inkara daltuah an ding lo vang l bula
awm reng ka duh chauh a ni, a chhan chu nangmah min
siamtu i nih vang leh ka tih tur hmasa ber chu nangmah
.chungah a ni” a ti

Mi finge chuan thil zawngtu chu mi sual anga inngai lo
turin an fuih a, mi fel tia inngai lo tur leh chapo lo turin an
fuih zawk thin a, chu ai chuan Pathian chu a hnenah a awm
tih leh amah hmanga hnathawk a ni tih hre chiang zawk
turin an fuih thin Tichuan khawvel thar a hmu ang Pathian
hriatna tel lo chuan he khawvel hi buaina, tharum thawhna,
leh beidawnna khirh tak leh rapthlak tak takin a khat niin a
lang Chu Pathian hriatna sang ber chauh lo chu inhumhimna
a awm lo

Second khat chungin Pathian chuan thihna hmanga he
khawvel chhuahsan tawh tu pawh ang chiah chiah a siam
thei He thudik hi kan hriat chian a ngai a ni He thil siam hi
hmuhnawm mai a ni tih hi Pathianin min hriatthiam a duh a
nih chuan Show hi kan ngai pawimawh lutuk a nih chuan kan
tuar ang a, a hlimna chu kan hloh ang a, nun chu a natna te,
a hrehawmna te, a lungngaihna te, leh a phurrit te nen kan
tuar thei lo ang

Eng thil pawhin taksa natna min thlen chuan ka rilru chu
ka mitmeng inkar thlarau lam focal point-ah ka dah a,
hrehawmna ka nei lo tak zet a Mahse, natna lo chhuahna
hmun ka ngaihtuah hian, thil inbuatsaihna angin ka hmu thin
I thlarau lam hriatna i vawng reng thei a nih chuan, i thlarau
hmaa lungngaihna thlalak lem lote a liam hunah i tuar lo
vang Pathian hnenah tawngtai chhunzawm zel la, chutiang
chuan Amah chu mi danglam bik leh hlim tak anga a inpuan
theih nan i chhunga thil tak tak (reality) a ni

Mite hian hun an khawhral êm êm a, thihnain pakhat
hnu pakhatin a rûkbo țin Nun chhan chu Pathian hriat hi a
ni a, chu thil tum chu hlen chhuak lovin he taksa hi
chhuahsan tûr a ni lo

Pathian chuan kan hriatna tihsan a, he khawvel thil
pahnih (dualities) aia sang zawka kai chho turin min duh a,
mahse mihring chu duhâmna natna a\anga a tihdam loh
chuan he inbumna hmun hi a chhuahsan reng a phal lo vang

Pathian tana kan tih zawng zawng hi kan tih vek tur a ni
Pathian tana hnathawh hi thlarau lama hmasawmna kan neih
theih nan ngaihtuahna (meditation) ang bawkin a pawimawh
a ni

Zanah, zirtir chuan Pathian a ngaihtuah hian a thlarau a
chawi sang a, a hlimnaah a inhnim pil tih a inhria Chhun
lama a hnathawh a hlen chhuah hian chu dinhmun
hriatrengna chu a keng tel a, a hlimna chu a vawng reng a,
chutiang chuan Pathian nena inpawlina a nei reng a, chu chu
a nui reng ang a, heti hian a sawi thei reng ang:
"Lungngaihna tlemte emaw, hlimna tlemte emaw,
thlamuanna tlemte emaw chuan engmah buaina emaw,
thlamuanna emaw a thlen thei lo." ka thlarau hlimna thar lo
."awm reng chu

Nunna bumna dik lote chu kan nuihzat tur a ni a, chu
chu khawvêl lem danglam reng, hun rei lo tê chhûnga awm,
khawvêl lem (cosmic images) inzawmkhawm angin kan en
tûr a ni Chumi hnuah chauh chuan khawvêl lemchan (cosmic
illusion) spell aţangin kan tlanchhuak ang Pathian
khawngaihnaah kan nung tûr a ni Nunna thilthleng hrang
hrang karah kan ding nghet thei a, kan tumruh taka kan din
theih hunah chuan Pathian chu khawvel pum huapa thil tak
tak dik tak awmchhun a ni tih kan hre thei ang, a chhan chu
Pathianin a anpuin min siam avângin min tichhe duh lo
Mihring chak lo anga inngaih chu kan bansan a ngai a, kan
chhunga cosmic potential lian tak, chhuah chhuah nghah
chu kan hre Chiang tur a ni

Miin cancer emaw, natna dang emaw a vei hian thil
tenawm tak a ni lo Mahse, zawlneite leh mithianghlimte
chuan nasa takin an tuar a, damlote an tidam a, thenkhatin
mitthite pawh an kaitho a, an Pathian lawmna chu an dam
chhung zawngin an hnenah a awm reng ang Chutiang
bawkin, kan thinlung, rilru leh tumna nen Pathian hnenah
kan kir leh tur a ni Mahse, engkim aia chungnung zawkin
Amah kan duh tih kan nemnghet loh chuan Amah chu kan
thleng thei dawn lo bakah

Mihring hian Pathian chu zawhna a zawt tur a ni lo, a tih
chuan rinhlelhna chauh a seng dawn a ni Amah nena an
inpumkhat hma loh chuan A dante chu a hre thei dawn lo a
nih chuan engvangin nge chu dante chu ngaihtuahna fim tak
?atanga hriatthiam tumin hun kan khawhral ang

Hero chu tihduhdah a nih a, misual chu hnehna chang
ang maia lang novel chhiar ta la, bung tin hian a hmaa awm
nen a inhnialna hmunah chuan a ziaktu chungah beidawng
leh thinrimna i nei ang Mahse, bung hnahnung ber i chhiar
chuan i rilru a hahdam ang a, a thupui buaithlak leh thuk tak
a nih avangin novel mak takah i ngai ang Chutiang bawkin

Pathian hi novel awm tawh zinga ropui ber ziaktu a ni a, thil
siamte inhnialna leh buaithlak tak takte pawh a awm bawh
would baffle even the greatest human mind Mahse bung
hnuhnung bera Amah kan hmuh hunah chuan mihring nun
thuruk zawng zawng chinfel dan tur a rawn pholang ang a, A
hnen atanga direct-a chhanna kan dawn hunah A dikna leh
finna chungchangah rinhlelhna kan nei lo vang, chu chu a va
!ropui tak em

Pathian awmna chuan rinhlelhna, lungngaihna leh
hlauhna a ti bo thin An thinlunga Pathian chengte chu
hlauhna a hneh a, chu chu tlanhhia in cosmic illusions
lakah an zalen ta a, chutah chuan nui chungin, "A tawpah
chuan, nunna thuruk leh awmna thuruk chu ka hria" an ti
ang hei hi a thleng a, ka thian, nuihzatthlak tak i nuih ang I
ngaihtuahna, i thusawi, i thuziak leh i thiltih zawng zawng
chu chu nuihzatna hlimna êng takin a khat ang I ngaihtuah
apiangin nuihzatna rimtui i hnutchhiah ang a, chu hmun
tlawhtu zawng zawngte chuan Pathian nen an nui ang

A hlimna sawi theih loha i awm hian i nuihzat thei reng
a, sawi tur a nih loh avangin a thianghlim lutuk a ni

Remna awm rawh se

Mahni hmasialna leh midangte tana thil \ha tihna

Mimal pakhatin mi dangte hnena a project emaw, a
thawn emaw—thu, thiltih leh ngaihtuahna hmangin—
chutiang bawkin leh chutiang bawh chuan an mizia dik tak
chu an hmel lan dan leh thiltih hmangin a lang chhuak ang
Midangte chuan an rilru lam vibration emaw, wave emaw
chu an hre ang a, an chungah an chhân lêt dân chu chu

vibrations awm dân nên a inmil ang—negative emaw
positive emaw a ni ang

Tupawh mahni hmasialna سوال kawng zawh chuan
midangte chuan a neih zawng zawng laksak an tum ang a,
chutiang a nih loh chuan midangte chuan thilphalna leh
lainatna an lantir ang

Engkim kan nei thei lo Kan neih hi Pathian thilpek a ni a,
he leia kan awm chhunga hun eng emaw chen atana kan
hman tur atana ruahman a ni a, a rei emaw a rei lo emaw
chuan kan thil neihte chu kan inthen a ngai dawn a, chu chu
accident emaw, rukbo emaw, chhe leh chhe emaw, thihna
emaw a nih avangin Chuvangin, neitu nihna tur chauha eng
thil pawh hi kan vawn tlat emaw, kan vawn tlat emaw kan
tum hian kan inbum a ni

Heng kum tam tak kan chenna taksa pawh hi ni khat
chu an thlahthlam dawn a ni Chuvangin, kan neih tak tak
theih loh thil kan nei tih ring tura in nawr luih hi thil tihsual a
ni Thil pakhat min pek hunah chuan hun bituk chhung atan
chauh kan ta a ni tih kan hriatthiam a ngai a, chu chu
midangte hnena hlan turin kan inpeih a ngai a ni

Miin a mamawh aia tam a duh chuan harsatna lian tak
tak a nghak reng a ni

Pathian hmangaihtu inngaitlawm tak chu mi zawng
zawng aiin a ropui zawk

Pathian chu kan lakah thup a ni lo pangpar
hmangin, kan ngaihtuahna hmangin, thil siam zawng
zawng hmangin min bia thin

Thil awm chhan awmchhun chu mihring chu a thuruk
chinfel a, a hnungah Pathian a awm tih hriatchhuah tir hi a
ni

Mahni chhungril lama inremna leh inremna hretute
chuan thilsiam chhunga inremna leh inremna chu an hre
chiang hle

Ei leh in, silhfen leh sum leh pai lama himna engemaw
zat ang chi mamawh bulpui kan neih a ngai tih hi rinhlelh
rual a ni lo va, mahse heng thilte kan zawn kawngah hian
mamawh tul lo tak takte chu kan paih bo a ngai a, chu chu a
tul aia tam neih duhna langsar tak leh kangmei chhuak ka
sawina a ni

Kan mamawh phuhruk tumna kawngah hian midangte
pawh an mamawhnaah kan tanpui tur a ni tih kan hre reng
tur a ni a, kan hlawh chu mi vannei lo zawkte hnenah kan
sem chhuak tur a ni

Khawvel pum huap chhungkaw pawimawh tak kan ni a,
chutiang tel lo chuan kan nung thei lo tih i hre reng ang u,
thingrem siamtu, thil siamtu, a nih loh leh loneitu tel lo
chuan nun hi eng ang nge ni ang? Rawngbawlina leh thiamna
inthlengna hmang hian Pathianin midang ngaihtuah turin
min duh a, mahni tan chauh nun hi thil tihsual lian tak a nih
avangin

Mahni hlimna kan ngaihtuah hian midangte hlimna pawh
kan ngaihtuah tur a ni Khawvel pum huap chhungkua tan
engkim bânsan a ngai lo, a chhan chu chu chu thil theih loh
a ni Mahse midangte chu kan lainat a ngai a, an mamawh
chu kan Pathian ngeiin kan dawn ang zat zat inpek tawn tura
min duh angin kan ngaihtuah tur a ni Others are our greater
self But the average person thinks only of themselves, first
and foremost

Dam khawchhuahna rilru put hmang hi a chak tih
rinhlelh rual a ni lo Mahse khawvel hian kan chhunga he rilru
put hmang hi a tichak a, kan ta zawn zawn hi kan vawn
tlat a tulzia a rawn rawt a ni Mahse, Pathian chhiahhlawh
zawn zawn hi A chhungte an ni tih leh he leia unau kan ni
vek tih hi kan hre reng tur a ni

Pathian chuan mihringte chu rilru leh hriatna a pe a,
riltam leh khawsik kan tawn theih nan Kan chhehvela
midangte pawhin riltam leh vawt an tawh tih kan hriat a ngai
Mahni thlamuanna kan zawn hian midangte thlamuanna
hmu tura tanpui kan tum bawh tur a ni Natna leh hrehawm
tawrhna kan duh loh avangin kan chhehvela mamawhtute
tanpuitu kut kan phar tur a ni a, an hrehawm tawrhna
tihziaawmna tur leh an hrehawmna tihbo nan Kan tuar ang
hian an tuar a, thenkhat chuan keimahni aiin hrehawm tuar
nasa zawk

Miin a lainatna chu a chhungte leh a thiante tan chauh a
ni a, midang tumah a awm lo a nih chuan amah leh amah a
inkharkhip a, hlimna chu a nun ata a tlanchhia a, beisei loh
harsatnain a thlak a ni

Kan theih ang tawka midangte tanpui turin kan inpeih
tur a ni a, kan tawn tawhte tanpuina pe turin hlimna kan
hmu tur a ni Hei hi inpeknaah kan ngai tur a ni lo, a chhan
chu kan tih chuan tanpui hi phurrit a lo ni zawk ang Chu ai
chuan chhungril hlimna kan nei tur a ni, thilpek hi
malsawmna a ni si a, midangte tanpui tumtute tan chuan
lawmna hriat a awm a, chu chu tisa leh rilru natnaah pawh a
awm a, an thinlung kehchhia te mend tu te tan pawh
lawmna a awm a ni

Khawvel hian mahni hmasialna sual hi bansan ta se, he
leiah hian paradis kan hmu ngei ang

Indona chi chu mahni hmasialna sualna bulpuiah a awm
Mihring hmasate chuan mi dangte hmasialna laka mahni
hmasialna humhim nan lungphun an hmang hmasa a, chu
chu thal leh thal-ah a lo chang ta a ni

He mahni hmasialna tenawm tak avang hian indona a
chhuak a, economic balancea tibuai a, recession leh a
hnuah depression a lo thleng ta a ni

Mihringte tichhe thei thiltihtheihna chu a siam\hat
theihna aiin a lo thang lian a, a lo thang lian zawk a He boil
sual tak—malevolent selfishness boil—hi a tawpah chuan a
puak darh ang Mahse, lungchhiatthlak takin, mihringte harh
chhuah a, hnam hmangaihna chu mimal mahni hmasialna
aiin a hlauhawm lo zawk lo tih an hriat hmain nunna tam tak
a boral ang. pakhat chu mahni a\anga \an a ngai a ni

Ramri hi ruat fel a ni lo va, khawvel sorkar pawh a
inthlak danglam reng a ni

Mi dangte dikna leh hlimna ngaihtuah lova hlimna
zawngtu emaw, mahni duhthusam avanga midangte dikna
leh hlawnate rapthlak tak, retheihna, hrehawmna leh hlim
lohna hring chhuaktu Mi dangte tihchhiatsakna leh hausakna
hi thil tihsual lian tak a ni Mi ropui tak takte chuan thlarau
lam thila insem leh pek duhna dik tak atanga innghat
midangte tana thilpek (altruism) an thlawp a ni

Pawn lam atanga mipui tam tak tamna leh hausakna
tiamtu Communism chu nawr luihna leh mimal zalenna
tihtawp a nih avangin a hlawhtling dawn lo va, ni khat chu a
tlakchhiat phah dawn a ni (Note: He thusawi hi Master
Paramhansa-a'n kum 1937-a a pek a ni a, chu thutlukna chu
a thleng dik tak zet a ni!)

Miin a kut leh ke chauh a ngaihtuah a, a lu a ngaihthah
chuan thluak hian motor thiamna kaihruai turin hna a thawk
lo vang Taksa hnathawh zawng zawng hi a inrem vek tur a ni
Chutiang bawkin hnam leh khawtlang nunah rilru (thutlukna
siamtute) te hian kut leh ke (hnathawktute) nen inrem takin
hna an thawk tur a ni, a chhan chu duhdan a inhnial chuan
thununna a chhe vek ang a, buaina a lo awm ang a,
hrehawmna a chhuak ang

Khawvelah hian zirtirtu pahnih an awm a Pathian
kaihruaitu leh zirtirtu atana latu chuan hlauh tur a nei lo

Setana chu a hruaitu leh kaihruaitu atana latu chuan nasa
takin a tuar ang

He nunah hian mi tam zawk tan chuan thumal
pawimawh tak chu "keimah" Thlarau lam rilru put hmang leh
duhna nei te chuan mahni inngaihtuah ang bawkin midangte
an ngaihtuah thin Mahni chauh ngaihtuah thinte hian an
chhehvela mite hmelma leh thinrimna chu anmahni chungah
anrawn keng tel thin Mahse midangte rilru put hmang leh
ngaihven zawng ngaihtuah thinte chuan midangte chuan
anmahni an ngaihtuah a, an rilru put hmang an ngaihtuah
thin tih an hmuchhuak thin

Khaw pakhatah mi zakhat awmin, pakhatin midang hnen
atanga laksak an tum a nih chuan, pakhatin hmelma
sawmkua leh pakua an nei ang Mahse, pakhatin midangte
tanpui an tum a nih chuan, pakhat zel hian thian sawmkua
leh pakua an nei ang

Chutiang chuan ka nung a, mi dangte hnena thilpek
hmangin engmah ka hloh lo Dik tak chuan ka thilpek zawng
zawng chu Pathian khawngaihna a tipung a, tunah chuan
engmah ka duh lo a ni, a chhan chu ka chhungril thuk taka
ka neih chu khawvelin a pek theih zawng zawng aiin a ropui
zawka, a hlu zawk bawka Mi pakhatin a zawn tak tak chu
hlimna a ni a, hlimna chu vawi khat a thlen chuan a thlentu
dinhmunte mamawhna chu a bo ta a ni

Bank account ka nei lo a ni a chhan chu khawvela ka
guarantee awmchhun chu miten ka chungah an rilru put
hmang tha an neih hi a ni Lei lam guarantee dang ka ring lo
Hausakna dik tak chu mahni unau leh thiante thinlunga awm
hi a ni

Kan inngaitlawm hian kan hlim thin Tin, hetiang
kalphung hi kan hman chuan kan chhehvela midangte hian
kan nungchang hian a nghawng ang a, min entawn an tum

ang Mimal leh hnam sual zawng zawng bulpui ber mahni
hmasialna hi kan paih chhuak tur a ni

Altruism hian awareness a tizau hle

Midangte hnena tum tha i thawh chhuah hian i hriatna a
zau thin I vengchhung i ngaihtuah hian chu ngaihtuahna nen
chuan i nihna thenkhat chu a thawk chhuak thin Mahse
ngaihtuahna ringawt chu a tawh lo kan ngaihtuahnate chu a
taka hmang turin kan inpeih reng tur a ni

Inneihna hian altruism zir tur a pe Mi pahnih chuan an
nun insem dun tumin an bei a Tichuan naupang an lo kal a,
nu leh pate chuan an neih ang chu an insem a Mahse
chhungkaw hnai ber (chu chu nang leh kei chauh, emaw
keini chauh emaw) ngaihtuah chu mahni hmasialna chi khat
a ni Duh tak takte'n min kalsan hun a lo thleng ang a, chu
chu nun dan a ni Hei hian mihringte thil tum ber chu ramri
tihzauh a ni tih min hriat nawn tir a ni mi dangte tana
hnathawh leh nun malsawmnate hnena kan hlan a, kan
hriatna a ni

Altruism hian a neitu hnenah malsawmna tam tak leh
hlimna nasa tak a thlen a, altruism hmang hian mahni
hlimna a humhim thin avangin Ka thil tum chu midangte
hlim tir hi a ni a, ka hlimna hi an hlimna atanga lo chhuak a
ni si a

Kan hlimna chu midangte hnena kan insem loh chuan
tihhlawhtlinna tuihnai tak tak kan ei thei lo vang Chhungkaw
member te chauh ka sawi lo, mi zawng zawng ka sawina a ni
Mi dangte kan ngaihtuah a ngai a, kan theih ang tawkin kan
puih a ngai Hei hian mahni inrethei tihna a ni lo va, mahni
inngaihsakna dik tak, thian anga ngaihsakna leh insem

duhna lantir a ni zawk We must apply the principles of
justice to ourselves first We cannot teach altruism to
midangte chu keimahni ngei pawh kan inngaitlawm lo a nih
chuan Mahni atanga bul kan tan hian midangte tana entawn
tur tha tak kan lo ni ta a ni

Midang rawngbawl leh hlawkna tur atan ka nun ka hlan
nasa hle a, mipui tam tak hmaah ka zin kual tawh a, mahse
ka thuziak leh zirtirna hmangin midangte rawngbawl na tha
ber ka nei tih ka hria

Mipui tam tak chu lecture ngaithla turin an lo kal a,
hmangaihna dik tak avang a ni hauh lo Mite chu infuih
tharna leh thlarau lam thlamuanna zawngin an lo kal a
Mahse, thutak zawngtu thlarau, Pathian hmangaihtu thlarau
ka duh Chuvangin Pathian ngaihtuah a tulzia hi ka ngaihtuah
a, ka ngaihtuah chhonzawm zel bawh

Thlarau lam thila zawngtu pawimawh leh nghet tak
zawng zawngte chu duhna leh taima taka an kal zel chuan
hlawhtlinna lallukhum khum an ni ang

Kan thinlung zawng zawng, rilru zawng zawng, thlarau
zawng zawng leh chakna zawng zawngin Pathian kan
hmangaih tur a ni a, kan thenawmte pawh keimahni anga
kan hmangaih tur a ni

Thinlung zawng zawng, rilru zawng zawng, thlarau
zawng zawng leh chakna zawng zawnga Pathian hmangaih
tih hian eng nge a sawi tum? Thinlung tih awmzia chu
hriatna tihna a ni a, rilru tih awmzia chu ngaihtuahna seng
tihna a ni a, thlarau tih awmzia chu ngaihtuahnaah thlarau
lam inremna thuk tak tihna a ni a, chakna tih awmzia chu
kan chakna zawng zawng Pathian lam hawia hruai tihna a ni
Hei hian mahni rilru zawng zawng hmanga Pathian hmangaih
tihna a ni a, ngaihtuahna zawng zawng nena ngaihtuahna
senga nun chakna emaw thiltihtheihna emaw chu thil awm

a\anga thlarau lam thila hruai kir lehin, taksa a\anga Pathian
lam hawia ngaihtuahna sawn a ni

Ngaihtuahna tel lova Pathian hmangaih chu thil theih a
ni lo, a chhan chu ngaihtuahna hmang chauhvinn amah
anpuia siamtu Pathian nena chatuan leh chatuana inzawm
thlarau anga kan thlarau nihna chu kan hre thei a ni

Kan chhungah hian Pathian hmangaihna sang tak tan
lalthutphah kan siam tur a ni Nunnaah hian thil pawimawh
zawk a awm lo Amah hmangaih te, Amah chungchang sawi
te, leh midangte Amah hre tura êng chhuah te aia thil tum
sang zawk a awm lo Mite hnen atangin thil dang ka duh lo

Tih tak zeta zawngtute hnena ka thlarau thil tawn ka
sawi chhuah hi lawmawm tak a ni Pathian chanchin sawipui
a, a awmna an tawn theihna tura puih ai chuan engmahin
hlimna min thlen lo

Pathian hmangaih leh a chhiahhlawhte hmangaih hi a
mak a ni Amah kan hmuh hian mi tinah a hmangaihna kan
hre thin Khawvel pumah hian hmangaihna thiltihtheihna aia
thiltihtheihna ropui a awm lo

Van leh tuifinriat leh ka hriatna lalthutthlenga thu Lal
Chungnungbera ka hmu a, ka chhungah leh mi zawng zawng
thlarauah a awm tih ka hmu a, thil siama a pianphung leh a
lan chhuahna tawp nei lo zawng zawngah ka pawm a ni

Mihringte hian chu "thil dang" chu an zawng chhuak
reng a, hlimna famkim leh nget tak a thlen ngei an beisei
Thlarau Pathian zawnga Amah hmuchhuak tawhte tan chuan
zawn chu a tawp ta, a chhan chu Pathian chu chu "thil dang"
.chu a ni

Pathianin malsawm che sela, thlamuanna awm rawh se

Thlarau leh Thlarau te

A tak tak leh a bulpui ber

**Thlarau, thlarau, ro hlu zawngtu goblin,
dawithiam, ruang ei thin ghou, leh vampire
chungchang thawnthu leh thawnthu chi hrang hrang a
awm a Tin, heng thilsiamte nena inhmuhna nei nia
inchhal hi an tlem lo hle**

**Of the many cases I encountered, most involved
individuals suffering with severe mental
hallucinations Chutiang hmeichhe pakhat chuan
thisen chhuak, hremhmun thilsiam chungchang
lehkhabu a chhiar a, a hallucinations te chu a Chiang
em em a, zan tin ghou pakhatin a thisen a hip tih a
hria a Min tlawh apiangin a dam leh thin a, mahse zan
lama mipa rilru put hmang ngaihtuahna chu a rilruah
a zung kai reng a, a chhan chu natna chu a lo lang leh
dawn a ni She.. ..
.. .. a hun
hmain a thi a, amah ngei pawhin a rilru a buai em em
a ni**

**Kum zabi 16-naah khan dawithiam rinna hi a hluar
hle a, dawithiam nia rinhlelh mi za tam tak chu
Diabola nena inzawmna neia puh an ni a, chuvang
chuan Joan of Arc chu dawithiam anga ngaih a nih
avangin tiangah an khih a, tiangah an hal a ni**

**Khawvel dang, ethereal realm, he universe hnung
lama thup a awm A mi chengte hi ênga siam planetary
form-ah an inkhung hran a ni Heng thil nung, a nih loh
leh "thlarau" te hi kan mit hmuh theih loh an ni a, an
khawvelah hian kan inkhung tlat tlangpui a, kan taksa
khawvelah hian kan inkhung tlat ang bawkin
Planetary realm-a cheng misualte tan chuan kan
leilung plane hi an luhchilh awlsam a nih
chuan.. ..
.. .. keini, hlauhna leh
hlauhna chatuan atan kan nung ang**

Kan ram hian thil raphlak leh hlauhawm a nei tling tawh a ni Pathian hian kan hrehawm tawrhnaah hian thlarau leh ramhuai inrawlhna hi a belhchhah duh lo ngei ang!

Mahse, planetary being thenkhat, wandering spirits tia hriat an awm Hêng thlaraute hi Leiah hian inzawmna nghet tak leh mihring taksa pakhata luh duhna hmanga inbuntir an ni a, chu chu an duhzawng hlimna atana lirthei atan an hmang a ni Heng thilsiamte hi a tlangpuiin hmuh theih loh an ni a, mi pangngai chungawng nei thei thiltihtheihna an nei lo A chang chuan, thlarau sualte chuan mi taksa leh rilruah lutin an luah hlawhtling thin Hei hi chu mi chu rilru lama a awm lai chauhvinn a thleng thin unbalanced, an rilru chu hnathawh loh emaw, ngaihtuah lo emawa awmtir a nih chuan, mi pakhatin an car chhunga chabi awm lovin khar lohvin a hnutchhiah ang maiin Chutiang a nih chuan, vagrant pakhat chu car chhungah a lut a, a tlanbo mai thei

Thlarau vakvai chu thihna avanga an taksa hloh tawh, mahse anmahniah thuk taka innghat tlat thlarau te an ni Chuvangin, an thil tum tihhlawhtlin nan tu taksa pawh hmang tangkai turin kawng engkimah an bei thin Vanneihthlak takin thlarau vakvai te hian thlarau lam ngaihtuahna leh hriatna ri nasa tak chu an tuar thei lo beings Pathian chu Thlarau chungnung ber a ni si a, eng thlarau sual pawh ni se, Pathian hmangaihtu leh Amah ngaihtuah rengtute chu a tichhe thei lo

Planetary beings nihna hrethiam tur chuan keimahni kan inhriatthiam hmasak a ngai Pathianin min siam lai khan consciousness angin min siam hmasa ber a, engkim huapzo rilru atang hian min siam a, he thlirna atang hian rilru lam thilsiam kan ni ber a, thil thar i siam hian i rilruah a model i

ngaihtuah hmasak ber tur a ni tih hi a dik lo em ni?
Tichuan thil tulte chu i khawl khawm a, a tawpah
chuan chu ngaihtuahna chu i nung tir ta a Hei hi kan
siam dan leh thilsiam zawng zawng awm danah pawh
a hman theih Nature pathum kan nei a: rilru lam thil
(ngaihtuahna), ethereal nature (thil siam thil), leh
taksa lam thil (the dense product)

Taksa taksa hi element 16 atanga siam a ni Mahse
heng chemical substance of material elements te hi
an inzawm khawm a, taksa hi rilru hmanrua atan an
siam dan hi mak a ti tak zet a ni!

Mi thenkhat chuan kum tin car thar lei an duh
Mahse an taksa model hlui chu kum sawmruk, kum
sawmsarih, a aia tam pawh vawng reng turin an nawr
lui tlat! Taksa a lo chau tawh pawhin Pathianin, "A
tawh tawh! He taksa a\ang hian min thlah rawh!"
Tichuan, chu mi chu an taksa chhe mek atang chuan
êng leh chakna hmanga siam ethereal body-ah a
inhmu ta a, an taksa thar hmanga hriatna, hmuh
theihna leh khawih theihna an neih thu leh ruh
tihchhiat tur leh tisa tihchhiat tur an neih loh thu an
hmuh chuan an lawm hle a ni

Mi a thih chuan an taksa taksa chu a chhe vek a,
mahse an planetary taksa chu a pum puin a dinhmun
hmasaah a awm reng thung

Khawiah nge Leilung chhuahsan thlarau te kha an
awm? They roam the ether "Chu chu thil theih loh a
ni," i ti mai thei a, mahse he tehkhin thu hi han siam
ila:

Primitive tribe member pakhat hnenah music hi
ether-ah a awm a, lak chhuah leh hriat theih a ni tih
ka hrih chuan min nuihzat ang a, a nih loh leh an
hlauthawng pawh a ni mai thei Mahse radio ka rawn
ken a, music leh hla tichhuaktu station-ah ka tuned a
nih chuan ka thusawi chu an hnial thei lo ang

Chutiang bawkin, midangte hnenah extraterrestrial beings-te chuan ether an paltlang tih ka lantir thei a, chu chu hnial turin thiltihtheihna an nei lo ang The extraterrestrial khawvel chu hetah hian a awm a, physical universe-a dense vibrations piah lamah a awm a ni

Mite chuan an chhehvela ether-a planet-a thil nung tam tak awmte hi hmu thei ta se, mi tam tak chu hlauhna a man ang a, thenkhat chuan an hmangaih kal tawhte chu zawn an tum ang

Thlarau mit lam thuk taka i ngaihtuah chuan, chhungril lam hmuhna hmangin, ethereal ram lama kal tawh thlarau zawng zawngte chenna khawvel êng tak chu i hre thei ang Mihringah hian thinlung chu dawngtu angin a thawk a, thlarau mit chuan êng a thawn chhuak I hmangaih boral tawhte i hmu thei lo a nih pawhin, muangchangin i rilru put hmang chu thinlungah i dah a nih chuan, i hmangaih tak takte awmna chu i hre thei ang taksa eng tak tak, tisa taksa saltanna atanga zalenna hlim taka hmang thin

Planetary being tam tak Lei plane chhuahsan tawh ka hmu a, mahse min hmu thei lo an hmuh theih turin ka insiam lo, mahse ka duh chuan ka hmu thei

Chuvangin, thih hunah taksa kan chhuahsan hian kan zalen vek lo Kan thlarau chu thil fiah lo pahnih: planetary (energy body) leh causal (thought body)-ah hian a inkhuh tlat a ni.

Mihringin taksa pianphung a neih hian he khawvelah hian hmuh theih thil a lo ni ta a, a taksa a thih hnuah pawh planetary khawvelah hian "thlarau" angin a awm reng a, chu chu hmuh theih loh thilsiam, rilru lama theihna leh leia a awm chhunga a danglamna rilru leh mizia ang bawka pek angin a awm reng a ni

Planetary khawvela chengte hian an taksa eng takah chuan an inhmu thei tih chu a Chiang a, mahse planetary beings te hi thlarau mit hmanga planetary khawvel chhunga luh dan kan hriat loh chuan Leiah hian kan hmu thei lo tlangpui hmuh theih loh

Thlaraute chu tisa duhna a\anga an chhuah chuan Leiah hian taksaah insiam leh a ngai tawh lo Hêng thlaraute hian chutah chuan planetary realm leh causal paradise inkarah an kal a, chu dinhmun a\anga thlarau lam zalenna pawh a lo thlen hma loh chuan planetary plane-ah chuan tisaah an insiam chhonzawm zel a, chu dinhmun a\anga thlarau lam zalenna pawh a lo thlen chuan Causal duhna zawng zawng a tawp chuan mimal chu a zalen tak zet a, a nih loh leh thlarau zalên tak a lo ni ta a ni

Thlarau kalsan tawh chuan a leia awm a\anga duhna tihhlawhtlin loh a la neih chuan, chu duhna chu planetary realm-ah a hre chhonzawm zel ang a, taksa taksaah a inlan chhuah a duh ang Chutiang chuan, chu thlarau chu, a planetary taksa nen, sperm leh egg atanga siam cell (sperm cell)-ah a hruai kir leh a, nau piang thar angin a piang leh ta a ni

Mi pakhatin taksa lama tlakchhamna eng pawh chu a mah chauhvanga awm reng tur anga sawi chu a finthlak lo hle a, he nunah hian mi pakhatin kut pakhat a hloh a, chu hlohna ngaihtuahna chu a hriatnaah a zung kai ta se, chu chu a hmang leh thei tawh lovang tih a inhriat tir ta a, Piantharna an neih hunah chuan, chu kut bo tawh hriatna chu anmahni nen an rawn keng tel ang He ngaihtuahna tha lo hi a chak tawh a nih chuan, chu hriatna vital activity siam chhuahna hnathawh chu a tikhawtlai thei a ni taksa thar kut a siam Chuvangin mi chuan taksa taksa famkim lohna leh tlin lohna hmangin a inhriatfiah ngai

**lo tur a ni Chutiang tihkhawtlai chu Pathian lem
thianghlim leh famkim tak thlarau lam a ni lo**

**Chutiang chuan taksa pianphung i neih hma khan
thlarau i ni tih i hmu a, thih hunah chuan vawi khat
chu thlarau nihnaah i kir leh ang Kan mut lai pawhin
thlarau kan ni a, a chhan chu mut lai hian taksa taksa
angin kan inhriat lo tak zet a ni Chuvangin, i mut laiin
thlarau i nih avangin, thih hnuah thlarau i ni dawn a,
engvangin nge thlaraute hian an hlah ang? Hei hi i
nih tawhna chu a ni—thlarau—leh i ni reng bawh ang—
chu chu chatuan atan i ni ang**

**A danglamna awm chhun chu thih huna planetary
realm-a i luh hian tuna i neih ang taksa taksa hi
duhthusamin i siam thei lo Siamtu Chungnung ber
nena inpumkhat tawh Pu Ropuite chauhvin an ti thei
Thlarau lama hmasawn thlaraute chuan planetary
vehicle vibration fiah lo tak takte chu taksa tak takah
an siam thei a ni**

**Thihna kan hlah chhan chu hrehawmna leh
tihboralna ngaihtuahna avang hian Chu chu ngaihdan
dik lo tak a ni Isua Krista chuan a thih hnuah taksa
pianphungah a zirtirte hnenah a inpuang Lahiri
Mahasaya chu a thih hnu ni khatah tisa leh thisenin a
lo kir leh a An boral lo tih kan lantir tawh a ni**

**(Tin, tirhkoh chuan, “In zingah mumang lama
thudik ber chu thusawiah a dik ber a ni” a ti bawh a,
“Tupawh mumang a min hmu apiang chu a takin min
hmu ang mai a ni”) a ti bawh.**

**Thlarau lam pole case hi a tlem hle laiin, an
thusawi chu a dik lo tih erawh sawi tur a ni lo**

**Keimah ngei pawhin ka zirtirtu, Sri Yuktsuwar, a
thih hnu thla thum vel a kaihtawh chu ka hmu a (He
site-ah hian Spiritual Worlds: Its Reality and Nature
en rawh)**

Finna bu thianghlimte chuan Mihring thlarau chu a bul berah chuan Pathian thlarau lantîrna a ni tih a sawi a, thihna hrehawmna emaw, pianpui hrehawmna emaw a tawng ngai lo va, a awmna chu awmna ngei pawh a tuar chhung chuan chatuan a ni He thlarau hi chatuan atan a nung a, a danglam lo va, boralnain a khawih lo va, boralnain a nghawng lo

Vawi tam tak, hla taka awm zirtir damlo pakhat chuan a inpekna leh hmangaihna chakna hmangin ka planetary taksa chu a hnenah a hruai a Chutiang thil pakhat chu hetah hian zirtir Seva Devi nen a thleng a Zirtir inpekna danglam tak a ni Vawikhat chu, a damlo nasa hle a, mahse mi zawng zawng lakah thup takin a vawng tlat a Damdawi in-a ka tlawh lai khan, "Khawngaihin Pathian hnenah he taksaah hian min awmtir tawh lo turin ngen rawh" a ti a.

A hnuah Pacific tuipui kama Encinitas hermitage-ah ka kir leh a, zing khat chu Seva Devi-i planetary vibration langtlang tak chu ka hre nghal a, a inpekna leh thlarau lam hmangaihna hmangin ka ethereal taksa chu a hnenah a hruai nghal a Instantly, my physical body froze, as if life had departed from it I was later told that Seva Devi was suddenly au, "Swamaji is here!" ka taksa a chhuahsan hma lawk hian, khawvel danga min hruai ka nih thu a hriat chian em avangin

A hnuah chuan a taksa chu a eng chhuak a, ka class pakhatah a thu a, a dam chhunga a lo lang ang bawkin chutih lai chuan mi pakhatin min khawih ta se, anni pawhin an hmu thei ngei ang, chutiang thlarau lam hriatna dinhmuna dingte chuan midang khawih phal lo mah se

Thihna kawngkhar kan pel a, vawi tam tak nunna kan lo kir leh tawh a, chuti a nih chuan engvangin nge thihna hi kan hlauh ang? Min chhuah zalen turin a lo

**kal a ni Dik tak chuan thihna hi kan duh tur a ni lo va,
mahse chutah chuan thlamuanna kan hmu tur a ni—a
duhthusam a lo thlen hunah—harsatna hrang hrang
atanga min chhanchhuah nan**

**Mite pawhin he taksa tan inah hian hun rei tak an
awm avangin thihna an hlau a, chu chu chhuahsan an
hlau khawp mai Mahse miin hlauh chu thil âthlâk tak
a ni**

**He hmân lai taksa model hi thih thlenga kan neih
hi Pathian duhzâwng a nih avângin, kan humhalh a
ngai a, a tûl angin kan enkawl a ngai a ni**

**India ramah hian tlangval thi mai tur pakhat, a
chhehvela lungngaihna thawm leh inthenna
lungngaihna a hriat chuan a au chhuak tih chanchin a
awm a:**

**I khawngaihna au thawm hmangin ka thlarau
hmusit suh**

**Eng leh hmangaihna chatuan ram i luhchilh hunah
I dinhmun khawngaih tur che leh khawngaih tur
che chu keimah hi ka ni**

Kei erawh chu

Vawiin hnuah natna a awm tawh lo

Ruh tliak pawh ni lo

**Lungngaihna a awm lo, hrehawmna nasa tak
pawh a awm lo**

**A chhan chu hlimna ka mumang a, hlimna
tuipuiah ka inbual thin vang a ni**

Tin, hlimna ka thaw chhuak bawk

Hnathawh hun pawhsei a ni!

**Mihring hian he khawvelah hian eng nge a chung
thleng dawn tih a hre lo Hlauhna leh rilru lam
lungkhamna karah a nung a a chungah a thleng ta".**

**Thlarau lama hmasawn tam tak chuan an taksa
etheric tak chu an hmu thei a**

Etheric taksa chu thih laiin taksa taksa a chhoh emaw, a chhuahsan emaw chuan, chhuaktu chuan an taksa chu thi tawh angin a hmu He thil tawn ang chiah hi yoga thiam tak takte'n duhthusam hmanga taksa taksa an paltlang hian a thleng a, chu chuan an duh duhin an taksaah an chhuahsan leh an kir leh thei a ni Mahse, chutiang ti thei nia ring mi tam tak chuan an tisual a ni Thil tawn tur ngaihtuah mai mai hian a thleng dawn tihna a ni lo

Vawikhat chu New York-a mipa pakhat chu ka hnenah a rawn kal a, etherically (a taksa taksa atanga) a zin theih thu a sawi nghet tlat a, "Ka ngaihtuah lo; chutiang theihna chu i nei tih i suangtuah a ni" Ka ti a, mahse min test turin a nawr luih a, ka remti a, "Fine, then travel etherically and go downstairs in the happening in the restaurant down there" a ti a.

Rei vak lo chu a ngawi reng a, chutah, "Kawng dinglamah chuan grand piano a awm" a ti ta a.

A thawk leh pulse a normal avangin a suangtuah tih ka chiang

Chuvang chuan, "A lehlamah chuan, chutah chuan hmeichhe pahnih dawhkan bula thu chu i hmu ngei ang tih ka ring" Min nuihzat a Tichuan restaurant lam pan chuan kan kal dun a, a sir lamah chuan piano a awm lo, dawhkan bulah hmeichhe pahnih chauh an thu A tawpah chuan kan thianpa chuan a fantasy-in a bum tih a hrethiam ta a ni

Ka esoteric planetary vision-ah hian thil rapthlak tak tak ka hmu fo thin a, mahse ka tan chuan movie ang maiin a lang Khawvel hi min tihlim tur a ni a, min tihduhdah emaw tihbuai emaw tur a ni lo Tin Pathian Engkimtitheia chuan A thil siam drama chu rin loh takin a buaithlak a, thil tha leh tha lo inhnialna nen a khat a ni

**Kan thlarau lam nihna thup hrethiam turin kan
inzirtir tur a ni Mahse hei hi thil theih loh a ni a, kan
ngaihtuahna chu tisa taksaah kan inkhung reng reng
chhung chuan Thilsiam thila kan buai reng hian thil
neih duhna min siam a, kan thlarau lam duhthusamte
a titawp a Pathian chu kan nunah ngaihtuah
pawimawh ber atan kan siam tur a ni Kan nunah
ngaihtuah tur pawimawh ber kan siam tur a ni Amah
hi dinhmun pahnihnaah kan dah a nih chuan kan
hnenah a lo kal lo vang, kan hre lo vang Khawvel
thlemnate hi a tam hle a, ever-present Thlarau lam
thil duhtute chuan an duhzawng chu an tichak a,
thlemna ramngaw zau tak karah chuan ram him leh
thlamuang tak thleng turin an kawng an siam a ngai a
ni**

**Ethereal planetary ascent hi mi pakhatin thlarau
lam hlimna thuk tak state-a a luh chauhvin hriatna
neiin a tawng thei a, a hriatna chu hriatna sang
zawkah a tizau a, an thlarau mit hmang hian space-a
point eng pawh, he khawvelah emaw, ethereal realm-
ah emaw pawh ni se, hun leh hmun huam chin pawh
an paltlang thei bawh Thlarau lama hmasawn mimal
thenkhat chuan an hriatthiam theihna an nei a ni
ethereal and even physical bodies into any location
He dinhmun hi bilocation, a nih loh leh dual presence
an ti a, chutah chuan hmun hnih emaw a aia tam
emaw a rualin a awm thei He dinhmunah hian taksa
taksa chu suspended animation state-ah a awm a, chu
chu trance ang chi a ni Master chuan thlarau lam
hlimna sang ber (Pathian hriatna stage) a thlen chuan
an hnathawh zawng zawng chu a pangngaiin an thawk
thei a, rapture dinhmun thianghlim takah an inhnim
pil thei bawh**

**Pathiana inhumhimna zawngtu chu tu mahin an
tichhe thei lo va, Pathian a rin a, a kaihhruaina a**

**vawn tlat chhung chuan hlah tur a nei lo Mahse miin
a rilruah ngaihtuahna tha lo a rawn luhtir a, tu
emawin a tihnat tum nia a rin chuan chu mi chu
chutiang ti thei turin thiltihtheihna a pe a ni**

**Miin ngaihtuahna dik lo a rawn thawh che hi han
mitthla teh, i pawm chuan rinhlelh rual lohvin i tichhe
dawn a ni Mahse ngaihtuahna sual hnawl theihna
thiltihtheihna i nei a, rilru lama chak lo i nih loh chuan
tumahin an nghawng thei lo che a ni Hlahna leh rilru
khar chuan thil tha lo a loh phalsak a Mahse, "Pathian
chu ka hnenah a awm a, min humhim a ni," tiin i
inhriat chian hunah chuan, mi dangte ngaihtuahna a\
angin thil \ha chauh a lo thleng ang Even if miin
ngaihtuahna sual a rawn thawh che a, a thleng lovang
che; chu ai chuan, a thawntu chungah an rawn let leh
ang a, a hriat leh hriat loh zawngin an tichhe ang
Pathian nen in hual la, A hming malsawm, khawvel
pum huapa thiltihtheihna chak ber, inhumhimna
zawng rawh sualna, thu dik lo, leh inngaihluhna thal
zawng zawngte a tihchhiat theihna tur kulh loh theih
loh a ni a, chuta tang chuan ngaihtuahna tha lo zawng
zawng chu a chhuahna leh a bul tanna lam pan leh
hnawhchhuah a ni!**

**Thlarau vakvai leh thlarau vakvai chaknate,
emaw, black magic hmangtute emaw ngaihsak suh
Nunna hmunah hian khawvel chakna ropui leh awm
reng tam tak a awm a, a tha leh tha lo inkara khawvel
indona a awm a Mahse, an rinna leh thil tum tha ang
zela thil ti thin ringtu thinlung tak takte tan chuan
hlahna a awm lo, a tawpah chuan thil thain a hneh
dawn si a**

**He khawvel hi hmuh theih loh thilsiam leh
chaknain a thunun a ni: Pathian, a zawlneite leh a mi
thianghlimte chu a sir khatah, leh Setana, a
rawngbawltute leh a pawl sualte chu a sir lehlamah**

chuan Pathian leh a vantirhkohte leh Setana leh a
thiante inkara inhnialna nasa tak a awm a The
problem cannot be dismissed as mere illusion Setana
awm lo se chuan a lakah Pathian tanpuina kan zawng
lovang Sual hi a awm a, a awm ngei ngei tur a ni
kawng leh hmanraw zawng zawng hmanga dodal a ni

Pathianin mihringte a siam lai khan Setana a siam
bawh Setana, a bumna chakna hmangin, mi fiah turin
a awm Mei hian thir a hmin loh chuan, thir chu
hammer emaw siam theih a ni lo Chuvangin natna
emaw, natna emaw a lo thlen chuan, fiahna paltlang
tur a ni tih hre reng ang che Chutiang fiahna avanga
phunnawi lo la, lungngai suh Thlarau ropui tam tak
chu natna rapthlak tak tak avanga boral tawh leh
hrehawm tawrhna nasa tak tuar tawh thenkhat an ni
chak lohna nasa tak tuar chung pawhin an rinna chu
an vawng reng a, lungawi takin ropuina sang ber
thlengin an kal ta a ni

Kan planet Lei hi mihring tamna hmun pakhat a ni
He Lei ai hian teh theih loh khawpa tha zawh khawvel
a awm a, chu chu harsatna leh harsatna chi hrang
hrangin a khat a ni Mahse, Pathian chuan a
khawngaihna min theihnghilh lo va; chu ai chuan,
kan hrehawm tawrhna leh kan kawng daltu daltu te
hneh turin kawng tam takin min puih a tum zawh a ni

Pathian, a vântirhkohte leh thlarau \ha maktaduai
tam takte chuan Leiah hian inremna thianghlim tak
din tumin an bei a, Mizia \ha leh hlâwkna zawng
zawng hi thlarau \ha a\anga lo chhuak a ni a, Thlarau \
hate chuan kan rilru leilungah ngaihtuahna \ha leh
tum \ha chi an tuh \hin avangin, chutih rual chuan
thim lai—Setana chuan—a thlarau sual zuitute \
anpuinain, buaina leh buaina a siam \hin khawvel
Setana tih loh chu Tuin nge natna hrik siam? Hripui
chi hrang hrang, chumi hnuah TB, leh hrehawmna

thihna thlen thei dang, cancer leh thil dangte a rawn
chhuahtir a—chu zawng zawng chu mihringte
tihduhdahna atana ramhuai hmanraw hman a ni a
Mahse Pathian chuan zirchiangtu tam tak chu natna
tihbo dan tur kawng thar leh hlawkthlak tak tak
ngaihtuah turin a fuih a ni

Sexual pleasure is a bumna counterpart to divine
bliss

Thlarau lam hlimna aiah Diabola siam trinity dik lo
a awm Chu trinity chu thunun theih loh duhna, zu
duhna leh sum duhna a ni

Adama leh Evi-i'n mipat hmeichhiatna lama
hriatna an tawn khan Paradis a\angin an tlu a, thlarau
lam hlim taka Pathian nena inpumkhatna an tawn
theihna tura phalsaktu Pathian hriatna chu an hloh ta
a, chuvang chuan Eden huan a\angin hnawhchhuah an
ni ta a, chuta tang chuan mihringte chu mipat
hmeichhiatna lama piang chhuak turin an nawr lui ta
a, thilsiam dang zawng zawng ang bawkin Hmeichhia
chuan kawng hrehawm leh harsa takin nau a pai
hnuah, a pasal leh nupui an neih chu pawm tur a ni Fa
mahni hmasial leh tlin lohna nei an neih chuan enkawl
an phut a ni A tir lamah chuan ngaihtuahna
thiltihtheihna hmanga an duh zawng siam theihna
thiltihtheihna an nei a, Pathianin a tih ang bawkin chu
sual lohna ni hmasa berte chu Malsawm ni rawh se
Dik tak chuan, ni hlim leh ropui tak an ni

Tin, heng zawng zawng hnu hian a tawpah chuan
Setana ngei pawh hi Pathian kuta hmanruaah a lo
chang dawn a ni Setana hian mihringte hnena a
thutiamte a hlen lo va, chuvangin, lungngai leh
beidawngte chuan tanpuina dil leh an beiseina hlen
chhuah tumin Lalpa rinawm hnenah an pan thin

**Mahse Pathian lam hawi tura min fuihtu tur
beidawnna nghah a ngai lo Kan artui zawng zawng hi
bawm khatah kan dah vek tur a ni lo**

**Hlimna kan beiseina chu taksa bawm chhe thei lo
leh hun rei lote chhunga khawvel nawmsaknaah kan
khung tur a ni lo**

**Ka thiante u, kan ngaihtuahna tha hmanga
Pathian aw min biak hi i ngaithla ang u Pathian, a
zawlneite leh a vantirhkoh thlarau te hian heng
ngaihtuahna ropui tak takte hi Setana leh a
rawngbawltute hian anmahni anpuin ngaihtuahna leh
thlemna an siam a ni**

**Ngaihtuahna sualin i rilru a rawn paltlang
apiangin, inchhir lovin hnawtchhuak la, Diabola chuan
i chungah a thununna a nei thei tawh lo vang a, a
tiche thei tawh lo vang che, i ngaihtuah dik loh lai
tak hian Diabola bulah chuan ke pen khatin i hnaih
tawh tih hre reng ang che**

**Mihring hi a che reng a, thil tha leh tha lo inkarah
a kal leh chhuak thin**

**He shuttle diplomacy tlanbo tur hian Diabola kut
leh a hnungzuitute thlen theih lohna hmunah kal a
ngai Pathian thinlungah , remna i chungah awm rawh
se**

Thil danglam karah rilru inthlahna

Khawthlang mite chuan taksa hahdamna an ngai
pawimawh A Khua a lum lutuk chuan khaw lum loh vangin
an tuar a, a vawt lutuk chuan artificial heating a awm loh
avangin hrehawmna an nei thin Mahse India zirtirtuten
philosophy danglam tak an pe chhuak thin An sawi dan
chuan lum leh vawt, nuam leh hrehawmna laka sensitivity
chu bumtu hriatna (deceptive senses) ngaihdan dik lo leh mi
pakhat atanga lo chhuak a ni an ti engagement with and
response to their endless demands Mahse, mi fing chu

hriatnate man atanga tlanchnhuak a, thil pahnih awm zawng
zawng paltlangtu a ni

Ngaihtuahtu ropui tak takte chuan taksa tichhe thei
khawpa inthunun tur a ni tih an rawt lo va, chu ai chuan,
khaw lum emaw, khaw lum emaw chu tuar theih loh a nih
hunah rilru lama lum leh vawt hriatna ata chhuah zalen a,
chutih rual chuan chu dinhmun atana damdawi dik tak
zawng turin an fuih zawk a ni

Gita chuan heti hian a sawi : “Tihring nawmnain a
phuarte chuan ngaihtuahna atana mamawh rilru inthlauhna
chu an nei thei lo va, Samadhi thlarau lam hlimna hlimna
.hmangin Pathian nen pawh an inzawm thei lo” a ti
Miin rilru lama hriatna lama harsatna a\anga a
inhnukdawk theih chuan chhungril thlamuanna a nei a,
hriatna lo thleng leh kal zelte’n a nghawng loh avangin,
thlarau thlamuanna pawimawh tak, danglam thei lo chu an
pholang a Chu hriatna nghet tak, inthlak danglam thei loah
chuan, thil awmze nei lo, tawp nei lo leh danglam thei lo nen
chuan pumkhat an lo ni ta a ni

A passive response to all bodily sensations disturbs both
the mind and the soul Thlarau a tihbuai chuan mi pakhatin
an nihna dik tak a hloh a, chu chu thlamuanna a ni Pathian
chu Leilung hmun lum leh vawt ber berteah a awm a Arctic
leh Empty Quarter-ah a awm a, A leia thilsiam boruak leh
lumna nasa takin a nghawng lo Mihring, A hmêl anga siamte
chuan an bei tur a ni a nungchang entawn turin Pathianin he
taksaah hian min dah a, lum leh vawt, hlimna leh
hrehawmna hnuaia awm, mahse heng pahnihnate hi rilru
inthlau tak nena thlir turin min duh a ni Duality chi hrang
hrang aia sang zawka tho turin min duh a ni Ngaihtuah lohna
emaw, hmalam hun thlirna nei lo emaw lovin chakna leh
tuarchhelna kan neih a ngai A lumna leh vawt lutuk kan
pumpelh theih loh hunah chuan kan rilru chu an lakah kan
inthiarfihtmlim tur a ni The more effort we make to do this, the
more rilru chuan a zalên a, chutiang chuan duh loh zawng

hriatna chuan kan hriatna emaw, kan rilru put hmang emaw
chu a ṭha lo zawngin a nghawng thei lo
Vun chunglam hian khawih a hre lo; heng sensations te
hi thluaka process a ni Mi pakhat chuan rilru hmangin a tem
thei, a khawih thei, a rim a hriat theih, a hre thei chauh a, a
hmu thei Lei chung lamah chuan thlum kan tawng thei niin a
lang a, mahse a takah chuan thluak hian chu thlum chu a
register thin Chutiang bawkin, taksa peng pakhat a hliam
chuan natna chu a bul berah chuan rilruah a awm a, a
nghawng taksaah ni lovin Natna hriat theihna tur mechanism
pahnih kan nei a: nerve leh the brainstem Sensation occurs
when the brain allows communication between the nerve
and the brainstem Thluak hian natna a hriat loh chuan natna
a awm lo Hei hi Indian master ropui tak takte thil
hmuhchhuah mak tak a ni Mi pakhat chu chloroform emaw
anesthetic emaw in a tihbuai hian a na lo a, a chhan chu a
hriatnate chu thluak a thlen loh avangin At the nerve
endings are tiny hairs through which pain signals are thluaka
thawn chhuah Anesthetic hian heng natna signal te hi a
thawn darh thei lo
Thluak hi rilru hriatna peng a ni a, taksa hriatna zawng
zawngte chu nerve leh thluak ngei hmangin a hnenah a kai
darh thin Rilru chu thluak nen a inzawm tlat avangin heng
hriatnate hi a dawng a, a hrilhfiash thin Ngaihtuah \ha taka
tihchak rilru chu nuam tihna leh hrehawmna hriatnain a
nghawng tlem zawk a ni Heng hriatnate hi a hre Chiang a,
mahse a phuar lo
Mihringte chu an taksa humhim turin sensation pek an
ni a, chutiang a awm loh chuan mi pakhatin a hriat lohvin
hliam na tak emaw, kang emaw a tuar thei a ni Rannungte
hian he theihna hi an nei lo va, chuvangin an natna hriatna
chu a langsar lo hle a chutiang a nih loh chuan, thah leh talh
dan thenkhat hmanga an chung a tihduhdahna chu tuar theih
loh a ni ang Entîr nân, crab-te chu an la dam laiin tui lum
!takah an paih a ni

Natna leh nuam tihna te hi rilru siam chhuah a nih
avangin taksa natna hi rilru thununna hmanga tihziaawm
theih a ni Tichuan, natna hre lovin dinhmun pangngai lo
chhinchhiaahna angin hriatna a tawng thei The Bhagavad Gita
addresses this in greater depth Hypersensitivity to either
pleasure or pain intensifies their effects, while reduced
sensitivity makes one less affected by pain and less
enslaved by sensory pleasures Ka taksa leh rilru chu stimuli
laka sensitive lo turin ka zirtir a, sensory distractions atanga
fihlim ka inhmu a He training hi senses leh an thil phut tawp
nei lote man atanga zalenna kawng a ni
Doctor pakhat chuan rilru lama chakna nasa tak a nei a,
chu chuan amah ngei pawhin operation hlauhawm tak a ti
thei ta a ni! Dik tak chuan taksa inzawmna bawih rilru tan
chuan hei hi thil theih a ni lo Mahse training a nih chuan rilru
chu rintlak takin a chak thei a Miin a rilru a zirtir leh a
tihthianghlim tam poh leh a chungah thununna a nei thei
zawh Naupang chhe tawh chu harsatna tlemte pawhin a ti
lungngai hle a, chutih laiin, chhelna leh tuar thiamna lama
zirtir naupang erawh chu natna khirh tak a\ang pawhin a
rilru a buai emaw, a inhnukdawh emaw \hin hliam tuar a ni
Hemi kawngah hian India ram hotu ropui tak takte'n an
rawt training dan chu West India-a thlarau lam zirtirtuten an
zirtirte zirtirna nen a danglam vek a, taksa leh a hriatnate
saltanna atanga zalenna nei vek turin an zirtir The comforts
developed in the West encourage indulgence of the body,
and as a result, the efforted in developing mental faculties is
minimal and negligible In India, we learn (in the retreats of
our guides) how to nip the power of the senses in the bud so
that we do not become enslaved by them Bihar-a Ranchi-a
ka sikulah chuan naupang tête chu lei khauh takah chuan
khum te tak teah kan mut tir thin a, taksa leh rilru lamah
pawh hrisel leh chak takin an lo seilian a ni
Westerners are accustomed to many external means of
relaxation and restful sleep India ramah chuan ngaihtuahna

senna atan sand lum chungah kan thu thin Zawi zawiin
nilengin khaw lum takah kan thu thei a, khaw lum takah
pawh kan thu thei bawh He training avang hian engmahin ka
hriatna a tibuai thei lo va, a nghawng thei lo bawh Ka rilru
chu ka hriatna atanga ka inzawm loh chuan engmahin min
tibuai lo tak zet a ni

Kum tam tak kalta khan khaw lum chu tuar theih loh
khawpin a lum a, mi zawng zawng chu an thaw chhuak vek
Rilru inpawlina hmangin an lungawi lohna chu ka hnenah a
transfer a, ka ngaihtuahna ka seng thei lo va, article ka zia
thei lo a, chutah chuan keimah leh keimah ka sawisel a,
"Engvangin nge heng zawng zawng hi?".. tiin. Pathian
hnenah a tawngtai a

Aw Lalpa, electric ang bawh hian oven-ah lumna a siam"

"!a, refrigerator-ah ice a siam bawh Chuvangin khaw lum a ni

Chutah chuan boruak chu ka tan chuan a nuam ta hle
mai, vur layer-in ka taksa a hual vel ang maiin, nasa takin ka
infuih tan a, harsatna awm lovin ka zia ta a ni

Vawikhat chu, kum tam tak kalta khan, open-top car-ah
mahni inhriatthiamna zirlai naupang pawl pakhat nen cross-
state road trip-ah kan kal a, chung zinga pakhat chu ka
secretary a ni Amah nen chuan car chhungah chuan kan
muhil a, blanket te tak te kan insem Zan chu a vawt hle Ka
mut chak lai chuan ka blanket chu min la chhuak a, ka harh
chanve lai chuan ka hriat lohvin blanket chu ka la chhuak ta
a

ni!... ..

... .. Hetiang hian rei vak lo chu a kal zel a
Tichuan ka rilru chuan, "Engvangin nge hetiang hian i che?

"!Engkim a tha vek I lum

Tichuan, puan chu ka paih a, ka thu a, ka taksa chu
chhangphut ang maia lum a nih thlengin ka ngaihtuah tan ta
a Zirtirte chu darkar hnih hnuah, khawsik avanga khur
chhuakin, che thei lovin min hmu ta a, hlimna thianghlim
takah ka bo ta a, ka thi tawh nia inhriain, an au thawm

hmangin ka thlarau lam rapture atang chuan min kaihawh
an tum a Mahse ka nui suk a, "Engvangin nge all the."
thawm, tlangvalte? Kan kal zel ang u" An nawrh huaihawt a,
"Coat leh blanket ha lovin khaw lum takah in thu a ni!"
!Mahse, khawsik ka nei lo Keimah chauh hi ka lum a ni
Tih tur chu rilru chu a tha zawka awm tura zirtir hi a ni
Khawsik i kai lovang tih i thutlukna i siam chuan, i man
theihna a tlahniam ang Rilru pawh hi hrehawmna hneh turin
zirtir tur a ni Rilru hriatna hian natna a tizau a, hrehawmna
tihpun chuan mahni chhunga Pathian lem—chu milem
thianghlim leh hneh theih loh chu theihnghilh tihna a ni
Hmanlai India mi finge chuan mi pakhatah hian kum
thum a nih atangin tih dan zawng zawng hi a lo piang tan
thin tih an sawi thin Hêng nungchangte hi rilru fim takah
zung kaih leh zung kaih thuk tak a lo nih tawh chuan
tihdanglam a harsa hle a ni I chhungte leh i chhehvelin i
rilruah i duh leh duh loh i tuh a nih chuan, heng ngaihdan te
hi dam chhungin i thinlungah a awm reng thei Ka zirtirtu fing
Sri Yuktiswar hnen atanga ka zir hmasak ber chu hneh hi a ni
psychological impulses related to sensations Training nei
tura a hnena ka kal hmasak ber tum khan khaw lum laiin
blanket lum ka hmang lo a nih chuan khawsik ka nei thin
Mahse ka zirtirtu chuan he rilru put hmang hi hneh turin ka
rilru thiltihtheihna hman dan min zirtir a Chumi avang chuan
ka naupan lai atanga master training ka dawn thlenga min
!tibuaite khawsik atang chuan ka chhuah zalen ta a ni
Mi thenkhat chuan chhan chauh kan rinchan tur a ni an
ti Mi thenkhat chuan kan hriatna kan tihlawhtling tur niin an
ngai Both positions are extreme
Theory pakhat sawi dan chuan, taksa hriselna leh hrisel
lohma enfiah nan damdawi lam checkup neih fo hi a tha a, a
hun hunah i car enfiah tir ang bawkin Hei hian awmzia a nei
Mahse mihringte hi machine kan ni lo I rilru hriselna chu i
taksa dinhmun a inngat a nih chuan, a hma emaw a hnu
emaw chuan rilru chu taksa mamawhna salah a lo chang ang

a, damdawi chi hrang hrang leh zat zawng zawng leh taksa
enkawl na dangte chu a pe chhuak ang ineffective Hei hian
natna ti hdam theih loh kan tawrh chhan a sawifiah a, taksa
chak lohna chu rilruin taksa neitu nih a duh loh avangin a
zung a kai ta a ni

Moderation hi a tir lamah a tha ber Hliam tenau i tuar a,
iodine tlem tal i hnawih a, mahse damdawiah innghah vek lo
la, zawi zawiin a chhanah i innghah leh zual theih hma loh
chuan fimkhur dan tur dik tak leh dik tak la rawh Zirtirtu
ropui tak takte ngei pawhin Pathian siam thlai leh chemical
atanga siam damdawi an hmang thin Damdawi leh damdawi
te hi thlarau lam zirtirtu tan chuan thil pawimawh tak a ni lo
va, Pathian thiltih theih nain a hnathawh dan a lantir nan
kawng chhiar sen loh hmangin, a chang chuan damdawi
inbuatsaihna thenkhat hman an thlang mai thei Eng pawh ni
se, hnehna chu ngaihtuahna thiltih theih naah a awm
Damdawi zawng zawng tel lovin nghawng tha lo nei lovin i ti
thei tih rinna nghet tak i neih chuan hnehna i chang a, taksa
chungah thuneihna i nei ta a ni

Vawikhat chu zirtirtu pakhat chuan a kut a tikehsawm a,
enkawl a phalsak a, bandage a vuahsak a, accident a thlen
hnu lawkah mi hausa pakhatin a rawn tlawh a, zirlai
hlauthawng tak takte chuan zirtirtu kut chu hruihrual (a
kawngah a inngahat) a hmuh chuan tlawhtu chu a beidawng
ang tih an ngaihtuah a, Zirtirtu chuan tlawhtu hnenah chuan,
"I hmuh angin ka kut a tliak a , ka na a ni The students
imagine that upon seeing my broken arm, Pathianin min
kalsan tawh a, min ngaihsak tawh lo tih i ngaihtuah ang
."Anmahni ngaihsak suh

Vawi khat dang chu, chu zirtirtu vek chuan Pathian
hnenah hla a sa a, rapture ropui tak neiin a bula lungalhthei
eng hring hring chungah a tla a, chutih rualin, a sa
chhunzawm zel a Zirlaite chuan an han chawi kai a, meikhu
nung thenkhat chu a hnungzang ah a inngahat a, a tisa chu a
kang ta tih an hmuchhuak a he buaina zawng zawng ai hian

coals chu la chhuak rawh!" Eng hrehawmna pawh a
phunnawi lo Hei hi zirtirtuten an lantir rilru lama inthlak
danglamna chu a ni Hemi tum hian zirtirtu chuan
hrehawmna chungnung zawk a nih tak zet tih a finfiah A
vawi khatnaah chuan hrehawmna chuan a nghawng tih a
lantir tawh a, mahse dawhtheihna leh inngaihtlawmna nen a
tuar chhuak a ni

Taksa leh a thil phut chungchangah hian dinhmun nghet
tak lak a ngai Pathian Lehkha Thu chuan lumna leh vawt,
hlimna leh hrehawmna tih ngaihdan te hi chu hriatna emaw,
hriatna emaw lo chhuahna bulpui nena hriatna inzawmna a\
anga lo chhuak a ni tih a sawi a Mahse, heng hriatna leh
hriatnate hi a bul leh tawpnain a tihkhawtlai a ni Anni hi a
pianphungah chuan rei lo te chhung chauh a ni a, chuvangin
dawhtheihna leh dawhtheihna nen tuar tur a ni Engvangin
nge a khawsik emaw, a tuar emaw a ni na? Rilru chu a
tawpah chuan hrehawmna leh hrehawmna chi dang zawng
zawng aia a kai chhoh theih hma loh chuan tuar chhuak thei
tura zirtirna hmanga rilru lama huaisenna nasa zawk neih a
ngai a ni

Taksa chu tisain a khuh bawm mai a ni a, chutah chuan
nunna sava chu hun bituk chhung a awm Nun ngei pawh chu
taksa a\angin a zalen vek a, mahse nunna chu taksa
dinhmun tlemte, khap tlat nen a inzawm leh inzawm tlat a ni
a, chuvang chuan a tuar a ni

Harh hun chhung hian taksa hriatna i hre chiang a
Mahse mut lai hian i rilru taksa atanga a chhuah chuan chu
hriatna chu i hre lo va, thlamuanna thuk tak i tawng zawk
thin

Mihring hi Pathian anpuia siam a nih avangin taksa
hriatna atanga inlakhnan vek taksaah a nung thei a Mahse
chu ai chuan taksa dinhmunte chu a chungah a la a, a tak
zawkin a siam ta zawk a ni
Hriatthiamna laka fihlim tur chuan rilru lamah taksa a\
angin a inhnukdawh a ngai Hei vang hian mi thianghlimte

chuan hlimna leh hrehawmna pahnih hi rilru lama inthlak
danglamna (psychological transcendence of both pleasure
and pain) an fuih a, hei hi practice hmang chauhvvin a thleng
thei He thudik hi keimah ngeiin ka finfiah tawh a, hriatna
tam lutuk hian harsatna tam tak a keng tel tih ka hria
Submissive compliance with the demands of the senses is
the root of all pain and misery God did not decree suffering
kan tan chuan hriatna lama hriatna (sensory perceptions)
min kaihruai tur leh min tihlim turin a siam a, taksa taksa
chu fing taka hman kan tum a, a la tum reng bawh a, chu
chu hrehawm leh rethei tak anga kan inzawm tlat loh nan Mi
pakhatin ran vulh chu a hmangaih thuk hle a nih chuan chu
rannung hriatna chu a chhang let ang, taksa lamah pawh
nervous system hmanga inzawm lo mah se Chutiang bawkin
kan taksa natna pawh hi rilru lam natna nasa lutuk atanga lo
chhuak a ni taksa nena inzawmna (attachment) a ni
Rilruin taksa chungah thuneihna nasa zawk a chang tur
a ni Rilru thiltihtheihna hmanga nung thei hi a mak a ni,
rilruin a dil apiang a ti thei a, engtin nge rilruah hian a
innghah leh zual theih ang? Zawi zawiin lum leh vawt lama
inhmang te, khum ngeth tak chungah mut te, leh thil hriat
nuam tak takte chungah innghahna tihtlem te hmangin
Ka sawi lai chuan vawiin a khaw lum lutuk hi ka hre lo
tak zet a, mahse khaw lum sawi mai mai chuan ka hre tan ta
Vawikhat chu khaw lum lutuk karah lecture ka pe a Chu
bakah chuan ka taksa chhungril lumna chu a zual zel a,
thlarau lam thil ka lecture apianga a tih ang bawkin Ka rilru
chuan, "I hmai thawmhnaw hrufai lo hrufai lovin lecture chu i
.zo thei lo" a ti a
Ka pocket-ah chuan handkerchief ka zawng niin ka hria
a, mahse ka hmu lo Tichuan thlarau mitmeng chu ka en a, ka
rilruah chuan ka ti sap sap a: "Khaw lum a awm lo tak zet a
ni" Chutah chuan lumna rilru na tak chu a bo nghal a,
muangchangin leh nuam takin lecture chu ka chhonzawm ta
a, rilru hahdam takin ka chhonzawm ta a ni

Heng thilte hi nangmah ngeiin practice la, ka thusawi hi
a dik em tih en rawh l hrehawmna chu sensitivity hmangin i
tizual thei a, rilru zalenna hmangin i tihziaawm thei baw
Hmangaih tak a boral hian lungngaihna nasa lutuk ai chuan
Pathian duhdan angin ram sang zawkah an kal tawh tih kan
pawm tur a ni a, an tana tha ber chu Pathianin a hria tih kan
pawm tur a ni An zalenna avang hian Pathian hnenah
lawmthu kan sawi tur a ni a, hmangaihna ngaihtuahna leh
duhsakna tha kan thawh tur a ni. Pathian hnenah pawm turin
a ngen a, hlauhna leh lungngaihna an neih lohna tur chatuan
chenna hmunah chuan a khawngaihna leh duhsakna pe turin
a ngen a ni

Hmangaihte boralna lungngaih chu thil awmdan
pangngai a ni a; chutiang a nih loh chuan mihring kan ni lo
vang Amaherawhchu, lungngaihna chuan a chhe zawngin
nghawng a nei a, van lam aiin lei lam ram hnaih zawkah a
dah a Lungngaihna nasa lutuk chuan thlarau kalsan chu
remna leh zalenna nasa zawk lam pan turin a veng a ni
Tunlai leia cheng tam zawk hi kum za kalta khan hetah
hian an awm lo Midang pawh kan hmaah hian an awm tawh
lo Tin, keini pawh hi kum tlemte hnuah hetah hian kan awm
tawh lo vang Kan hun hi a tawp ang a, nakin lawkah chuan
min hre reng tawh lovang Chu ai chuan, chutih hunah chuan,
tuna kan hriat ang hian, miten he khawvel hi an khawvel a ni
tih an hre ang a, mahse an hnen atangin laksak a ni ang a,
chuta tang chuan anni pawhin chuta tang chuan, pakhat hnu
pakhatin Thihna hi mihring mamawh a ni ngei ang; chuti lo
chuan khawngaihtu Pathian chuan tu chungah pawh a thleng
phal lovang Chuvang chuan Pathian kan rinna kan tihngheh
a ngai a, thihna kan hlau lo

Thihna hlautute chuan an nihna dik tak an hre thei lo
Shakespeare-a chuan: "Mi hlauhawmte hi an thih hmain vawi
tam tak an thi a; mi huaissen chuan thihna hi vawi khat chauh
.an tem ngai lo" a ti

Mi huaisen chuan rilru lama lungngaihna leh thihna zawi
zawiin a ni a hmang a Mi huaisen chuan thihna hnahnung
ber chauh a tawng a, rang tak leh hrehawm lo takin Mi
pakhat chu pianpui thihna avanga thi emaw, thlarau lama
hmasawn emaw a nih chuan taksa thih veleh a thlarau lam
hriatna chu a harh nghal a, awmna thlawhna dangah a
inhmu ta a ni—hriatthiamna zawng zawng nei mahse taksa
nei lo thlawhnaah

Perception hi rilruah a inngnat a Thihnaah chuan mi
chuan an taksa dense tak chu a paih chhuak a, chu chu rilru
hnuai lam lem leh thlarau harsatna zawng zawng thlentu a ni
Mi chi hnih an awm a, chungte chu: Khawvel natnate
phunnawi leh lungngai reng thin te, leh nun harsatnate
nuihzatthlak taka hneh thin te, dinhmun tha lo tak karah
pawh an positivity vawng reng thin te There's no need to
take things too seriously Mi zawng zawng hi positive leh
inrem zawk ni se chuan khawvel hi tuna a dinhmun aiin a tha
zawh hle ang

Civilization ramngaw chhungah, tunlai nun harsatna leh
buaithlakna karah hian fiahna dik tak a awm Mihring thil tih
zawng zawng chu a hnenah a lo kir leh vek ang, a tha
zawngin a tha a, a tha zawngin a tha lo bawh ang Midang
huattute chu an huat let leh ang Ngaihtuahna tha lo leh rilru
inhnialna hmanga in luah khattute chuan anmahni mizia an
tiche a, mahni himna an titawp thin I thinrim i hriat chuan,
kea kal la, pakhat atanga sawm leh panga thleng chhiar
rawh, a nih loh leh shift your focus to something pleasant
and joyful Midangte'n an tihbui che chuan chutiaw bawka
enkawl tum chu a finthlak lo I thinrim a, i rilru a bo a, i
thinlung valve-te a tuar a, i taksa chu chakna leh chauvin a
lo chhuak a, i thlarau nihna dik tak, i chhunga Pathian lem
chu a lantir tha ber tur thlamuanna leh thatna thlipui thawn
chhuak rawh Chuti a nih chuan, tumahin an ti nghing thei lo
vang che emaw, an tithinur thei lo vang che emaw i
thlamuanna tibui rawh

A tawi zawngin, engkim hi rilruah a intan Sual hi rilru
siam a ni Naupang tête chu sual hriatna nei lovin saruakin an
kal kual thin Rilru thianghlim leh fiah tak nei tan chuan
engkim hi a thianghlim a, mahse
Lecherous libertine tan chuan engkim hi a chhe leh sual
angin a lang
Mi thiltih a chhiat chuan a rinhlelhna chu a chhe ang a,)
(a suangtuah thiam chu a ring ang
Thununna nei lo rilru chuan kan nunah buaina a siam
thin An rilru chu an hriatna bawiha tangte chu inhnialna leh
indona tichhuaktu an ni a, dik lohna leh thim lungphum an ni
bawk
Pathian chuan kan thlarau chu heng hriatna nei taksaah
hian a dah a, chu chu he khawvelah hian kan awm theih nan
leh keimahni leh midangte thil tawn a\anga kan zir theih
nan, kan hlimna chu kan chhehvela thil thleng leh dinhmun
inthlak danglam rengtein a thunun tir lovin, Pathian chuan
kan duhzawngte chu min thunun phal ai chuan thunun turin
min duh a, engkim a eng leh hlim taka a awm lai chauh ni
lovin, thil harsa tak takte rilruah pawh rilru inthlauhna nei
turin min duh a ni leh harsatna Mahni inhriatna hian he
thiamna hi min pe a ni
Nunna leh thihna zai hi a tawp ngai lo va, mahse
mihring hian rilru lama thil tawn zawng zawng aia sang
zawka tho chhuak thei leh nun inhnialnain a nghawng loh
theihna a nei a ni
Mihringte hian thil leh thil thlengte chu thlirna inthlau
tak nena kan thlir chuan nun tikhawtlai kan hneh thei a
Chutianga an tih chuan an thlarau lam mizia thunun theih
loh chu kan pholang a ni
Hetiang discipline dinhmun thleng tawhte hi mihring
zingah lal ang maiin an nung a, inthlak danglamna leh
tihdanglam theih loh absolute tawp nei lo nen an inzawm
khawm thin

Yoga thlarau lam zirtirna chuan nun chungchang
chipchiar tak takte chu uluk takin a sawi a, dinhmun zawng
zawnga thil tih dan tur a zirtir a, Mihringte hi Pathian anpuia
siam kan ni a, mahse chu lem malsawmna nen chuan
inzawmna an hloh tawh a, anmahni chhungah an
hmuchhuak leh a ngai a ni

Leilung lungpui hnuaia phum rangkachak thianghlim chu
rangkachak thianghlim a la ni reng a, a thup chung pawhin a
thil neih zawng zawng a vawng reng a, chu chu phochhuah
tur chuan lei chhung thuk takah a laih a ngai a, a hmuh hma
loh chuan a zawng a ngai baw Chutiang bawkin, leilung ang
chi nunphung leh leilung hriatna layer tam tak chuan thlarau
ropui tak, rangkachak chu a khuh a He "leilung" hi mihring
rilru lama harsatna, nervousness, hlauhna, huatna, inhuatna,
inngaihtlawmna, leh ngaihdan dik lo, leh mizia dang zawng
zawng sawisel theih dinna lungphum He leilung tihchhiatna
a\anga inthiarfihlim tur hian taksa leh hriatna nena inzawm
rilru dinhmun nghet leh chhe thei tak a neih a ngai a ni

Taksa nena inzawmna chuan hlauhna hrang hrang ka rilruah
ka suangtuah tawh natna chi hrang hrang a siam a, chu chu
ka hneh vek a ni

Pathian anpui thianghlima siam a nihzia hriat chian nan
chuan hlauhna leh thinrimna chungah a ding chhuak tur a ni
a, rilru natna nasa lutuk chu hneh a ngai a ni Mi thenkhat
chu tihlim a harsa a, a chhan chu a chunglam thil tih dan leh
nun dan chipchiar tak tak tenawm tak takte'n an phuar a, an
phurrit a ni Mahse, mi fing chak tak chuan, "Vawiin hian
khum nem takah ka mu thei a, naktuk chu leiah ka mu thei
a; ka tan chuan a inang vek a ni" And so on This
psychological neutrality rilru chu a zirtir a, i thupek zawmtu
leh i dilna hlen chhuak thei turin a siam a ni

Rilru hi, ka thiante u, a bum nasa hle a Mahse,
tihthianghlimna hmang hian nungchang leh nungchang tha a
zir chhuak thin, "Chutiang chaw tel lo chuan ka ti thei lo" i tih

hian rilru chuan, "Chutiang chaw tel lo chuan tih chu thil
"!theih loh a ni

Mahse i thlarau chuan ngaihtuahna a phak lo, "Mihring
emaw, engmah emaw sal min siam ka phal lo vang," i tih
chuan, rilru chuan a chhang ang, thusawi chu a nghet a,
rawtna chu a chak phawt chuan Rilru leh taksa pahnih neitu i
nih phawt chuan an bawih ni suh la, an hla phuah angin zai
hek suh

Hriatthiamna kaihhnawih atanga zalenna hi remna leh
hlimna kawng awmchhun a ni Eng dinhmun pawh ni se,
hriatna hrehawm zawng zawng aia sang zawka tho la, i hlim
!theih nan bei rawh, i ti thei a ni
:Khawchhak finna thuziak-ah chuan
Yoga meditation hmanga chhungril thlamuanna famkim"
."dinhmun

Chumi hmang chuan thlarau chuan chawhnu lam sang
takah ni ang maia eng chhuak a hmuh chuan thlarau chu a
lawm thin

Thlarau hriatnain hlimna nasa ber a hriatna leh a temna
hmun

Yogi chuan thuruk thup chu a hriat avangin a lawm thin
Chu dinhmun malsawmna thlentu chuan ro hlu a hmuh
avangin a lawmpui thin

Hun bumna lakah a him reng a, nun mak tak takte chu
amah ah him takin a awm reng a ni

Chu dinhmun, yoga tia hriat chu lungngaihna leh
hrehawmna laka zalenna dinhmun a ni

Thinlung huaissen tak leh tumruhna nghet tak nena thlen
tumtute chu an eng a thawl e

Tin, a hmutu leh a hlimna, suangtuahna zawng zawng
aia tam a hlimna hmangtu chu lawmthu kan sawi bawk

Defies description a ni

Remna awm rawh se

Thinrimna thunun

Thenkhat chuan he thupui hi thinrim awlsam emaw,
thinrim emaw tan chauh a ni tih an ngaihtuah mai thei
Mahse he rilru natna hi a chunglam atanga a lan dan aiin a
thuk zawk hle Mi pakhat chuan thinrimna pawn lam lan dan
emaw, tharum thawhna lantir nan emaw a thunun hlawhtling
thei a, chutih rualin thinrimna thup leh thinrimna thup tlat a
la nei thei He thinrimna hi kawng tam takah a lang chhuak a:
thinrimna rang, thinrimna, thinrimna tawi, dawhtheihna, rilru
hahdam lohna, lungawi lohna, inhuatna, rilru put hmang, leh
hlim lohna te

Dik tak chuan, mi zawng zawng hian, eng emaw chen
chu thinurna buaina hi an tuar a, hriatna sang tak thlarau
lam hlimna emaw, thlamuanna dinhmun emaw an thlen loh
chuan

Thinrimna - eng ang pawhin lo awm se - duhthusam
tihhlawhtlin theih lohna a\angin a lo chhuak Thlarau chu a
Pathian bulpui nena a inzawmna a\anga lo chhuak chhungril
hlimna awm lohnaah chuan mihring chuan a duhzawngte
chu a pianphungah chuan a pianphungah chuan nuam lo tak
tak, a awm reng lohna leh a rah chhuah hrisel lo tak takte
ngaihtuah chuan tisa lam nawmna hmangin hlen chhuah a
tum a ni

Chu duhnate chuan lungngaihna a siam fo va, chutah
chuan thinrimna a siam a, chu chuan thlarau lam hriatna
tihchhiatna a thlen thin

Thinrimna hneh theihna kawng \ha ber chu a bulpui ber
hmachhawn hi a ni: duhna Duhna a tam poh leh lungngaihna
a tam zawk ang Duh zawng zawng tihhlawhtlin theih a ni lo a
ni, a chhan chu Duh zawng zawng tihhlawhtlin theih a ni lo a
ni, a chhan chu Duh zawng zawng tihhlawhtlin theih a ni lo a
ni, a chhan chu Duh zawng zawng tihhlawhtlin theih a ni lo a
ni, a chhan chu duhthusam chu tihreh theih loh leh tawp chin
nei lo a nih avangin Duhthusam tihhlawhtlin kan tum tam

poh leh kan inngahna a ngheet zawk a, kan inngahna a
chak poh leh, kan inngahna a chak poh leh, satisfy thei tur
thil hmuh theih lohna kan neih chuan kan hrehawmna a nasa
zawk a ni kan duhzawngte leh kan duhzawngte tihlawhtling
turin

Entîr nân, thilsiamte chuan taksain ei tûr a mamawh hun
kan hriat theih nân rilṭâmna hriatna min pe a Mahse,
inzawmna chuan chu hriatna chu a tichak a, rilru natnaah a
chantîr Chaw ei duhtu chu ni thum chhûng ei loh tûra nawr
luh a nih chuan—hriselna lam emaw, thlarau lam thil emaw
pawh ni se—chutiang chaw nghei chu eng emaw chen chu
thinrimnain a zui a rinawm

Kawng lehlahmah chuan mi thenkhat chuan ei tur awm
lohnain a tibuai lovin ni tam tak chhung ei tur an insum thei
a, a chhan chu taksa duhzawngte nena inzawmna nei lo tura
an tih leh hlawhtlin vang a ni

Duhna hi thinrimna bulpui ber a ni tih kan hriatthiam
hnu chuan, chu duhnate chu siam\hatna tur kawng \ha tak
tak hriat kan duh a, chutiang tur chuan kawng hrang hrang a
:awm a

Pakhatna: Duhthusam tihhlawhtlin

Duhna awlsam, hlauhawm lo tak takte tan chuan thil tih
dan tur dik tak chu tihhlawhtlin hi a ni Mahse, chu duhna
tihhlawhtlinna avanga duhna thar a lo chhuah hian buaina a
lo chhuak thin

Remna awm rawh se

Naktuk tha zawk atan uluk taka ruahmanna siam

Hlawhtlinna hun remchang nghah chungin nun
chhungah tum nei lovin i vakvai a nih chuan, chu hun

remchangte chu a rawn kik lo mai thei a, hlawhtlinna pawh i
hmu lo vang Mahse nangmah ngeiin i hmalam hun tur
duantu leh i naktuk map chu i kut ngeia ziaktu i nih chuan i
thil tum tihhlawhtlinnaah lawm rawh, i thil tum chu i thlen
hnaih hle a ni

Map hlawhtling tak siam tur chuan a hmasa berah i thil
tum i sawifiah a ngai a, hlawhtlinna hian i tan eng nge a
awmzia? Hlawhtlinna atang hian eng nge i duh? I chhâna
chu hmingthanna, hausakna, a nih loh leh mahni hmasialna
thil neih duhna tihhlawhtlinna a nih chuan, lungngaihna
râpthlâk tak leh hlawhchhamna tluantling lam i pan a ni

Hlawhtling lo ber chu mi zawng zawng hmuiah an hming
awmte chu an duhzawng leh neih theihna nei – thiltihtheihna
tehfung ang chuan – an thlarau duh zawng zawng, mahse
chuti chung pawha hlimna nei lote an ni! Chuti a nih chuan
engvangin nge kawngpui thim ang bawka zawh chhunzawm
?zel ang

Hmingthanna leh vanneihna hi hlawhtlinna tak tak rah a
ni thei a, mahse hlawhtlinna bulpui ber a ni lo va, mizia
pawimawh ber pawh a ni lo Dik tak chuan hlawhtlinna chang
tur chuan a tul lo tak zet a ni

Chuti a nih chuan eng nge a tum? Miin nun a\angin eng
nge a zawn ang? Tum pakhat zawm tur leh beih tur a awm a:
hlimna Hei hian hun tin a\angin nunna ro hlu thup te chu
lakchhuah a ngai a, chu chu zawn thiam leh chu ro hlute
awmna hmun hretute tan chuan

Tin, Aw hlimna zawngtu, i ni khata i ngaihtuahna i
tihtlem chuan i hre bawh ang che

Tin, i thusawi ngilnei tak tak te, thiltih hlawkthlak tak tak
te, leh ngaihtuahna tha tak tak te hmanga i ni i tihausa a nih
chuan

I ni chu i thian rinawm leh i hun remchang rangkachak a
ni ang

I passport leh visa hi hlawhtlinna nena khat hmalam hun
duhawm leh eng takah i luhna tur a ni ang

Chuvangin, i hmalam hun tur mapping out-na atana a
dawt leh tur chu i nun ni tin chhunga thu awmte uluk taka
enfiah a, thil \ha leh \ha tak takte chu vawng reng a ni If you
fall short in doing this, then you must pause and take stock

Hlawhtlinna chang tur chuan a hnuaia thil pawimawh
tak takte hi ngaihtuah a ngai a, chutiang thilte tel lo chuan
.hlawhtlinna a awm thei lo

Zing i harh chuan khum atangin zuang chhuak nghal
suh la, ni khat chhunga thil tih tur chu tan tir rawh

Zawi zawiin i chakna i neih leh theih nan i taksa pum
chu vawi tam tak ti buai la, ti hahdam rawh I nitin hnathawh
i tan hmain, hun engemaw chen hmang la, hei hi i nunah ni
tha ber a ni dawn tih i inhriat chian theih nan hun engemaw
chen hmang la, eng thil pawh thleng se, i ni chu hetiang hian
a ni ang tih hi inringtawh rawh Tawngtai leh ngaihtuahna
hmanga tan chuan i rinna a tichak ang a, i mamawh chakna
a pe ang che

I nun ti awlsam rawh Mihring thil siam chhuah hmanga
hlim taka innghat suh Hlimna rei lo te chhunga i inkhung
hran chuan i thinrim ang a, i buai ang a, i rilru a na hle ang
Television, zan rei tak chhunga inkhawmpui, leh ruai theh,
khawtlang nunphung nghet tak lo ni tawhte nena inngahna
reng reng a ngai tawh lo

Vawikhat chu mi pakhatin—a thusawi chu a va dik tak
em—kan hnathawh hian min that lo va, kan hun awl kan
hman dan hi a ni! I dam rei zawk ang—Pathian remruat
chuan—I nun i awlsam zawk ang a, khawtlang chain-a i

inbun loh chuan thil tenawm tak takah hlimna hmuhte chu
zawng rawh

I theihtawp chhuahin i kuta hna awm chu i theihtawp
chhuah rawh

Tuna i hnathawhnaah i lungawi loh chuan lungkhamna
leh haphazard performance hian engmah a tidanglam dawn
lo, eng thil pawh ni se, thil awmdan chu rilru tha tak pu
chungin hnaih tum la, thil pahnih zinga pakhat chu a thleng
ang: hun remchang hlu tak i hloh tih i hmuchhuak ang a, a
nih loh leh kawngkhar thar a inhawng nghal ang a, chu
chuan i lut thei ang a, i mamawh nena inmil zawk leh i
duhthusam tihlawhtling thei hna i hmu thei ang

Nun hi thilpek leh dawng chhunzawm zel a ni

I pêk aia tam i lak loh nân inthlau takin awm la, la lova
pêk chauh khap tlat suh

I ngaihdan zau zawk rawh

Midangte nun leh thiltih ngaihvenna lantir Nangmah aia
hla zawk—i chhungte lam hawi la, i chhungte piah lamah i
thiante lam hawi la, i thiante piah lamah mi zawng zawng
lam hawi la Science hian thil pum puia tel ve i nihzia a
nemnghet a, chuvangin i nihna lian zawk kha theihnghilh suh

I nun chu balance rawh

Nitin hian hnathawh, chawlh hahdam, zirlai leh
ngaihtuahna te a huam tur a ni Taksa, rilru leh thlarau nei mi
i ni Hriselna, chakna leh hriatna neih theih nan heng thil
pawimawh tak takte hi inthlau leh inrem takin enkawl rawh

Nui suk vat rawh

Zawi zawiin a hmui a ti hrual

Ṭanpui duhnain a hrui

Nghah leh inthlak danglam tura inpeih, leh hun
remchangte hriat reng

Ni tawp lamah account chu check rawh

Hmasawnna i neih avangin lawmthu sawi rawh Zan khat
thil thua i danglam dawn lo va, chuvangin tumruhna tha
zawh leh hmathlir ching zawh nen tihsual hmachhawn hlau
suh

I mut hmain i thil tih tur chu Pathian hnenah nghah la,
Pathianin a thlahthlam dawn lo che a, i thawhrimna leh a
tanpuina leh kaihhraina i zawh phawt chuan i tan hun
remchang leh kawngkhar a inhawng ang che tih hriain

Mutthilhnain a hneh che a, i mut hmain naktuk chu
vawin aia a tha zawh dawn tih inringtawh la, Pathian
tanpuinain

Planner uluk tak leh builder thiam tak i nih chuan

I map details i zawh chuan

!Hlawhchham theih a ni lo

I thlarau lam rinna fiah i tum hian khawvel thar a
inhawng Nangmah leh Pathian hriatna atan Mahni inenfiah hi
a pawimawh hle Sakhaw miah thuk takin i inhria thei a, chu
chu i rilru pawhin a lungawi mai thei Mahse, i taksa ngei
pawhin i tawngtainate hian chhanna dik tak a dawng tih a rin
tlat loh chuan, sakhaw lam thil mumal tak engzat pawhin a
chhanchhuak thei lo che Pathian chhanna dawn chu a harsa
thei a, a theih laiin Vanram i thlen tak tak theihna tur chu i
tih theih a ni i tawngtaina thiltihtheihna chu i tichak tak zet
theih nân tawng rawh

Tlangval ka nih lai khan ka tawngtainate chu dilnaah
Pathian lam ka hawi apiangin chhan a ni ang tih ka rilruah ka
siam a Chu tumruhna nghet tak chu kawng a ni Fiahna

tinreng chu i thutlukna tichak lo tur leh i duhzawng tichhe
turin a lo thleng ang a, mahse Pathian chhan theihna
thiltihtheihna chu a tawp chin nei lo Chhelna leh duhthlanna
hman chhunzawm zelna hian Pathian chhanna a thlen ang

Rilru ngaihtuah dan dik zir a pawimawh Mahni chauhna
leh mimal ngaihtuahna hun remchang neih a pawimawh
bawk Midang nena inpawh reng hian thlarau lam thanlenna a
tikhawlo Mi tam zawk hi sponge ang an ni a i hnen atangin
engkim an hip lut a, a let lehna tur engmah i dawng tlem hle
Dik tak chuan thlarau lama mi thinlung tak tak leh chak tak
takte bula awm chu a hlawkthlak hle Mi tinin pakhat zawk
chakna, thinlung tak tak leh duhzawng an hriat chuan
thlarau lam mizia ropui tak takte chu an zingah an insem
thei a ni

Thil tenawm takah hun khawhral tur a ni lo Mi tam tak
chuan awmze nei lo thil tihnaah an buai a, an zinga pakhat
hnenah eng nge an tih tih i zawh chuan, "Ka buai reng reng
a ni!" Mahse chu "hnathawh" chungchang chu engmah an
hrechhuak thei lo! Chu bâkah, intihhlimna leh intihhlimna
tam lutuk hian rilru lam a tichak lo Nitin movie i en chuan a
hipna a hloh ang a, i bo ang Movies chu a inang vek a,
character hrang hrang nen chauh: hmangaihtu, adventurer,
hero, villain, leh a dangte Film thawnthu en hi nuam kan ti
mai thei a, mahse nun chu chutiang chu a tlem hle

Nun hi a bumna mak tak a ni a, chutiang chuan kan
hnaih tur a ni A bumna leh inbumnate kan hneh hmasak loh
chuan midang kan pui thei dawn lo Rilru ngaihtuahna senga
mahni chauha awmah hian hlawhtlinna ropui zawng zawng
factory a awm Remember this And in this wondrous factory,
continually weave the patterns of your will to overcome
every adverse obstacle

I duhthlanna kha zirtir la, tichak reng rawh I hun leh tha
i khawhral loh chhung chuan he factory-ah hian zan leh zan
hnathawh theihna hun remchang tam tak i nei a ni

Zanah chuan khawvel thil phut a\angin ka inhnukdaw
a, keimah chauha awm, khawvel a\anga hla taka awm, ka
thlarau lam inhnukdawknaah ka duhzawng nena mahni
chauha awm, chutah chuan ka ngaihtuahnate chu ka duh
lam hawia ka hruai a, ka chhungri lah thutlukna ka siam \hin
Ka duhna chu thil \ha leh \angkai tak tak ti tura ka fuih hian
ka tan hlawhtlinna a siam \hin

Ka duhzawng, khawvel pum huap duhnain a khat chuan"
ka duhzawng a rawn thlen ang," tih leh nemnghet thei hi a
va ropui tak em! I duhzawng, Pathianin a pek che hmang
lovin Pathian duhzawngah engkim i hlan a nih chuan ,
Pathian thiltihtheihnain a duhthusamin a puih duh che chu i
hmu thei lo vang Dilna leh dilna emaw dilna emaw a ngai lo
chu ai chuan, i duhzawng chu dil leh phut turin i hmang tur a
ni—ro luahtu dik tak angin—chutiang chuan i ti tur a ni
Pathian chu a chakna leh thiltihtheihna sang zawk hmangin
vanah hla tak leh thup a ni tih ngaihdan chu i rilru atangin i
hnawtchhuak tur a ni a, he leilung lungkhamna leh harsatna
karah hian nangmah chauh i awm tih ngaihdan chu Pathian
duhzawng chu i mihring duhzawng piah lamah a awm tih hre
reng la, mahse chu thiltihtheihna nasa tak chu, tawp chin nei
lo ang maiin tuifinriat, i rilru a inhawng a, i thinlung a pawm
loh chuan a thleng lovang che

Remna awm rawh se

Ngaihtuahna (obsessive thoughts) hneh

**Diabola, a nih loh leh khawvel pum huap bumna
chuan a thangah min man fo thin a, kan hriat lohna
leh naiveté chu hmang tangkaiin, chutiang chuan**

Pathian thiltumte chu a tikhawlo a ni Pathian chuan, a cosmic thiltihtheihna famkim nen, awlsam takin Diabola chu a hneh thei a, mahse mihringte hian sual kut atanga tlanchhuah nan an finna, duhna leh chhia leh tha hriatna hmang turin a duh zawk The more we choose spiritual happiness over fleeting sensual.. .. pleasures, the more the opposing force is stripped of its dark power Chuvangin, Setana leh a thangte hneh tura Pathian nena thawhhona tha neih chu keimahni thu a ni

Mi a rilru a hah emaw, a ngaihsak lo emaw, a hun sawn hlat emaw chuan Setana chu hnaih zawk turin an pui thin Isuan a zirtirte chu tawngtai turin a ngen a, "Tin, thlemnaah min hruai suh la, sual lakah min chhanchhuak zawk rawh" Tin, Quran Thianghlim-ah chuan, "Mihringte Lalpa hnenah inhumhimna ka zawng a, inhnukdawktu sualna lakah hian inhumhimna ka zawng a ni' ti rawh" tih kan hmu bawk a ni He thu sawitu hi keimahni siam a ni lo; chu ai chuan tisa khawvela mi a ni a, mi zawng zawng chu a thuhnuaiah an awm a Mahse Pathianin kan zalen theihna turin chhanna, chhia leh tha hriatna leh duhthlanna min pe a ni

Sual thiltih kan duhzawng tih awmzia chu manganna, buaina leh inhuat theih loh buainaah kan inhnukdawktihna a ni Kan ngaihtuahna dik lo avanga kan tlu emaw, kan tlu emaw hian heti hian kan tawngtai tur a ni: "Aw Lalpa, hetah hian min kalsan suh la, finna leh duhthlanna thiltihtheihnain min chawi sang zawk ang che Tin, sual man ata min chhuah zalen hnuah, min fiahna i duh chuan, i tam zawk tih kan hriat theih nan min rawn inpuang hmasa phawt ang che." thlemna eng pawh aiin hip thei leh

thlemna emaw, rilru hahna emaw aiin thlarau leh hriatna ti lawmawm zawk".

Miin a thatna tichhe thei hlimna thenkhat chu a hnial duh lo tih a inhriat phawt chuan, Setana thununna hnuaiah a awm a, a hma emaw a hnu emaw chuan tisa lam thlêmna tha lo tak takte laka tlukna rah chhuah rapthlak tak chu a tuar ang Mahse, chu thlêmna emaw, thlêmna emaw chu hlimna nasa tak a tiam a, mahse a tâwpah chuan simna chauh a pêk avângin a hlauhawm a, a tichhe thei tih a rin tlat chuan, simna, leh chhia leh tha hriatna hrehawm tak neiin, chutah chuan Setana chu an hneh thei ang

Thlemna hian a hipna a nei tih rinhlelh rual a ni lo Kan hriatnate hi pawn lam khawvel lam hawiin a kal vek a ni Thluak atanga chakna pawimawh tak current chu nerve kaltlangin mit, beng, hnar, lei leh vun thlengin a luang chhuak a Heng taksa peng hrang hrang hmanga kan hriatnate hi he ejective current atanga lo chhuak a ni a, chuvang chuan hriatna hi kan hlim hle a ni Hetiang hi hriatnate hnathawh dan a ni Amaherawhchu, anmahniah hian indulgence tam lutuk hian a nei a ni pitfalls and dangers Mi chu hriatthiamna leh hriatnaah nghet taka innghat a nih loh chuan he ejective energy (sense organs lam hawia luang) hian hriatna bawih a siam a ni

Hriatthiamna pangate chu five-beam spotlight ang mai a ni He êng hmang hian thilsiam khawvel hi kan hre thei a, kan tawng bawk Mit, beng, rim, thlum, leh khawih nuam thilte hlim taka hman kan thiam thin Thil pakhat tawn duhna chu thil tih dan zung kai a lo ni tlangpui Buaina chu mi tam zawk chuan thil hnuaia Pathian thlarau thup chu an tawng ngai lo va, chutiang chuan thil nuam leh lawmawm tak tehkhin

dan tur tehfung an tlachham a ni exciting sensory perceptions with the indescribable bliss of the hidden spirit Chutiang tehkhin thu chu rilru lamah chuan sensory stimuli chu a hip thei lo emaw, a nghawng thei lo emaw thlenga a paltlang loh chuan tih theih a ni lo He trap pumpelh theihna awmchhun chu, rilru lam emaw, mimal thil tawn hmang emaw pawhin, hlimna leh nawmna sang zawk a awm tak zet tih hriat hi a ni

Thil sual tichhe thei lo laka insum tura thupek leh rawtnate chu a hlawk lo tlangpui a, mi tuemaw thil ti lo tura i tih veleh thil tih duh nghal mai a nih avangin

Thei khap chu a tir lamah chuan a tuiin a thlum hle a, mahse a thlum chu a tawpah chuan gall ang maiin a thlum a ni Mahse, miten hrehawmna an tawh zawng zawng karah pawh hian an zir lo va, an sim lo va, taksa leh nungchang lama harsatna lian tham pawh ni se, chutiang bawh chu an ti chhunzawm zel a ni

Sensory experience duhna chu nghet taka a lo awm chuan, chu tih dan chuan thluak chu a luah a, thuneihna sang tak nei (tyrannical despot)-ah a chang a, a neitu chu duhna (passions) chhuah chhuah leh tihreh ngai loh duhnate tihlawhtling turin thupek a pe a, chu chu chu mi thatna tur kalh a, a thu bulte nen a inmil lo chung pawhin

Mi pakhat chuan thiltih pakhat chu tih nawn leh a duh lo mai thei a, chuti chung pawh chuan tih ngei ngei tura nawr luih a ni tih a inhmu mai thei I rilru tihbuai theihna hmun thleng chu phal lo tum ang che —thil tichhe thei, tichhe thei thil tihsual mantu leh suangtuahna dik lo leh ngaihtuahna sualte tuar tu I ni tur ani Nangmah leh i chanvo neitu i ni tur a ni

**Tumah emaw, engmah emaw chuan thunun che phal
suh When the desire to experience to experience a
particular sensation becomes a familiar, that practice
should be a titawp a**

**Lemonade ang chi in tur hi ka duh em em a Zirlai
thenkhat chuan ka kalna apiangah chu in tur hahdam
tak chu min pe thin a, chuvang chuan ka thlen
theihna hmunah ka nei fo thin Mahse ni khat chu chu
in tur ka supply a tawp tawh tih ka hmuchhuak a, ka
hmu lo a, mahse ka ti a: "Aw, refreshing drink, i
bounds i pel tawh a, ka pu, kan inthen hun a ni ta,
farewell!**

**A tuk zingah chuan tumruh takin chu in tur dose
khat ka en a, a thlum hle tih ka hmuchhuak a, a chhan
chu a hma ni khan ka ngaihtuahna a lo nasat em
avangin a duhna chu a bo nghal vek a ni**

**Ka hnen atanga lak chhuah engmah ka hloh lo va,
duhthusamin engmah ka bânsan lo Taksa thlamuanna
engmah hian min phuar thei lo Kan nun tawn zawng
zawng hi innghahna leh innghahna tel lovin kan
kalpui thei tur a ni Dik tak chuan, mahni inthunun thei
mimal chu thiltihtheihna khawvelah hian disciplined
senses nen a kal a, duhthusam chi hrang hrang laka a
fihlim a, chhungril thlamuanna a nei a ni**

**Thiltihtheihna leh hahdamna neih chu a tha a,
mahse mi pakhatin thil tul lo tak tak hausakna neih a
ngai tih a hriat tam poh leh bawih nihnaah a inkhung
nasa zawk thin An duhzawng leh hriatthiamna chu
rilru lama inzawmna (sensual attachments)-a man a
nih chuan an thlarau lam hriatna an hloh a, hriatna
sang zawk nena inzawm thei lovin an lo awm ta a ni
nun, chuti chung pawh chuan an nun danah an hlim a,
an lungawi bawh Anni chu hlim takin an khawsa a,**

**chutiang chuan Pathian hnenah vanah an awm reng a,
Hriat lohna nghawngkaw! hnuai awm, duhnate
nawrna hnuai awmte erawh chu, chutiang
dinhmunah chuan nun hnuah pawh lei thlemna leh thil
tihbuaite an do hma loh chuan an awm reng ang**

**(Engmah hian kan hlimna dik tak a tichhe thei lo
turin Thinrimna, ei leh in, duhamna, duhamna,
duhamna, inhuatna, mipat hmeichhiatna lama
inhmang lutuk, zu, leh ruihhlo te hian mihring
hriselna leh rilru a tichhe vek a, a chhan chu thlarau
lam hlimna a neih loh nan Senses chu hlim taka hman
i duh chuan inngaihsak lutuk hmanga hman sual loh
tur a ni) Unhealthy sensory experiences.**

**Finna kulhpuiah chuan inveng rawh, chu chu
inhumhimna ropui ber a ni si a Hriatthiamna dik tak
chuan hneh theih lohvin a siam ang che, chutiang
chuan engmahin a tichhe thei lo ang che Mahse, mi
pakhatin finna a neih loh chuan, mi pakhat tih tur
hmasa ber chu ngaihtuahna buai tak a lo chhuah huna
thiltih emaw, rilru hneh thei tak emaw chu tihtawp a
ni tih duh loh tih duhna kalh zawnga thuhnuai rawh,
a chhan chu ngaihtuahna buai tak chuan rilru
thununna a luah ang a, mi hriatna chu a mit a tidel
ang**

**Chutiang dinhmunah chuan, "Tihchhiatna ai chuan
thihna ka ti lo vang," tih a ngai a, chu dinhmun emaw
hmun emaw chu hreh lovin a chhuahsan a ngai a, hei
hi Setana tenawm thang atanga tlanchhuahna kawng
chiang ber leh tangkai ber a ni Setana thlemna beihna
hun laia he chhanlet lohna chakna hi a neih tam poh
leh a hlimna a nasa zawk ang, lawmna dik tak chu
chhia leh tha hriatnain min tih theihnaah leh hnaih
emaw, tih loh emaw min khap a ni**

I chhehvêl emaw, i duhzâwng emaw chuan i duhzâwng tichhe emaw, thunun emaw phal suh, ka thianpa Thil tha leh thlarau nun hi duhâmna lama inhmang aiin a chungnung zâwk tih hria ang che Thlemna kawrfual chuan mi kut leh ke a khin a don't let them bind you A hmangaihna chu vawi khat chauh pawh ni se, Pathian hnenah i tawngtai a, chu Pathian hmangaihna sang ber chu i tawng ta a nih chuan, chu mi hnuah chuan thil dang i duh lo vang a, duhna hniam tak takte chuan i rilru leh thinlung chu a luah khat lo vang

Pathian chu khawvel pum huapa hiptu ber a ni tih leh ro hlu ber a ni tih i rin tlat hunah chuan thil dangin a thlem thei lo vang che a, i hriatthiamna chakna chu a hneh thei lo vang che

Pathian hriat chian hi duhthusam sang ber leh ngenna duh ber a ni a, a chhan chu chatuan hlimna tawp nei lo a nih vang a ni! Pathian hi kan duh tur a ni a, a chhan chu Amah hi kan hrehawmna leh natna zawng zawng tana damdawi tha tak leh damdawi tha tak a nih avangin, kan mamawh zawng zawng chhanna tak tak a nih avangin

Kan thinlungin a duh zawng zawng, a halral leh a tap zawng zawng—hmangaihna, chawimawina, finna, hausakna, leh thil dang zawng zawng—chu hlimna leh hausakna tuifinriat nena thlarau lam inremna famkim hmangin kan hmu chhuak a ni

Thihna hi mi pakhatin dinhmun leh hmingthanna a hriatna tawpna a ni ang a, khawvela mi hmingthang leh nghawng nei ber pawh ni se, miten an biak tih an hre tawh lo vang Mahse zawlnei leh mi ropui tak takte chuan he khawvel an chhuahsan hnuah pawh hian an hnungzuitute hmangaihna chu an hre Chiang hle a, a

**chhan chu an hriatna chu Pathian, Engkim hretu,
engkim hretu, engkimah chengtu hriatna nen a
inzawm tlat a ni atom of existence, hmuh theih leh
hmuh theih loh pawh**

**Chuti a nih chuan engvangin nge he khawvel i
chhuahsan veleh i hloh nghal tur thil i thawhrim a, i
beih?**

**Sum leh pai te, hmingthanna te, chawimawina te,
dinhmun te, duhzawng tihhlawhtlinna te, tisa lama
thlamuanna te hi Pathian thlarau leh êng nena
inremna thianghlim hlimna dik tak thlak thei lo, hun
rei lote chhunga thil awm thei leh tlemte chauh a ni**

**Thlemna hi thiltitheih tak a nih chhan chu
mihringte hian thil tha zawk nena tehkhin theihna an
tlakchham vang chauh a ni**

**Thlemna thlipui a tleh chuan i hriatthiamna chu
duhna leh tih danah rei lo te chhung atan a man ta a
Mahse zalenna kawng sang ber chu Pathian hlimna
tawp thei lo leh tawp thei lovah inhnim pil a ni a,
chutiang chuan thlemna hmuh theih loh magnetic grip
chu a rah chhuah rapthlak tak nen awlsam takin i
tlanchhuak ang a, thlarau lam hlimna chu khawvel
nawmna aiin a sang zawk a, a nihna nena inmil zawk a
ni tih i hrechhuak ang thlarau a ni**

**He nunah hian hlimna dik tak i hmuh chuan tunah
leh nakin lawkah pawh i nei ang Duhthlanna chu i ta a
ni, zawngtu: Pathian chatuan hlimna, khawvel
nawmna thenkhat, emaw, khawvel hlimna rei lo te
chhunga i inhnuhdawh avanga tuna i neih theih? I
rilru chu thutak sang zawka a inhawng a, i thinlung
chu êng eng chhuahnaah a inhawng chuan, chu**

pahnih inthlahna chu i hria ang a, a tha ber chu i thlang ang

Hmun sang tak thleng tur leh thlarau lam sang ber thleng tura i thawhrimna apiang chu Pathianin a lo hmu ang a, lawmman tha berin lawmman a pe ang che

Ka thianpa, misual i ni tih ngaihtuah suh Pathian anpui thianghlim i ni Misual zinga ropui ber pawh ni ila, a pawimawh lo, chu chu i kawng dik lo thlak danglam a, chutah chuan kir leh tawh ngai lova i sim phawt chuan Thil tha lam kawng zawh i tum tlat a nih chuan misual zingah i tel lo tihna a ni

Mi sualin a kawng dik lo kalsanin Pathian chauh chu inpekna dik tak nen a kalsan a, mi felte zingah chhiar tel theih a ni a, Thlarau lama a tumruhna hmangin mi tha tak a lo ni ang a, finna leh hriatnaah a lo thang lian ang a, tawp chin nei lo thlamuanna thianghlim a chang ang a, Pathian venhimna, himna leh himna a chang ang

Lehkha thar phelh la, i \ha reng tih leh i mumang chauha i dik lo tih i inhriat nawn tir leh la, Pathian thinlung chu a zau a, a kawng chu a inhawng reng a, an nun chu a \ha zawka thlak danglam duh mi rinawmte tan Sual chu mumang rapthlak tak emaw, mumang hlauhawm tak emaw, thlarau nun thianghlim nena inzawmna nei lo emaw a ni

Thlemna hi rimtui thlum emaw, khawizu rimchhia emaw ang maia thlum tui tak a ni a, mahse thisenah a luang lut a, taksa peng hrang hrang a tichhe vek a, chuvangin a laka inthiarfihlim chu a tha zawk

He khawvela miten hlimna an zawn leh an zawn hi thil awmze nei lo leh rei lo te chauh a ni Pathian lawmna chu chatuan leh chatuan daih a ni a, tuar chhuak thei chu zawng la, he khawvel nawmna leh nawmna rei lo te, awm rengna nei lote chu hnawl turin thutlukna siam rawh He thlirna hi i nei tur a ni Khawvel hian a hruai sual che emaw, a tiang hmangin a hruai che emaw phal suh la, Pathian chauh hi thutak a ni tih hi theihnghilh ngai suh Hlimna dik tak chu a awm thei chauh a ni Pathian awmna hriatna leh A hlimna nasa ber tawannaah hmuh a ni

Mihring chu hriat lohna mumang-ah a pil bo a, natna, lungngaihna leh retheihna hrehawmna a tuar tih a suangtuah a, Pathian mi ropui zinga pakhatin vawi khat a tawngtai lai khan heti hian a au chhuak nghal a: “He taksa insiam dan hi keimah chauhina ka cheng niin ka ngai a, mahse tunah chuan chatuan Thilsiam chu a chhungah a lang chhuak tih ka hmu ta He ego te tak te, tisa leh ruh bundle khat aia tam lo chu keimah ka ni lo The infinite Absolute chu ka taksaah a cheng a ni Ka total self a ni a, chu chu ka rinawmna sang ber ka pe a ni”

Chu hriatna chu ni khat chu zawngtu thinlung zawng zawng hnenah a lo thleng ang a, thi thei thil, mipa emaw hmeichhia emaw angin an inngai tawh lo vang Chu ai chuan Pathian anpuia siam thlarau an ni tih an hre zawk ang Pathian ram chu mihring chhungah a awm a, thlarau chungnung ber chu an nihna chhungah a awm a ni

Thlarau chu taksaah duhna, thlemna, buaina, lungkhamna leh hlauhna inzawmkhawmin a phuar a, a chhuah zalen tumin a bei a, chu chu taksa hriatna nena inzawm tlat chu a hrual chhunzawm zel chuan

**Pathian kut chuan ni khat chu a rawn inrawlh ang a,
chu chain chu a titawp ang a, thlarau chu a zalen ang**

**Thlarau lam remna duhtute chuan Pathian
hriatthiamna leh ngaihtuahna thuk tak hmangin
thlemna leh lungngaihna lakah an inveng tur a ni
Pathian ngaihsak lo, khawvel leh a chhunga thil awm
zawng zawng siamtu a nihna hre lote chuan A awmna
an tawng lo va, A êng pawh an hmu lo**

**Ngaihtuahna chu taksa taksa tihkhawtlai nei lo,
Pathian thlarau absolute, zalen tak kan nihzia inhriat
nawn tir hi a ni Meditation chu mahni nihna dik tak
hriatrengna leh mahni nihna dik lo theihnghilh hi a ni
Zu rui lal fapa chu veng hniam takah a kal a, hun eng
emaw chen a hriatrengna leh a nihna dik tak a hloh
avangin a dinhmun chu a tap a, a lungngaih tan a nih
chuan, tiin, "Aw, ka rethei em em a, tanpuina ka
mamawh em em bawk!" a ãhianta chuan an nuihzat a,
"Sober up la, lal fapa i ni tih hre reng ang che, Your
Highness!"**

**Chutiang bawkin mihring pawh hi inbumna leh
inbumna dinhmunah a ding a ni Amah chu tanpui
theih loh thi thei, bei leh taima, kawng tinrenga
lungkhamna thlipuiin a rawn vawrh kual vel a ni tih a
harh a, a inhriat chian a hun tawh hle a, he khawvel
inthlak danglamna leh nghawngte hnuaia awm lo, he
khawvel inthlak danglamna leh nghawngte hnuaia
awm lo, eng ang pawhin nasa leh hlauhawm tak angin
lang mahse Amah chu a nung reng a ni tih a hriat
chian a ngai a ni malsawm Pathian thlarau, leh a
nihna chu himna thianghim leh luang chhuak a ni tih
Hêng ngaihtuahnate hi zan leh zanah a sawi nawn fo
chuan a tâwpah chuan a nihna dik tak chu a hrethiam
ang: thlarau thi thei lo**

**Thlemna, duhâmna, mi leh thil neihte nena
innghahna, hriatna bawih nih, thlarau lam thilsiam
hriat lohna, hnathawh lohna leh nunphung pangngai,
mechanical nun neih chu hlimna hmêlma nasa berte
zînga mi an ni**

**Ngaihtuahna kawngah hian hriatna thianghlim lo
par chhuak leh lo thang lian mek rilru ngeth takin i
hna chu thawk la, chutah chuan hlim tak tak i ni ang
a, inbumnaah ni lovin, nun zahawm tak i hmang ang**

**Ngaihtuahna ka tan tirh khan hetiang hlimna nasa
tak hi ka tawng dawn tih hi ka rilruah a lo lang ngai lo
Mahse ni a lo liam zel a, ngaihtuahna tuifinriat thuk
zawka ka luhchilh chhoh zel chuan ka thlamuanna a lo
thang lian a, ka hlimna pawh a lo zual zel bawh**

**Miin a nun a chau tawh a, chuti chung pawha thil
neih tam zawk leh hriatna lama thil tawn thar duhnain
a luah khat chhunzawm zel a nih chuan, kawng dik lo
leh kawng dik lo takah a awm a, kawng dik lo zawh a
ngai a ni Ngaihtuahna rilru na tak takte nghawng laka
tlanhhuahna kawng chiang ber chu nun awlsam tak,
pianpui nun—khauhna leh harsatna awm lo—Pathian
nena inrem taka nun hi a ni**

**Engvângin nge mihringte hi pianphung ni lo nun
kan hman?**

**Engvangin nge khawvelin a pek theih loh tawh
hlimna chu beidawng tak leh thinlung na takin a
zawn?**

Ka thiante u, nun hi a hlu hle

**Nitin Pathian hnenah heti hian ka tawngtai thin:
“Ka thil neih zawng zawng laksak i duh chuan i
duhzawng ni rawh se, ka tana tha ber i duh tih ka**

hriat avangin i rorelna leh finna hi ka dodal lo vang, midangte tihlawm ka tum ang, mahse, aw Lalpa, i lawmna chu a hmasa ber a, chu chu he nunah hian ka thil tum ber a ni,” tiin ka tawngtai thin.

Hetianga i tawngtai hian fiahna leh duhna tam tak i tuar thei a, mahse duhthusam tenawm leh duhna dik lo i do chhonzawm zel chuan Pathianin a hnaih ang che a, a malsawmna a hlan ang che A awmna chu i nun atanga thil tha lo zawng zawng nuai bo vek tur leh i thlarau tithianghlim vek tu luipui lian tak ang a ni tih i hmu ang

Duhthusam bawhchhiatna laka insumtu chuan tisa duhna chu hun rei lote chhung atan a tlahniam tih a hmu a, duhthusam leh duhthusam chauh a hnutchhiah a Mahse Pathian êng hmu a, a awmna hmutu chu thlarau nihna kalh zawng zawng a\angin a chhuak a ni

Thim chu Pathian êngin i tibo ang u

Ngaihtuahna tha lo chu a tha nen i hneh ang u

Ngaihtuahna hmanga Pathian hipna sang ber hmu tura thlemna hi i hneh ang u

Hei hi obsessive-compulsive disorder dona atana hmanraw tha ber leh tangkai ber a ni

I duhzawng chu thununna sual leh thununna thianghlim lovah a tlu tih i hriat apiangin Pathian beisei la, a tanpuina zawng la, ngaihtuahna tha lo zawng zawng hnawt chhuaktu leh thlarau hlimna, finna, thlamuanna leh rintlaknain a khattu a awmna malsawmna i hriat hma loh chuan

Remna awm rawh se

Planet-te nghawng hneh

Ka zirtirtu chuan ni khat chu:

**"Engvangin nge, Mukunda (Paramhansa),
planetary armband i hmuh loh?"**

**Kei chuan, "Hei hi ka tan a tul em, zirtirtu?
Astrology hi ka ring lo" ka ti a.**

**Ani chuan heti hian a chhang a: "Issue chu rinna
lam a ni lo Rather, scientific position dik tak miin a lak
tur chu chu subject chu a dik em tih hi a ni The law of
gravity worked just as effectively Newton as it did
Newton as the universe of the laws of the human
approval depended on human approval, chaos and
disorder would prevail**

**"Charlatan-te chuan hmân lai astrology science
chu tuna a mualphona dinhmunah an hruai thleng a
Astrology hi science zau tak leh hausa tak,
Mathematics leh philosophy lamah pawh, hriatna
lama tui tak leh science lama nghet taka innghatte
chauhin an hriatthiam theih tur a ni tawngkam, hei hi
he khawvel famkim lo leh tlin lohnaah hian beisei tur
a ni a, 'mi fing' tia inngai te chungah finna a khawhral
tur a ni lo".**

**Ka zirtirtu chuan heti hian a sawi chhunzawm a:
"Universe peng zawng zawng hi an inzawm tlat a, an
inzawm tlat a ni Universe rhythm mumal leh inthlau
tak chu exchange or give and take-ah a innghat a ni
Mihring hian, a mihring angin, chakna chi hnih a do
tur a ni: a hmasa ber chu lei, tui, mei, boruak leh
ether element hrang hrangte inzawmkhawm avanga
chhungril lama buaina lo chhuak a ni a, a pahnihna
chu thilsiam pawn lam thiltihtheihna a ni decay**

**Mihring chu a thi thei awmna nêna inhnialna a awm
reng chhûng chuan, lei leh vâna inthlâk danglamna
sâng tam takte chuan a nghawng a ni”**

**Astrology chu planetary influence-a mihringin a
chhan dan zirchianna a ni Arsite hian conscious
benevolence emaw malevolence emaw an nei lo va,
positive leh negative radiation an pe chhuak zawk a ni
Heng radiation te hian anmahni chauh hian mihringte
hi a hlawkpui lo va, a tichhe lo va, mahse, tun hmaa
mihringte thil siam chhan leh nghawngte inthlauhna
tur pawn lam thil kalpui dan tur dik tak a pe a ni**

**"Naupang chu a karma emaw, a mimal hun kal
tawh emaw nena mathematics lama a inrem lai ni leh
darkar bik a piang a ni A zodiac chart hi a hun kal
tawh danglam lo leh hmalam hun atana thil thleng
thei turte sawi lawkna thlalak dik tak a ni Mahse he
birth chart hi hriatna lo pung zelte chauhin an chhiar
emaw an hrilhfiah thei a, hengte hi a tlem hle**

**"Pian tirh laia boruak zau takah chiang taka
thehdarh thuchah hi chanvo - thil tha leh thil tha lo
kal tawh atanga lo chhuak - pawm tur a ni lo va,
mihring duhna chu a cosmic bondage atanga
tlanhhuahna tura fuih leh tiharh tumna a ni zawk Mi
pakhatin a phuar tawh zawng zawng chu tihtawp
theih a ni a, chu chu tuna a nun thunun thei
dinhmunte siamtuah chuan amah chauh hian
mawhphurtu a ni a, a nihna eng pawh ni se, a siam
tirh atang
khan."
.. .. . chutiang
chhan leh dinhmunte chu, planetary pressure hnuaia
awm lo, a thlarau lam thil neihte avang hian a
tihkhawtlai zawng zawng hneh theihna a nei a ni".**

"The superstitious fear of astrology chuan mi chu automaton-ah a siam a, chu chu thuhnuairawlh tak leh thuhnuairawlh takin automatic kaihhruainaaah a inngnat Mi fing chuan planet-te chu a hneh a, chu chu thilsiam a\anga Siamtu hnena a rinawmna sawn chhuakin a hun kal tawh a tlanchhuak tihna a ni a piang a, a chanvo chu planet leh arsi te nen a inzawm thei lo va, an thununna hnuaiah pawh a awm thei lo".

"Mihring hi taksa nei thlarau a ni Mahni thil awmzia a hriatthiam tak tak chuan, nawr luih leh tihduhdahtu model leh pattern zawng zawng a kalsan a Mahse, a buai reng a, a thlarau lam hriatrengna a tlakchham chuan, a chhehvel leh thilsiam danin a tihkhawtlai thup hnuaiah a awm ang

"Pathian chu inremna leh inremna a ni a, amah nena inmil chibai buku chuan thil dik lo a ti lo vang, mahse a thiltih zawng zawng chu van dante nena inmil leh pianphung angin a ni ang a, thuk taka tawngtai leh ngaihtuahna a neih hnuaah Pathian thlarau nena a inzawmna chu a hre chhuak ang Chu chhungril venhimna aia thiltihtheihna ropui zawk a awm lo

Zahawm tak Seri Yuktsuar-a hrilhfiahnate chu hriatthiam ka tum a, rei tak ka ngawih hnu chuan: "A nih leh engvangin nge ka pu duh tak, he bracelet hi ka bun tir hi i duh?"

Zirtirtu chuan heti hian a chhang a: "Khualzin chuan a tumna hmun a thlen chauhvin a kalna tur kawng leh map-te kalsan chu a dik a ni Mahse, a zin chung hian kawng tawi remchang apiang hmang tangkai a tum thin Hmanlai mi finge chuan thil tihsual leh bumna khawvela mihring inhlait hun chung tawi zawk turin kawng leh hmanraw tam tak

**an duang a There are some automatic features in the law of karma that can be skillfully tuned by the.. .. .
.. .. . finna kut zungtang".**

"Mihring natna zawng zawng hi khawvel pum huap dan bawhchhiatna atanga lo chhuak Pathian Lehkha Thu Thianghlim chuan mihring chu thilsiam dan zawm turin a fuih a, chutih rualin Pathian thiltihtheihna zawng zawngah rinna famkim vawng rengin A hna chu hetiang hi a ni: 'Lalpa, Nangmah ka ring a, Nangin min pui thei tih ka hria a, chuti chung pawh chuan ka tihsual rah chhuah tihbo nan ka theihtawp ka chhuah bawk ang' Kawng hrang hrang hmangin—ṭawngṭaina, duhthlanna, yoga ngaihtuahna, mi fing leh mi thianghlimte zawhfiah te, leh astrological bracelets hman te—tun hmaa nghawng tha lo awm tawhte chu tihziaawm emaw, tihbo vek emaw theih a ni".

"In pakhatah hian lightning strikes hip thei tur copper rod dah a nih ang bawkin, mihring taksa pawhin venhimna kawng hrang hrang a\angin hlawkna a hmu thei a, Transparent electrical leh magnetic radiations chu universe pumpuiah a kal zel a, mihring taksa chu a tha emaw a chhe emaw pawhin a nghawng thei a, Hmanlai atang tawh khan kan mi finge hian subtle cosmic influences-in a nghawng \ha lo tak takte chu engtin nge kan do theih ang tih an ngaihtuah nasa hle a ni They discovered that pure metals emit planetary rays." counteract the negative attraction of the planets It has also been shown that some plant compounds are beneficial The most effective elements are pure, flawless gemstones, weighing no less than two carats Astrology-a

venhimna hmanraw tangkai tak takte hian India ram pawn lama zirchiangtute ngaihven a hlawh lo hle Thudik awlsam tak, chiang tak pakhat chu lunghlu, thir, emaw thlai siamna atana hman tur remchangte chu a rit dik tak a nih loh chuan hlutna a nei lo tih hi a ni heng healing agents te hi vun nena inhnaih taka hnawih a nih thu".

Kei chuan, "Ka pu, i thurawn hi ka la ang a, bracelet ka la ngei ang, mahse van lam thilte hneh tumna mai mai hian mak ka ti hle!"

Chutah Sri Yuktiswar chuan thupek chiang tak tak a belh leh a, heti hian a sawi:

"A tlangpuiin rangkachak, tangkarua leh dar hmanga siam bracelet ka rawt ang, mahse i specific case-ah chuan tangkarua leh lead hmanga siam bracelet i neih ka duh a ni".

Kei chuan, "Ka pu, eng nge i tum tak tak?"

Zirtirtu chuan heti hian a chhang a: "Planet-te hian i lakah hian inhmangaih lo takin an inbuatsaih mek a ni, Mukanda Mahse hlau suh, Pathian thilpeknain a humhim ang che Thla khat chhungin liver disorder lian tak tak i tuar ang He natna hi thla ruk chhung a daih tur a ni a, mahse planetary bracelet i hman chuan he hun chhung hi ni sawmnhnih leh pali chauhah i tihtlem ang

A tuk zingah chuan jeweler ka zawng a, rang takin bracelet chu ka hmu a, chu chu ka bun a Ka hriselna a tha em em a, ka zirtirtu hrilhlawkna chu ka theihnghilh ta a, Serampur chhuahsanin Varanasi tlawh turin a kal a, kan inbiakna atanga ni sawmthum hnuah ka thin a na nghal a The following weeks were

a nightmare of excruciating pain Unwilling to trouble my teacher, I thought I could endure my ordeal alone, with patience and courage Mahse ni sawmhnih leh pathum ka hrehawm tawrh hnuah ka thutlukna chu a chak lo va, Varanasi-ah rel hmangin ka kal a, chutah chuan Sri Yuktiswar-a chuan lawmna mak tak maiin min lo hmuak a Mahse, ka dinhmun chhe zel chungchang chu mimal taka hrih theihna hun min pe lo Many devotees had visited him that day to receive his blessing Being ill, I withdrew to a corner Khualzinte chu zanriah ei kham hnuah chauh an chhuak lo va, ka zirtirtu chuan a in veranda-a ding riat neiah min ko a Min bia a, hla takah a melh a, a kal leh a, a chang chuan thla êng chu a dang a:

"I liver disorder vangin i lo kal niin ka hria Ni sawmhnih leh pali chung zet chu i na tawh a ni lawm ni?"

Kei chuan: "Ni e, ka pu" tiin ka chhang a.

Ani chuan, "Khawngaihin abdominal exercise ka zirtir che kha ti rawh" a ti a.

Ka chhang a, "Ka pu, ka hrehawm tawrhna zau zawng hi i hriat chuan exercise la turin min ti lovang" Chuti chung pawh chuan a thupek zawm turin beihna tlemte ka nei a Zirtirtu chuan zawhna nei takin min en a

"Natna i nei tih i sawi a, kei chuan hrehawmna a awm lo tih ka sawi bawh Engtin nge he inhnialna hi a awm theih ang?"

Ka lu a buai a, chutah hlimna rilru chuan min rawn luah khat ta a, kar rei tak chung mut malsawmna min hloh tawh hrehawmna reng reng chu ka hre tawh

lo "Sri Yuktsur" tih thumal sawi mai mai chuan natna chu a bo vek a, a awm ngai lo ang maiin a bo ta vek a ni

Lawmthu sawiin a ke bulah ka kun tan a, mahse min lo dang a, min ti a:

"Chu chu theihnghilh rawh Tho la, Ganges lui chung a thla mawi tak chu en rawh" Zirtirtu mit chu lawmnain a eng chhuak a, a bula ngawi renga ka din lai chuan a nungchang atang chuan amah ni lovin Pathianin min tidam tih ka hriat a duh tih ka hrethiam

Tin, vawiin thleng hian chu ni hriatrengna atana silver-lead bracelet rit tak chu ka la ha reng a, chu chu mimal danglam leh danglam tak tak nen kan khawsa tak tak tih ka hriatchhuah lai hriatrengna hlu tak a ni A hnuah chuan ka thiante chu Sri Yuktiswarah damna turin ka hruai ang a, ani chuan lunghlu emaw, bracelet emaw hman a rawt fo thin a, planetary wisdom practice atana hman chu a fak thin

Naupan lai atang tawhin astrology hi chhan pahnih vangin ka huat em em a: pakhatnaah chuan, astrology lama inhmang tam tak, ban leh thuhnuai rawlhna nei tam tak ka hmuh te, a pahnihnaah chuan chhungkaw astrologer-in hrilhlawkna a siam: "Vawi thum i nei ang a, vawi hnih hmeithainu i ni ang" tih hi ka ngaihtuah rei ang a, triple marriage maicham chung a inthawina beram no ang maiin ka inhria ang Ni khat chu, ka unaupa upa zawk Ananta chuan ka hnenah:

"I chanvo pawm hi i tana tha ber a ni, i horoscope chart-ah hian i kum hmasa lamah chuan in atangin Himalaya tlangah i tlanchhia ang a, i kir leh ngei ngei ang

Zan khat chu hrilhlawkna thu dik lo tak tak chu a hrechhuak a, tower map-ah chuan mei a hal a, a vut chu envelope-ah a dah a, chutah chuan heti hian a ziaak a: "Finna thianghlim mei alh chuan karma kal tawh chi chu a lo chhuak thei lo" Chumi hnuah envelope chu hmun langsar takah a dah a Ananta chuan he challenge langsar tak hi a chhiar a, nuihzatthlak takin a nui a, heti hian a sawi:

"He lehkha i hal ang hian thudik hi awlsam takin i tichhe thei lo".

Dik tak chuan, mipa ka nih hma hian vawi thum lai ka chhungte chuan ka inhualna tur ruahmanna siam an tum a, ka zirtirtu thusawi fing tak ka ngaihtuah fo thin a\anga khawvel ngaihtuahna la awm zawng zawng aiin Pathian ka hmangaihna chu a chak zawk tih hriain ka duh lo \hin a ni:

"Miin mahni inhriatthiamna a luhchilh tam poh leh a thlarau lam vibrations langtlang tak hmangin universe pumpuiah nghawng a nei nasa zawk a , chutih rual chuan pawn lam thil thleng pawhin a nghawng tlem zawk bawk".

A châng chuan astrologer-te chu planetary alignment angin ka hun chhiat ber berte sawi lawk turin ka ngen thin a, chuti chung pawh chuan chutih hun laia ka rilru ka dah zawng zawng chu ka la tihlawhtling thei tho a ni Chutiang huna ka hlawhtlinna chu harsatna mak tak takte nen a khat tih chu a dik a, mahse ka inrintawkna chu a bulpui tha tak a ni Faith in divine providence and the proper use of willpower—God’s gift to humankind—are a chakna hlauhawm tak, planet leh arsi atanga lo chhuak ethereal wave aiin a nasa zawk daih

**Ka hriat chhuah dan chuan arsitien an pian tirh
laia an record hian mi chu an hun kal tawha puppet a
ni tihna a ni lo Rather, planetary influences are
catalysts for growth Van lam thilte hian mi pakhatin
harsatna zawng zawng a\anga chhuah zalen a duhna
tiharh turin hna an thawk a Pathianin mihring tinte
chu thlarau danglam leh thilpek neiin a siam a,
chuvangin mimal tin hian thil siam zawng zawngah
hian chanvo pawimawh tak an nei a, chu chanvo chu
thlawpna emaw, inngahna emaw Mihringah pawh ni
se chhandamna chu pawn lam hnehnaah a innghat lo
va, chhungril thlarau hnehnaah a innghat zawk a ni**

**Thu lakna: Yogi-a Memoirs - Paramhansa
Yogananda-a ziaik Autobiography (Yogi nunah India
Philosophy) tih a ni**

thlarau lam hmasawnna

**Master Paramhansa Yogananda zirtirna atang
hian**

**Tunlai khawvel hi kan thlir chuan, a harsatna, a
buaithlakna, a buaithlakna, a buaina zawng zawng, a
hriat lohna leh a buaina zawng zawng nen, mihringte
hian hmasawnna leh hmasawnna kawng thar kan
zawh tawh tih hi rin harsa tak a ni Mahse, mihringte
chuan hun khirh tak, thil neih duhna hun lai chu
kalsanin, a sang lam panna kawng thar kawngkhar
lam pan chuan hmasawnna chak tak, zau tak a la ta a
ni**

**He atom hunlai kan hnaih chhoh zel chuan, Dark
Ages-a hriat ngai loh thilsiam chakna tam tak chu
tunah chuan hmuhchhuah leh hman tangkai a ni ta a,
khawvel pum huap inbiakpawhna chakna leh damdawi
lam, loneih, lirthei leh thil dang lama hmasawnna
chak zawka kalpui turin a pui ta a ni**

**Dik tak chuan tunlai technology hmanrua hian
nitin nun kan hriat leh kan hriat angin nasa takin a
tidanglam a ni**

Mahse mihringin a lo tuar tawh hun thim tak takte hian mihringte chungah nghawng nasa tak leh zau tak a la nei reng a Hemi avang hian mihringte hian scientific method hmasawn tak takte chu thil tha atan chauh ni lovin base, materialistic instincts te, mahni hmasialna, tihchhiatna, leh duhâmna te chawm leh tihchakna atan pawh kan hmang a Chutiang chuan, hun thimte nghawng chu kum tam tak chhung chu a la awm reng ang

**He hun lo sang chho zel hian technology lama
hmanraw leh hmanraw changkang tak takte avang
hian thlamuanna tam tak a pe a, chubakah mipuite
chu a hmaa hmuh theih loh hun awl engemaw zat a pe
baw In the Dark Ages, miten an harh hun apiang leh
an chakna zawng zawng chu an mamawh bulpui
phuhrukna leh dam khawchhuahna atan an hmang a
Mipui zinga mi tlemte chauhvinn thil sang zawk zawn
nan hun an hmang tling a ni**

**Tunah chuan - ram changkang zawkah pawh nise
- mi zawng zawng chu chutiang category-ah chuan an
tel vek a Mahse, miten an hun awl leh an hun awl
neihah eng nge an tih?**

Nunna thiltum an hriat loh avângin, intihhlimna tâwp nei loah an hun leh tha an khawhral a, khawthlang rama mi pangngai chuan kar khatah darkar sawmnga vêl chu television enin hun a hmang a, chu hun rei tak chu thlarau lam thil rah chhuah nei tûra hmang ta se, mi an hlim leh zual ang a, khawvêl hi a tha zâwk ang tih han ngaihtuah teh!

**Ngaihtuahtute chuan an hun chu fing tak leh \
angkai takin an hmang \hin Vanduaithlak takin mi tam
zawk chuan Pathian leh a dan a\angin an kal bo tawh
a ni**

**Hei vang hian khawvel hi tuna a dinhmun
lungchhiatthlak takah a awm Kan duhthusam khawvel
himna, hausakna, leh muanna khawvelah hian awm ila
Kan duhthusam Mahse khawvel buai tak karah pawh
hian a lantirtute tan a zir tur a nei Dinhmun harsa leh
hrehawm tak takte hian he khawvel hi kan chenna
hmun nget a ni lo tih hriat nawn tirna atan a thawk a
himna leh himna dik tak chu pawn lam khawvelah
hmuh tur a awm lo va, chuvang chuan Pathian kan
zawng a, a humhimna kan dil a ngai a ni**

**Remna leh hausakna hun, hnathawh tur nei lo
emaw, boruak lama harsatna awm lohna hmunah
chuan, mite chu "quiet, resigned frustration"-ah an
cheng a, philosopher Thoreau-a'n Engvangin nge? A
chhan chu he hausakna hi awm mah se, mite chuan
thlarau lam riltamna leh an nunah thil dang tlachham
chu pianpui duhna an nei a ni**

Chu thil chu Pathian a ni

**Kan hriat reng tur chu, pawn lam dinhmun eng
pawh ni se, thlarau lam hmasawna chu mimal
thawhrimnaah a inngat Hun thim ber leh dinhmun
chhe ber hnuaiah pawh mipa leh hmeichhia thenkhat
chuan Pathian hriatna an la nei thei reng a
Chuvangin, khawvel dinhmunin thlarau lamah min
tibuai tur a ni lo Thlarau lam beihpui thlakna
pawimawhna ber hi kan hloh ngai lo tur a ni**

**Hetieng dinhmun khirh tak karah hian hmalam
hun leh mak tihna nuam lo tak tak a neih theih turte**

**pawh kan ngaihtuah bawh Hei hi thil awmdan
pangngai a ni Mahse heng thilte hi kan ngaihtuah
lutuk a, rinhlelhna leh hlahna hian kan ngaihtuahna
a luah tir a nih chuan Pathian chu kan nun atangin
kan nawr chhuak a, Amah nena inzawmna leh a
humhimna hlim theihna hun remchang hlu tak kan
hloh a ni**

**Mite chuan nakin lawka thil thleng tur dik tak
hriat an duh Engvangin nge? An lungkhamna tihpun
nan?**

**Hlahna leh lungkhamnate chunga kan tluk luh
huna kan rilru chunga phurrit lian tak kan dah chu
kan hrethiam tak zet a nih chuan, tun thlenga kan
chhelna hi mak kan ti hle ang Lungkhamna leh
lungkhamna hian rilru a tichak lo va, hlahna chu
thlarauah a luh tir a, chuvang chuan kan rilru leh
thlarau lam inthlahna kan hloh ta Kan buaina chu
hmalam hun leh hun kal tawhte chu a ruala nun
tumnaah a awm a, chu chu a ni lo.. ..
.. ..
.. .. living in the present Hêng phurritte hi rilruin a
phur rit lutuk a ni**

**Kan ngaihtuahnate kan chhui Chiang tur a ni A
tam zawkah chuan, hmalam hun emaw, hun kal tawh
emaw-ah emaw kan tlanhhiatsan thin Hei hi
hmanralna tluantling a ni Tuna kan nun a ngai a,
tunlai hi Pathian ngaihtuahnain kan luah khat tur a ni**

**Leia hmun reng reng hi thilthleng leh hlahawm
laka him leh him tak tak a awm lo Vênghimna dik tak
chu rinawm tak leh dik taka nun te, mi dangte nêna
dik tak leh tih tak zeta inpawh tawna te, ɣawngɣaina
te, ngaihtuahna te, leh Pathian nêna inremnaah te a
awm a ni**

**Hemi avang hian Pathian nena inrem turin
theihtawp kan chhuah a ngai a He inremna ngei hi
natna tinreng damdawi leh nunna vuakna leh hun
hlam atanga damna a ni**

**Nunna thilthleng leh mumang rapthlak tak takte
hian min tihlau tur a ni lo Natna te, retheihna te,
accident te hian min ti hlau tur a ni lo Fiahna leh
hrehawmna karah kan inhmu hian, heng thil tawnte hi
suangtuahna mai mai a nihzia hrechiang ila,
ngaihtuahna tha tak tak te, rorelna dik tak te, leh
Pathian nena thlarau lama inremna, tanpuina leh
venhimna a ni**

**Pathian pawnah venhimna leh himna a awm lo
Hriselna leh rilru thlamuanna kan duh chuan A lam
kan pan kim vek tur a ni**

**Kan chenna dik tak ni lo he khawvelah hian
lungawina famkim neih a harsa He leia kan awmna hi
rei lo te chauh a ni Nun zirlai zir turin sikul pakhatah
hian kan awm He thudik hi kan theihnghilh hian kan
buaina a intan a, kawng tin atangin harsatnain min
hual vel a ni**

**Pathian tih loh chu engmah nunna tlak a awm lo
Thil dang zawng zawng hian a liam vek ang a, min
kalsan ang Chatuan leh chatuan daih chu kan zawng
tur a ni Mihring hmangaihna hi a rei lo va, a bo zauh
zauh Mihring hmangaihna hnungah hian Pathian
hmangaihna a awm a, chu chu hmangaihna ropui ber,
thinlung duhzawng tihlawhtlingtu leh thlarau tuihalna
tiremtu chu a ni Thil dang duh lovin Pathianin min pek
zawng zawng hi hlim takin hmang ila He leiah hian zir
turin kan lo kal a ni Pathian kan hriat theih dan Hetah
hian kan awm chhan dang a awm lo**

Thianghlim taka zawngtute chuan Pathian an hmu ang a, an nun chu thlamuanna, thlamuanna, khawngaihna leh hlimnain a khat ang Amah hriat duhna chu a chak a, a nget tur a ni a, a rah chhuah chu a chiang ang (a kiku chuan a ngaithla ang) Pathian hretute chuan hlimna leh hlimna chhonzawm zel an tawng ang

Pathian zawn hi mihringte inthianthatna emaw, inneihna emaw, tisa lama hlawhtlinna zawnna emaw nêna inmil lo a ni lo Hêng thilte hi nun zirlai pêng pawimawh tak an ni baw A pawimawh ber chu thil tak tak leh thil dik lo thliar hran a ni a, thil tum leh hlawhtlinnate chuan kan ngaihtuahna leh thiltih zawng zawng hmanga kan duhtusam leh kan tum ber hlimna chu min pe thei lo tih hriat hi a ni

He philosophy hian nun hi a ti thim lo va, a tichhe lo

Remna awm rawh se

Thudik leh thil tak tak chu thuk takin

Thutak chu thumal chiang lo leh chiang lo tam takin a khuh a ni A sawifah leh chiang zawk concept a ni Mi tinin rinna leh rinna kan nei a, thudik famkim an ni tih an rinnain an tiam a Mahse engtin nge he ngaihdan hrang hrang karah hian eng nge dik leh tak tak tih chu chiang taka hriat theih ang?

Thutak chu relative leh absolute a ni A, a absolute state a thlen hmain hmasawna leh tihthianghlimna (relative stages of development and refinement) tam tak a paltlang a Entirnan, mi pahnih chuan sumdawnna project pakhat an sawiho a Pakhat chuan

hlawhtlinna tichiang thei tur ngaihtuahna a rawn rawt a, pakhat zawk chuan thil tum inang ti thei mahse hlawkna dang nei thei tur counter-argument a rawn pe a, chutah chuan mi dangin ngaihtuahna tha zawk a rawn siam chhuak a, chutiang chuan All the proposed approaches were undeniably "correct," but only in a relative hriatna

Thutak hi hlimna nghet tak thlentu a ni

A awmzia famkimah chuan hlimna dik tak kalh zawng zawng hi thu dik lo a ni a, hlimna nghet tak thlentu chu a dik a ni Hlimna dik tak chu thil neih hlawhtlinna emaw, hun rei lote chhunga hlimna emaw nena inzawm hlimna rei lo te chauh a ni lo va, thlarauin a bul leh a bul a inremna atanga lo chhuak hlimna a ni zawk: Pathian Hetiang tehfung hmang hian thiltih eng pawh chu a rah chhuah leh hlimna rei tak a thlen dawn leh dawn loh (for dik tak chuan thiltih chu a tawp danin a rel a ni!)

Thutak hnuhnung ber chu Pathian a ni a, Pathian chu Thutak tawp ber a ni Pathian chatuan dan hmangin khawvel pum pui hi he thutak chungah hian a inngnat a ni Heng dante hi thutak bulpui, hun kal tawha awm tawh lo, tihdanglam theih loh tak tak leh mihringte tihdanglam emaw tihdanglam theih loh tak tak a ni Entîr nân, dikna famkim chu thah emaw, tihnat emaw aţanga insum a ni a, mahse soal pahnih zînga a tlem zâwk chu soal nei lote chu mi soal emaw, mi soal emaw laka humhim nân tharum thawhna hman hi a ni to protect more advanced beings from less advanced ones Mahse, thah duhna avanga thil eng pawh tihchhiat chu thil dik lo a ni

Khawvel dan chuan hmangaihna hmangin inremna leh inhnaih tawinna a thunun a, chu chu hmangaihna

leh inngaihtlawmna tihna a ni Thutak kan hmuh duh chuan kan ngaihtuahna leh thiltih te hi Pathian thutak chatuan dante nena inmil, tisa lam, nungchang lama leh thlarau lam thila a dik a nih a pawimawh hle

Thutak chu a bulpui ber a ni Mahse chu thu bul chu khawiah nge a awm a, engtin nge a hmuh theih ang?

Thutak thlen theihna kawng pathum a awm a, chungte chu: sensory perception hmangin, logical reasoning hmangin, leh intuition emaw, thlarau hriatna hmangin emaw

I sensory perception a dik lo a nih chuan i logical deduction pawh a dik lo ang I horizon lam hawi la, meikhu i hmuh avangin mei ang maia lang chu i hmu mai thei mahse, chu hmun i hnaih rual chuan meikhu ang maia lang chu leivut chhum mai mai a ni tih i hmuchhuak a, eng thil pawh thudik hriat nân, i hmuh leh hriatna, chubakah i rim hriatna, thlum leh khawih hriatnate chu i rinchhan a, chu bâkah chuan ngaihtuahna thiltihtheihna a ni Mahse heng thilte hi an inzawm khawm chuan thudik finfiahna hnahnung ber a ni thei lo, a chhan chu hriatnate chu dawt a sawi a nih chuan rilruin a dawt bawh ang Reason forms its impressions and arrives at its conclusions and convictions based on the reports it receives from the senses, but the senses are very limited by their nature Hei hi a ni zâwlneite chuan mite chu an hriatthiamna leh finna level a zirin an bia a, a chhan chu anni—mipuite chuan—an hmu a, mahse an hre lo va, an hre lo nain an hrethiam lo va, an hrethiam lo (an bengchheng, bengchheng, mittel an ni a, chuvangin an ngaihtuah lo)!

Mihring beng hian vibrations range bik chauh a hre thei a; it cannot detect the loudest or faintest sounds I hriatna chu a sang tawh a nih chuan, universe-in hmun tawp nei lo a surge lai hian a siam chhuah ri mak tak, ropui tak chu i hre thei ang Thil awm zawng zawng hi a kal vek a, he chetna hi aw nen a inzawm vek a ni Nothing exists without motion except in the realm of the transcendent cosmic spirit, where there is neither movement nor vibration If the mihring thlarau thiltihtheihnate chu a lo t̄hang lian tawh a, ethereal beng hmangin aw fiah lo tak tak a hre thei a—chu chu thiltihtheihna langtlang tak, taksa chu hriatna sang tak petu aw a ni

Chutiang bawkin, i mit thiltihtheihna chu tihpun ni ta se, êng rawng leh chi hrang hrang i hre thei ang I taksa mit chuan êng awm zat tlemte chauh a entir che a, chutih laiin i thlarau lam (etheric) mit chuan thil awm dan dik tak chu Pathian thil siam êng aṭanga siam lem angin a hmu a tin, mihring thi thluak pawhin, electrical radiation nasa tak a pe chhuak I Mit i khar hian thim chauh i hmu tlangpui Mahse thlarau lama hmasawna nen chuan êng mak tak tak i hmu thei ang a, êng chu thimah a eng a, thim pawhin a hre lo (van leh lei êng)

Chûngte chu mihringte hriat loh thudik bulpui berte an ni a, a chhan chu an hriatnate chu vibration nasa tak t̄lêm t̄ê chauha inmil a nih vâng a ni

Intuition emaw revelation emaw: hriatna thlarau zawng zawng huapzo thiltihtheihna

Chuti a nih chuan engtin nge hriatna leh an hriatna hnuaia thudik thup chu kan hriat theih ang? Hei hi analysis emaw, rational explanation emaw hmanga tih theih a ni lo, a chhan chu rilru chu

**hriatnate nena inzawm tlat a nih avangin hriatnain a
pek chauh a la chhuak thei a ni A chhehvela
thiltihtheihna tawp nei lote chu hriat theihna a nei lo
Thlarau intuition emaw, intuition engemaw tak emaw
tihhmasawn chauhvin thudik chu hriat theih a ni
Insight hi hriatna dik tak a ni a, hriatna hmang lovin—
thlarau hriatna thianghlim, thutak leh dik reng a ni**

**He intuition awmzia hi chutiang sensation i tawn
mahse sawifiah theih loh atang chuan idea i hmu thei
a, a chang chuan "mi thinlung chu an kaihruaitu a ni"
tia sawi thin thil pakhat chu sensory evidence
engmah nei lovin a thleng dawn tih i hre thei It's a
truth that manifests itself without any logical
connection to events I sitting ngawi rengin mi pakhat
i hmuh loh emaw i biak loh emaw hun rei tak chhunga
i ngaihtuah a, chutah chuan rang takin i hmu emaw, i
hriat loh emaw How chu chu a thleng em? It happens
through fleeting flashes of intuition Mi zawng zawng
hian hetiang flash hi kan tawng tawh a ni**

**Rorelna lama tihsual hi intuition tlakchhamna
atanga lo chhuak Mi tam zawk chuan an chhungril
takah chuan thil ropui tak tak leh nunah thil ropui tak
tak ti thei an ni tih an inhria a, mahse intuitive power
an neih loh avangin, chu latent potential chu a muhil
reng a Hlawhtling tur leh tihsual avanga hlim lohna lo
awm tur pumpelh tur chuan engkim a thudik bulpui
hriatthiam tum a ngai This is only possible by
cultivating intuitive insight That is**

**the... ..
... .. practical
reality of the matter Chuvangin, mi tinte chu thil
zawng zawngah thutak zawng turin ka fuih a, chu chu
mi dangte nena an inzawmnaah pawh ni se,
hnathawhnaah pawh ni se, an inneihnaah pawh ni se**

—a tawi zawngin, nun kawng tinrengah Intuition hi a pawimawh hle a; thil tul tak a ni a, tihtawp theih a ni lo

Intuition tlakchhamna chuan thutlukna \ha lo leh thil ngaihthah lohna a thlen a, a bîk takin sumdâwnna lama thawhpui rintlak loh thlan emaw, mimal inlaichînna dik lo taka inhnawmawih emaw a nihtîr avângin, ngaihtuahna chu hriatnain a pêk thu hriattein a tihkhawtlai a, a tihkhawtlai avângin, hriatnate chu bum a nih chuan, mi pakhat chu a nihna dik tak hriat lohvin, mi pakhat chu thil mak danglam tak anga ngaih theih a ni

A nih loh leh i nun kawppui (i thlaraupui) i hmu a, chu mi chu i innei ta niin i ngai mai thei a, chu chu in inzawmna chu inthenna emaw, inrem lohna leh inrem lohna avanga inrem lohna hremhmun nung takah emaw a tawp mai thei a Mahse chhungril intuition chuan chutiang tihsual chu a ti lo Mit atanga magnetism lo chhuak emaw, hmel hlimthla, eng mawi tak emaw a hmu lo chu ai chuan, chu mi thinlung chhûnga thil awm chu chiang takin a hre a, a hre chiang a, an nihna tak tak angin a hre baw

Ka zirtirtu ropui, Sri Yuktiswar puihnaa ka siam chhuah intuition vangin mihring nihphung chungchangah hian ka tisual ngai lo Ka chhungril hriatna hian he lamah hian min pui nasa hle fo thin Mahse mi tha lo lam hmuh ka tum lo Midangte tanpui nan chuan ka hmangaihna thuhmun lo ka pe a, anmahni mimal hlawkna tur atan ka rinna hi an hmang tangkai thei tih ka hriat lai pawhin

Intuition nei lo tam tak chuan financial ventures hlawhchhamnaah sum an seng a, chuvang chuan ka

thutlukna siam apianga ka hlawhtlinna zawng zawng chu ka intuition dik lo vangin ka hloh vek a ni

Mi pakhat a lo thanglian a, a lo thanglian zel chuan intuition chu hriatna danglam tak emaw, aw muang tak emaw angin a lo chhuak thin Hmeichhia hian mipa aiin hriatna lama an inrem zawk avangin, rilru natnain a hneh loh chuan intuition nasa zawk an nei tlangpui a Mipa chu a tlangpuiin ngaihtuahnain a kaihruai a, hmeichhia erawh chu hriatnain a kaihruai Mipain rilru fim tak leh rilru fim tak a neih chuan, he ngaihtuahna leh hriatna inkara inthlauhna hian rinhlelh rual lohvin a lo thanlen theih nan a pui ang hriatthiamna

Intuition hmanga nun tum hriat

I intuition i hman chuan he leia i awm chhan chu i hre vek ang a, chu thiltum chu i hriatthiam hunah hlimna i hmu ang He lei hi stage a ni a, Pathian chu director a ni Mi zawng zawngin lal emaw lalnu emaw chanvo chang turin an insist a nih chuan lemchan hlawhtling tak a awm thei lo The servant, the hero, and the king must play their parts for the play to succeed It is the villains who spoil the good plot of the divine play Chutiang chanvo thlangtute chuan Pathian kaihhruaina an zawm loh avangin man rit tak an pe ang

Miin khawvel dinhmun a thlen emaw, hausakna a khawlkhawm emaw chu eng pawh ni se, a thil tum tihhlawhtlinna leh a hlawh chhuah theihna tura nungchang dik lo hmanga thil a tih chuan hlawhtlingah ngaih theih a ni lova, hlimna dik tak chu miin a chanvo dik taka a thawh hunah chauh a awm

**thei a, chutiang ni lovin Mi maktaduai tam tak chanvo
changtu leh sumdawng tenau chanvo changtu chu
Pathian mithmuhah an intluk vek a, a chhan chu Ni
Hnuhnungah chuan Pathianin a duh ang strip each of
their possessions and titles I thlarauva i khawlkhawm
chu he khawvel i chhuahsan hnua i zuitu tur a ni**

**Mi ropui leh mi thiam, zâwlnei leh mi fingte chuan
an intuitive powers vingin thudik chu an hre thei An
mit leh rilru chauh ni lovin, an intuition Chiang leh
hmasawn tak, chu chuan engkim an hre vek a, chu
chuan thil an hre thei a ni**

**Pathian mithmuhah chuan kan chanvo hi a
pawimawh ber lo va, kan chanvo hi a pawimawh ber a
ni zawk I chanvo a harsat chuan lungngai suh,
beidawng suh I chanvo dik taka hlen hian Pathian
mithmuhah i hlawhtlinna a tichiang ang; chuti lo
chuan i zalên tak tak lo vang**

Meditation hian intuition a tipung thin

**Thutak hriat theihna leh a thu bulte anga nun
theihna awmchhun chu thlarau lam hriatna emaw,
intuition emaw tihhmasawn hi a ni Chutah chuan nun
hian awmzia a nei tih i hrechhuak ang a, i chhungril
aw chuan a kaihruai ang che a, i ke a kaihruai ang
che, nunah i chanvo eng pawh ni se**

**Chu aw chu a tuiah a pil bo a, a phum ta a ni—hun
rei tak kal taah—ngaihtuahna hrisel lote chuan Chu
rinna dik tak chu siam that leh theihna kawng Chiang
ber chu zing thawh leh zan mut hmaa ngaihtuah hi a
ni**

**Mi pakhatin an professional leh social
appointment a vawng reng ang bawkin Pathian nena
an appointment chu a vawng reng tur a ni Kan nun
buai tak hian thlarau lam thil atan hun min
hnutchhiah lo niin kan ngai mai thei a, mahse
Pathianin min ngaihtuah a, kan mamawh min pe turin
engmahin a dal lo Kan tawngtai a ngai a, ngun takin
kan ngaihtuah a, a chhanna kan nghak a ngai a ni
Hmangaihna leh ngaihtuahna thuk tak nen kan biak
chuan kan tawngtaina te chu a chhang ang, Chumi
hnuah chuan A awmna chu hlimna leh thlamuanna
angin kan hre ang kan thinlung Chu hlimna leh remna
chu a lo thlen hunah chuan, thiltihtheihna sang ber
nena inzawmna nung leh tangkai tak a lo awm ta a ni
He hun remchang hi hmang tangkai kan tum tur a ni,
thawhrimna tel lo chuan hlawhtlinna engmah a awm
thei lo vang**

**I nun chu thrill pakhat hnu pakhat hnung zuia i
hman chuan hlimna dik tak i hre ngai lovang Nun
awlsam zawkin nun hmang la Hlimna chu ngaihtuahna
thuk tak leh thil ropui tak tak ngaihtuah nan hun
remchang peknaah a awm a ni**

**A chang chuan mahni chauha hun hmang la, rei lo
te chhung chu ngawi renga awm chu practice la;
nangmah ngeiin a danglamna i hmu ang Radio emaw
television emaw a on reng a nih chuan, emaw,
tihchakna leh intihhlimna hian i hriatna a luah reng a
nih chuan i nerve a tichhe ang a, i thinrim phah ang**

**Midang siamthatnaah hian rilru lutuk suh
Nangmah insiam that hmasa phawt ang che—
Pathianin siam that che rawh se! Thil tha leh
hlawhtlinna arena ropui ber chu in lamah a ni
Anmahni in chhunga vantirhkoh chu khawi hmunah**

**pawh vantirhkoh a ni Mihring aw nem tak leh remna
zawnga awm hi hmun dang zawng aiin a mamawh
zawk a ni**

Thiltihtheihna, a hlawhchham ngai lo

**Pathian nena kan inzawmnaah chuan intuitive
understanding hian kan thil tih apiangah min fuih ang
a, min kaihruai ang He thiltihtheihna malsawm tak hi
hriat rengin kan nei tur a ni Kan chhungah a awm a;
we need only reveal it Thil hriat duh mai maite hi ka
ngaihven lo va, thutak zawng tak takte hi ka ngaihven
zawk a ni Pathian nen inpawlina nei reng ka ni a,
thinlung takin Amah hriat duhtute chauh ka zawng a
ni**

**He thiltihtheihna hi i dinhmun siam\hatna tur leh i
tana thil awlsam zawk siam turin engkimah hna a
thawk tih i hmu ang He thiltihtheihna nen hian i
inzawm chuan i hriselna chu khawvel chaknain a rawn
thawk chhuak ang a, i rilru chu a thianghlim zawk ang
a, a ngaihtuah ber ang a, a fiah zawk ang a, a luhchilh
zawk ang I thlarau chu Pathian thutak nung leh finna
tawp thei lo tur bungrua a ni tih i hrechhuak ang**

**Pathian hi hriselna, hausakna, finna leh chatuan
hlimna bulpui a ni Amah nena kan inzawm hian kan
nun hi a pumin a famkim a ni Amah tel lo nun hi a
famkim lo He thiltihtheihna sang ber, nunna, chakna
leh finna min petu hi kan ngaihtuah a ngai a ni Thutak
chu kan rilruah a luang lut a, kan taksaah chakna a
luang lut a, kan taksaah chakna a luang lut ang a, kan
thlarauah hlimna tawp nei lovin kan tawngtai a ngai a
ni**

Mit khar thim hnuaiah chuan khawvel chakna mak tak tak te, thlarau tha zawng zawng leh thlarau ropui zawng zawng te, leh thlarau lam ram zau zawng tawp nei lo te chu a awm a, I ngaihtuah chuan thutak famkim chu i hmu ang a, i nunah leh thil siama thil mak leh ropui zawng zawngah a hnathawh mak tak chu i hmu ang

Pathianin hlawhtlinna pe chein thlamuanna awm rawh se

**Chaw nghei hi hriselna leh damna a ni
"I chaw nghei tur a ni, chutiang chu a awm lo"
(Hadith)**

[He thupui hian Quran Thianghlina sawi angin chaw nghei hi a kalh lo va, tumah pawh an hnam dan anga chaw nghei dan, kan zah em em chu kalsan turin a ngen lo bawh a, chaw ngheitute pawh kan zah a, Pathian hnenah malsawm reng turin leh an chaw nghei pawm turin kan tawngtai a Hetah hian a sawi tum chu taksa leh thlarau lam result chiang tak neih theihna tura therapeutic fasting a ni a, chuvangin he sawifiahna hi a ngai ta a ni].

Chaw nghei avanga taksa rah chhuah leh thlarau lam thil tawn te hi mak tak a ni tak zet Thlarau chu taksa thil phut ata a chhuah chuan chaw nghei ni sawmthumna ka zo tawh a, chaw ka ei lo tak tak ang maiin a pianphung angin ka hria

A theih apiangin a theih chuan ni thum emaw a aia rei emaw chaw nghei tum tur a ni a, zawi zawiin ei tur tel lova nun chu thil theih a ni tih an hmu chhuak ang

Mi hrisel tak takte chuan ni thum chhung chaw nghei harsa an ti tur a ni lo Extended fasting hi specialist enkawlina hnuaiah tih tur a ni Natna khirh

**tak emaw taksa lama harsatna nei tu pawhin chaw
nghei leh ei leh in lama tawnhriat nei doctor rawn
hnuah chauh chaw nghei tur a ni**

**Taksa natna leh natna hi taksa system-a
hnathawh that lohna leh siamthat leh enkawl ngai a
nihzia tilangtu a ni Mite chuan an car chu an tifai a,
an enkawl tha hle! Mihring taksa hi motor dang zawng
aiin a buaithlak zawk a, a buaithlak zawk daih a,
Pathian chuan a thiltihtheihnaa innghat nasa zawkin a
thianghlim leh a hnathawh dan tur dik taka vawn reng
turin min duh a Hriselna tha thuruk chu chemical
element-ah chauh ni lovin Pathian thiltihtheihna, a
nih loh leh taksa chhunga nunna chakna
rinchhannaah pawh a awm a ni**

**He kan taksa chhunga nunna chakna hi nunna bul
a ni tak zet a ni Pathian thupek angin kan taksa peng
hrang hrang siamtu leh enkawltu chakna awm reng a
ni He nunna chakna hi rilru chaknain a tichak a,
chawin a chawm Amaherawhchu, hman dik loh a nih
chuan hna a thawk tawh lo va, a tawpah chuan hna a
thawk duh lo Entîr nân, a thiltihtheihna chu mit lamah
a chak lo thei a, chu chuan mit hmuhna fiah lo
(blurred vision) a thlen thei cell-te chu a tiharh a, a
tinung leh a, a pianpui nunna chakna a tlahniam òan
chuan engmahin taksaah chakna a pe leh thei lo**

**Chaw nghei hian taksa peng chak lote, chutiang
bawkin taksa kalphung leh chakna pawimawh tak
take chu a chawl a, hnathawh tam lutuk a\angin a
chhuah zalen a, a awm theihna turin pawn lam atanga
ei tur, tui, oxygen leh ni êng atanga a innghat tur a ni
tih chakna pawimawh tak hnenah rawtna i pek tawh
loh chuan, a zalen a, mahni inrintawkna a nei ta a ni**

**Kum khata ni 365 chhung ei tam lutuk hian natna
chi hrang hrang a thlen thin Chaw ei reng reng hi,
taksain a mamawh emaw mamawh lo emaw pawh**

ka duhzawng lairil (ka mitmeng inkar hmun)-ah ka dah a, ngawi rengin ka tawngtai a, "Lalpa, I khawngaihna avangin ka taksa chu a lum tawh!" Chutah chuan thawmhnaw chu a bo ta a, ka taksa chu a nih tur angin a lum ta! Chuvangin rilrua innghahna hian hlawkna nasa tak a nei a ni! Amaherawhchu, mi pakhatin a lutuka kal a, taksa chu a hnial vek tur a ni lo, a chhan chu a tih chuan a ngaihtuah thei lo ang a, a ei thei lo ang a, a che thei lo bawk ang

Mi thenkhat chuan taksa chung a rilruin a thununzia finfiah an tum a, a bul berah chuan hriselna lantir nan Mahse hriselna hi nun tum ber a ni lo Pathian hnena thlen hi thiltum dik tak a ni Mi pakhat chuan hun engemaw chen chu hrisel takin a inhria mai thei a, mahse engmahin a puih loh hun a lo thleng ang Chuti a nih chuan, tuin nge tanpui ang? Pathian Chaw nghei hi Pathian hnaih theihna kawng ropui ber pakhat a ni a, nunna chakna chu ei tur saltanna ata a chhuah zalen a, Pathianin kan taksa a chhawm nung a, a nung reng tih a nemnghet a ni

Mahse, tih dan hi a chak em em a, ei tur ngaihtuah mai mai hian ei nghal duhna a siam thin Vawikhat chu India rama naupang tē ka nih lai khan khawsik ka nei a, tamarind engemaw zat ka duh a, chu chu khawsik tan chuan a tha lo hle nia ngaih a ni Ka unaunu chuan rilru na takin a duh lo a, mahse ka chhelna avang chuan, thei rah thenkhat ka ei a, chutah chuan ka ei lohvin a rawn chhuah chhuak ta a ni, a chhan chu a thlum duhna chuan had been satisfied Humans are often controlled by gluttony Vanduaithlak takin, Pathianin taksa chu kan ei leh in leh taksa peng dangte tichhe lova ei leh in hrisel lo ei thei tur khawpin a siam lo

Mahse dik tak chuan hriselna leh hlimna kawng awmchhun—kawng fing ber—chu mahni inthununna hi

a ni Miin a tihhlawhtlin theih ropui ber pakhat chu mahni inthunun thei a ni a, an hriatnate thuneihna hnuaia awm lovin, chutiang phurrit tuar thei lo hmanrua chu electric charge nasa lutuk hnuaiah i dah a nih chuan a kang chhuak vek ang Chutiang bawkin, i chaw ei khamna kawngah chaw i phur lutuk apiangin, chaw ei tur siamtu nunna chakna chu a tlachham thin I chawlhsan chuan ei tam lutuk leh chaw nghei hian he nunna chakna hi a chawl a, cosmic energy hmangin a recharge leh thin

I car a chhiat chuan siamthatna dawrah i thawn a, a tul anga tih a nih hnuaah thil dang a chhiat hma loh chuan rei vak lo a kal tha zawk a, enkawl leh siamthat belh turin i thawn let leh bawk a, chutiang bawk chu taksaah pawh a ni The physical effects of fasting are astonishing A three-day fast on orange juice will temporarily repair the body But a longer fast will repair it completely, and you will feel as strong as steel Hriselna nghet tak i duh chuan i ei tur quality leh quantity i enfiah reng tur a ni

Chaw nghei lai hian eng nge i tih tur tih i hriat tur Damdawi lam enkawlina hi ni thum aia tam chaw nghei duh tan chuan a pawimawh hle Mi tumah chaw nghei hmasa ber chu rei lutuk turin ka fuih lo, an chak lo va, an chau ang tih an hriat avangin Kar khatah ni khat thei tui ei emaw, thla tin ni thum a zawna orange tui ei emaw hi chaw nghei thiamna tha tak a ni Chaw nghei mi chuan rilru lam a inpeih reng tur a ni that they will get sick or die (God forbid) if they don't eat Dik tak chuan chaw nghei rei tak chungin chak lo takin i inhria mai thei, mahse hei hi ni hmasa berah chauh a thleng thin a ni a chhan chu i nunna chakna chuan ei tur a lo thiam tawh a Mahse zawi zawiin, ni a lo liam zel a, chak lohna hriatna reng reng i hloh ta I nunna chakna leh thlarau chu ei tur a\angin a in\hen

**ta a, taksa chu nunna chaknain a chhawm nung tak
zet tih i hmuchhuak ta a ni**

**Miin a taksa rihna hloh lovin chaw a nghei theihna
thuruk chu ka hria Nunna chakna chu hriat chian taka
thunun a nih chuan taksa rihna tihtlem nan emaw,
vawng reng turin emaw hman theih a ni Hetiang
hmanrua hi hman a nih chuan taksa pianphung lumna
chu a tlahniam lo, chaw nghei hun chhung eng pawh
ni se, taksa chhunga channel bik kaltlangin cosmic
energy lakkhawm hmangin, nunna chakna chu pawn
lam thila innghah ai chuan chu chakna chuan a tikhat
leh ta a ni**

**Nunna hi chatuan a ni a, thawk, ei leh in, tui, ni
engah a innghat lo Thlarau thi thei lo, a hmasa ber leh
a pawimawh ber Pathian thiltihtheihna hmanga nung,
midang ni lovin, thlarau thi thei lo i ni tih hre reng
ang che**

**Taksa thih hnuah pawh hriatna chu a nung reng a,
mahse mi pangngai chuan chu chhunzawm zelna
hriatna chu a hloh a, an thi tawh tih a ring Mi tin hian
engtikah emaw chuan taksa thihna hi kan tawng vek
dawn a, chuvangin hlah a ngai lo I mut laiin i
taksaah hriatna hloh i hlau lo rather, you embrace
sleep as a state of liberation you eagerly anticipate
Chutiang bawkin, thihna hi chawlh hahdamna
dinhmun a ni—nun atanga chawlhsan Hlah tur a awm
lo Thihna a lo thlen chuan, nuihzat rawh Thihna chu
fiahna mai a ni a, a tum ber chu zirlai thuk tak zirtirna
a ni Nang chu Thlarau i ni a, thlarau chu a thi lo
Thihnain hei hi a zirtir che a nghah a ngai lo zirlai i zir
tur chu nun hi ei leh inah a innghat lo tih hi Chaw
nghei hmangin hei hi nangmah ngeiin i nemnghet thei
a ni**

**Mi tinin kan rilru chakna tihhmasawn tumin kan
thawk tur a ni a, chutiang chuan eng dinhmunah**

pawh kan hna tha zawk an thawk thei ang Order leh discipline zawm tur a ni; mahse, nun leh a harsatnate hmachhawn kawngah chuan mi chu rigid ni lovin, a flexible leh logical zawk tur a ni

Naupangte tih dan bulpui zawng zawng chu kum thum leh kum sarih inkar a lo piang vek a ni A supportive environment chuan an thanlenna kaihruaituah a pui a Mahse, prominent tendencies thlak danglam tur chuan kaihhruaina bik a ngai a ni

Ka private school-ah chuan tlangvalte chu taksa hmachhawn dan tur zirtirna khauh tak ka pe a An chaw nghei a, pillow nei lovin leiah blanket-ah an mu a, a châng chuan darkar tam tak an ngaihtuah thin Naupangte taksa bawih ata chhuahsan tura tanpui chu a pawimawh ber a, dam chhung malsawmna a ni Vawi khat chu, ka zirlai pakhat chu mitmeng tichhe lovin darkar sawm leh pahnih chhung ngaihtuahnaah a thu a Chutiang balance chuan hlimna nasa tak a thlen The ideal training lies in the taksa, rilru leh thlarau inthlauhna, scientific discipline Hei hi chaw nghei thupui leh awmzia a ni

Chaw nghei hnungah hian metaphysical, transcendental knowledge a awm Dik tak chuan mihring hi chhang chauhvin a nung lo Thil pahnih hian leiah min phuar tlat a ni: thawk leh ei tur Mut lai hian mi chuan thawk emaw ei tur emaw mamawhna a hre lo a, a chhan chu thlarau chu taksa hriatna a\anga a in\hen avangin Chang nghei hian rilru chu chutiang bawkin a chawisang \hin Chaw nghei hmang hian rilru chu a pianpui thiltihtheihnaah a innghat a ni Heng thiltihtheihnate hi a lo lan chhuah chuan taksa nunna chakna chu cosmic ether atanga thluak leh ruhro kaltlangin taksa luang chhuak chhunzawm zel chatuan chakna chuan a tichak zawk a ni

**Nunna chakna chu taksa chhawmdawltu pawn lam
thil awmte a\anga a in\hen chuan a chhung lam a\
angin thlawp a ni tih a hria a, rilru chuan taksain a
rinchhan thil nget tak takte chu chakna lan
chhuahna rough leh concentrated mai mai a ni tih a
hrechhuak a, chutah chuan rilru chuan nunna chakna
nen direct-in a inzawm thei a, taksaa inthlak
danglamna duhthusam thlen turin a hrih thei a ni**

**Rilru hian engkim tih theihna a nei Chuvang
chuan Isua Krista chuan lungte chu chhang ah a
chantir thei a, chu chu Zawlni, remna awm rawh se,
kut zungtang inkar atanga tui a luang ang khan, tui
tlemte awmna bungbel chhungah a kut a dah a, heti
hian a sawi: Thianghlimna malsawmna leh Pathian
malsawmna dawng turin lo kal rawh**

**Chuvangin ei leh in lama innghahna famkim chu
rilru leh mihring chhunga nunna chakna chunga dik
lohma a ni Rei tak chaw nghei hmang hian chaw
ngheitu chuan engkim hi finna a ni tih a hrechhuak
thin**

**He universe-a thiltihtheihna, taksa leh thil awm
zawng zawng hi Pathian rilru atanga lo chhuak a ni a,
chutiang bawkin mumang a i thil hmuh zawng zawng
hi subconscious mind-in a siam vek a ni**

**Rilruin taksa a thunun Chaw nghei lai hian, chumi
avang chuan i taksa chu a chak lo ang tih i ngaihtuah
chuan a chak lo tak zet ang Tin, chaw nghei hian i
chakna a ti tlem dawn nia i ngaih chuan chu
ngaihtuahna avang chuan chak lo takin i inhria ang**

**Mahse, i taksa chu a chak tih i inhriat tir chuan i
chau lo ang; chu ai chuan, chakna ropui tak, tiharhtu i
nei ang Mi tam zawk chuan hei hi an la tawn ngai loh
avangin an hre lo**

**Rilru chuan a thiltihtheihnate i tihchak loh chuan
a thilmakte chu a pholang lo vang Tin, thil neih i**

**rinchhan lutuk chhung chuan a thawk lo vang
Chuvangin, a thilmakte chu hriatna pangngai lakah
thup bovin a awm reng a ni**

**Mahse - chaw nghei hmanga - rilru rinchhan chu i
zir hunah chuan, natna hnehnaah emaw, hausakna
leh tamna thlennaah emaw, nun tum ber: Pathian
hmuhnaah emaw pawh ni se, engkimah hna thawkin i
hmu ang**

**An rilru thunun thei apiangin an taksa leh a
mamawhte pawh a thunun thei ang a, thlarau leh
taksa inzawmkhawmtu leia inkharkhip a\angin thlarau
thlamuanna leh zalenna a chang ang**

**Kawng lehlamah chuan thil awm lohna leh thlarau
chu khawvel pum huap a nihna rinna hi ngaihdan
mumal lo tak tak emaw, ngaihdan dik lo taka sawifiah
theih loh emaw atanga innghat tur a ni lo va, chu ai
chuan practical foundation leh deep self-awareness-a
innghat tur a ni zawk**

**Mite chuan ei leh inin a chhawm nung taksa nen
an inhriat chian tlangpui a, mahse taksa bulpui ber
chu nunna chakna a ni tih an hre lo Chaw emaw pawn
lam thil dang emaw pawhin cosmic current
lakchhuahna taksa chu a kaitho thei lo**

**Taksa mihring taksa leh rilru inzawmna chu
chakna, a nih loh leh nunna chakna a ni Hmanlai India
mi finge chuan he chakna (prana) hi an hmuchhuak
a , science pranayama , tih chu an siam chhuak a ,
chu chu taksa chhunga nunna chakna awm chu
hriatthiamna neia thunun tihna a ni**

**Isua Krista chuan thlalerah ni sawmli chhung
chaw a nghei a Tin, Zawlnei, a chungah remna awm
rawh se, chaw a nghei thin a: “Chaw nghei la, i hrisel
ang” a ti thin.**

**Chaw nghei ngai lote chuan ei leh in tel lova nun
hi a awm thei tih an thil tawn a\angin an hre thei lo**

Kar khat chhung chaw nghei hmasa berah chuan riltam a awm a Mahse, ni a liam zel chuan riltamna a tlahniam a, chaw ngheitu chuan rit tak, chakna, chakna, leh taksa lama harsatna a\anga zalenna a nei \hin Engvangin nge? A chhan chu taksa chu taksa ei tur hloh hian thil awm lo ei leh in: current, energy, activity, a nih loh leh nunna chakna: rinchhan turin a nawr tlat a ni

Mihring duhzawng chu chakna siamtu lian ber a ni Duhthlanna leh mahni duhthusam hmang hian mi chuan a tawp chin nei lo reservoir atang hian thlarau lam thiltihtheihna a hmu thuai thei a ni

Nitin hna thawk duh lo mi chuan chakna leh chakna tlakchhamna a nei tih a hria A lehlamah chuan, taima tak, thahnemngai tak leh hnathawh duhna tak tak nei mi pakhat chu cosmic current-in a luah khat a, an taksa leh thlarau chu chakna element-in a luah khat ta a ni

Duhthlanna nena nun dan metaphysical dan hre leh hmangtu, a cosmic source tawp thei lo a\anga nunna chakna chu hriatthiamna neia lak chhuah dan hretu chu taksa lama harsatna tam tak a\angin a chhuak a ni

India rama mi fing leh yogi-te chuan matter hi rilru lam thil (concentrated mental essence) a ni an ti Thenkhat chuan he thudik hi an finfiah a, anmahni taksa leh thil dangte duhthusamin anmahni taksa leh thil dangte tihdanglam leh tihdanglam theihna an lantir a ni

Tunlai science chuan matter hi vibrational force atanga siam a ni tih a finfiah universe chhunga thil chi hrang hrang leh pianzia zawng zawng, lung leh planet atanga mihring thlenga siamtu chemical element te hi electron vibrations chi hrang hrang leh danglamna tih loh chu engmah dang a ni lo Ice, entirnan, a vawt dan,

a rit leh a pianzia te hi a hriat theih a, kan khawih thei bawk If we melt ice, it turns into water If we boil water, it turns into steam and then becomes invisible Chuvangin scientific lam atanga thlir chuan vur emaw vur emaw hi kan hriatnain a hriat theih ni mahse a awm tak tak lo a ni A thupui ber chu hmuh theih loh electron, a nih loh leh chakna chi hrang hrang a ni

Phên dangin sawi ila, hmuh theih loh dinhmunah a inthiar chhuak thei emaw, a inthiar chhuak thei emaw chu awm tak tak a ni tih theih a ni lo Hetiang a\ ang hian matter hi awm lo anga ngaih theih a ni a, mahse a awmna chu a inzawm tlat a ni

Matter hi kan rilru nena inzawm hian a awm a Mahse a bul berah chuan hmuh theih loh chakna a ni a, a lan dan leh taksa pianphung chauh lo chu a boral lo va, a danglam lo bawk

Chutiang bawkin mihring rilru leh thil hi Pathian hriatna lan chhuahna a ni a, a pianphungah chauh a awm Thudik chu khawvel pum huap rilru chauh hi a awm tak zet a ni

Naupang chu nu leh pa atanga piang a nih ang bawkin, matter hi a awmna atan rilruah a innghat a ni Matter hi Pathian rilru atanga lo chhuak a ni a, mihring rilruin a hriat theih angin a lang In and of itself, matter has no reality because it lacks intrinsic existence

Matter-a electronic force-te hian rilru na tak ni mah se, mahni inhriatthiamna nei cosmic life force vibrations a nei a, chu chu Pathian source atanga lo chhuak a ni

Pathianin, “Van leh lei Eng,” a ti a, chuvangin êng awm rawh se, êng pawh a awm Hemi awmzia chu Pathian rilru leh Pathian duhzawng ngaih pawimawh ber chu êng emaw, vibrating energy emaw a lo ni ta tihna a ni

Nunna cosmic current leh a hnu lama chakna nasa zawka vibrate electron te chu nature chakna hrang hrang, langtlang tak an lo ni ta a ni Heng chaknate hi physical universe siam chhuahna bulpui material element angin an lang chhuak a ni

Matter hi mihring hriatnain a tak tak leh hriat theih a ni Mahse thil tawn, logic leh laboratory experiment thenkhat hmangin mihringte chuan khawvel langsar tak, illusory image leh form zawng zawng hnuaiah hian thil siam chakna awm reng leh danglam ngai lo a awm ngei tur a ni tih an hmuchhuak ta a ni

He thudik hi tuifinriat awmzia hriatthiamna hmangin kan hre thei a, chu tuifinriat chu a thlipui chu thil awmzia pakhat, ropui tak, hun eng emaw chen atana lan chhuahna ni mah se: tuifinriat ngei pawh Tuipui tel lo chuan thlipui hi a awm thei lo va, mahse tuifinriat chu thlipui nen leh awm lovin a awm a ni

Heng ngaihdan te hi finna lamah pawh man theih a ni a, mahse, mi pakhatin matter chu nunna chaknaah a chantir a, nunna chakna chu cosmic consciousness-ah a chantir a zir loh chuan hriatthiam tak tak theih a ni lo, zawlnei te, mi ropui thenkhat te, leh mahni inhriatthiamna nei te pawhin an tih leh an tih chhunzawm zel angin Hêng mimal êng neite tan chuan matter hi a awm lo, thil siam thlipui hnuaiah hian thil danglam thei lo leh, thil siam thlipui hnuaiah a awm tih Chiang takin an hria a ni thlarau tuifinriat danglam thei lo

Vedanta leh Yoga philosophy-ah chuan universe hi Pathian (muthilh leh muthilh pawhin a hneh lo) chatuan, harh chhuah hriatna chhunga mumang a ni a, Matter leh rilru, universe chu a arsi leh planet te nen, lei chunglam thlipui (dense surface waves) leh

thil siamte hnuaia subtle, transparent undercurrents
te, mihringte faculties of feeling, will, and
consciousness, leh nunna dinhmun te a ni leh thihna,
zan leh zan, hriselna leh natna, hlawhtlinna leh
hlawhchhamna te hi he cosmic mumang thununtu
relativity dan ang chuan thil tak tak a ni vek a ni

Relativity lens hmanga hriat zawng zawng hi
mihring mumang neitu tan chauh a tak tak a ni a, ani
hian grand cosmic dream-ah hian an chanvo tlemte
chu a chang a, Cosmic illusion, a nih loh leh relativity
dan atanga tlanhhuah tur chuan mihringte hi he
mumang atang hian Pathian chatuan hriatnaah hian
kan harh chhuak tur a ni

He mumang hi suangtuahna emaw, hnialna emaw
hmangin, thihna hnawl chungin nun pawmin emaw,
natna ngaihthah chungin hriselna pawmin emaw kan
tidanglam thei lo State tin hi a kalh zawnga thil
pawimawh tak a ni a, pawisa fai emaw puan phek
emaw sir lehlamah Dualities are not separate but
rather interconnected Thutak zawngtu chuan a rilruah
then hran a tum lo va, hriatna leh finna hmangin a
paltlang zawk a ni

Thil \ha, hlim leh \angkai tak takte chauh chu thil
pahnih (dualistic nature)-a thil dik tak anga pawm
duhtu chu mumang khawvel rilru natna (illusions)-a
inhnamhnawih mi a ni

Miin hun engemaw chen chu mumang tak tak
anga lang, mahse harh chhuahna dinhmuna a inthlak
chuan a dikna a hloh ang bawkin, mi pakhat tan thil
mumang tak tak anga lang atanga harh chhuakin
thlarau khawvel tak tak leh danglam ngai loah a awm
thei a ni

Mimal famkim tawh, ngaihtuahna leh ngaihtuahna
hmanga an hriatna chu a tawp nei lo Absolute-a
tihzauh leh chantir zir tawh chauhvin thil siam chu

**Pathian mumang angin an hmu thei chauh a ni Matter
awm lo tih Chiang takin an puang thei chauhvin mahni
inthununna chhonzawm zel hmangin, chhungril
chakna lo thanglian zel a, leh scientific yoga
ngaihtuahna tih dan hmangin, emaw, thlarau lam
hriatna kawng dang eng pawh ni se—rinna,
hmangaihna, rawngbawlina, mahni inphatna, a nih loh
leh tih tak zeta biakna—Pathian zawngtu chuan thil
pahnihte chu a titawp thei a, thil tam tak leh chi
hrang hrang lantîrna zawng zawng hnuaia chatuan
inpumkhatna chu a hre thei a ni**

**Cosmic illusion atanga chhuah zalen chuan
Pathian Engkimtithia chu awm zawng zawngah a
awm vek tih a hria a, chutiang chuan a Pathian
hriatna chu a khawih a, thutak awmzia chu a
hrechhuak ta a ni**

Remna awm rawh se

Mi hausa chu Pathianin a hausa a ni

Zirtirtu Paramhansa Yogananda-a sawi angin

**Emperor Akbar (1556-1609 CE) hi India rama
Mughal emperor zinga mi a ni a, Asia khawmualpuiah
hian history kal zelah roreltu ropui ber pawl a ni a, a
mite chung a dikna leh felna a neih avang leh an
hriselna a ngaih pawimawh tak avangin "Patron of
Humanity" tih hming a dawng a, India ram bo tawhte
lak let leh turin taima takin a thawk bawh a, a state
chak tak, centralized state a ni**

**Akbar hi India rama sakhaw hrang hrangte
inngaihtlawmna duhtu lian tak a ni a A lal lai hian
Hindu sakhua leh Islam sakhua te chu inrem takin an
lo thanglian a Muslim lal (Akbar) hian a chang chuan
Islamic thawmhnaw a ha a, mosque-ah tawngtai turin**

a kal thin a, a chang chuan Indian thawmhnaw ha chungin Hindu temple-ah ngaihtuahna leh biakna atan a kal thin

He lalber thinlung ropui leh thilphal tak hian ram puma mi harsa leh khawtlang nunphung hrang hrangte hnena thilpek leh thilpek pein ni khat pawh a ding ngai lo

Sakawr ṭha pariat phur lal tawlailir mawi takah chuan chu a tih dân a ni a, Vêngtute leh thuhritute chuan khawpui pum puiah khuang, cymbal leh tawtawrawt nen a kalkhawm ropui tak lo thleng tur chu an puang chhuak ang

Hetiang ropuina leh ropuina zawng zawng hi awm mah se, a mi ropui ber hnen atangin thupek khauh tak a awm a, engtik lai pawhin leh hmun dangah pawh a hnuaia awmte zinga tu emaw chuan a hnena ngenna emaw, tanpuina dil emaw a duh chuan kawngzawh chu tihtawp a ni

Ni khat chu lal kawngzawh ropui tak takte chuan a sir lehlamah thingin a khuh kawngpui zau tak an paltlang lai chuan, lalber chuan mitdel pahnih, metre tlemtea hlaa ṭhu, ṭanpuina leh thilpek dilna an au lai chu a hmu a

Upa chuan tawlailir chu mitdel hmasa ber hmaah chuan ding turin a ti a, ani chuan a au chhuak a:

"Mi hausa chu lalberin a hausak thinte an ni".

Chu thumal chu ngun taka a ngaihthlak hnu chuan driver chu mitdel dang au chhuak lam pan turin a ti a:

"Mi hausa tak tak chu Pathianin a hausak chu a ni".

Thla khat pumpui chhung chu lalber chuan mitdel pahnih, amah leh Pathian hnena hausakna diltute bulah a kal pelh apiangin thumal pahnih inang chiah chiah chu a hre thin A tawpah chuan a chhungrilah lainatna rilru a lo chhuak ta a, mi hmasa ber, a thupui: "Emperor-in a hausa ber chu a hausa ber a ni" tih chu tanpui a duh ta a ni.

Ni khat chu Akbar-a chuan lal in siamtu hnenah chhang lian tak (kamaj type thick tak) a center-ah rangkachak thianghlim khata khat chu siam turin a ngen a, Akbar chuan he chhang hi mitdel hmasa ber hnenah a pe a, a pahnihna chu a ngaihsak lo vek a, ani chuan lalber ni lovin Pathian hnen atanga hausakna a beisei a ni

Chumi hnu rei vak lovah chuan Akbar-a chu ramsa man turin a kal ta a, a lo haw leh chuan chu kawtthler chu a paltlang a, rangkachak chhang pe tu mitdel chu a hmunah a la awm reng a, a hma ang bawkin: 'Mi hausa chu lalberin a hausakna chu a ni' tiin a au chhuak a.

Mitdel hmaah chuan lal tawlailir chu ding turin a ngen a, a hnenah: "Chhang ka pek che kha engtin nge i tih?"

Chu pa chuan a chhang a:

'Your Majesty, khawngaih taka min pek chhang hi a lian lutuk a, a rit lutuk avangin a bake tha lo hle a, chuvang chuan mitdel dang hnenah chuan fil sawmin ka hralh a, a bul tanna i thilphalna atanga lo chhuak fils te chu ka dawng thei hi ka lawm hle a ni'.

Akbar-a chuan mitdel dang chu a zawng kual a, a hmu lo a, a chanchin a zawh hnu chuan chhangphut

**chu a nupui hnenah a pe tih a hre ta a, a chhût vele
chuan rangkachak chu a hmu ta a, Chumi hmang
chuan in tlâwm tak an lei a, Pathianin an duhzâwng a
hlensak a, a khawngaihna tam takin a tihhausak
hnuah an dinhmun chu a ṭha chho ta a ni**

**Chu chu a hriat chuan lalber chuan thil thleng
awmzia thuk tak chu a hrethiam ta a, inngaitlawmna
tluk loh nen chuan buaina leh thinrimna ang main a
insiam a, mitdel hmasa ber chu a zilh ta a, heti hian a
sawi:**

**‘Eng nge i tih, mi â? Ka chhangphut rangkachak
khat rangkachak khat chu i thianpa, hausakna atana
keimah ni lo Pathian rinchhantu hnenah i pe a, Tun
atang chuan a thupui i pawm a, a puan thin angin i
puang chhuak tur a ni: Mi hausa chu Pathianin a
tihausa chu a ni’.**

A nih loh leh chutiang lam hawi thil engemaw:

Petu neitu chuan a pe thin

Amah chauh hi hausa an ti

Remna awm rawh se

Magnetic emaw intellectual emaw ei tur

**Miten ei leh in emaw, ei leh in emaw an sawi hian
taksa chawmna atana hman thin taksa chaw an
sawina a ni tlangpui Mahse, taksa chaw aia
pawimawh lo, a pawimawh zawk fo bawk**

**Chutiang finna emaw thlarau lam emaw ei tur
zingah chuan:**

**Rilru lama thiltih emaw, rilru, finna leh thlarau
lam hriatna lama innghahna**

Taksa chaw hian taksa cell te chu a chhawm nung a, finna chaw chuan rilru chu ngaihtuahna hrisel tak takin a charge a, finna chaw chuan thlarau a tiharh a, a theihna a tipung baw

Intellectual nourishment chu mi pakhatin a ngaihtuah leh midangte nena inzawmna leh inpawhna hmanga a dawn ngaihtuahnate a ni tlangpui

Mi rilru muang leh zahawm tak nei mite chuan kan ngaihtuahna chu magnetic leh hrisel taka siam turin an pui Mi pakhatin a rilru chawmna chu boruak muanawm emaw, buaina emaw a\angin a la chhuak em tih hriat a harsa lo Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi dik lo, thiante emaw, chhungte emaw nena inzawmna a\anga lo chhuak vek a ni a, chu chuan ngaihtuahna lungkham tak leh rilru buai tak a thlen a ni

Taksa hian taksa ei leh in atanga chakna leh thiltih a la chhuak a, magnetic foods hian taksa leh rilru pahnih tan chakna charge a pe a, chu chu solid leh liquid ei tur, awlsam taka chakna nungah a chantir theih loh aini a ei awlsam zawk a ni

Hriat lohna chu finnaah i chantir theih hunah

Chak lohna leh chak lohna atanga hriselna leh chakna thlengin

Inrintawkna leh huaisen takin - nangmah chauh pawh ni se - nun kawng hrang hrangah kal rawh

Tin, chhia leh tha hriatna nung leh fimkhur tak neihna chhungril hlimna pawh

**Tin, Pathian dikna leh thutakin thu dik lo a
hnehna leh thil tak takin thil dik lo a hnehnaah rinna
nghet tak a nei bawk**

**Tin, nitin i ngaihtuahna chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum hian**

**Hmangaihna leh lawmthu sawina thinlung a nei a
ni**

**Tin, midangte chung a thil tum tha tak tak a nei
bawk**

I intellectual nourishment hi magnetic a ni

**Tin, chutah chuan thil mawi leh hlawkthlak zawng
zawng chu a hip lut ang che**

Thil, mihring leh dinhmun a\angin

**Hriselna leh himna tuipui kamah a zinkawng
chhunzawm zel a ngai hle**

Tin, a tawp berah chuan

**I mamawh chu hmuh tumin theihtawp i chhuah a,
Pathianin i tâna awlsam taka a siamah i lungawi
chuan**

**Khawvêl thil neihte ngaihven leh a hlimna rei lo
tête duhâmte aiin thlarau lamah hausa zâwk leh
lungawi zâwk rawh**

Remna awm rawh se

**Pathian hian amah hmangaihtute chu a
thlahthlam ngai lo**

**Yogi-a hriatrengna: An Autobiography (Yogi
nunah India Philosophy) tih lehkhabu aṭanga lak a ni.**

"Kan pa hian rochun lo che ta se, Mukunda ⁽¹⁾, i phu tak zet ang, â tak leh â takin i nun i khawhral a ni!"

Chutiang chuan ka u sermon chuan ka beng a thleng ta a, rel atanga Jitendra nen kan lo haw chauh a, leivut layer khatin kan khuh a, Ananta te in kan thlen chuan, a tawpah chuan khawpui hlui Agra-ah a insawn ta Ka u zawk chu sorkar public works department-ah accountant hna a thawk a, chuang chuan a hnenah, "I hria em, unaupa Ananta, Pathian hnenah ka inheritance ka dil a ni" ka ti a.

Ani chuan: "Pawisa hi a hmasa ber a, Pathian pawh a lo kal leh thin! Tuin nge hria ang? Nun hi a rei mai thei!"

Kei chuan: "Pathian a lo kal hmasa ber a, sum hi a chhiahhlawh a ni! Tin, tuin nge sawi lawk thei ang? Nun hi a tawi mai thei!"

Ka chhanna chu a takin a lo thleng a, engmah a thleng dawn tih ka hre lo (Mahse, alas! Ananta hian a naupan laiin he khawvel hi a chhuahsan ta)

Ka unaupa mitmeng chu lungawinain a eng chhuak a, chhungkaw bu-a ka kir leh tur chu a la beisei reng a, ani chuan:

"Hermitage atanga finna niin ka hria Mahse Benares i chhuahsan tawh niin ka hria!"

Chuang chuan, "Benares-a ka awm chung chu rah chhuah nei lo a ni lo, ka thinlung duh zawng zawng chu chutah chuan ka hmu vek si a! Tin, ka hmuh chu i company-a i tawn (scholar) kha a ni lo tih i chiang thei a, a fapa pawh a ni lo" ka ti a.

Ananta chuan thil thleng hriatrengnaah nuihzatna min hrilh a, ka kaihhruaitu atana a thlan clairvoyant scholar Benares chu hmalam hun thlirna leh hriatthiamna nei lo tak a ni tih a pawm a He zawhnaah hian:

"Chuti a nih chuan eng nge i ruahmanna, ka unaupa bo, vakvai?"

Ka chhang a, heti hian ka hrilhfiah a: "Jitendra chuan Taj Mahal thilmakte en turin Agra-ah a zui turin min ti a, chu mi hnuah chuan tun hnaia ka guide ka hmuh, Varanasi-a hermitage nei hnenah kan kal ang".

Ananta chuan min enkawl tha hle a, tlai lamah chuan mitmeng fimkhur takin min en nawn fo thin a, chuvang chuan ka rilruin:

"Chu hmel hnung lama thil awm chu ka hria! Thil engemaw a siam chhuak a ni!"

Tin, dik tak chuan chawhmeh ei laia thil thleng ka lo sawi lawk tawh kha Ananta chu nizan inbiakna thread a khawn khawm lai chuan sual nei lo angin a lang a, "Chuti a nih chuan, hei hi kan pa pawisa i mamawh lo nia i hriat dan chu a ni!"

Kei chuan: "Ka inngahna chu Pathian chauh a ni zawk" ka ti a.

Ani chuan heti hian a chhang a: "Thu chu a man tlawm, Mukanda! Tun thleng hian chanvoin a humhim che a Mahse, chu kut hmuh theih loh chu ei leh in leh chenna tur pe turin i rinchhan a ngai a nih chuan i harsatna chu a va zahthlak tak em! Kawngpuiah dilna i hmang ngei ang!"

Kei chuan: "Pathianin a phal lo! Amah chibai buktu leh amah ringtute tana eizawнна kawngkhar hawnsaktu, dilna leh dîlna tih loh chu eizawнна hmun chhiar sen loh petu Pathian ai chuan kal tlangte chungah rinna ka ngat lo vang!"

Ani chuan: "Heng zawng zawng hi rhetorical expression leh bombastic language a ni! I philosophy, i chhuang leh i inchhuang thin chu he material world-a khawvel tak tak experience fiahnaah dah turin ka ngen che ang u, i pawm ang em?".. tiin a sawi.

Kei chuan: "Ni e, ka pawm! Pathian chu theoretical realm-ah chauh inkhung hran hi phal a ni em?"

"We shall see Vawiin hian ka ngaihdan zau zawk emaw, a dikna pawm emaw hun remchang in nei ang" a ti.

Ananta chu dramatic takin rei vak lo a chawl a, chutah zawi zawiin leh muangchangin a sawi chhunzawm a, heti hian a sawi:

"Vawiin zing khan i thianpa Jitendra nen min tir turin ka rawt a che, cheng khat pawh i hruai loh tur thu te, ei tur leh pawisa dil lo tur te, i harsatna chungchang hi tumah hrilh lo tur te, ei tur nei lo emaw Brindbane-a tangkhang lo tur te, he test-a condition pakhat mah bawhchhia lovin zanlai pelh hmaa hetah hian ka inah i kir leh a nih chuan kei hi a tam ber ka ni ang." Agra-a mi mak ti tak!"

Kei chuan, "A nih leh challenge chu ka pawm a ni" ka ti a.

Ka thusawiah emaw, ka thinlungah emaw chuan inhnialna a awm lo Pathian inrawlhna hriatrengna

**hlim tak takte chu ka hmaah a rawn eng chhuak a:
Lahiri Mahasya lem hmaa Pathian hnena ngenna
hmanga cholera thihna thlen thei ka damna Lahore in
chung chung a kite pahnih thlawk thilpek; Bareilly-a
beidawnna leh lungngaihna karah a hun taka lo
thleng amulet chu; Pandit-a huang pawn lama
Banaras-a hermit hming hriat loh hnen atanga
thuchah thutlukna siamtu; Nu Thianghlim hmuh leh
hmangaihna thu ropui tak tak a hriat leh Guru
Mahasya hmanga ka duhzawng a chhan nghal dan te;
hun hnahnung bera lo thleng kaihhruaina leh high
school diploma ka zir theihna tura min puitu; tin,
chutah chuan ka veng zirtirtu, dam chhunga ka
mumang vur kara ka hnena lo thleng malsawmna
hnahnung ber chu ka "philosophy" chu he khawvel
khirh tak, thil hmuh theiha finfiahna leh finfiahna
chauh ringtu khawvela inbeihnaah hian a tling tawh lo
tih ka phal ngai lo vang**

**Ka unaupa chuan, "Challenge pawm chu i tan
chawimawina a ni a, tunah tak hian rel-ah ka zui dawn
che a ni" tiin a chhang a.**

**Tichuan Ananta chuan mak ti zeta meng chhuak
Jitendra lam chu a hawi a, a bia a, "Hriatpuitu angin i
zui tur a ni a, a tuartu angin pawh i zui ve ngei tur a
ni!"**

**Darkar chanve chhungin Jitendra nen chuan he zin
nghal mai tur hian one-way ticket kan keng ta a,
Ananta chuan station kil khatah uluk takin min enfiah
a, kan hnenah pawisa kan nei lo tih a Chiang a, kan
kawrfual puan kan khuh te chu a tul aia tam a thup lo
tih a Chiang ta a ni**

**"Ananta, vanduai a awm palh hlauh chuan
telegram ka thawn theih nan cheng khat emaw**

pahnih emaw chu reserve atan min pe rawh," ka thianpa chuan sum leh rinna inkara buaina nasa tak karah chuan a dodal a

Sawisel takin ka au chhuak a: "Jitendra, final guarantee atan pawisa i keng tel a nih chuan he test hi ka kalpui lo ang".

Jitendra chuan, "The clinking of coins is reassuring" tiin a chhang a, mahse, na taka a zilh lai chuan ngawi reng mai loh chu tih theih dang a nei lo

Ka upa zawk chuan, "Mukanda, thinlung nei lo ka ni lo" a ti a.

Ananta awah chuan inngaihtlawmna note a ri a, a chhia leh tha hriatna chuan tlangval pawisa nei lo pahnih khawpui dangah a tirh avangin emaw, Pathian thiltihtheihna a rin loh vang emaw a ni mai thei, chutah chuan a sawi belh leh a:

"Eng thil thleng emaw, khawngaihna emaw avanga Brandyban-a hrehawmna hi hlawhtling taka ka paltlang thei a nih chuan, i zirtir atan min thianghlim turin ka ngen ang che".

He thutiam hi thil mak tak leh nunphung leh nunphung din tawh nen a inmil lo a ni India chhungkuaah chuan unaupa upa ber chuan a aia naupang zawkte chu a chibai tam lo hle a; he comes second only to the father in receiving respect and obedience from those younger than him Mahse, a thusawi chungchang sawina hun a la awm lo, rel chu a kal tan tawh avangin

Jitendra chu rel tlan chak lutuk chuan lungngai takin a ngawi reng a, a tawpah chuan a thutnaah a

inthlak a, hmun na takah min rawn beng nasa hle a, heti hian a sawi:

"Pathianin chaw ei tur dang min pe dawn tih engmah ka hmu lo!"

Chuvang chuan, "Thlamuang takin awm rawh, rinhlelhtu, Pathianin a rugin hna a thawk si a" ka ti ta a.

Ani chuan: "I hmanhmawh thei ang em? Min nghaktu tur ngaihtuah mai maiin ka riltam a ni Varanasi hi Taj Mahal hmuh nuam ti turin ka chhuahsan a, keimah thlan luh tumin ka chhuahsan lo!"

Chuvang chuan, "Thinrim la, lawm rawh, Jitendra! Brindiban thilmak thianghlim kan hmuh hmasak ber tur hian kan kal dawn lo em ni?" Lal Krishna kein malsawmna ramah ke ka pen ang tih ngaihtuah ringawt hian duhthusamnain ka khat a ni".

Chutih lai tak chuan kan compartment kawngkhar chu a inhawng a, mi pahnih an lut a The next stop was the last one

Ka hmaa thu mi hriat loh chuan ngaihvenna langsar tak nen min rawn bia a, heti hian min zawt a: "Hey guys, Brandenburg-ah hian thian in nei em?"

Ka mit chu a lam chu ka hawi let a, "Chu chu i thil tih tur a ni lo" ka ti a.

Ani chuan, "Heart Thief spell hnuaiah hian in chhungte in tlanchhia a ni mai thei Kei pawh hi thlarau lam duhthusam mi ka ni a, he khaw lum nasa tak atang hian ei leh in leh chenna tur in hmuh ngei ka tum ang" a ti a.

**Kei chuan: "Ni lo, ka pu, min kalsan mai rawh I
thilphal a, mahse tlanhhia kan ni tih hi i tisual a ni"
tiin ka chhang a.**

**Chutah chuan kan inbiakna chu a tawp ta a, Rel a
ding a, Jitendra nen platform-a kan chhuk meuh
chuan kan chance thian pahnih chuan min kuah a, taxi
an ko a**

**Thingkung hring hring kara hmun mawi takah
chuan chapel ropui tak hmaah chuan kan chhuk a,
chutah chuan mi \hate chu hriat hlawh tak an ni tih a
chiang hle a, naupang nuihzatthlak tak pakhat chuan
minrawn pan a, engmah sawi lovin reception room-ah
min hruai a, chutah chuan hmeichhe upa zahawm tak,
eng mawi tak pakhatin min lo hmuak a**

**Mipa pakhat chuan hostess chu a bia a, "Nu Gauri,
lal fapa pahnihte chu an tel thei dawn lo Minute
hnuhnung berah an programme a danglam a, thinlung
takin lawmthu sawina leh ngaihdam dilna thuk tak an
thawn che a Mahse, mikhual dang pahnih, rel-a kan
inhmu lai khan, Lal Krishna zirtir ni tura ka hriatte
kanrawn hruai a ni," a ti.**

**A thiante pahnih chuan kawngka lam panin an kal
a, "Kan thlah che u, kan thian te pahnih Kan inhmu
leh ang, Pathian remruat chuan" tiin.**

**Mother Jouri chuan a mikhual beisei loh tak takte
tan chuan nuihzatthlak tak leh hlilmawm tak arawn
puak darh a, "Min lo lawm e! Ni tha zawkah hian
hetah hian i lo kal thei lovang He hermitage-ah hian
lal fapa pahnih lo kal ka beisei a, i lo kal hi ka lawm
em em a, chuti lo chuan hetiang taka uluk taka ka
siam chaw hian ei tur leh ei nuam tak tak hmu lo se
chuan mualpho takin ka lo hmin ang!"**

Heng thu ngilnei tak takte hian Jitendra-a chungah mak tak maiin nghawng a nei a, a mittui tla zawih zawih Brindbane-a a hlauhthawn em em chhiatna chu lal leh lalte tana ruai thehnaah a chang ta He thil thleng rang tak hi a tuar theih loh khawpa tam a ni Hosss chuan hriat duh hmel zet hian a en a, mahse engmah sawi lovin, tleirawl rilru lama a chhuahna chu a hre chiang hle mai thei

Chawhmeh ei turin min sawm a, Mother Jouri chuan dining room-ah min hruai a, chu chu rimtui tak tak nen a rimtui hle a, chutah chuan a kianga kitchen-ah chuan a bo ta a ni

Tin, he hun hi ka lo nghak tawh a, chuvang chuan Jitendra taksaah hmun remchang tak ka thlang a, rel-a min rawn pinch dan ang chiah hian ka pinch a, heti hian ka ti a:

"Pathianin hna a thawk a, rang takin nangni rinna tlemte pawh!"

Hostess chuan fan kengin a lo kir leh a, chu chu chawlhsan lovin khawthlang lam style pangngaiin min fan a, embroidered blanket-a kan thut lai chuan Monk-te chuan ei tur chi hrang hrang sawmthum vel an rawn keng a Hei hi chawhmeh pangngai a ni lo va, ruai ropui tak a ni zawk! He planet kan thlen tirh atang khan hetiang thil tui tak hi kan la ei ngai lo

Kan hostess chu a bia a, heti hian a sawi: "Hengte hi lal fapate tana chawhmeh tling tak tak an ni, nu zahawm tak! I lal mikhualte'n he ruai thehnaa tel ai chuan eng thil hmanhmawhthlak tak nge an ngaih chu ka hre lo! Kan theihnghilh ngai loh tur dam chhung hriatrengna min pe a ni!".. tiin.

Ananta dinhmun chuan thil tam zawk kan puan theih loh avangin, kan lawmthu sawina hian awmzia pahni a nei tih chu nula zahawm tak hnenah chuan kan hrilhfiah thei lo va, mahse kan inpekna chu a Chiang hle A malsawmna leh hermitage tlawh leh tura sawmna lum tak nen kan chhuak ta a ni

Pawn lam khaw lum chu tuar theih loh khawpin a na hle a, chuang chuan ka thianpa nen chuan monastery kawngka bula kadamba thing hnuaiah inhumhimna kan zawng a Hei hi thu rilru na tak takin a zui a, Jitendra-a chuan a vawi hnihna atan a hlauhthawn leh rinhlelhna a sawi a, heti hian a sawi:

"Eng harsatnaah nge min luhtir! Kan chaw ei kha vanneihna thil a ni! Tin, tunah chuan engtin nge kan kuta pawisa pakhat mah awm lovin he khawpui mawina hi kan hlim theih ang? Tin, chutah chuan, Ananta te inah engtin nge kan kir leh theih ang tih min hrilh thei ang em?"

Chuang chuan kei chuan: "Tunah i pum a khat tawh a, Pathian i theihnghilh vat vat em!"

Ka thusawi kha a khauh lo va, sawiselna a ni zawk a, Van malsawmna chungchang sawiin mihring hriatrengna hi a va tawi em! Khawvelah hian an ngenna chhanna eng emaw zat dawng lo mi pakhat mah an awm lo

Jitendra chuan, "Nang ang mi fimkhur lo tak nena risk la tura ka âtna kha ka theihnghilh ngai lovang!"

Kei chuan, "A tawh tawh, Jitendra, min chawmtu Pathian kha Brindban-a min enkawltu leh Agra-a min hruai kir leh tur Pathian tho kha a ni si a!"

Ka thusawi zawh meuh chuan tlangval pakhat, a hmelah chuan thlamuanna leh thlamuanna a lang a, rang takin minrawn pan a Kan thing hnuaiah ding chungin ka hmaah chuan a kun a, a ti a:

"Ka thian duh tak, nang leh i thianpa hi hetah hian mikhual in ni ngei ang, chuvangin i mikhual leh kaihruaitu ni turin min phalsak ang che".

India mipa hmel chu a hring lo hle nachungin, Jitendra hmel chu natna avanga sen a lo ni nghal a, zahawm takin chu thilpek chu ka hnawl a Mahse, tlangval chu a buai hle a, chutiang chuan, dinhmundang hnuaiah chuan, nuihzatthlak tak a ni ang A chhang a:

"Min chhuahsan thei dawn lo tih a chiang!"

Kei chuan, "Engvangin nge ni lo?"

Inrintawk takin minrawn en a, "Ka zirtirtu i nih avangin Chawhnu lam ka ngaihtuah lai hian inlarnaah malsawm Lal Krishna chu ka hmu a, he thing hnuaiah ngei hian lem pahnih min hmuhtir a, Chumi zinga pakhat chu i hmel, ka zirtirtu, ka ngaihtuahnaah ka hmuh fo tawh kha a ni! Ka rawngbawlna inngaitlawm tak hi i pawm chuan ka va lawm tak em!"

Chuvang chuan, "Min hmuh avangin ka lawm bawka ni Pathian pawhin min kalsan lo va, mihring pawhin min kalsan lo!"

Ka hmaa chu hmêl duhthusam tak chu nui chungin che thei lovin ding mah ila, zahna rilru put hmang chuan Pathian ke bulah thlarauvin min chibai a

Tlangval chuan, "Ka thiante u, ka in tlawhna hmanga chawimawi turin ka va duh em em a ni!"

Kei chuan, "Tlangval thilphal tak i ni a, mahse chutiang chu kan ti thei lo a, Agra-a ka unaupa mikhual kan nih avangin".

Ani chuan, "Chuti a nih chuan he inhmuhkhawmna hriatrengna atan hian in pahnih Brindiban-ah tal zui ve turin min phalsak ang che u" a ti a.

Sawmna chu lawm takin ka pawm a Tlangval chuan—a hming chu Pratap Chatterjee a ni—sakawr khalh tawlailir a dil a, Madhana Mohana biak in leh Krishna biak in dangte lam pan chuan kan kal ta a, biak in chhunga kan la tawngtai lai hian thim a tla ta a Chumi hnuah chuan Pratap chuan a sawi:

"Sweets ei turin phalna ka dil thei ang em?"

Rel station bula dawr pakhatah a lut a, chutih lai chuan kawngpui zau takah chuan kan kal kual a, chu chu tunah chuan mipuiin an luah khat tawh a, a lum deuh tawh bawk Kan thianpa chu rei vak lo chhung chu a bo a, sweets tam tak kengin a rawn kir leh a, Agra-a kan zinna atana a lei ticket pahnih nen banknote rual khat a keng a, ngenna ang maiin a nui a, "Hei hi min pe turin ka ngen che u a ni," a ti thlarau lam chawimawina".

Ka pawm chu chu kut hmuh theih loh zahna tih loh chu engmah a ni lo'm ni A thilphalna—Ananta-i nuihzat tak chu—a tul aia tam a ni lo em ni?

Station bula hmun hla tak kan zawng a, ka ti a:

"Pratap, Kriya ka zirtir ang che: tunlai Yogi ropui ber Lahiri Mahasya tih dan leh a hman dan hi i thlarau lam kaihruaitu a ni ang".

Initiation chu darkar chanve chhungin a thleng a, zirtir thar chu ka bia a, heti hian ka bia a: "Kriya chu i duhzawng tihlawhtlingtu lungflu hlu tak a ni ang He art, awlsam anga i hmuh hian thlarau lam hmasawnna chak tak kalphung a keng tel a ni India lehkhabu thianghlim chuan tisa lo chang mihring nihna hian khawvel bumna atanga chhuah zalen a nih theih nan kum maktaduai khat a mamawh tih a sawi a, mahse he pianphung hun rei tak hi Kriya Yoga Just as hian nasa takin a ti tawi thei a ni Jagades Chandra Bose chuan thlai thang chakna chu a hma aia chak zawkin a ti chak thei tih a finfiah a, chutiang bawkin mihring thlarau lam thanna pawh hi thuruk hriatna hmangin a ti chak thei bawh I practice-ah thinlung takin awm la, Pathian, Zirtirtu Zirtirtu leh Kaihruaitu Kaihruaitu chu i hnaih lehzuai ang

Pratap chuan ngaihtuahna sengin, "Hun rei tak ka zawn tawh, he malsawmna yoga key ka hmuh avangin lawmna nasa tak ka nei a, A thlarau lam nghawng chuan hriatnate tihkhawtlai ata min chhuah zalen ang a, hmun sang zawkah min hruai ang Vawiin a Lal Krishna hmuh hi ka nunah malsawmna ropui tak a ni," a ti.

Ngawi renga hriatthiamna neiin rei vak lo kan thu a, chutah station lam pan chuan hahdam takin kan kal a, rel ka chuan lai chuan hlimna chuan minrawn luah khat a, Jitendra erawh chuan a tap Pratap-a ka thlahna chu a rilru a khawih hle a, ka thiante pahnih hnen atanga thawk leh tap ri chuan a titawp leh a Vawi khat chu, Jitendra chu lungngaihna a hneh leh a, tun tum chu amah tan ni lovin, amah leh amah a dodal a, a sawi tan ta a ni:

"Aw, Pathian ka rinna kha a va chak lo em! Ka thinlung kha a khauh a, mahse tunah chuan Pathian ngaihsakna hi ka ringhlel ngai lovang".

Zanlai a lo thlen meuh chuan adventurer pahnih, pawisa pakhat mah tel lova tirh chhuah chu Ananta inah chuan an lut ta a A hmel chu a tiam ang ngeiin a awm tak zet a, mak tihnain a khat Ngawi rengin, dawhkan chungah chuan cheng a rawn tla thla a Fiamthuinn, "Thudik sawi rawh, Jitendra! He tlangval hian highway-a rukbo a tum lo em ni?"

Mahse, thawnthu chipchiar tak a hriat veleh ka unaupa chu a serious ta a, chutah chuan a lungngai ta hle a, ka la hmuh ngai loh thlarau lam thahnemngai takin a sawi a:

"Supply and demand dan hian ka ngaihtuah aiin transparent horizons a thleng mek a, a vawi khatna atan he khawvela sum leh pai leh a vulgar hoarding hi i ngaihsak loh chhan ka hrethiam a ni".

Tlai tawh mahse ka unaupa chuan Kriya Yoga-ah hlan a tum tlat a Chutiang chuan Master Mukanda chuan ni khat chhunga a dil loh "zirlai" pahnih mawhphurhna chu a phur a ngai ta a ni

A tuk zingah chuan a hma ni lama tlakchhamna boruak muanawm leh inrem takah chawhmeh kan ei a, Jitendra chu ka nui suk a, ka ti a:

"Taj Mahal hmuh hi i hloh lovang Serampur kan zin hmain han en leh ila".

Ananta chu kan thlah a, Agra khawpui lungphun ropui leh chhuanawm ber chu kan thlir ta a: Taj Mahal, a marble dum chu ni ênga inremna famkim mumang ang maia eng chhuak Cypress thing dum,

**thlai hring hring, leh lui reh takin a hual vel a, a
chhung lam chu lung hlu tak tak hmanga khuh,
lemziak inthup tak tak hmanga chei a ni Marble dum
leh sen hring chu pangpar mawi tak tak leh motif-te
chuan an inzawm khawm a, an inzawm khawm a,
dome atanga êng lo chhuak chuan a lalram lalnu leh a
hmangaih ber Emperor Shah Jahan leh Mumtazi
Mahal-te thlan chu a silfai bawk**

**Ka hmu tling tawh nia inhriain ka zirtirtu hmuh ka
chak em em a, Jitendra nen khawthlang lam panin
Bengal lam panin ka kal nghal a Ka thianpa chuan,
"Mukanda, thla tam tak chhung chu ka chhungte ka
hmu tawh lo ka ruahmanna ka thlak tawh a, nakinah
Serampur-a i zirtirtu chu i tlawh mai thei" a ti a.**

**Ka thianpa - ngilnei taka mize nei anga sawi theih
chuan Calcutta-ah min kalsan a, hmar lam mel sawm
leh pahnih vela hla Cebrampur-ah local train hmangin
ka thleng ta a ni**

**Varanasi-a ka zirtirtu ka hmuh atanga ni
sawmhni leh pariat a liam tawh tih ka hriat chuan
mak ka ti hle a, ani chuan: "Kar li hnuah i lo kir leh
ang!" Tin, hetah hian Rai Ghat reh takah a hermitage
courtyard-ah chuan thinlung na takin ka ding a, India
rama mi fing ropui tak, ka zirtirtu Swami Sri
Yukteswar nen kum sawm chhunga a tam zawk ka
hmanna tur hermitage-ah chuan a vawi khat nan ka
lut ta a ni!**

Zirtirtu Paramhansa leh Tagore te an ni

**Lehkhabu (The Philosophy of India in the Life of a
Yogi) atanga lak a ni.**

Mi fing Paramhansa Yogananda tan chuan

"Rabindranath Tagore chuan hla savate ang bawkin mahni inhriatchhuahna hmanrua atan naturally leh spontaneous taka zai hi min zirtir a".

He hrilhfhahna hi Ranchi School-a naupang kum 14 mi fing tak Bhola Nat-a hnen aṭangin ka hnenah a lo thleng a, zing khat chu a hla sak thlum tak ka fak hnuah Hun remchang nei emaw awm lo emaw pawh ni se, naupang chu Bulpur-a Tagore-a hmingthang Santinakitan, "remna lawng chawlhna" tihna a nih hmaa a zir tawh, lui inrem tak ang maiin hla nen a luang chhuak ang

Ka thianpa hnenah chuan, "Rabindranath-a hlate hi ka naupan lai atang tawhin ka hmuiah a awm reng a, Bengali zawng zawng, khaw mi lehkhathiam lote pawhin a hla ropui tak takte hi an ngaina hle a ni".

Tin, Bhola nen chuan Tagore-a chang thenkhat chu a sawi dun a, ani hian India hla sang tam tak chu music-ah a dah a, a then chu a phuah a ni a, a then chu hmân lai a ni bawk

Kan zai zawh hnu chuan nui chungin, "Rabindranath-a nen hian Nobel Prize for Literature a dawn hnu lawkah ka hmu nghal a, a sawiseltu te nena inpawh taka a undiplomatic boldness ka ngaihsan em avangin tlawh duhna nasa tak ka nei a ni".

Bhola chuan thawnthu chungchang chu duhthawh takin a zawt a, chuang chuan heti hian ka sawi ta a ni: "Linguist-te chuan Tagore-a chu sawiselna nasa tak an tawh a, a chhan chu linguist-te'n an ngaihhlut linguistic boundary ngaihtuah lovin, colloquial leh classical expression-te chu Bengali poetry-ah style thar a rawn luhtir avangin A hla phuahte hian ngaihnawm, emotional expression-ah philosophical thudik thuk tak tak a keng tel a, literary dinhmun nghet tak chu zawm lovin.. ..

... ..
.. .. form hrang hrang"

"Vawikhat chu sawiseltu lian tak pakhat chuan Rabindranath-a chu—ngaihtlawmna leh hmuhsitna nen—'the dove poet who sold his cooing to the printers for a pittance' tiin a sawi a Mahse Tagore-a phuba lakna chu a lo thleng dawn ta! Khawthlang lam literary khawvel zawng zawng chuan a lehkhabu (Gitanjali: The Song Offerings) chu English-a lehlin a nih khan zahna an hlan a. A large group of scholars, including his former." critics, Santiniketan-ah rel hmangin lawmpuina hlan turin an kal a ni".

Rabindranath chuan a tlawhtute chu tumruh taka hun rei tak a tihkhawtlai hnuah a lo dawngsawng a, chutah chuan ngawi reng leh ngaihsak lo takin an fakna hlimthla chu a ngaithla a A tawpah chuan an sawiselna ralthuam chu an chungah a hawitir a, heti hian a sawi:

"Gentlemen, hetah hian zahna leh chawimawina roses rimtui tak tak min hlan hi in hmaa in hmuhsitna rimchhia rimchhia nen a inzawm tlat Nobel Prize ka dawn leh he in ngaihhlutna thut tak hi inzawmna a awm em? Bengal hmun thianghlim-a ka pangpar inngaitlawm tak ka hlan lai khan nangni tithinurtu hla phuahtu kha ka la ni reng a ni.

"Chanchinbu-ah chuan Tagore-a huaisen taka a zilh dan khaikhawmna an tichhuak a, mi fakna leh inngaihluhnain a bum loh mipa thusawi dik tak chu ka ngaisang hle a ni".

"Calcutta-ah Rabindranath nen hian min inhmelhriattir a, a secretary, Mr CF Andrus ⁽¹⁾, Bengali thawmhnaw ha mai mai, hmangaihna nen Tagore-a chu a vantirhkoh pu (Gurudeva) tiin a sawi a ni".

"Rabindranath chuan min lo dawngsawng tha hle a, charisma aura, culture hausa, leh zahna dik takin

min hual vel a, Tagore chuan a literature source chungchanga ka zawhna chu a chhang a, a infuih ber chu kan sakhaw epics atanga lo chhuak a ni a, kum zabi sawm leh palina vela khawsa hla phuah thiam Vidyapati kutchhuak atanga lo chhuak a ni" a ti.

Heng hriatrengnate hian min fuih a, Tagore-a'n a siam thar Bengali hla hlui chu ka sa tan a, "I hmangaihna êng chu eng rawh" tih ațangin ka sa țan a, Bhola chuan sikul huana kan kal kual lai chuan hlim taka hla saknaah min rawn zawm ve bawk

Ranchi School din a nih atanga kum hnih vel a liam hnuah, Rabindranath hnen atangin Santiniketan-a kan zirna lama kan thil tumte sawiho turin sawmna ka dawng a, lawm takin ka pawm a, ka hmu ta a, ka thlen chuan a desk-ah a thu a, mipa nihna dik tak epitome angin min rawn strick a, as any artist could imagine His handsome, delicately shaped face radiated nobility and dignity, framed by sam sei tak, hmul luang chhuak, leh mit lian tak tak, ngilnei tak, vantirhkoh nuihzatthlak takin a chei vek A aw mawi tak chuan, flute hrui ang maiin thinlung a man a A sang a, a chak a, a thlamuang hle a, hmeichhe ngilneihna leh naupang hlim tak sualna sualna a keng tel a, he thil aiin thlarauva thâwk khum hla phuahtu duhthusam dang eng pawhin a dik zawkin a lantir thei ang tih ka ringhlel tender, thlarau lam hawi reciter

Tagore nen hian kan zirna in pahnih tehkhin leh thuk taka zir chianna kan nei nghal a, an pahnih hian thu bul pangngai lo takah an innghat An pahnih hian thil inang tam tak kan hmu a, chu chu open-air learning, simplicity, leh naupang tê tête thil siam chhuah thiamna fuihna te hi a ni Mahse, Rabindranath-a chuan literature leh poetry zir chianna chu a ngai pawimawh hle a, music leh hla hmanga mahni inhriatchhuahna chu ka ngai

pawimawh hle a, chu chu thil I had already observed in Bhola Santiniketan tlangvalte chuan ngawi renga hun engemaw chen an practice a, mahse yoga training bik an dawng lo

Hla phuahtu hian taksa cell-te chu thiltih leh chakna hmanga charge tu Yogoda exercise sawifiahna te, Ranchi zirtir zawng zawngte zirtirna yoga concentration method te chu ngun takin a ngaithla a ni

Tagore chuan a zirna lama a harsatna hmasa berte min hrilh a, nui chungin min hrilh a, "Kum nga ka nih hnuaah sikul ka tlanbo ta a ni" a ti a, a poetic sensibilities nalh tak takte chu school chhunga disciplinary boruak hlauhawm tak nen a inhnial dan chu ka hmu nghal thei a ni

Hla phuahtu chuan huan mawi takah zirlai pawl pakhat chu thusawi thiam takin a kut a phar a, heti hian a sawi:

"Hemi avang hian Santiniketan Institute hi thing leh van ropuina hnuaiah ka din a Naupang chuan a theihna chhungril hausakna a lantir theih nan pangpar leh sava hla sa zingah a pianphungah a awm tih a hria a Hriatna dik tak chu pawn lam atanga pump emaw, phum emaw theih a ni lo va, chu ai chuan hriatna chu a chhunga thuruk finna tawp nei lo ro hlute pholanna atana puitu a ni zawk tur a ni mihring thlarau thuk tak takte" ⁽²⁾ .

A thusawi chu ka pawm a, heti hian ka sawi belh bawk: "Naupangte idealistic tendencies leh heroes leh heroism an hmangaihna te hi sikul pangngaiah chuan riltam takin an thi a, a chhan chu statistics, events, leh historical periods atanga siam ei tur chauh a nih vang a ni".

The poet spoke lovely of his father, Devendranath, inspired him to embark on

Santiniketan He said: "Ka pa hian he ram zau tak hi min pe a, chutah chuan biak in leh mikhual in a sa a, hetah hian ka zirna tawn chu kum 1901 khan naupang sawm chauh nen a intan a The eight thousand pounds that came to me with the Nobel Prize I spent on the upkeep of the school

Upa Tagore (Devendranath), Maharishi (the Great Sage) tia hriat lar tak chu mi mak tak a ni tak zet a, a nun chanchin atanga a lan dan chuan A tleirawl lai kum hnih chhung chu Himalayan monastery-ah ngaihtuahna sengin hun a hmang a Chutiang bawkin a pa Dwarkanath pawh Bengal ram pumah a hmingthang hle a, vantlang tana thilpek tha tak a thawh avangin He leilung hring tak atang hian mi ropui tak tak chhungkaw pakhat Rabindranath chu a lo piang lo a thil siam chhuahnaah amah chauhvin; a chhungte chuan a talent an insem a A cousin, Gogonendra leh Upanendra te chu India rama lemziak thiam langsar ber pawla ngaih an ni ⁽³⁾ Rabindranath-a unaupa Dwijendra pawh hi philosopher thuk tak, ramngaw chhunga sava leh rannungte pawhin an hmangaih em em a ni

Rabindranath-a chuan a mikhual ina zan riah turin min sawm a, chu tlai chuan hla phuahtu chu zirlai pawl pakhat nen courtyard-ah an thut lai khan hmuhnawm ropui tak a va ni em! Hun chu a ding reng niin a lang a, chu hmun chu ka tan chuan hmân lai hermitage ang maiin a lang a, hla phuah thiam Tagore-a chu a zirtirte'n an hual vel a, hlimna leh hmangaihna thianghlim boruakin a khuh Tagore-a chuan hmangaihna inzawmna zawng zawng chu inremna leh inremna thread hmangin a hrual a, a ti famkim vek a What a rare flower of authentic spiritual poetry blossomed in God's garden, drawing others to it with its natural mawina leh rimtui!

**A aw mawi takah chuan Rabindranath-a chuan a
hla phuah thar, thlum tak tak thenkhat min chhiarsak
a A hla leh thawnthu tam zawk, a zirtirte hlimna leh
lawmna thlentu tura a phuahte chu Santiniketan-ah
hmuh tur a ni A hla mawina chu, kei atan chuan,
chang tin deuhthaw-ah hian Pathian sawinaah a awm
a, chu chu a hming thianghlim chu chiang taka sawi ni
lo mah se Entîr nân, heti hian a sawi:**

**"Hlain ka ruhi lai hian keimah ka in theihngihl a,
ka thian ka ti che, Aw ka pu i ni!"**

**tuna Vizva Bharati International University ⁽⁴⁾ tia sawi
a nih avangin ka lawm hle a , chutah chuan ram zawng
zawng atanga zirlaiten boruak tha tak an hmu a ni**

**Rilru hlauhna laka zalenna leh lu vawn
sangna hmun**

**Hriatna zalenna leh thunun theih lohna
hmunah chuan, .**

**Khawvel hi tualchhung kulh zau tak takte
hian hmun hrang hrangah a chantir lo**

**Tin, thutak thuk tak a\anga thu lo
chhuakna hmunah chuan, .**

**Tin, thawhrimna nasa tak chuan famkimna
lam hawiin an thlen theihna chu a tizau baw**

**Thiltih dan thi tawh thlaler ramngaw hring
dup takah chuan rilru tuihna thianghlim chuan
kawng a hloh lohna hmunah chuan,**

**Tin, ngaihtuahna leh thiltih zau zelnaah
hma a sawn zel a, .**

**Chu zalenna vanah chuan ka ram a harh
theih nan, Aw ka pa ⁽⁵⁾ .**

Hlawhtlinna thuruk kawngkhar

**Hlawhtlinna tih awmzia chu mi pakhatin a
chhehvel chhunga a lungawina leh a lungawina a
kaw a ni Hlawhtlinna dik tak chu felna thu bulte**

chunga inngnat thiltih atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil pawimawh tak angin midangte hlimna leh \hatna a huam a, he thu bul hi kan taksa, finna, nungchang leh thlarau nunah kan hman chuan hlawhtlinna sawifahna kimchang leh kimchang tak kan nei ang

Mite chuan hlawhtlinna chungchangah ngaihdan leh theory hrang hrang an nei a, chu chu nunah an thil tum a zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a, "Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi hrang hrang leh a chi hrang hrangah duhtusam leh zawn chhuah a nih thu a tarlang a Amaherawhchu, kan hlawhtlinna hian midang a tichhe tur a ni lo

Hlawhtlinna tehfung dang a awm bawk a, chu chu keimahni tana rah chhuah inrem leh hlawkthlak tak kan thlen theih hunah chuan midangte pawh kan hlawhtlinnaah hian kan telh telh a, a rahte chu an hnenah kan sem chhuak tur a ni

Mi tu emaw chuan hun rei tak ngawi renga awm a thlang thei a, chutih chhung chuan an chhungte hnenah thu sawi duh lovin He mi hian chhungril muanna engemaw zat a neih theih laiin, an nungchang chu mahni hmasialna leh an chhungkaw hlimna tichhe thei tak a ni An hmangaih tak takte pawhin an hlawhtlinna an hlawkpui loh chuan hlawhtling tak takah ngaih theih an ni lo

Chutiang bawkin, tisa lama hlawhtlinna neih hi mahni chauha hamthatna kan neih theihna tur dikna chauh a ni lo va, midangte chungah an taksa dinhmun leh nunphung siam\hatna tura \anpuina kawngah pawh nungchang lama kan mawhphurhna a ni

Finna nei apiangin sum an lalut thei Mahse an thinlungah hmangaihna an neih chuan chu pawisa chu mahni hmasialna atan an hmang ngai lovang; chu ai chuan midangte hnenah an sem chhuak zawk ang Sum hi mahni hmasial leh mi retheite kuta ânchhia leh vanduaina a ni a, thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh thilpek a ni

Entirnan, Henry Ford-a chuan hausakna a hlawh chhuak a, chuti chung pawh chuan charity a ring lo va, chu chu hnathawh lohna leh rilru hahna fuihtuah a ngai a, chu ai chuan mi tam tak tan eizawnna leh eizawnna a pe zawk Henry Ford-a chuan sum a hlawh chhuah rualin midangte tan pawh hausakna a siamsak a nih chuan kawng dik takah a hlawhtling ta a ni

Mi thianghlim ropui ber berte pawhin an hlawhtlinna—an thlarau lam thil tawn leh hriatna sang zawk—mi dangte hnena hriatthiamna thianghlim thlen theihna tura tanpuina hmanga an insem loh chuan chhandamna famkim an chang lo Hemi avang hian chutiang dinhmun thleng tawh leh chutiang dinhmun thleng tawhte chuan hriatthiamna mamawhtute hnenah hriatthiamna pek an duh hle a ni

Hlawhtlinna dik tak neih i duh chuan nangmah mimal hlimna chauh ni lovin midangte hlimna pawh i tiam ang

Khawchhak leh chhim lama hlawhtlinna tehfung inang lo

Khawchhak leh khawthlang ramah hian hlawhtlinna tehfung hrang hrang a awm Vanduaithlak takin khawthlang lam hian khawthlang lam film-a an thil hmuh zinga a chhe ber berte chu an entawn nasa hle a, Film thenkhatin thlamuanna a pe a, nun tak tak

chuan hlawhtlinna chu thil awlsam a ni lo tih a tarlang
Nun hi a khauh leh ngaihdam theih loh a ni fo thin a,
eizawna tur kan beih a ngai a, eizawna tur kan neih
theih nan kan beih a ngai a ni I taksa vawng nung tur
leh hrisel tak leh natna laka fihlim taka awm theihna
tura theihtawp chhuah ngai chu ngaihtuah teh!
Hlawhtling mah la, chu hlawhtlinna chu rei lo te
chhung chauh a ni Taksa chu a tawpah chuan chawlh
hahdam a ni ang Hlawhtlinna duhthusam chu i neih
theih nan chhungril leh pawn lam thiltihtheihna tam
tak nena inhmachhawn a ngai a ni Heng chaknate
hian thil awmze nei tak i neih zawng zawngte chu
rukbo tumin hahchawlh lovin an thawk a ni

Khawthlang lam chuan he tunlai nun nena inzawm
hlawhtlinna \henkhat emaw, hun eng emaw chen
emaw chauh an ngaihtuah a, Khawchhak lam erawh
chuan hlawhtlinna famkim, nghet tak leh awm reng
tur an ngaihtuah thung

Chatuan hlawhtlinna sang ber thleng tawhte chu
(khawvel pahniha hnehtute chu Roreltu mithmuah
hlawhtlingte) kan ti a ni.

Hêng mite hi taksa, rilru leh thlarau lamah an
hlim hle a, thil engemaw an nei thei a, mahse
hausakna ropui tak an nei a ni: chhungril thlamuanna
hausakna leh thlarau leh Pathian thlarau inlaichinna
leh thlarau lam hriatthiamna hausakna te, taksa leh
khawvel nun inzawmna te

Khawchhak lamah chuan hetiang hlawhtlinna
ngaihtuahna hi naupang rilruah a tuh thin
Khawthlang lamah chuan naupang chu vaw bank pek
a ni a, duhthusam tihhlawhtlin nan sum leh pai tum
turin zirtir an ni

**Thiltihtheihna lama hlawhtlinna tling tak neih
theihna tura thawhrim chu a tha a, mahse naupangte
pawh hlawhtlinna nghet tak hlutna zirtir tur a ni
Thlarau hausakna chu chatuan bank-ah chuan
chatuan atan a awm reng a, chu bank atang chuan
engtik lai pawhin hlimna chu i la chhuak thei a ni**

**Mahse, thlarau lama hlawhtlinna pawh hi i hlen
chhuah theih loh tisa lama mawhphurhna i neih chuan
a sir khata awm leh inthlau lo tak a ni thei**

**Yogi ropui ber ber, thilsiam dan atanga zalen
tawhte chauh hian thil neihte chu an ngaihthah vek
thei a ni**

**Khawchhak lamah chuan thlarau lam hlimna
tihhmasawn hi ngaih pawimawh ber a ni a, nunah thil
neih lam erawh chu ngaihthah a ni fo thin a,
khawthlang lamah chuan thil lama hahdamna
engemaw zat awm mahse rilru lam hlimna erawh a
tlem hle A mamawh chu an pahnih inkara inthlauhna a
ni a, a chhan chu nun kawng khat chauh ngaihtuah
hian inthlauhna leh nun thil phut chu ngaihtuahna fim
tak nena hmachhawn theih lohna a thlen thin a ni**

**Entirnan, artist pakhatin art chauh a ngaihtuah a,
thil dang zawng zawng a ngaihthah chuan, chu chuan
inthlauhna a thlen ang a, chu chu lungkhamna leh
hlim lohna angin a lang ang Amaherawhchu, thlarau
lam thil, hnathawh, science leh rawngbawlina ruala art
lama ngaihtuahna seng chuan inthlauhna mak tak,
hlawhtlinna famkim leh hlimna dik tak a thlen ang**

**Hausakna hi natna leh harsatna nen a inzawm
chuan a rah chhuah chu a tam hle ang Faina leh
hriselna enkawlina hi khawthlang ramte chakna zinga
mi a ni Ram changkangah chuan rulhut tha lo leh hrik**

thihna thlen thei te chu a taka thunun theih a ni a,
ram changkangah erawh chuan a tam hle a, mahse
heng rulhut te hi tihbo hi hlawhtlinna sang ber a ni lo,
a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih
loh ang chi te hi a ni installment buying system
avânga sum leh pai lama harsatnate rilru ti na thei—
mut tibwaitu leh rilru thlamuanna tichhe thei
hrehawmnate

Nun hi dam khawchhuahna mai aiin a tam zawk

Pathianin he lei hi kan tan ei tur, mut leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan
leh kan awm chhan kan hriatthiam theih nan a siam
zawk Mi fing kutdawh tlemte chuan cosmic plan
awmzia chu an hrethiam tawh a, mahse mi tam zawk
chu mitdel leh chu thil tum hre lo an ni Lei hi Pathian
ruahmanna hre lova nungte tan hrehawm tawrhna
pindan a lo ni ta a Mahse nun tawnte chu i zirtirtu
anga i ngaih a, an hnen atanga i zir chuan he khawvel
nihna dik tak leh cosmic drama-a i chanvo ruat chu,
chu thil tawnte chu lungawina leh hlimna nghet tak
kawngah chuan êng hlu tak a lo ni ta a ni

Pathian chuan cosmic illusion chu thiltihtheihna
nasa takin a siam a ni

Khawvel buai leh buai takah kan cheng Sum hi
hlimna tihna a ni tih i ngaihtuah mai thei a, mahse i
neih hunah chuan i la hlim lo tih i hmu mai thei
Hausakna i nei thei a,—Pathianin a phal lo—i hriselna i
hloh mai thei A nih loh leh hriselna tha tak i nei thei a,
i sum pawh i hloh mai thei A nih loh leh hausakna leh
hriselna i nei ve ve a, mahse midangte nen harsatna
tam tak i tawh a, a let lehna tur huatna leh thinrimna
nena inhmachhawn tur chauh ngilneihna hlan Pathian

**tel lo chuan, he thilah hian engmah a awm lo nun hian
a ti lungawi thei tak zet che a ni**

**Pathianin tisa lam hriatna chauha nung turin min
duh chuan thil neihah kan lungawi kim vek ang a,
khawvel nun kawngah pawh kan lungawi ang**

**Beram rual i hmu ngai em? An zinga pakhatin a
zuang a nih chuan, berâm rual dangte chuan inhnialna
awm lovin an entawn a Mi tam zawk chu chutiang chu
Mi pakhatin ngaihtuahna a rawn siam emaw, trend
thar a rawn luhtir emaw mai thei a, mi dangte chuan
bandwagon-ah an zuang lut nghal ang a, an copy
nghal mai ang This pattern has persisted for
generations Every nation has its customs and
traditions, and we can claim that they are all correct
or sound But who knows? Chutiang nunphung leh
thurin thenkhat chu thil awm lo, awmze nei lo, leh
awmzia nei lo a ni thei**

**Chu nunphung leh nunphungte chu tehfung leh
rorel dan a awm**

**A tirah chuan thurin tin hian dikna a la nei tih kan
hmuh chuan dikna chu a la dik reng tih kan hmu a nih
chuan, chu thurin chuan awmzia leh hlawkna a nei a
ni Amaherawhchu, mitdel anga thurin zawm chu a
finthlak lo Thudik chu kan hriat a ngai a, kan zawm a
ngai a, hlimna min thlen thei tur chu kan hrethiam a,
chu chu kan nunpui a ngai a ni**

**Nun hi a awlsam tur a ni Mihring nungchang
mimal mizia hi thil tum nei taka i zirchian chuan kan
nunphung leh nunphung thenkhat chu nuihzatthlak
tak a ni tih i hmu ang**

Khawthlang ramah chuan miten dan tam tak an zawm Zan lama chhuahna tur, zanriah eikhawmna tur, tlawhna tur, leh chhuahna tur thawmhnaw bik a awm Vawikhat chu meizukte tan jacket bik siamna advertisement pawh ka hmu tawh!

Organization hi a ropui hle a, mahse organization leh methodology zawm lutuk hian hrehawmna a thlen fo thin

Khawchhak lamah chuan in leh thawmhnaw hi a awlsam Khawthlang lamah chuan nun hi a buaithlak em em a, kawng bik taka thil tih kan ngaih pawimawh lutuk avangin hlimna hian min tlanbo thei a ni

Engvangin nge in leh dawhkan chu kawng khata inrem dan tur ngaih pawimawh a, nun tihbuai?

Khawchhak lamah chuan tlawh tura mi kan sawm hian mi zawng zawngin hlimna an nei a, chu tlawhna chu nghakhlel takin an nghakhlel hle

Khawthlang lamah chuan mikhualte sawm an ni a, chu chu engkim a tha famkim theih nan darkar tam tak chhung inbuatsaihna nasa tak neih a ni Khualzinte an lo thlen chuan mikhualtu chuan an chhuah hun chu nghakhlel takin a nghak a ni!

Nun, thawmhnaw leh ei leh in hi awlsam zawka siam tur a ni Restaurant-a chaw ei hi sum leh pai lamah a tangkai lo mai thei a, mahse a chang chuan a pawl lo Kitchen-a darkar rei tak awm chu a dik lo va, thil dang, pawimawh zawk hlim taka hman hun awm lovin

Ka zin leh lecture neih chhung hian ka ei leh in ka ti awlsam a, ka room-ah bawngnhnute, lettuce leh cheese tlem ka dah mai a, chu chu ka hlim hle

Paradis hi kan chhungah a awm a, thilah a awm lo

**India rama kan ascetic training-naah khan kan
duhzawng thunun a, kan duhzawng, kan duh loh
zawng leh kan duh zawng aia sang zawka kai chhoh
kan zir a Kan thil dawn zawng zawngah kan lawm hle
a ni Khawthlang ramah erawh chuan mi tam zawk chu
thil tam tak nei chung pawhin an hlim lo va, an nei lo
tak tak ang maiin Duhthusam chuan ramri a hre lo
Zing lamah, sam a sam a, a inchei hnuah, pasal duh
hmasa ber chu chawhmeh ei a ni A thut
veleh... ..**

.. .. . dawhkan bulah
chuan a nupuiin thil dang buatsaih se a duh a Ani
chuan plate, spoon, chemte leh fork tha zawk nei se a
duh hle

Ni a liam a, chutiang leh chu duhna chu engmahin a tihreh theih loh thlengin a chhunzawm zel A tawpah chuan nupa hian an in lawm lo va, an fate chungah pawh hlimna an hmu lo va, an nupa hlimna an hloh a, an lungawi loh avangin an hnaih berte chu an hawitir thin The wife nags, nags, and criticizes her husband excessively, while he yells at the children, and the children rebel against their parents and commit an ùthiante nena thil âththlâk tak takte (chutiang chuan cycle chu a kal zel) .

**Thil neih neih hi a pawl lo; thil dik lo chu kan thil
neihte min neih phalsak hi a ni Mihring leh thilte nena
inzawmna lak ata kan chhuah zalen a ngai a ni, a
chhan chu inzawmna hian hlimna a thlen a ni**

**Ka paradis chu ka chhungah a awm Pathian
malsawmna ka hlim lai hian lawmthu ka sawi a, ka
chhungril lawmna chu a lo thang lian zel a, chu
chhungril lungawina tel lo chuan leia nawmna leh**

**lawmna te pawh hremhmun a lo ni ta a, chu chhungril
hlimna tel lo chuan mawhphurhna phurrit phurrit ka
chungah dah chuan ka thlamuanna min chhuhsak ang
a, ka hlimna pawh min chhuhsak ang tih ka hrechhuak
ta a ni**

**Hlimna hmêlma lian ber chu thil man to lei nâna
pawisa loan lak hi a ni Mite chuan thil chiang tak an
neih loh chuan an hlim thei lo tih an ring sual a,
mahse chu thil chu an neih hnuah pawh hlimna dik tak
chu an tawng lo vang, hun eng emaw chen hlimna an
neih lai pawhin Chuti a nih chuan a thutiam
bawhchhiatna chauh tiamtu leia hlimna mirage chu
zui chu eng nge a awmzia?**

**Mite chu ngaihven reng ngai thil tam tak mamawh
lovin awlsam takin an nung tur a ni**

**Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a
ni lo Mahse hun engemaw chen hnuah chuan chu
hlimna chu a bo zauh zauh a, chu chu i ngaihvenna
pawh i hloh vek mai thei a, chu chu theihnghilhin thil
dang i duh a ni Mahse, chu thil man chu theihnghilh a
ni lo vang, a bik takin installment-a i lei chuan!**

**Mi pakhatin a nun a thunun tur a ni a, a theih ang
anga a awlsam zawk tur a ni A tul ang leh emergency
atan sum engemaw zat a khawlkhawm tur a ni a,
luxuries atana sum hman ai chuan sum khawlkhawm
hi a dah pawimawh zawk tur a ni a, midangte chu a
theih ang anga tanpui tur a ni Midang i tanpui hian
kawng khat emaw kawng dangah tanpuina i hnenah a
lo thleng ang a, engmah i tlachham lo vang a, engmah
i hloh lo vang**

**Ka mamawh zawng zawng chu ka hnenah a lo
thleng vek dawn tih chiang takin ka hria a, chuvangin**

**hmalam hun tur chu ka ngaihtuah lo Hei hi
inchhuanna leh inlanna a ni lo, chu thiltihtheihna
malsawmna hnathawh leh hlawhtlinna chu ka nunah
vawi tam tak ka tawng tawh a ni**

**Nunna leihnuaiah emaw, tuifinriat thuk takah ka
pil emaw pawh nise, Pathian hnenah ka awm a, ka
hnenah a awm tih ka hria a, engmahin min tichhe thei
lo tih ka hria Chu hriatna chuan sawifiah theih loh leh
thuk tak hlimna min pe a ni**

**Thlarau lam hriatthiamna leh tawnhriat ka dawnte
kha ni lo se chuan leia hausakna tam tak ka neih tawh
zinga mi hrehawm ber ka ni ngei ang, mahse sal min
siam ka phal lo va, min khawih emaw, min thlak
danglam emaw pawh ka phal lo Pathian kawng leh
mamawhtute hnenah ka hlawh zawng zawng ka pe
vek Ka chhungril hlimna hi ka thil neih ropui ber a ni—
lalte pawhin an mumang maia an hmuh theih ro hlu**

**Hlawhtlinna chu chhungril lama hlawhtlinnaah a
innghat a ni**

**Mi tam tak hlimna emaw hlawhtlinna emaw
tlachham i hmuh hian hei hi an chanvo a ni tih ring
suh I duh duh angin I insiam thei I chhungril
hlawhtlinna hi hlawhtlinna siamtu tak tak che a ni I
chhungril lama thil engemaw i tlachham a nih chuan i
hlim lo vang Mahse pawn lam thil i tlachham a, chuti
chung pawha i chhungrilah hlim takin i awm a nih
chuan rinhlelh rual lohvin i hlawhtling a ni Chuvangin,
mite chu anmahni chauha innghatin mi rel chu thil
theih loh a ni pawn lam dinhmun Mipui tam tak zîngah
hian thlarau lama chawimawina chang tawh leh
chhûngril lama thlamuanna thuk tak leh thlarau lam
hlimna nei mi mal an awm thei a ni**

**Hemi avang hian nungchang leh finna lama
hlawhtlinna—nungchang tha lo leh duhna hrisel lo
thupek laka zalenna—chuan thil lama hlawhtlinna aiin
hlimna nasa zawk a thlen a ni Thin lama
hlawhtlinnaah hian pawn lam thilin a laksak theih loh
rilru lam hriselna a awm a ni I hun zawng zawng chu
hausakna khawlkhawm nan i hmang thei a, mahse chu
hausakna chuan i zawn remna leh muanna nghet tak
chu a pe lo vang che a ni hlim lohna, a chhan chu
hlimna leh remna dik tak chu thil neihah ni lovin
rilruah a awm a ni**

**I rilru tihhmasawn nan hun i hmang lo a nih chuan
thil neih hausakna engzat pawhin a ti lungawi lo ang
che He chin hi hrehawm tawrhna a ni lo va, hlimna
thlentu ngaihtuahna leh thiltih enkawl turin i hriatna
zirtirna a ni zawk**

**I hlimna hi i hlawhtlinna a ni a, chuvangin
tumahin an ruksak che suh ang che I lungawi tumtute
lakah inveng rawh Tlangval ka nih lai khan miin ka
chungchang thu dik lo a thehdarh apiangin ka
thinrimna ka hloh thin Nakinah chuan ka rilru
thlamuanna hi mi duhsakna emaw fakna emaw aiin a
pawimawh zawk tih ka hrechhuak ta a ni**

**Chhia leh tha hriatna chu mi nihna dik tak leh
thiltumte pholangtu hriatna (intuitive sense) a ni I
chhia leh tha hriatna a fiah a, thil dik i tih tih i hriat
chuan hlah tur i nei lo Chhia leh tha hriatna
thianghlim chu Pathian hnen atanga nungchang tha a
nihna hriattirna a ni Chhia leh tha hriatna court-a
thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni**

**Miin sum a hlawh lo a nih chuan sum lakluhna lam
a ngaih pawimawh loh vang a ni ang Chutiang bawkin,**

**a hlim loh chuan hlimna thlen tura a rilru a pek loh
vang a ni**

**A hnungzang chung a rangkachak phur phur
sabengtung chuan a phurh hlutna a hre lo Chutiang
bawkin mihring chu kawng tawp lamah hlimna
engemaw chen hmuh beiseiin nunna phurrit phurh
chu a buai em em a, a chhungah thlarau lam hlimna
sang ber leh nghet tak a phur tih a theihnghilh ta a ni**

**(Thlaler a sanghawngsei ang maiin, an hnungzang
chung a tui an phurh laiin tuihal vanga thi)**

**"Thil"-ah hlimna a zawn avangin a chhungah
hlimna hausakna a nei tih a hre lo**

Duty chu a chanvo pek

**Yoga hian nun mawhphurhna ngaihthah emaw,
tlanchhiat emaw a fuih lo a, nun drama-a i chanvo i
kelh laiin i rilru chu Pathianin luah khat turin a ngen
che a ni Ramngaw emaw tlang emawa nun
inthiarfihlim i duh chuan, i hnathawh tur kalsanin
Pathian i hmu ang tih ringan, i inpeih hmasa tur a ni a,
nitin ni engemaw zat chung chu a hun takah
ngaihtuahna senga thut thiam (still) thei tur a ni Such
an effort is certainly admirable for those capable of it
Mahse khawvela awm hi a ropui zawk daih a, chuti
chung pawh chuan a ni lo; mi dangte hlawkna tur
atana i mawhphurhna dik tak hlen chhuah rualin
Pathian ngaihtuah chungin**

**A distinction between major and minor duties
must be made between the most important over the
merely important Chu bâkah, eng duty mahin hna
dang a kalh tur a ni lo Pathian Leikha Thu chuan hna
pakhat leh hna dang a inhnial chuan tih tur dik tak a**

ni lo tih finfiahna a ni tih min hrilh Entîr nân, i hrisêlna tichhe zawnga sum leh pai lama hlawhtlinna i zawn chuan i taksa thatna i ngaihthah a ni Chutiang bawkin, sakhaw lam i ngaihthah lutuk a, i ngaihthah a nih chuan sum leh pai lama mawhphurhnate, i taksa leh chhungkaw chung a i mawhphurhnate nena inrem lo tura tih tur pakhat i phal avangin i inthlau lo a, i ngaihtuahna zawng zawng chu i chhungte chungah a dah vek avangin Pathian laka i mawhphurhna i ngaihthah chuan chu chu tih tur dik tak a ni lo

Mi tam tak chuan heti hian an zâwt a: "Khawvêla kan mawhphurhna hlen chhuah nân tisa lama hlawhtlinna kan chang hmasa tur a ni em?" emaw, "Pathian kan zawng hmasa a, chutah chuan hlawhtlinna kan zawng tur em ni?"

Pathian chu a hmasa ber a ni a, Amah ngaihtuah lo leh Amah ngaihtuah thuk lova kan ni hi bul tan emaw, tawp emaw tur a ni lo Pathian hnen atanga chakna leh chakna kan dawn tel lo chuan engmah kan hlen chhuak thei dawn lo tih kan hre reng tur a ni Chuvangin, kan mawhphurhna lian ber chu Amah hnenah a ni A laka kan mawhphurhna hlen chhuak lova mawhphurhna dang zawng zawng kan hlen chhuah chuan A lawm lo ang Pathian lawm zawng zawnga kan thiltih hi kan hlen chhuah a tha ber

Pathian zawn leh thiltihtheihna lama hlawhtlinna inzawmkhawm ngaihtuah hi a ropui hle Mahse, mi pakhatin thuk tak leh mumal taka a ngaihtuah loh chuan, chutiang chuan Pathian hriatna chu nghet taka a din hmasak phawt chuan, khawvel hian an hriatna chu a hneh ang a, thlarau lam thil atan hun an hmu tawh lo vang Tin, Pathian chu kan hnenah a awm tih hriatna Chiang tak kan neih loh chuan, kan khawvel

**hnate hi rilru lama hrehawmna bulpui a lo ni fo thin
Mahse, Pathian chu i hnenah a awm tih i hriat
chuan..
.. engtik lai pawhin i tih tur
hlen chhuah rualin Amah ngaihtuah la, mi hlim ber
zinga mi i ni ang**

**Pathian hmangaihtute chu an eng a thawl e,
chatuan lungawina leh chatuan hlimnaah an awm si a**

**Pathian hriatna min petu ka zirtirtu Swami Sri
Yukteswar-a zirtirna hi dawng lo ila chuan hun rei tak
atang khan ka thutlukna ka hloh tawh ang a, Pathian
zawng leh ngaihtuah turin mi ka pui thei lo ang a,
Pathian zawng leh ngaihtuah turin biak in ka sa thei
lo ang Heng zawng zawng karah hian mi thenkhat
chuan min thawhpui ai chuan ka kawng daltu an tum
zawk a ni**

**Mite chu an thu awih tur an pu ang maia enkawltu
chuan an dodal ang a, kawng leh kawng tinrengin an
chhuahsan tum ang**

**Mahse hmangaihna dik tak nena midangte
kaihhruai leh fuihna i tum chuan an thinlung
lallukhum an khum ang che Tin, mi zawng zawng
inang tlanga i hmangaih hunah chuan chu
hmangaihna chhangtute chu i hre thei ang**

Pathian hmangaihna chu tluk loh a ni

**Pathian hmangaihtu thenkhatin Pathian nena an
tawn thin Pathian hmangaihna chanchin hi hre ta la!
Pathian hmangaihnaa inhmang reng mi thianghlim
pakhat ka hriat hlimna nen chuan nunah thil tawn
dang reng reng chu tehkhin theih a ni lo va, a hmelah
hmangaihna thianghlim a chhuak Pathian mit chu**

**Amah hmangaihtute chungah a awm reng a, vawi
khat mah a kalsan ngai lo**

**Ka chhehvela thil awm zawng zawngah hian ka
Pathian duh tak chu ka hmu thin**

**Pangpar atang chuan min en reng a, thla tukverh
atang chuan min rawn en thla ka hmu a**

**Thilsiam hmaah leh thlarau zahawm leh thinlung
ngilnei tak takte hmaah ka hmu a**

**Thil \ha, hmangaihna leh khawngaihna zawng
zawng bulpui, Hmangaihtu Ropui ber chu kan
ngaihthah tur a ni lo Kan thinlung chu he khawvel thil
lem leh thil tenawm tak takte hian a khat tur a ni lo
va, Pathian hmangaihna a khat zawk tur a ni lo va,
chu ai chuan Pathian hmangaihna, thinlung tiharhtu,
rilru tichaktu leh thlarau chakna siam thartu chu
hmangaihna chu tluk loh a ni Pathian hmangaihna
chuan a zawngtu nihna a neih chuan, a taksa cell-te
chu hlim la, hlimna nasa berin a khat a ni Tin, he thil
tawn chungchangah hian Pathian hmangaihtu pakhat
chuan a sa a:**

**Khawvel Lalpa thlarau biak in pakhata a luh lai
khan**

**Lawmna chuan ka thinlung a hneh a, a bengte chu
ka theihnghilh ta a ni**

**Ka taksa chhunga cell zawng zawngin an hna ruat
an theihnghilh ang bawkin**

**Chatuan nunna aw a ngaihthlak lai chuan mak a ti
hle a**

**Hmangaihtu ropui ber aw chu nunna bulpui
Pathian aw a ni**

**Ka thinlung, ka thluak leh ka taksa atom tinreng
chu electric a ni**

**Pathian awmna thianghlim ber chuan a khawih a
ni si a**

**Chu chu Pathian hmangaihna leh Pathian
hmangaihtute nunah nghawng a neih dan tawi te te a
ni**

**Inhuatna leh indonain mi thinlunga lungngaihna a
siam leh a hnutchhiah thinte hi thlarau lam thil,
lainatna, ngilneihna leh hmangaihna te hi chakna
chungnung ber an nihzia finfiahna a ni Huatna hi a
tichhe thei a, hmangaihna erawh chu khawvel pum
huap thil siam thattu lian ber a ni thung**

**Chuvangin, ka thiante duh takte u, huatna leh
indona âtthlâkzia hi kan hre chiang a, kan nihna
zawng zawngin Pathian lam kan hawi a, kan thinlung
zawng zawngin kan hmangaih a ngai a ni A
hmangaihna chuan lungawina leh lungawina famkim
nena khat hlawhtlinna a pe a ni: chutiang a nih loh
chuan hlawhtlinna chu a thlen theih loh**

**Hmangaihna chauh hian khawvel tha zawk a siam
ang a, a chhunga chengte tan thil tha a thlen ang a,
nun zahawm tak a pe ang Hnam hrang hrangte hian
kawng dik lo hmanga inngaihsak tawinna chu bansan
mai se, chu ai chuan hmangaihna leh in\anpui tawinna
chu pawm ta se, khawvel pum huap hlawhtlinna kan
hmu ang a, chu rah chu leia mi zawng zawngin an
hlim ang**

**Indonaa mihring pakhatin mihring dang a
tihhlumna atana sum tam tak sen zat kha han
ngaihtuah teh! Mihringte tana mualphona a va ni em!**

**Tin, a tawpah chuan hrehawmna, hrehawmna,
chhiatna leh chhiatna tih loh chu eng nge ni thei ang?**

**He mihringte hrehawmna hi tihtawp theihna
awmchhun chu hmangaihna a ni**

**Hnam pakhatin mipui tichhe thei ralthuam a siam
a, a siam chhuah chhung chuan hnam dangte chuan
mahni invenna tur kawng leh ralthuam thiam zawk leh
thihna thlen thei zawk siam an tum ang a, mite chu
hlauhna nei rengin an nung ang Engvangin nge hnam
zawng zawng hian huatna leh indona tipung lovin
hmangaihna leh inhriatthiamna an chin loh? A
chinfelna dik tak chu hmangaihna leh hriatthiamna
sakhaw hrang hrangah a awm a ni Hmangaihna chuan
mihringte chu hnehna changin a siam a ni**

Thuneihna tinreng hnuaia thiltihtheihna

**A hmasa ber leh pawimawh ber chu, Khawvel
Lalpa nen hlawhtlinna chang rawh Mihringte hi an
hnathawhnaah an inhmang em em a, Pathian
ngaihtuah hun nei loah an ngai a Mahse Pathianin an
taksa leh rilru a\angin a thiltihtheihna a lak bo chuan
mi pakhat chu engtin nge a awm ang? Thinlung chu a
thawk tawh lo ang a, thluak pawhin a ngaihtuahna a
hloh ang**

**Pathian chu mihring hmangaihna tinreng hnung
lama Pathian hmangaihna, rilru tinreng hnung lama
khawvel pum huap rilru, duh zawng zawng hnung
lama duhthlanna tawp ber, leia hlawhtlinna tinreng
hnung lama hlawhtlinna ropui ber leh thiltihtheihna
zawng zawng hnung lama thiltihtheihna sang ber a ni**

**Vein tina thisen awm leh thu hnung lama thawk
awm chu a ni**

**Ka lakah a thuneihna a lak let leh chuan ka
thusawi chu ka chawlsan nghal ang a, ka aw chu
chatuan atan a reh mai ang**

**A thiltihtheihnain kan thinlung leh rilruah hna
thawk lo se chuan nunna nei lo ruang kan ni ang**

**I humhalh ang u - Pathianin a humhim che u - thil
mawi tak tak... tin, nunah kan tih tur hmasa ber chu
Pathian lam a ni tih i hre reng ang u**

**Chu hna thianghlim chu kan hlen chhuah chuan
kan bulpui nen kan inzawm a, kan thinlung chu
hlimnain a khat a; chu chu hlawhtlinna ropui ber leh
hnehna hnahnung ber a ni Remna in chungah awm
rawh se**

Ascetic Lal chanchin

**Hun rei tak kal ta khan India ramah hian Hindu
thlarau lam thuziak ropui ber Bhagavad Gita ziaktu
Vyasa tih hming pu mi fing ropui tak a awm a, a
thlarau thiltihtheihna nasa tak hmang hian a nupui
pum chhungah thlarau ropui tak a ko thei a, nausen
chu a chhungah a lo seilian chho zel a, pa chuan
nausen piang lo hnenah chuan a nupui subconscious
hmangin hriatna thuruk leh finna thuruk chu a pe a ni**

**A pian tirh khan naupang hming chu Sukdeva tih
a ni a, a pa fing takin a zirtirna leh a enkawlina avang
hian thu zawng zawngin naupang danglam tak a
nihzia a lantir a, kum sarih a nih meuh chuan
philosophy leh finna lehkhabu zawng zawng chu a zir
chhuak vek tawh a, hriatna tam zawk neih tumin
zirtirtu hriatna nei tak zawngin khawvel chu a
phatsan ta a ni**

India ramah chuan thutak tuihal chuan thlarau lam zirtirtu a zawng a, chu chu hriat lohna thim atanga hriatna êng thlenga chhanchhuak tura Pathianin a hnena a tirh kaihruaitu a nihzia hre chiangtu a hmuh hma loh chuan thlarau lam zirtirtu a zawng thin

Thlarau lam hriatna duhna chu a tir lamah a awm chuan, zawngtu chuan hmun hrang hrang a\angin thlarau lam zirtirna a dawng \hin a Mahse Pathian duhna a lo zual deuh chuan Pathian chuan Pathian science-a nghet taka inngnat thlarau lam zirtirtu a tir a, chu chu zawngtu duhtu chu thlarau lam in—mihring chhunga Pathian ram—a hruai kir lehna kawng thianghlim angin a thawk a ni

Sukdeva chuan thlarau lam kaihruaitu zawng tura a rilru a siam chuan a pa chuan Lal Janaka hnena kal turin a fuih a, chu province governor chuan Sukdeva chuan a lehkhabu te chu a la a, lal in lam pan chuan a kal ta a, lal in kawngka a luh rual chuan lal chu rangkachak lalṭhutthlenga rubies leh diamond-a khuh chungah a thu a, chu chu hmeichhe fanning-in an hual vel a ni palm-frond fans (hmanlai India rama thlasik khaw vawt tak kara tih dan ang khan)

Chutih lai chuan Lal Gnaka chu (monji) a lalṭhutthlenga ṭhuin khawthlang lam hookah a zu a, chu chu naupang Sukdeva chuan a mangang hle a, a rilruin: “He khawvel lal hi a bul thlenga min tirh avangin ka pa hi mualpho rawh! Engtin nge hetiang thil neih duhna leh mizia nei mipa hi ka zirtirtu a nih theih ang?!”

Mahse Lal Gnaka chu lal leh mi thianghlim a ni ve ve Khawvelah a awm a, khawvel mi a ni lo Thlarau lam thila a hmasawn em em avangin telepathy hmangin

Sukdeva rilruah thil thleng chu a hrechhuak a, a lal in chhuahsanin a lo chhuahna hmun atang chuan a kir leh ta a ni

Lal-mithianghlim chuan naupang chu zui turin palai a tir a, kir leh turin a ngen a, a lo haw chuan zirtirtu leh zirtir chu hmaichhanah an inhmu a, chutah chuan lal chuan a puitute chu a hnawtchhuak a, Pathian leh a thilmakte chungchang ngaihnaawm leh thuk takin an sawi nghal a

Darkar li vel a liam a, Sukdeva chu a fidget tan a, ril a tam hle a, mahse Pathian tuifinriata inhnim pil leh a hmangaihnaawm a ruhi tawh Lal Gnaka chu tihbuai a duh lo

Darkar khat dang a liam leh meuh chuan tirhkoh pahni an lo thleng a, an au chhuak a: "I Lalber, khawpui pum pui a kang a, meialh alh nasa tak chuan lal in chu a hnai tawh a, kangmei ven hna thawh dan enkawl turin i ngilnei em em ang em?".. tiin.

Lal chuan, "Ka thianpa Sukdeva nen kan inbia a, Amah inhumhimna zawng zawng zawng zawng leh a tanpuina ringtu zawng zawng humhimtu khawngaihthlak Pathian chungchang kan sawi dun mek a, thil dang tih hun ka nei lo Min kalsan la, midangte mei timit turin kal rawh" tiin a chhang a.

Darkar khat dang a liam leh hnu chuan chu palai pahni ve tho chu Lal Janaka hnenah an kir leh a, "Aw Lalber, chhuak nghal turin kan ngen che a ni Lal in chu meilin a hual vel a, meialh chu i pindan chu rang takin a rawn hnai ta a ni" tiin an au chhuak ta a.

Lal chuan, "Buaina a awm lo! Min tibuai suh, ka thian duh tak nen Pathian uain kan la in reng a, kal la, i tih theih ang ang ti rawh" tiin a chhang a.

Sukdeva chuan lal thiltih dan chu mak a ti hle a, mahse a chhehvela buaina chhuak chuan a nghawng lo va, a muangchang reng a tum a, rei vak lo hnuah chuan mi pahnih, meialhin a kang a, lal chu an pan hnai a, an lungphu chung lamah chuan: "Aw lal chak tak, en teh! Meialh alh nasa tak chuan i lal̤thutthleng a hnaih tawh a ni! Tlansan rawh, I Lalber, mei chuan a kangral hma che!"

Lal chuan, "Kal la, nangmah himna tur atan Pathian, Engkim Vengtu kutah hian him leh him takin ka inhria a, mei leh a tichhe thei meialh hi ka hlau lo" tiin a chhang a.

Mi pahnih chu an nunna nen an tlanchhuak a, mei chuan a bula awm Sukdeva lehkhabu tam tak chu a hnaih tan ta a, chuti chung chuan lal chu a ngawi reng a, thil thleng zawng zawng chu a ngaihtuah lo

Chumi avang chuan Sukdeva chu a hlauthawng a, a rilru hahdamna a hloh ta A ̤thutna a̤tangin a tho a, a kut hmangin meialh chu a vawm ̤an a, a lehkhabu hlu tak takte chu humhim tumin Lal Gnaka chu a nui suk a, kut zungtang pakhat nen chuan meialh chu a ni ngai lo ang maiin a bo ta Sukdeva chuan a thil hmuh chu mak a ti hle a, a thutnaah chuan a pil leh ta a, mak tihna leh buainain a hneh leh ta a ni

A tawpah chuan lal chuan muangchangin, "Aw naupang Sukdeva, min hmuh khan khawvel thila inhnamhnawih lal niin i inngai a, mahse nangmah hi han en teh! I lehkhabute humhim nan Engkimtitheia leh Vênghimtu Pathian chu i kalsan a, chutih lai chuan

**ka lalram kang mek leh lal in kang mek chu Pathianin
he thilmak hi khawvela i asceticism nei chung pawha i
inngaihluh zawk tih lantir nan a ti a ni Pathian aiin
lehkhabu ka siam a, ka ramah ka innghat zawk baw
a, inthiarfihlim leh inthiarfihlim ai chuan khawvelah
hian awm mah ila”**

**Sukdeva chuan a zak hle a, chutih rual chuan he
lal thianghlim hi - leh mi dang ni lo - a thlarau lam
kaihruaitu a ni tih a hrechhuak ta a ni**

**Chutah Lal Ganakka chuan Sukdeva chu a
thangah tlu lut lo va, a tihkhawtlai avanga phuar lovin
khawvela nun dan thiamna zirtir turin fiahna khauh
tak paltlang turin a ngen a Ni khat chu lal chuan
Sukdeva hnenah chuan bawm pahnih, a tawp thlenga
hriak khat chu a pe a, a hnenah chuan: "Kut khatah
bawm khat dah la, lal in pindan zawng zawngah a
bungrua mawi tak tak nen lut la, a bungrua i hmuh
vek hnuah ka hnenah lo kir leh rawh," a ti a contents
Mahse carpet-a hriak tlu khat lek pawh i tlak tir chuan
ka zirtir atan ka pawm lovang che tih hre reng ang
che ".**

**Lal chuan a vengtu pahnih chu Sukdeva zui turin a
ti a**

**Chu fiahna chu a harsa tak zet a, mahse darkar
hnih hnuah Sukhdeva chu hnehna changin a rawn
chhuak ta A kut phar chhuak bawm pahnih tui lian tak
tak atanga oil pakhat mah a luang chhuak lo**

**Lal chuan a hnenah, "Sokdeeva, lal in chhunga
pindan tin te chipchiar takin min hrilh teh" a ti a.**

**"Royal Master," Sukdeva chuan a chhang a, "ka
rilru chu carpet-a oil luang chhuak tur venna kawngah**

a inhmang vek a, chuvang chuan lal in chhungah thil dang ka hmu lo".

Lal chuan, "Min ti beidawng a ni, Sukdeva! Ka fiahna i paltlang lo a, lal in pindan chhunga thil awm zawng zawng enfiah turin ka ngen che a, chutih rual chuan bawm pahni atang chuan hriak tlûk khat pawh lo luang chhuak lo turin ka ngen che a, kir leh la, han tum leh la, i tih zawh hunah ka hnenah lo kal la, i thil hmuh chu min hrilh rawh" tiin a chhang a.

Darkar sawm hnuah Sukhdeva chu muangchangin a lo kir leh a Oil engmah a paih lo va, a hma angin a thawmhnaw a chhuak lo va, a buai lo baw A lal in chhunga thil awm chungchanga lal zawhnate pawh a chhang thei a, a pindan chipchiar tak chu mak tak maiin chiang takin a sawi thei baw

King Gnaka chuan exam-a Sukdeva hlawhtlinna chu a lawm hle a, aw nem takin:

"Ka fapa, thil neihte nena inzawmna (attachment to possessions) a ni a, thil neihte ngei hi a ni lo, chu chu hrehawmna bulpui ber a ni".

Aw Sukhdeva, he khawvelah hian engmah kan nei lo; thil hi he leia rei lo te kan awm chhunga hman tur min pek a ni Thenkhat chuan mi dangte aiin hman tur an nei tam zawk a, mahse, mi hausa leh rethei pawhin an chhuah hun a lo thlen hunah engkim an kalsan vek dawn tih hre reng ang che Mi pakhat chuan nun inthlau tak, Pathian chauh ngaihtuah a, an khawvel hnate ngaihthah tur a ni lo, lal in chhunga thil awmte hmu lovin hriak chungah i rilru i dah ang maiin Mahse i tlawh vawi hnihnaah chuan i ngaihven ber chu i vawng tlat a ni oil, yet at the same time you saw everything in the palace and absorbed its finest

**details Chutiang bawkin, i rilru chu Pathian nen i
inzawm tlat tur a ni a, i rilru bungrua a\angin finna
hriak chu a luang chhuak tur a ni lo va, chutih rual
chuan thil dik tih leh nangmah leh Pathianin i
enkawlina hnuaia a dahte \anpui turin thil \ha tih
kawngah i thawkrim tur a ni**

Remna awm rawh se

Thihna hi a bul tanna nge a tawp?

**Kum leh thla tam tak chhung chu nunna leh
thihna thuruk leh thlarauten an taksa chhe tawh tak
an chhuahsan hnua mihringah an lo kir leh em tih ka
hriat hma loh chuan ngun tak leh chhunzawm zelin
zawn ka nei a**

**Mi tam zawk tan chuan hei hi ngaihtuahna mai
mai, a nih loh leh finfiahna awm lohna avanga rinna
mai mai angin a lang Mahse rinna mai mai atanga ka
sawi lo; Thih hnua nunna leh piantharna finfiahna ka
hmu tawh Chuvangin, he thudik hi keimah mimal thil
tawn a\angin ka nemnghet thei a ni**

**Mihringte chuan thihna chu râpthlâk tak leh
lungngai takin thlîr mah se, chûng hmun hlimawm
takah chuan kan hmaa kal tawhte chuan thihna chu
hlimna, remna, leh zalêna thiltawn mak takah an
ngai a ni**

**Thih hnua nun chu a va ropui dâwn êm! He ruh
bundle rit tak hi a kaihhnawih hrehawmna leh
harsatna zawng zawng nen phurh a ngai tawh lo vang
Ethereal khawvela Thlaraute chuan an hriatna chu an
vawng reng a, taksa, thiltihtheihna zawng zawng
atanga an zalennaah an lawm thin**

**Thih hunah chuan mi pakhat chuan taksa taksa
tihkhawtlai theihna chu a theihnghilh a, a zalenna dik
tak chu a hrechhuak ta a ni Second tlemte chhung chu
hlauhna rilru put hmang a awm a: hriat loh hlauhna,
mihring hriatna hriat loh thil hlauhna Mahse chutih lai
chuan thlarau chuan hriatna thuk tak leh harsatna
zawng zawng a\anga chhuah zalen a nih avanga
hlimna nasa tak a tawng a, a bik takin taksa
kawngkhar pawn lama awm tih hriatna chu a tawng a
ni**

**Hlah tur a awm lo, a chhan chu mi a thih loh
chhung chuan a la dam a, a thih hunah chuan a
tawpna a ni a, hlah tur a awm tawh dawn lo**

**Thihna hi thil tawn tlanglawn tak a ni: mihring
tinte tawrh inthlak danglamna a ni tih hi mi zawng
zawng chungah thihna a thleng thin tih hi i thlamuan
ang u, chu chu nun phurrit leh lungkhamna atanga
chawlh hahdam hun a ni tih hi i thlamuan ang u**

**Thihna hi thil tawn nuam tak a ni a, mahse nun
zirlai harsa tak tak atanga tlanhhuahna angin
duhsak tur a ni lo Tlanhhuah hi thil tihsual a ni He
leia dinhmun eng pawh ni se, huaisenna leh huaissen
takin a hmachhawn tur a ni Nunna harsatna
hmachhawn a hlawhtlin chuan thihna hi lawmman phu
tawk tak a lo ni ta a ni**

**Thihna hi tawpna a ni lo va, thlaraute chu an
hnathawh \ha taka an thawh hunah emaw,
hrehawmnain an chakna a tihchhiat avangin an nun
leh an kawng zawh chhonzawm zel theih lohna tura
Pathian dan dikna (karma)-in hun eng emaw chen
atana zalenna a pek a ni**

Hrehawm tuar (leh ngaihtuah tute) tan chuan thihna hi taksa hrehawm tawrhna a\anga thlamuanna, harhtharna leh thlamuanna dinhmuna chhuah a ni a, tarte tan chuan kum tam tak chhunga hnathawh leh beih chhunzawm zelnatanga pension hlawh tling tak a ni Mi zawng zawng tan chuan chawlh hahdamna lawmawm tak a ni Mahse he chawlh lai hian, leia awm chhungin duhthusam muhilte chu tihhlawhtlin lohvin a awm ta a ni awmna a harh a, thlarau chuan tihhlawhtlin a ngai tih a hria Chûng duhnate chu a chak tawk a nih chuan thlarau chu leiah hruai kir lehin a piang thar leh a ni

Kan nihna dik tak, a nih loh leh kan thlarau chu a nihna takah chuan thi thei lo a ni Chu thihna tia koh inthlak danglamna avang chuan hun engemaw chen chu kan muhil thei a, mahse kan nihna pawimawh tak chu a boral thei ngai lo Kan awm a, kan awmna chu chatuan a ni Tuipui chu tuipui kamah a lo kal a, chutah chuan a awmzia hloh lovin tuipuiah a kir leh a chu ai chuan tuifinriat nên a inzawm khawm emaw, thlipui dang angin a kir leh emaw a ni

Taksa chu cosmic ocean a\angin a lo chhuak a, a boral ang a, mahse taksa chhunga awm thlarau awmzia chu chatuan atan a awm tawh lo vang Chu Pathian awmzia tihboral chu thil theih loh a ni

Kan hmangaihte an thih hian engvangin nge kan tap thin? Kan boralna kan lungngaih avangin Kan hmangaihten Nunna sikul aiin sikul tha zawka lehkha zir turin min kalsan a nih chuan, an tan lungngaih ai chuan kan lawm zawk tur a ni Thlarau boral tawhte tana lungngaihna hian kan lungngaihna hrui hmanga leiah a khin a, Pathian ramri nei lo horizons sang zawka an hmasawinna a tikhawlo a ni

**Thihna hi dinhmun sang zawk leh rank sang
zawka kaisan nan nunah taima leh taima taka
thawktute hnenah a lo thleng thin Tin, hlawhchhamte
tan chuan boruak thara beih leh theihna tur leh
hlawhtlinna chan theihna hun remchang thar pe turin
a lo thleng bawk**

**Eng nei lote chuan thihna chu a hnung lama an
thiante leh hmangaihte chatuan atana thup botu kulh
thuk tak angin an hmu a Mahse, inngahna leh mahni
hmasial duhna laka fihlim, Pathian mihring
lanchhuahna anga midang hmangaihtute chuan
thihnaah chuan an hmangaihte chu Pathian hnenah
an kir leh a, a zau takah chuan zalenna leh hlimna
thianghlim thli te chu an thawk chhuak thin tih an
hrethiam a ni**

**Hmangaihna ngaihtuahna kan thawn tur a ni a, an
khawvel thara thlamuanna leh thlamuanna pe turin
Pathian kan dil tur a ni Hei hi mitmeng inkar point chu
ngun taka ngaihtuah a, thih hnua kan hmangaih te
hnena thlarau lam thuchah thawh hmanga tih theih a
ni Kan thuchahte hi a kal zel a nih chuan an hre
chhuak ngei ang a, kan rilru put hmang pawh an
chhang let ngei ang For they, in turn of us tin, min
duh em em a, anmahni kan hriat reng a, hmangaihna
leh duhthusam thuchah kan thawh apiangin an lawm
thin ang bawkin**

**Tin, Pathianin inhmangaihtute a inzawmkhawm
leh hun tur ni a lo thleng ang a, chutah chuan he
mihring nun hi a awm zawng zawng a ni lo va, he
nunah leh a hnu lama kan thiante leh kan hmangaih
take nena chatuan leh chhe lo inzawmna chain-a
inzawmna mai a ni tih kan hreang**

Remna awm rawh se

result dik tak a ni

**Rilru hian engkim a siam a, a siam thar a,
chuvangin a siam loh nan a kaihhruaina mumal a ngai
a ni**

**Ngaihtuahna tha leh thil tha chauh Ngaihtuahna
pakhat i vawn tlat chuan, duhthusam leh tumruhna
nen, a ni ang**

**Miin a duhzawng chu thil tum atan a hman theih
hunah hmuh theih leh hmuh theih angin a awm ang**

**Engtik lai pawha tangkai leh siamtu a nih avangin
a chanvo neitu a lo ni ta a ni**

**I duhthlanna charge leh chak leh hlawk taka siam
theihna tur kawng pawimawh pathum a awm a,
chungte chu:**

**Hna awlsam tak emaw, hnathawhna emaw, a
hmaa tih leh thiam theih loh thlan, leh tih tum tlat**

Chu hna emaw, hnathawhna emawa hlawhtlinna

**A hmasain, thlan tawh chu tihhlawhtlin theih a nih
leh nih loh enfiah la, chumi hnuah hlawhchhamna
hmachhawn pawhin beidawng suh**

Tin, hlawhchhamna pawh

**Thil tum pakhata hmalaknate dah pawimawh a,
chu chu tihhlawhtlin theihna tura chakna leh
remchang awm zawng zawng hmang tangkai**

Chu chu tum a ni

**Miin a duh leh a beih chu, mahni muang tak
chhungril takah, tih chian reng a pawimawh hle**

A dilna chu a thatna tur leh Pathian duhzawng angin a ni Chutah chuan a thiltihtheihna zawng zawng a hmang thei ang

A thil tum tihhlawhtlin a duhna, chutih rualin a rilru chu thiltihtheihna zawng zawng bulpui Pathian chungah a dah tlat thung

Tin, hlawhtlinna te pawh a awm baw

Hlahna hian nunna chakna a tichak lo

Mihring rilru hi chakna emaw thil pawimawh tak tak dahkhawmna hmun zau tak a ni He hnathawh hi

Muscle movement leh thinlung, lung leh diaphragm hnathawhnaah a hman fo thin

Cellular metabolism leh thisen chemical reaction te, leh sensory organs hnathawh danah te

(Nerves) Chu bakah, vital energy tam tak hman a ni baw

Ngaihtuahna, rilru natna leh duhthlanna

Hlahna hian thil pawimawh tak a tichak lo active will hmêlma nasa ber zinga mi a ni Hlahna chu a innghahna a ni

Nerve lam hawia luang chhuak fo thin nunna hnathawh chu a hrual a, a tikhawlo a, chutiang chuan a lang

A paralyzed tawh avangin taksa chu a chau a, a chakna pawh a tlahniam hle a, nasa takin a tlahniam baw

Hlahna hian i hlah chhan chu paih bo turin a pui lo che Duhna a tichak lo va, thluak a tichak lutuk baw

Taksa taksa peng hrang hrangte hnena daltu signal thawn turin Hlahna hian thinlung a man a, a kalphung a tikhawlo a ni

Digestion hian taksa tibuai tam tak a thlen Consciousness chu Pathian lam a ngaih pawimawh reng chuan

Engmah kan hlau lo vang a, daltu leh daltu zawng zawng chu huaisenna leh rinna nen kan hneh thei dawn a ni

Duhthusam chu chakna tlachham duhna a ni Tum chu thil tih tumna a ni: duhthusam tihhlawhtlin emaw

Desire Will erawh chu hetiang hian sawi theih a ni: "Ka duhzawng ka hlen chhuah hma loh chuan hahchawlh lovin ka thawk a ni".

"I want it" Miin a duhzawng a zirtir hian thil pawimawh tak tak chakna (forces of vital activity) a tichhuak thei a ni

Tin, kaihruaitu, thil tul ti lova thil duhsak mai mai ni lovin

Chu thil chu hmuh theih nan

Hlawhchham hnua hmalakna thar chuan hmasawanna tak tak a chhuah thin

Hlawhchhamna pawh hian duhthlanna tichaktu leh taksa leh thlarau lama thanlenna atan a thawk tur a ni Hlawhchham hunah

**Eng project pawh atan chuan, a kaihnawih thil,
dinhmun leh dinhmun zawng zawngte thlirlet a, chu
chu tihbo vek chu a hlawkthlak hle**

**Nakin lawkah pawh tihsual ang chiah kha tih leh
theihna tur tihbo vek Disabling failure hi a dik ber a ni**

Tin, hlawhtlinna chi tuh hun tha ber a ni bawk

**Thil awmdan atanga vuak leh vuak hian hlaim leh
hlaim a thlen thei a, mahse mi chu a rilru a hahdam
tur a ni**

**Dinglam leh kan lu nghat chungin Kan beih hi kan
bansan tur a ni lo va, kan tum leh zawk tur a ni**

**Chumi piah lamah chuan, vawi engzat pawh kan
hlawhchham pawh nise Chutiang kan ngaihtuah chuan
kan beih a ngai a ni**

**Kan rilru chhungril takah chuan theihtawp kan
chhuah tawh tih kan hriat hma loh chuan bei tur
chakna kan nei tawh lo**

**Kan theihtawp kan chhuah a, kan thawhrimna chu
hlawhtlinna lallukhum a khum hma loh chuan
theihtawp kan chhuah ang**

**Kan duhthlanna chak tak hmangin a tawp thlengin
nunna indonaah hian kan chhel tur a ni**

Nun harsatna zawng zawng hneh

**Hlawhchhamna hnua hmalakna tharte chuan
hmasawinna tak tak a thlen ngei a, mahse chu
hmalaknate chu inrualrem leh tihchak a ngai a ni**

**Fimkhur taka ngaihven leh effective dynamic will
nen**

Tun thlenga hlawhchham tawh mah la, inbeihna bansan a, hlawhchhamna chu chanvo anga ngaih chu a finthlak lo

Tin, chanvo hmangin Mi pakhat tan chuan hun a neih chhung zawnga beih tawh loh ai chuan indonaa thih a tha zawk

Chu aia tam a tihlawhtling thei a, a chhan chu a thawhrimna chu a thih hnuah pawh nun tharah a chhunzawm zel dawn a ni

Hlawhtlinna leh hlawhchhamna hi mi pakhatin tun hmaa a thil tih tawhte bakah, eng thil nge a tih tawh tih atanga a chhuah dan dik tak a ni

Tunah hian a ti mek a ni Chuvangin hlawhtlinna ngaihtuahnate chu tun hmaa mihring lo piang tawhte a\angin tiharh leh tihchak leh a ngai a ni

Tuna nunah hlawhchhamna ngaihtuahna thunun thei turin activity leh vitality nen

Mi hlawhtlingin harsatna leh harsatna a tawhte chu mi dangte tawn aia a nasa zawk thei a ni

Hlawhtling lo chuan a hmachhawn a Mahse a hmasa ber chuan hlawhchhamna ngaihtuahna chu hnawl vek turin a inzirtir ta a ni

Tin, chipchiar takin a awm reng baw

Rilru chu lungngaihna leh beidawnna a\angin hnehna leh hnehna lamah, lungkhamna a\angin thlamuanna lamah a sawn a ngai a ni

Intellectual confusion leh psychological anxiety atanga rilru lam ngaihtuahna atanga, buaina leh buaina atanga lo chhuak

**Remna lamah, leh remna a\angin thlarau lam
hlimna thianghlimah**

**He mahni inhriatna hi i neih hunah chuan i nun
tum chu hlawhtlinna lallukhum khum a ni tawh ang a,
i hlen chhuak tawh ang**

Ropui tak a ni

Psychoanalysis neih a tulzia

Hlawhtling duh tan he thurawn hi kan pe a ni:

**Hlawhtlinna thuruk dang chu psychoanalysis a ni
Introspection hi mirror atanga hmuh theihna a ni**

**I rilru thuk thup, chutiang a nih loh chuan i laka
thup reng tur chu a lang chhuak Hlawhchhamna
hmunte chu hriat chhuah tum ang che**

**Thil tha leh tha lo thliar hrang rawh Tuna i
dinhmun hrethiam turin mahni inrintawkna hmang
rawh**

**Eng nge i tihhlawhtlin duh a, eng harsatna nge i
kawng daltu? I hnathawh tak tak awmzia chu sawifiah
rawh**

**I nun tum hre rawh Mihring dik tak mizia zawng
zawng neih tum ang che**

**Tin, mi ropui tak, duhna leh duhnain a tihbuai loh,
a rilru chu Pathian nena inrem leh inrem taka vawng
reng chungin**

**I duhthusam lam panna kawngah chuan rang
takin, him tak leh inrintawk takin hma i sawn ang**

**A tum ber chu Pathian panna kawng zawn a ni
Mahse tih tur leh mawhphurhna a awm**

**Heng thilte hi he khawvelah hian tihhlawhtlin leh
tihhlawhtlin a ngai Duhthlanna (Willpower coupled
with initiative) hian min pui ang**

**Chu thutiamte chu sawifah a, a famkim taka hlen
chhuah**

Thil siam chhuah theihna thiltihtheihna

**Initiative tih hi eng nge ni? Mihring chhunga thil
siam chhuah theihna a ni: siamtu atanga meialh
(spark) a ni**

**Infinity hian midang siam ngai loh thil siam
theihna a pe a, chutiang bawkin a pe baw**

**Thil thar leh thil siam chhuah theihna tura
chêttîrtu Thlarau nei mi pakhat hlawhtlinna**

**He hmalakna hi shooting star ang maia ropui leh
mak tak a ni thei a Tin, thil a siam chhuak niin a lang
baw**

**Engmah lo atang chuan thil theih loh anga lang
chu hman theih a ni tak zet tih a finfiah a ni**

Mihring hi thlarau thil siam chakna ropui ber a ni

**Hmasawinna leh thil thar siamna rilru chuan mi
chu mahni ke pahnih, zalen leh mahni inrintawkna
neia ding thei turin a siam a;**

Hlawhtlinna langsar tak pakhat

Pathian anpui chu mi tinah a awm a

**Mi tam tak chuan mahni tlin lohnate chu
chhuanlam an siam a, mi dangte chu beidawng lovin
an dem thung He thu hi kan tidanglam a ngai a ni**

**Dinhmun chu mi dangte dik lohna (mi tana
chhiatna thlen lo) ngaihthah a, mahni tlin lohnate dah
tlat hi a ni**

Microscope hmanga siam a ni

**Midangte chhui chian a ngai \hin a, mahse
chutiang a nih chuan mahni ngaihtuahna chu a thup
tlat a ngai a ni**

**Free from bias and discrimination Ngaihtuahna
dik leh duhsak bik lo chu darthlalang ang a ni**

**Darthlalang Chiang tak, nghet lo, hmanhmawh
taka thiam loh chantirnain a tihnghing loh leh chu
darthlalang a thil lang zawng zawng chu**

**A nihna tak angin a lang ang a, chei mawi leh
tihdanglamna awm lovin**

**Mihring tinah Pathian lem i hmu ang u, chi leh
rinna thliar lovin Hmangaihna thlum chu kan tem ang**

**Thianghlim chu mihringte nena kan inpumkhatna
kan hriat hian a ni a, In mutual service hma ni lovin**

**Mahni tenau (the ego) chu kan theihnghilh a,
mahni ropui tak pakhat, tawp chin leh khapna nei lo
chu kan khawih a ni**

**A hnenah: Mihring zawng zawngte
inzawmkhawmtu leh inzawmkhawmtu Pathian thlarau**

**Mihring nun hi finna lama thil tih dan (intellectual
habits) hian a thunun a ni**

**Mihring nunphung hian hlawhtlinna ti chak emaw,
tikhawtlai emaw theihna a nei It's not fleeting
inspirations or**

**Ngaihtuahna êng tak tak, nitin rilru nunphung tak
takte hian kan nun kalphung a hril a ni**

**Rilru lam thil tih dan hi rilru lam magnet a ni a,
thil chi hrang hrang leh mi chi hrang hrang kan hnena
hiptu a ni**

**Tin, dinhmun Ngaihtuahna \ha chuan hun
remchang \ha leh \angkai tak tak min hip thei a,
mahse**

**Thiamna \ha lote hian khawvêl mizia leh
duhzâwng neite nêen min hnaihtîr a, chutiang ni lo
dinhmunte pawh min hnaihtîr bawk**

Sawi mawi

**Thiltih \ha lote chu a tichhe thei thil eng pawh
pumpelh hian tihbo theih a ni a, an thiltihtheihna
pawh tihbo theih a ni bawk**

**A nih loh leh tihnun leh la, chu chu ngaihtuah
reng lovin Chumi hnuah chuan rilru chu tih dan lam
hawiin a kal tur a ni**

**Ngilneihna leh kan nunah a pawimawh ber a nih
hma loh chuan tihhmasawn zel tura thawh hi kan tih
theih thil a ni**

Amah ring la, a chungah innghat rawh

**Kan chhungah hian chakna inhnialna pahnih a
awm a, chu chu kan tih loh tur ti turin min nawr lui a
ni**

**Kan ti a, mi dangte chuan kan tih tur, thil tam
zawk anga langte min rawt bawk**

**Harsatna Aw hmasa ber chu soal aw a ni a, aw
pahnihna chu thil tha emaw Pathian emaw aw a ni
thung**

**Nitin zirlai harsa tak tak kan zir a\angin,
nungchang \ha lo chuan thing a chawm tih Chiang
takin kan hmu a**

**Thiltih duhna tawp nei lo, nungchang tha chuan
duhthusam thing chu a chawm thung**

**Tin, thlarau lam duhthusam sang tak takte
Hmasawnna dik takah hmalakna nasa zawk a ngai a ni**

**Thlarau thing malsawm tak tan chuan, ni khat chu
mahni inhriatthiamna puitling rah kan seng theih nan**

Chaw chakna

**Miin nungchang tha lo chi hrang hrang ata a
chhuah zalen theih chuan, leh engkim a ti thei a nih
chuan**

**Thil tha leh ropui chu ropuina leh ngilneihna
hmanga hmangaihna a ni a, sualin lungngaihna leh
inchhirna a thlen vang ni lovin**

**Thlarau lamah a thang lian ang a, kawng zawhin
hma a sawn ang**

**Mi chu duhthusamin leh duhthlanna hmanga a
nungchang tha lo a kalsan hunah a zalen ang A zalen
hunah chauh**

**Master a lo ni ta a, a rilru put hmang, a
ngaihtuahna leh a tul anga tih duhna thupek pe thei a
ni**

A duh dan kalh zawng pawh ni se, chu insum theihna leh mahni inthununna thiltihtheihnaah chuan a ti ta a ni

Chatuan zalenna chi chu a chhungah a awm a ni

Tun thleng hian hlawhtlinna thil pawimawh engemaw zat ka sawi tawh a, chungte chu: positive thinking, proactive will, .

Psychoanalysis, hmalakna, leh mahni inthununna Lehkhabu tam tak chuan heng zinga pakhat emaw, a aia tam emaw an sawi uar hle

Heng features aia a tam zawk a, mahse factors hnuaia Pathian thiltihtheihna awm chu a pawm lo

Chu chu hlawhtlinna Alignment with divine will hi Hlawhtlinna neihna atana thil pawimawh ber a ni

Pathian duhzawng chu leilung leh a chhunga thil awm zawng zawng, leh khawvel leh a chhunga thil awm zawng zawng chelhtu chakna a ni Pathian duhzawng a ni

Pathian hi space-a arsi te khalhtu a ni a, a duhzawng a ni a, chu chuan planet te chu an kalna kawngah a dah a ni

Tin Mi fing leh engkim hretu

Pathian remna, khawngaihna leh malsawmna in chungah awm rawh se

thlarau lam hlimna nasa tak

Thlarau lam hlimna tawn tak tak

Pathian chuan thlarau lam thil tawn chakna min pe a:

kan chhunga a awmna hlimna tawn theihna Mahse, awm chakna sualte chuan entawn tur dik lo leh bumna chi hrang

hrang an duang chhuak a Zu leh ruihhlo avanga hun eng
emaw chen atana hlimna hi thlarau lam thil tawn dik tak lem
a ni Zu leh ruihhlo hman hian thlarau lam fuihna thlen lohna
tur mipat hmeichhiatna lama inhmangnaah a hruai fo thin
taksa hriatna nasa tak hmanga rilru khap tlat hmangin
Mi tam tak chuan lungkhamna tihbo nân leh hriatrengna
hrehawm, tibuai thei tak takte tihbo nân zu an in a Mahse,
chutiang theihnghilhna chuan mi chu a pianpui thlarau lam
finna chu a lâksak a ni—ni e, an harsatnate hneh tûr leh
hlimna nghet tak nei tûra tanpuitu chakna ngei chu a lâk
bosak a ni

Pathian chu hlimna leh hlimna bul a ni a, a hlimna thar
reng reng chu zawngin keimahni chhungah hmu turin min
duh a ni

Bumna, setana cosmic force – Setana, Iblis, Krista
dodaltu, a nih loh leh Krista dodaltu – a awm a, chu chuan he
khawvel pum huapa inlanna leh ngaihdan mawi leh ropui tak
tak zawng zawng hi tihdanglam tumin a bei chhunzawm zel
a ni

Thilsiam zawng zawngah hian thil \ha leh \ha lo chakna
pahnih (dual forces) te hi an inhnial a, an inhnialna kan hmu
a: Pathianin hmangaihna a siam a, ramhuai chakna chuan
huatna a siam Pathianin ngilneihna leh thilphalna a siam a,
ramhuai chakna chuan mahni hmasialna leh mahni
inhmangaihna a siam bawh a Pathianin remna leh muanna a
siam a, ramhuai chakna chuan inrem lohna leh inrem lohna a
siam bawh

Chu chu hriain, zu leh ruihhlo hian a hlimna a tichhe
nasa hle tih a hrethiam tur a ni a, a chhan chu thlarau lam
hlimna dik tak a tichhe a, thluak cell te a tichhe a, a finna leh
hriatthiamna a tichhe nasa hle a, Zu emaw ruihhlo emaw
hman vawi khat pawh hian ruihhlo ngawlvei a thlen thei a, a
bik takin nun hlui atanga heng thil tha lo tak takte ei duhna a
awm chuan Thil tha lo chu sual a nih avangin pumpelh a ngai
a ni

Thlarau lama hlimna dik tak i tawn hian, thil tawn
dangin tehkhin theih a ni lo tih i hmu ang Nu leh pate chuan
an fate chu ngaihtuahna leh hriatna neia hriatthiamna
zirtirna hmangin thlarau lam hriatna tuh an tum fo tur a ni a,
chuti lo chuan bumna leh hlimna dik lo meipui nena inkhelh
thlemnaah an tlu ang

Lawmna dik tak chu a tawp lo Mahse zu leh ruihhlo
atanga hlimna lo chhuak chu a rei lo hle a, an hnungah
inchhirna leh tihchhiatna rilru chauh a hnutchhiah a ni
Zan tin, thlamuang leh hahdam taka kan mut lai hian
thlamuanna leh hlimna tem kan nei thin Mut thuk takah kan
tlu lut a, Pathian chuan hriatna dinhmun sang tak, muang
takah kan awm phalsak a, chutah chuan he khawvel
lungkhamna leh lungkhamna zawng zawng kan theihnghilh
thin In meditation-ah hian he rilru dinhmun malsawmna hi
kan harh hun lai pawhin kan tawng thei a, level dangah
pawh thlamuanna kan tem thei bawh
Pathian hlimna a lo chhuk chuan ka thawk a reh a, ka
thlarau chu a sang chho a, vawi khatah mut sangkhat hlimna
chu ka tawng a, chuti chung pawh chuan ka hriatna
pangngai chu ka hloh lo He cosmic experience hi hriatna
dinhmun sang ber thlen tura thuk taka chhui tute tan chauh
dah a ni

I nihna chu Pathian hlimna nasa takin a khat chuan
taksa chu a reh vek a, thawk a luang chhuak tawh lo va,
ngaihtuahna a reh a, zawi zawiin a bo ta hial a ni
Mi pangngai chuan harh leh mut inkar ramri-ah mutthilh
a nei a, hun rei vak lo chhung chu damna a nei a, mahse
muthilh thuk takah an drift chuan he rilru hi a bo nghal vat
Mut hi hriatna hloh vek a ni lo a, a chhan chu, harh lai hian i
mut chu chawlh hahdam a nih leh nih loh i hria a ni
Mut dinhmun tam tak a awm—a then chu a eng, a then
chu a thuk Mahse, mi pakhatin a hriatna dinhmunah Pathian
nena a thlarau lam thil tawnte chu mut emaw, mut emaw

hlimna ropui ber (muthilh hmaa mutthilh emaw, mutthilh
.emaw) aiin a hlimawm zawk a, a hahdam zawk baw
Mut thuruk leh thuruk piah lamah hian heng hlimna
thianghlimte hi a awm a ni

Ka duh ang dinhmunah ka awm thei Mut khawvel leh
khawvel hriatna inkarah ka awm fo thin: dinhmun sang takah
Mihring rilru hian hmun zau tak, tawp chin nei lo a nei a,
mahse pakhat chuan a hre lo fo thin a, a rualin dinhmun
pahnih ka tawng thei a: mut thuk tak leh harh chhuahna
famkim A nih loh leh ka chhehvela thil thleng zawng zawng
hi a rualin ka mu thei a, ka mumang a, ka hre thei baw
A châng chuan mi pangngai angin ka muhil thei baw Ka
muhil thei baw a, ka inhriatthiamna famkim ka in enfiah
thei baw Dinhmun sang zawkah chuan i taksa leh rilru chu a
muhil a, chuti chung pawh chuan thil thleng zawng zawng
chu i hre Chiang hle a ni Hei hi hriatna leh tumruh taka
hriatna dinhmun sang zawka luh theihna leh hriatna leh
tumruh taka harh chhuahna dinhmun pangngaia kir leh
theihna tihpun chauhvinn a awm thei a ni
Ngaihtuahna, chunggril thlamuanna, emaw,
suangtuahna hmanga lo kir leh theihna awm lovin taksa
chhuahsan hlah a ngai lo tak zet a ni He ngaihda, mi
thenkhatin an tihhmasawn hi a dik lo Taksa nena inzawmna
hi a chak em em a, tlanchhuah a awlsam lo Conscious
awareness chu a bo a nih pawhin, subconscious mind chu a
inzawm tlat chung chuan taksa chu chhuahsan vek theih a
ni lo

Thil pakhat chu nasa lutuka i mitthla a nih chuan, chu
thil chu thil hmuh theih loh (hallucination) a lo ni ang a,
subjective reality engmah nei lovin Sumdawna leh mahni
inhriatna inthlauhna chu hriatthiam a ngai Pathian mahni
inhriatna finfiahna pawimawh tak—i chhunga Pathian hriatna
—chu hlim tak tak leh thutiam nei lovin hlim taka awm hi a
ni

Ngaihtuahnaah hlimna pung leh chhunzawm zel i tawn
chuan i thlarauah Pathian awmna i tawng tih hria ang che
Amaherawhchu, hlimna thianghlim luang chhuakah hian
chawlhna emaw, tihtawp emaw a awm a nih chuan, hei hi i
hriatnaah hian thil dang pakhat a awm tih finfiahna a ni a,
chu chu chhungril hlimna siam\hat leh theihna tura tihbo a
ngai a ni

Thlarau lam zirtirtu, Pathian hre tak tak chuan
duhthusam pakhat a nei a, chu chu thlarau lam kaihhruaina
zawngtute hnena hlan a, Pathian ngaihtuah tur leh thinlung,
thlarau, rilru leh thiltih lama Amah hnaih zawk tura fuih a,
amah nena inrem zawng zawngte chuan amah hmangin
Pathian malsawmna an dawng vek a, Pathian Engkimtitheia
kutah chuan hmanraw inngaitlawm tak mai a nih avangin
Mi pakhat chu thlarau lam êngna a thleng tawh nia
inngaih ringawt pawhin Pathian hnenah a awm thei lo Mahni
insiamthatna leh nungchang tihthianghlimna hi dinhmun
sang zawk thlen theihna atana thil tul pawimawh tak a ni
Pathian chu a theih dan anga hriat leh a tak taka hriat hi a
danglamna nasa tak a awm Inngaihtlawmna te, finna te,
thinlung tak tak te, nungchang tha tak te, leh thinlung taka
duhna te hmang chauhvvin Pathian hriat tak tak theih a ni
Pathianin a pawm a ni

Cosmic consciousness-a thuk taka luhchilhtute chuan an
pianphungah thlarau lam theihna mak tak tak leh thilsiam
chaknate chungah thuneihna an nei a Mahse, Pathian hriatna
dik tak hmutu chuan an thiltihtheihna chu inchhuanna leh
inlanna atan an hmang lo va, finna leh finna nei lovin
Mi fingte chuan Pathian chu awmchhun a ni tih an
hrethiam a, inngaitlawm takin, an hnena thilpek mak tak tak
a pekte chu Amah hnenah an dah a ni
Thil awm zawng zawng hi thilmak a ni lo em ni? Tin,
mihring hi a awmna avang chauh pawh hian thilmak a ni lo
?em ni

Pathianin thilmak a siam zawng zawngah mihringte kan
lungawi loh chuan engvangin nge mithianghlimte hian
?thilmak an tih tam zawk ang
Pathian mi thianghlim felte hian Pathianin a tih loh
chuan engmah an ti lo va, a chang chuan chhan fiah lo leh
hriatthiam harsa tak tak avangin an ti lo
Consciousness sang zawk leh subconscious
consciousness a danglamna chu entirnan ka entir ang
Higher consciousness chu - harh leh muhil leh hriatna
famkim nei chungin - duhthusam leh pawn lam thil
tihchakna awm lovin taksa chhunga hriatna eng pawh i thlen
theihna dinhmun chu a ni
Unconscious imagination (mumang khawvel) ram
chhungah chuan bawngnute lum no khat i in thei a, mahse
he thil tawn hi i chungah nghah a ni tih hriatna sang zawkah
chuan chutiang bawk chu, a nih loh leh thil dang eng pawh,
hriatna duhna hmangin i tawng thei a ni
Chutianga a tih theih loh chuan hriatna sang zawk sang
zawka a thleng tawh tih ngaihtuahin mahni inbum tur a ni lo
Kawng chu a thui hlein a lang thei a, mahse mel sangkhat
zeta thui chu ke pen khat chauhvin a intan a Tin, beiseina
neia a awm chung chuan engmah daltu engmahin thil tum
duhthusam tihhlawhtlinna chu a dal thei lo
Mi maktaduai tam tak chu mut laiin subconscious mind
thil mak tak takte hian a man a Mahse, dinhmun sang
zawkah chuan i duhzawng chu i hmu thei emaw, i hre thei
emaw a, chu chu suangtuahna hmang ni lovin, thil tak tak
hmangin he chair-ah hian ka thu a, ka rilru chu khawi
hmunah pawh ka sawn thei a, chutah chuan thil thleng dik
tak chu ka hmu thei a ni
A châng chuan zirtîrte chu subconscious-ah an nung a, a
châng chuan hriatna sâng zâwk lamah an chho bawk Tin,
hriatna sâng zâwk paltlang thei leh cosmic consciousness nei
thei mi tlemte thlan bik an awm bawk: Pathian thlarau ram,
a bul leh a chhan nei lo

Thlarau lam hriatna thianghlim dinhmunah chuan thil
zawngtu chuan thil tawn tur chuan suangtuahna hmasa a
mamawh lo Cosmic consciousness nena an inpumkhat chuan
an hriatna chu a zau zel a, awmna atom tin nen a inzawm
khawm a, universe pumpui leh thil nung zawng zawngte chu
consciously aware-in a lo awm ta a ni He experience hi
consciousness extension tawp nei lo a ni He thil hriatna
tawntute hian thlai fiber-ah leh tlang chhipah te pawh an
awm tih an hria a, chutiang bawkin..
. an taksa
cell tin leh space-a atom zawng zawng
Mahse cosmic consciousness pawh chu chutiang piah
lamah a awm bawk
Miin a awmna zawng zawngah a awm tih a hriat theih
hunah
Lawmna pawh hian awmna piah lama awm chu a hre
chiang hle
Engkim huapzo Pathian hriatna nen a inzawm khawm a
Remna chu i chungah awm rawh se

Hrefiah

**Insight hi Forms khawvel kan hriat theihna
hmanrua a ni a, chu chu hriatna panga emaw, finna
emaw hmanga hriat theih loh Forms khawvel hi
hriatna khawvel chhungah leh a kaltlangin a lo lang
tih hi a dik a, a hnuhnung zawk hriat hian a hmasa
zawh hriat tihna a ni tih chu a dik a, mahse an pahnih
hriat danah chuan danglamna a awm**

**Sensory khawvel hi a dimension zawng zawngah
sensory perception emaw ngaihtuahna emaw hmang
chauhvin kan hre thei tak tak ang em? Tih tak zetin ni
lo Thudik, thil thleng, dan leh inzawmna tawp nei lo,**

thilsiam leh kan taksa chhungah pawh, mihringte tana lehkhahu chhinchhiaha leh thuruk thup la awmte chu a awm a Chuti a nih chuan engtin nge ngaihtuahna leh hriatna zawng zawng piah lama awm thlarau lam ramte chu kan hriatthiam theih ang?

Insight hi thlarau chhung atangin a lo chhuak a, a thawk a, ngaihtuahna erawh chu pawn lam atanga lo chhuak a ni thung Insight hian thutak hmachhawn turin min phalsak a, ngaihtuahna erawh chuan indirect image min pe thung

Insight chuan thutak chu inzawmna mak leh mak tak (a leh thutak inkar) avang hian a pum pui famkim angin a hmu a, rilru erawh chuan thutak chu then darh leh then darh turin hna a thawk thung

Mihring tin hian hriatna thiltihtheihna kan nei a, finna kan neih ang bawkin Tin, ngaihtuahna hi zirtir leh tihthianglim theih a nih ang bawkin, hriatna pawh hi tihhmasawn leh tihhmasawn theih a ni Insight-ah hian thutak nen kan inrem famkim a ni The world of bliss , with unity in number) leh thlarau khawvel enkawltu chhungril dante nen, Pathian nen pawh kan inrem bawk

Engtin nge kan awmna hi kan hriat chian theih? Sensory perceptions hmang hian a ni em? Kan hriatnate hian kan awmna min hriattir a, kan nihna hriatna bul chu min puang chhuak em? Dik tak chuan a ni lo

Sensory perception leh ngaihtuahna kalphung hian kan awm tih min hrilh em? A ni lo tih a chiang, a chhan chu rilru data chu sensory impressions atanga siam a nih avangin - a nihna takah chuan - kan awm tih min finfiah thei lo

Ngaihtuahna thiltih hian awmna hriatna min pe thei lo a ni, a chhan chu awmzia hi ngaihtuahna kalphung ngeiah pawh a awm a, pawn lam khawvel

nen kan inthlau a, kan awm tih ngaihtuah emaw,
chhui chhuah emaw kan tum hian, awmna hriatna chu
ngaihtuahna leh ngaihtuahna thiltih chung ngeiah
hian a awm a ni Ngaihtuahna tikhawtlai leh
hriatnate tling lote ngaihtuah chuan engtin nge kan
awm tih kan hriat theih

ang?... ..

... .. A chhanna chu
thlarau hriatnaah chauh a awm He hriatna hi hriatna
(intuition) lan chhuahna a ni a, hriatna tel lo chuan
awmzia nei lo, ngaihtuahna leh hriatnate a paltlang a
ni

Insight hi kan zavaia kan hnaih em avangin
sawifiah a harsa a, Kan zavaiin kan hre vek Existential
awareness hi eng nge a nih kan hre lo em ni? It is so
familiar as to defy definition Mi pakhat chu engtin nge
an awm tih i zawt a nih chuan an chhang thei lo vang
An hria a, mahse an sawifiah thei lo Anni chuan
sawifiah leh sawi chhuah an tum mai thei a, mahse an
thusawi hian anmahni chhunga an hriat chu a thlen
thei lo Insight possess this capacity in all its forms
and manifestations

Thiltih dan palina, hmun danga sawifiah a ni a,
chu chu insight-ah a innghat a, chu chu kan ngaihven
poh leh Pathian kan hre tam zawk ang

Hriatthiamna hmangin Pathian a hre thei a,
hriatna khawvel leh ideal khawvel inkarah inzawmna
a siam a, a hnuhnung zawk hi hriatna khawvelah leh a
kaltlangin hriat theih a ni Tichuan hriatnate nghawng
chu a bo a, ngaihtuahna tibuaitsu chu a bo a, Pathian
kan hre ta a ni—hlimna bulpui—chuan kan chhungah
chuan Pakhat leh Engkim pakhata awmte hriatna a lo
chhuak ta a ni Hei hi zâwlneite, mi ropui tak takte, leh
khawvel mi fingte

Method pathumna, a nih loh leh a hmaa kan sawi tawh contemplative method pawh hian taima tak leh active taka kan practice hian insight khawvelah min hruai lut a, mahse indirect method a ni a, direct insight emaw hriatna emaw hmanga kan chhunga thil thleng siam turin hun tam zawk a mamawh a ni

Chuvangin, hriatthiamna hmangin Pathian chu a lan chhuahna zawng zawngah kan hre thei a Kan hriatnate hian min hriattir thei lo va, a pawn lam lan dan chauh an hriat avangin Finna emaw, ngaihtuahna emaw chuan Pathian chu a hre tak tak thei lo va, finna chuan hriatnate thu leh hla (intellect) chu a pel thei lo vang a ni

Hriatnate hian Pathian min hnaih loh chuan, finna pawh a rinchhan avangin a hlawhchham thin Chuvangin, Pathian chu a malsawmna hmel leh a lanchhuahna dangte puan chhuah nan chhungril lam thlirna lam kan hawi a ngai a ni

Mahse, he intuitive perception-ah hian daltu engemaw zat a awm a, chungte chu natna, rilru chak lohna, rinhlelhna, rilru hahna, thil neih duhna, ngaihtuahna dik lo, leh innghahna tlak lohna te hi a ni Heng harsatnate hi mi dangte nena inzawmna hmanga rochun emaw, kan neih emaw a ni emaw Thil hlauhawm leh hrisello lam kan rochun duhna chu rilru lama thawhrimna chak tak hmangin kan hneh thei ang bawkin, kan hneh theih ang bawkin duhthlanna hmanga hlawhchhamna leh lungngaihna Thawhrimna dik tak leh mi tha—Pathian tana inpete—te nen chuan thlarau huan a\angin nungchang \ha lote chu kan paih chhuak thei a, a aiah thil \ha kan phun thei a ni

An nunah thutak hmutu, khawih leh hrethiamtute kan zui loh chuan chu thutak chu eng nge a nih kan hre lo mai thei

Zawhna rilru hi mi tinah a awm a, he khawvela mi tinte hi thutak zawngtu an ni a, chu chu a chatuan rochan a ni a, chu chu fing takin emaw, â takin emaw, a hmuh chhuah a, a lak let leh vek hma loh chuan a zawng reng a ni

**A tlai tawh lo Beihpuitute chuan an hlawhtling
ang a, chheltute chuan an tumna hmun an thleng
ang!**

Mihring hmuh theih loh

**Master Paramhansa Yogananda chuan a rawn ti a
Mihringte hi mitin hmuh theih loh thilsiam anga
ngaihna tak tak hi thil awm lo leh awmze nei lo angin
a lang Taksa angin nitin kan hmu thei a Mahse kan
nihna thup, pawimawh tak kan pholan dan kawng tam
tak a awm**

Entirnan, i mit i chhing chuan i taksa chu i hmuh theih lohvin a lo awm ta a nih chuan engtin nge i awm tih i hriat theih ang? I taksa rit tak chu i hre thei a, i hre thei a, i rim thei a, i ei thei a, i hre thei bawk a, mahse ngaihtuahna leh hriatnaah nangmah chauh i ni tak zet a ni Ngaihtuahna tam tak inherna hmun thup (hidden core) i ni Tunah chuan i mit kha han meng rawh Zawhna awm chu: i hmuh ang chi kha i ni em, a nih loh leh i mit khap chungah hun rei lote kalta chauha i hriat chhungril awm kha i ni

em?..?
..?
..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?

**Mihring hmuh theih hi a pawimawh vak lo Mahni
inthup, a nih loh leh thlarau hi a pawimawh tak zet a
ni Mut lai hian hmuh theih mihring chu i hre lo a,
mahse nangmah i inhriat chian a ni a, a chhan chu i
harh veleh i mut chu thlamuang leh chawlh hahdamna
a nih leh nih loh i hriat avangin Chuvangin, i inthup
chu a tak tak a ni He hmuh theih loh i nihna awm lo se**

chuan i hmuh theih lem hian awmzia leh awmzia a nei lo vang

Mahni inthup awm lo se chuan taksa chu hlutna nei lo, ruang nunna nei lo emaw, ruang khauh tak emaw ang mai a ni ang

The hidden, inner self is the true one Mahse, mak tak maiin, miten he hidden self hi a nihna hi zirchian tumna an nei lo! An ngaihtuahna chu taksa pianphungah a inngnat vek a, chu chu awlsam takin an khawih thei a, an hmu thei bawk Chuvangin, an ni leh zan te chu an taksa taksa leh a mamawh ngaihtuahin an hmang a, hmuh theih loh chhungril lam chu thil tak tak a ni tih ngaihtuah turin an chawl ngai lo

Taksa taksa chhungah hian a ang chiah chiah êng taksa a awm a, Mihring hmuh theih loh ni mah se, thlarau planetary emaw ethereal emaw envelope a ni

Mihring kut zungtang tan tawhte chuan a la awm ang maiin an hria A ke leh ke pakhat hloh tawh tu pawhin he hriatna hi an hria Taksa chhunga taksa peng tinrengah hian thup, ethereal counterpart emaw counterpart emaw a awm Taksa thinlung hnung lamah hian thinlung thup a awm a, chu chu hmuh theih thinlung chuan a hneh thei lo Mihringte hian hmuh theih loh taksa peng hmuh theih loh, hriatna, thluak, ruh, leh taksa peng hrang hrang an nei a Heng taksa peng hrang hrangte

hian.. are the tissues of light and activity, constitute the invisible planetary body of the humaning Planetary emaw ethereal emaw taksa hi hmuh theih taksa taksa ang chiah a ni A danglamna chu a eng, vital form chu a fiah lo hle a ni

Taksa chu rualbanlohnain a tihbuai chuan a mit a bo tawh emaw, a kut a hloh tawh emaw tih hi a

inhriat tir tur a ni lo Mit hmuh loh leh kut chu a la
awm reng Taksa kut chu a paralyze thei a, hmuh theih
loh kut chu a chak lo thei lo va, taksa peng natnain
engti kawng mahin a taksa peng hmuh lohte a
nghawng tih ring ngai suh, a chhan chu ngaihtuahna
tha lo chuan hriatna luang chhuak tur a veng dawn a
ni taksa peng hrang hrangte tana chakna pawimawh
tak

Electric current chu wire chhungah a luang
chhuak Eng nge pawimawh zawk: wire nge electric?
Wire chu electric kal tlang theihna tur chauhvin a
awm Electric awm chu wire-ah a inngat lo Chutiang
bawkin taksa pawh hi hmuh theih loh thil awm,
thlarau hman tur atana awm a ni a, a lehlamah erawh
chuan a awm lo

Vanduaithlak takin he mahni inthup hi taksaah
hian a inzawm tlat a ni! Chutiang a nih loh chuan tui
chungah kan kal thei a, space-ah kan thlawk thei a,
taksaah kan kir leh thei bawk

The ethereal body of the veiled self possesses
sensory perceptions far greater than its physical
counterpart Mihringte chuan machine kan siam a, chu
chu, a then pheih chuan, taksa taksa aiin a sang zawk
daih a, chu chu tihkhawtlai tam takin a tihkhawtlai a
ni Mahse, ethereal taksa chungchanga i hriatna a lo
thanglian zel chuan, beng hriat theih loh chu a hre
thei tih i hmu ang a, mitin a hmuh theih loh chu a hmu
thei bawk a ni It can also smell, taste, and touch
things far beyond taksa hriatna ram (physical senses)
ram a ni

Mite chuan chu êng ti engtu electric thuruk zawng
chu an rilruah a lo lang ngai lo va, taksa êng chu an
ngaihtuah reng a, an ngaihven reng bawk

Mihring hmuh theih hi element sawm leh paruk
atanga siam a ni a: chemical thil, market atanga lei

**theih! Taksa taksa hi a siamtu thilte lamah chuan
hlutna a nei tlem hle Mihringin hmuh theih loh
mihring hriatthiamna tha zawk kan neih a hun tawh
hle He mihring thup hi theihna, ngaihtuahna leh
thiante neitu hmangaih leh ngaihtuahtu a ni a, a tel lo
chuan taksa taksa hian a siam chhuahna chemical
elements chauh lo chu engmah a nei lo**

**Rilru spotlight chu chhungril lam hawi tur a ni a,
sal tang, hmuh theih mihring atanga hla takah a awm
tur a ni**

**Taksa taksa hian hnungzang na leh hliam a tuar a,
kum upat rualin a chhe leh chhe bawk thin It is
constantly wailing, moaning, and yearning for this or
that**

**Mihring hmuh theih chuan nasa taka ruh tichhe
thei tlu chu a tuar thei lo va, a châng chuan pin te tak
te hrual mai mai aṭangin a tlahniam ṭhin**

**Mihring hmuh theih loh chu hliam tuar lo A zalen
a, insum theih loh a ni Tisa taksa buaina leh thinrimna
zawng zawng a tibo thei a ni**

**Kan chhunga mihring thup chu kan nihna dik tak a
ni**

**Taksa atom hnung lama awm chu thlarau a ni a,
chu chu a danglam lo va, a danglam lo va, a inthlak
danglam leh boral ngai lo**

**Mi pakhat chuan taksaah a ngai mai thei a, mahse
chutiang chu an ni lo Ice piece chu a hmin thei a,
hmuh theih lohvin a bo thei a, evaporation hmangin
He process hi a thlak danglam thei a, chu chu vapor
chu liquid-ah condense a, chu liquid chu freeze-in
solid-ah a siam leh thei a ni**

**Taksa taksa hriatna chauha nun hi thlarau lamah
a tichhe thei a, a chhan chu taksa hi natna, hliam,
riltam leh thihna hrehawmna a tuar awlsam a ni He**

**taksa hmuh theih mai, chhe leh boralna hnuaia awm
hi kan ni tih hi kan inhriat tir tur a ni lo**

**Kan chhungril mihring thuruk hi tihhlum emaw,
tihchhiat emaw theih a ni lo Kan hriat loh, chatuan
nihna hriatthiam tumin nasa zawkin kan bei tur a ni lo
em ni?**

**He inthup kan hriatna tipung hian, hmuh theih
mihring hi kan thunun thei ang a, hotu ropui tak takte
tih ang bawkin An thiltihtheihna thianghlim hretu leh
thup, chhungril lam awmna hrethiamtute chuan taksa
hrehawm tawrhna a\angin an inthiarfihlim thei a,
hmuh theih mihring chu harsatna leh hlauhawma a
awm lai pawhin**

**Chu thuneihna chan theihna kawng chu eng nge
ni?**

**Ngaihtuahna leh remna thlamuannaah hun tam
zawh hman tur a ni Hei hi a tir lamah chuan
duhthusam lo angin a lang thei a, a chhan chu taksa
hriatna leh a hriatnate nena inhriatthiamna nasa
lutuk nena nun hian mahni harsatna tawp nei lo,
duhzawng leh mamawh tih loh chu ngaihtuah a harsat
phah a Mahse mihring hriatnaah chuan an thlarau lam
nihna a nemnghet a, an nihna a nemnghet hunah
chuan dimension thar a inhawng ang Pathian anpui
thianghlima siam a ni tak zet a, an nunna chu engti
kawng mahin tihchhiat theih a ni lo va, inthup,
chatuan mi an ni**

**Chu mihring hmuh theih loh chu Pathian anpuia
siam a ni a, Pathian thlarau anga zalen chu Mihring
hmuh theihah hian khawvel tikhawtlai leh harsatna
zawng zawng hi a awm a , kan taksa kan hriat chian
meuh chuan an tikhawtlai danin min phuar a Hei
vang hian mi ropui tak takte chuan kan mit khap a,
mahni inhriat nawn tir turin min zirtir a ni—mihring**

nihna thup ngaihtuahna hmangin—mihring taksa theihna tlemte hian min phuar lo tih hi a ni taksa

Rinna leh rinna nasa tak nen, "Ka tisa taksain min phuar lo, Ka kal duhna apiangah ka awm nghal mai" tih hi ka nemnghet fo tawh a ni.

"Chu chu ngaihtuahna mai mai a ni" i ti mai thei Fine Mahse, ngaihtuahna chu eng nge ni? I chhehvela i hmuh zawng zawng hi ngaihtuahna (concrete idea) a ni Ngaihtuahna tel lovin engmah i ngaihtuah thei lo Ngaihtuahna ngei pawh hi hmuh theih loh a ni a, chutih rualin kan hmuh zawng zawng chu a tak takah a siam Chuvangin, i ngaihtuahna i thunun theih chuan engkim chu hmuh theihin i siam thei a, i rilru ngaihtuahna thiltihtheihna hmangin engkim i hmu thei bawk

I rilru chu nasa tak leh thuk taka i focus chuan i ngaihtuahna chu i rilru mit hmangin i hmu thei a, i taksa mit hmanga i hmuh ang maiin Ngaihtuahna hmuh loh chu hmuh theiha thil tawnah a chantir thei a ni

I mit i chhing chuan i taksa chu i hmu thei lo va, chutih rualin i tan chuan a tak tak a la ni reng a nih chuan engvangin nge i hmuh theih loh vang mai maia mahni thup chu thil tak tak lo anga i ngaih?

Meditation-ah chuan mit khap hnuaia thim chu i en a, i rilru chu i chhunga mahni emaw thlarau emaw thup takah i dah a ni

Mahni inthununna i tih a, i thlarau lam kaihruaituin scientific meditation technique a pek angin i rilru chu chhungril lamah i hawitir a, zawi zawiin thlarau lamah i lo thang lian ang I ngaihtuahnate chu a thuk zawk ang a, i hmuh loh i nihna—i chhunga Pathian thlarau lam lem chu—i tan a tak tak a ni ang i nihna dik tak, hneh theih loh chu i

hmuchhuak a, Pathian nena a inpumkhatna chu i hrechhuak ta tih zir rawh

Mihring hmuh theih loh chu rilru leh rilru lam hrui leh lei level-a thil bik duhna (attachment) hmanga taksa taksa nena inzawm tlat a nih dan pawh i hrechhuak ang

Mahse, ngaihtuahna thuk tak hmanga chu chain-te chu i phelh theih emaw, i i phelh theih hunah emaw chuan zalenna i nei ang a, Pathian lem i ni tih i hre tawh ang Tisa leh taksa lama hriatna ramngaw chhunga tang, hmuh theih loh mihring zawng rawh

Chu mihring hmuh theih loh chu vawi khat chauh i hriat chuan taksa taksa chu a pawn lam hnah a ni tih i hrechhuak ang a, taksa eng tak a nei a, chubakah chhungril lam finna taksa pawh a nei bawh a, chubakah thil mak tak i nihzia pawh i hrechhuak ngei ang!

Chu hmuh theih lohah chuan i ngaihtuahna chu dah la Mihring hmuh theih chu thil inbumna leh bumna a ni Chhungril emaw, hmuh theih loh emaw chu a dik tak a ni Chu chu i hriat chian hunah chuan tisa leh thisen ni lovin, chhe leh boralna thlen phak loh mahni inthup i ni tih i hre ang

Thlarau i ni a, thlarau a thi lo! Thlan chu i tawpna a ni tih ngaihtuah suh Taksa taksa a thih chuan thlarau chu awmna level dangah a kal a Engmah hi a chhe tak tak lo Taksa pianphung hmasa ber chu ether-ah hian a awm reng a ni

Mite chuan an hmangaih boral tawhte chu chatuan atan an kal tawh niin an hria a, a chhan chu an awmna ethereal realm-a an translucent form-a hmuh theihna rilru lam ngaihtuahna an neih loh vang a ni Heng thutakte hi ngaihtuah fo la, i rilruah sawi nawn leh rawh—heng thilte hi i ngaihven a nih chuan

—"I am God's luminous design I am eternal and ever-wandering in God's kingdom

Thihnain a khawih theih loh leh vanduinain a
nghawng theih loh mi inthup kha i ni a, chatuan atan
chutiang chuan i awm reng ang Chuti a nih chuan
engvangin nge tunah hian i thih theih lohna chu i
hriat chian loh?

Kan taksa mit hian he khawvel pahnih hi a tak tak
niin min bum a I thlarau mit kha hawng la, i hmuh
theih loh hmel chu hmu rawh I thlarau mit chu
chhungril ngawi reng reh takah a inhawng chuan thup
chu a lang chhuak ang

I ngaihtuah a, i mumang a, i ngaihtuahna thuk tak
i ngaihtuah lai hian, hmuh theih loha thup rengtu chu
nangmah hi i ni Chu mi chu a tak tak a ni a, hmuh
theih chu an thlalak mai a ni

Thlalak chu theihnghilh la, thil tak tak chu hre
reng rawh

Mi hmuh theih loh nen pumkhat ni rawh

Thilsiam zawng zawng Lalpa lem thianghlim chu!

Remna awm rawh se

Cosmic consciousness rawn luhtir

Cosmic consciousness chu rilru lama inngahna
tlemte emaw, rilru lama lungkhamna thlipui tenau
emaw pawh a awm chhung chuan a thleng thei lo
Scientific meditation techniques hian rilru lam
ngaihtuahna quality nasa takin a tichangtlung a, mi
pakhatin an ngaihtuahna a thunun theihna a tipung a,
chu chuan kum tam tak chhunga rah chhuah nei lova
an vakvai tawhna chu a chhanchhuak thei a ni
memory and as a realm of sleep and dreams Mahse,
he ram hi ngaihtuahna daltu a ni thei a, fantasy leh
inclination lama inhmang duh tan chuan thlarau

khawvel nena inzawmna nei duh tan chuan a
duhzawng a vawng tlat a, chu chu thil tak tak emaw
thlarau lam hlutna nei lo leh zan lama mumang
pangngai nena danglam vak lo, suangtuahna lama thil
thleng (imaginative hallucinations) ramah luh a ni
Scientific meditation methods, in addition to personal
efforts, elevate the mind to a.. ..
.. ..
mahni inhriatthiamna leh Pathian nena inremna
dinhmun sang tak

Kan pumpelh tur chu, chu ram chu mi thenkhatin
thlarau lam thil anga an tihsual, mahse thlarau lam
thil ni lo thil dang ni lo Thlarau lam thil tawn dik tak
leh thutak hriatchhuahna dik tak chu Pathian lam
hawia rilru dah lovin a thleng thei lo Contemplative
concentration is a state of complete mental
absorption and total stillness of consciousness The
nature of existence is movement, while the nature of
the spirit is stillness or immobility Chuvangin,
inremna thianghlim atan chuan ngaihtuahna seng
(concentration) hi a pawimawh hle Mahni
inhriatthiamna zirlaiah hian ngaihtuahna seng leh
ngaihtuahna hman dan leh thiamnate hian mihring
hriatna chu Pathian hriatna nen a inmil vek a ni

Khawvel kawng chu thuhiril tam tak leh a taka
hman tlem a ni Vawi za tam tak khawizu chungchang
thuchah i hre mai thei, mahse i tem hma loh chuan a
thlum i hre lo ang it is universal Thutak ênga kan kal
hunah, kan rinna leh kawng eng pawh ni se, Pathianin
kan hnathawh chu a pawm ang a, a thlan zingah min
telh ang

Mi pakhat chuan thutak kawng chu thinlung tak
leh nghet takin a zawh tur a ni tih hre reng ang che,

**zawngtu duh tak, mi maktaduai tam tak zingah chuan
mi tlemte chauhvin Pathian an zawng tak zet a Tin,
chu zawngtu zingah pawh mi tlemte chauhvin a tawp
thlengin an tuar chhuak thin Mahse, kawng zawh
rengtu chuan Pathian a hre tawh ang An thinlung chu
Pathian hnena a awm chhung chuan an duhthusam
chu an thleng ang, vawi engzat pawh tlu leh tlu mah
se, an tum a nih chhung chuan thianghlim leh an
thiltum a thianghlim a, hlah tur an nei lo va, an
lungngai hek lo**

**Chutiang chuan Pathian ngaihtuahna chu kan
nunah nunpui tawn a nih theih nan theihtawp kan
chhuah a ngai a, Rinna lama rinawmna hi thil tul
pawimawh tak leh tih loh tur a ni a, inlan mai mai hian
mi chapon a tipung a, an thiltum dik tak a\angin a
hlat phah mai a ni**

**Pathian Engkimtitheia chuan in nunah hmun
hmasa ber a luah ang a, Amah chu in theihnghilh ngai
lovang tih ka beisei a, rei lo te chhung pawh ni lovin
Khawvel nawmna rei lo teah hian lungawi suh la,
Pathian chu i malsawmna hmun leh i nun tum ber ni
rawh se Amah Tin, chu hriatna a\anga ka thusawi
chuan ka thusawi chu thutak thlarauin a khat tih ka
hria a, mi rinawm zawng zawngte chuan ka thusawi
dikzia chu an hre vek ang tih ka hria**

**Thudik leh thil dik lo inzawmkhawm, thudik chu
thudik leh thil dik lo a ni tih sawi uar a, thil dik lo chu
thudik leh thim zinga êng eng a nih thu sawi uar an
awm baw**

**Hmasawmna leh thlarau lama thanlenna tur
thlarau lam kawngah hian ngaihtuahna seng thiamna
hi a pawimawh hle Rilru ngaihtuahna tel lo chuan
Pathian a hmu thei ngai lo Lei aw dang leh thil**

**tibuaitu dang luh loh nan hriatna kawngkhar khar kan
zir a ngai a ni**

**Consciousness chu calibrate leh thlarau lama
tuned a nih chuan experiential connection a thleng a,
a zawngtu chuan Pathian awmna chu a hre reng a,
chatuan atan Pathian chu mihringte leh hmun tinah a
awm reng a Amaherawhchu, A awmna hriat theih
lohna hi rilruin khawvel thil thianghlim tam tak a
buaipui atanga lo chhuak a ni Focused attention, or
meditation on God, is the tool that enables us to feel
His nearness To this end, Sufi-te chuan hriatrengna
an nei chhonzawm zel a, Pathian hming ("Pathian tih
loh chu pathian dang a awm lo" emaw "Aw Nung, Aw
Mahni Inbuatsaih" emaw ang chi) chu an sawi nawn
leh a, chu chu an nihna zawng zawng chu awmziaah a
inhnim pil vek a, chutah chuan an hriatna chu awlsam
takin thlarau lam dimension-ah a inthlak a,
ngaihtuahna thuk takah yogi-te tawn ang chi thlarau
lam hlimna dinhmun an tawng a Thlarau lam thil tawn
chu pakhat a ni a, chuti chung pawh chuan a thlen
theihna kawng hrang hrangte**

**Pathian chu mihringte a\angin a hla lo Mihringte
hi a ngaihtuahna leh thiltih hmanga tumruh taka
Pathian a\anga inhlat \hintu hi a ni Ngaihtuahnaah
thlarau lam êng dik tak i hriat chuan, chu chu man
tum la, a chhungah chuan i awm tih i hriat chuan:
pakhat nen chuan chu êng thinlungah chuan Pathian
a awm a—eng chungah êng a awm a Tin, chu êng
malsawm tak chu i hnaih poh leh Pathian i hnaih poh
leh Pathian i hnaih poh leh Pathian i hnaih poh leh
Pathian i hnaih zawk thin**

**Pathian êng chhinchhiahna danglam tak chu a
hmuh theihna chu taksa tissue tin cell tinah atom**

tinte luah khattu hlimna emaw hlimna emaw hriatna
nghal leh nasa tak nen a inzawm reng a ni He hlimna
hriatna hi thil awm lo a ni lo chu ai chuan, thenkhat
chuan thlarau lam hlimna nasa tak chu tuar harsa an
ti a, a chhan chu rilru leh taksain a thiam loh avângin
He hlimna hi thil tum ber a ni a, a tui thianghlim
temtute chu an eng a thawl e, nunna tui nung tuihna
aṭanga an in tawh avângin

Miin ngaihtuahna a seng laiin thlamuanna a neih
tam poh leh Pathian chungchanga an ngaihtuahna
chu a thuk zawkin a hlawhtling zawk ang

Miin a hriatna chhunga awte chu a ti ngawih
ngawih theih loh chuan Pathian a thleng thei lo Hei
vang hian zâwlneite leh mi thianghlimte chuan
lungpui, tlang leh ramngaw-ahte inhumhimna an
zawng a ni Ngaihtuahna leh ngaihtuahna hmanga
chhungril muannaah inhnim pil nawn fo a ngai hle a,
chutah chuan thlamuanna nasa tak leh hlimna thuk
tak a awm ang Finna thuziak-te sawi angin:

Duhna thar leh thil neih duhna laka fihlim, a
thinlung leh rilru (a rilru leh ngaihtuahna) thunun a,
hmun reh zawng zawngtu chuan khawvel pum huap
thlarau nen inpumkhat a tum fo tur a ni

Pathian biakna hmunah pawh ngaihtuahna senga
ngawi renga tih tam zawk a ngai bawh Thusawi tlem
leh ngaihtuahna tam zawk kan hmang tur a ni India
rama thlarau lam training ka neih chhung hian ka
zirtirtu Sri Yuktiswar-a chuan a chang chuan thusawi
pakhat chauh min pe thin A tam zawkah chuan ngawi
rengin leh ngaihtuahna thuk takin a bulah kan thu
thin

Thlarau lam kaihruaitu dik tak chuan ziaak hriatna mai ni lovin thil tam tak a nei a, Amah a\ang hian finna leh Pathian pakhat ringtu hriatna kan zir thei a, a chhan chu a hriat leh hriatna a ni a, a chhan chu amah leh amah leh amah thutak a hriat vang a ni a, lehkhahu a chhiar mai mai loh vang a ni

Space hi hmun hnih emaw aspect hnih ah a inthen a Siam chu space aspect pakhat a ni a, a lehlahmah chuan Pathian chauh a ni a, chutah chuan thil siam a awm lo tak zet a ni Chu chu thim lo leh eng lo eng lo ram a ni Ni chhuak lo, thla eng lo, mei alh lohna hmunah chuan Pathian chatuan, chatuan chenna hmun a awm a ni

He duality hi mihring hriatnaah pawh a hman theih Mihring hian kawng hnih a nei a: pakhat chu hmuh theih a ni a, pakhat chu hmuh theih loh Mit inhawngin, awmze langsar tak i hmu a, a chhungah i inhmu a Mit khar chungin, engmah lo, thim tak mai chauh i hmu lo Yet, your consciousness remains highly perceptible and active If, through deep contemplation, you can penetrate the darkness behind closed eyes, you will perceive the light from which all creation emanated Thlarau lam hlimna dinhmunah chuan hriatna chuan êng langsar tak chu a paltlang a, thilsiam chi hrang hrang leh a pianzia zawng zawng hnung lama awm, khawvel hriatna ram chhungah a lut a He hriatna hian hriatna hriatna zawng zawng a phak lo A nihna, a hlimna leh a kaihhnawih dinhmunte chungchangah chuan, thlarau lam dimension-a awm an nih avangin sawifiahna dik takah an chanvo pek a harsa hle miten an tlawh a, a thutak leh a nihna dik tak awm chung pawhin

Pathian chuan, kan hriatnaah, khawvel pum huap dante hnathawh dan tak tak hi tawn theihna hun remchang min pe a ni He hriatna pianphung nei lo, mit khap pawha hriat theih hi ram tawp nei lo (thim tel lo thim) leh (eng nei lo êng) nen tehkhin theih a ni a, chutah chuan Pathian chu a thilsiam siamtu chi hrang hrang, a nihna leh pahnihna eng pawh a\angin a awm a, he boundless expanse-ah hian of eternity beyond creation, God alone exists in a consciousness of absolute bliss, perpetually present, conscious, and renewed He hriatna hian sawifiahna leh tehkhin thu a dodal a ni, a chhan chu a danglam bik em em a ni He chatuan ramah hian, Absolute leh Infinite-in an lalna hmunah hian, eng chi pawh khawvel emaw thilsiam emaw a awm lo a, mahse space sir lehlamah chuan Pathian a awm lo engkim—thil siam zawng zawng—amah chhungah

In the realm of the unseen lies the factory of universes Astronomer pakhat chuan space hi mak tak a ni tak zet tih a sawi a; engkim chu chuta tang chuan a lo chhuak a, a chhungah a inthiarfihlim a nih chuan, khawiah nge atom te, an siamtute leh khawvel pum pui te hi an bo vek?

Matter hi hipna leh hip thei anga a lan apiangin i mit khap rawh i chhungril lam en la, nunna bul chu ngaihtuah rawh Engmah i hmu lo mai thei a, engmah i hre lo mai thei, mahse thil hmuh theih zawng zawng chu chu hmuh theih loh atanga lo chhuak a ni (Tin, thimah chuan êng a eng chhuak) (Van leh lei Eng) Thim chu ngawi renga, ngaihtuahna thuk tak nen i en chhunzawm zel chuan, chu êng ropui tak chu i hmu ang For beyond the darkness lies spiritual awareness, and beyond the darkness lie other realms (Ka pa inah hian in tam tak a awm) (Tin, A tawp thlenga chenna in

chu a tha zawk a, mi felte tan pawh a va tha zawk em!)

**The Universal Mind exists directly beyond space
Mihring hriatna piah lamah hian Pathian hriatna a
awm a ni He A awmna hriat lohna hi a tawh tawh
Ngaihtuahna hmangin thim chu kan tiharh a, kan
churn tur a ni a, Amah kan hmuh hma loh chuan kan
tawp lo tur a ni Chutah chuan, infinite Absolute-ah
chuan, hriatna chhiar sen loh, chhungril lam
hmuhnawm chhiar sen loh, leh nunna harsatna zawng
zawng chinfelna a awm a ni**

**Introspection hmanga ka hriatthiamna thudikte
hian kawng dang hmanga scientifically-a hmuhchhuah
physiological laws a pholang Ka mit ka chhing hian ka
taksa chhunga nunna luang chhuak langtlang tak
takte chu ka hmu thei I tawn reh takah hian nangmah
chauh i awm tih ngaihtuah suh Pathian chu i hnenah a
awm a, a ni lo tih ngaihtuah chhan tur a awm lo The
air is filled with music that is picked up by receivers
So it is with God He is with us in every moment of our
existence Mahse A awmna hriat chian nan chuan
ngaihtuahna thuk tak kan practice a ngai Pathian chu
kan hnenah a awm tih chhinchhiahna tlemte pawh
kan dawn hmain muthilh laiin kan mitmeng kan khar
tur a ni lo chutih hunah chauh chuan hlim tak leh
thlamuang takin kan mu thei ang Tin, nang,
duhthusam leh duhthusam chuan thim chu a thuruk
mak tak takte i hmuhchhuah hma loh chuan ngun
takin i en reng ang**

**Vawikhat chu, chawhnu dar li vel khan ka library-
ah ka thu a, rang takin ka thawk a bo a, ka ke ruhte
chu a lo nghet ta a, thihna kalphung chu ka hmu ta a,
Thâwk leh chetna chuan ka taksa a chhuahsan a,**

chuti chung pawh chuan ka hre reng a ni It was a wonderful experience I saw my body and all of nature as moving cosmic images composed of divine light And I exclaimed joyfully, "There is no death, my God! This khawvel pum pui hi moving image gallery tih loh chu engmah a ni lo!"

A thutthleng emaw lal̤thutthlenga ̤thu rorêltu chuan: "Kei hi thu awih hotu chu ka ni ka ni, ka hmaah chibai bûk rawh u" a ti mai thei a, mahse thihna chuan chu pu thu awihtu hnênah chuan a vuakna thihna pakhat chu pe rawh se, a hun kal tawh thil a lo ni tawh ang

Ka thiante u, lal dik tak chu Pathian hmangaihtu, thilsiam zawng zawnga a awmna hretu, mahni inngaihsak anga midangte ngaihsaktu hi a ni Thihna pawh hian a hlauthawng lo vang a, hlauhna a thlen lo vang, Pathian ram (chatuan an awmna tur hmun) panna kawng khat angin a hmu si a

Mihring hriatna hi cosmic consciousness-a tihzauh theih dan kawng thum a awm A Pakhatna chu khawtlang nun kawng a ni a, chutah chuan kan thlarau atanga mahni hmasialna kan hnawtchhuak a, mite tanpui tur leh mamawhtute rawngbawl turin kan inpeih kim vek a ni Kan thiante chungah rinawm leh rinawm taka kan awm a ngai a, mi zawng zawng chungah hmangaihna kan hriat a ngai a, Pathianin chhungkaw min pek zawng zawngte chungah hmangaihna kan nei tur a ni a, chutiang chuan midangte ngaihsakna dik tak lantirin kan hriatna ramri kan tizau thei ang chhungkaw nunah kan hmangaih tak takte tana inpekna, chutiang chuan kan hriatnaah hian eng emaw chen chu kan tizau thei a Mahse hei hi a tawh lo Hmangaihna chu a chhehvel

**zau takah a inkhung tlat a, a inkhung hran a, a zau
thei lo a nih chuan mize nei lo a nih chuan a circle chu
a lo thang lian a, a thlen theihna chu a zau chho zel a
He hmangaihna chi hi kan enkawl a ngai a, kan
chhungte leh hmangaih takte chung a kan hriat ang
hmangaihna hi mi zawng zawng pek kan tum tur a ni
a, midangte tan hna thawk mai tur a ni mahni tana
kan thawh angin (Pathianin thil \ha titute a
hmangaih) Hei hi cosmic consciousness—
rawngbawlna leh hmangaihna kawng—kan neih
theihna tura khawtlang nun kawng a ni**

**Pathian chuan cosmic chhungkaw ropui tak
pakhat angin inang tlangin min hmangaih a,
inhmangaih tawn turin min beisei a Kan hmangaih
chuan hlimna kan nei a; kan hmangaih loh chuan
hrehawmna leh hrehawmnain kan inchhir a ni**

**Khawvel ngaihtuahna hi a danglam tur a ni Kan
nihna dik tak chu a pianphungah chuan engkim
huapzo a nih avangin kan ni vek a ni**

**Midangte hnena thilpek peknaah hlimna ka hmu
a, an hlimna hmuhnaah hlimna nasa ber ka tawng
Midangte kan hmangaih a, kan lainat hian, awmna
zawng zawng hian min chhang tih kan hmu chhuak
Zawlnei leh mi ropui tak takte chuan cosmic
awareness neih theihna kawng min kawhbmuh a Hei
hi duhsak taka hmangaihna, rawngbawlna leh
lainatna kan pek dan tur chu a ni**

**Mi zawng zawng hriatna nei mi chu mi hlim tak a
ni An hmangaihna chu mi tlemte thlan bik chauh an
tikhawtlai lo va, an hmangaihna leh lainatna circle
atang hian midang zawng zawng an hnawtchhuak
Heti hian khawvel pum hi kan chhungkua angin kan
thlir tur a ni He hriatna hi ka hnenah a awm reng a,**

**mi zawng zawng hi ka ta an ni tih ka hria Mi zawng
zawng hriatna nei chuan mi zawng zawng hi an unau,
unaunu, nu leh pa, leh thiante an hmangaih angin a
hmangaih vek a ni**

**Cosmic consciousness panna kawng pahnihna chu
mahni inthununna a ni Mi pakhat chu a tam lutuk
avanga tlu tur a ni lo Thil hlim hi a tha a, mahse
mahni thinlung leh thlarau chu a inzawm tlat tur a ni
lo An hriatna ramri zau zawk duhtute chu
ngaihtuahna leh thiltih lamah zalen, ngilnei, ngilnei,
leh nuam, mahni inthununna nei, an duhzawng
thunun, sal nihna pumpelh an ni tur a ni harmful
habits, leh an rinna dik tak, nungchang leh
nungchang lama dik tak nena inmil taka thil tih
Cosmic consciousness neih theih nan mahni
inthununna neih leh khaw lum leh vawt, hlimna leh
lungngaihna, hriselna leh natna pahnihte paltlang a
pawimawh hle**

**Engkim hi buaina emaw, rilru lam buaina emaw
awm lovin kan tuar chhuak tur a ni He khawvel hruiah
hian inbuntir lo va, rilru natna thunun theih lohin a
thlarau thlamuanna a rawn vawrh kual emaw, a
tihbuai emaw phal lo chuan hriatthiamna dik tak leh
finna thuk tak a nei a, a hman dan pathumna chu
metaphysical a ni The seeker must liberate himself
from the constraints of the body through proper
contemplation in order to proper contemplation the
higher horizons of consciousness and touch their
dimensions Hei hi thlarau luipui vuaktu ngaihtuahna
thlipui (whirlpool of thoughts) tihrehawmna hmang
chauha tih theih a ni a, a chhunga thlipui leh buaina
siamin Ngaihtuahna inmil lote a reh chuan tui
chunglam chu a reh a, van leh a chhunga thil awm**

**zawng zawng chu chiang leh thianghlim takin a lang
chhuak ta a ni**

**Tui bawm sealed chu tui tank-ah i dah chuan, a
chhunga thil awmte chu a chhehvel tui a\angin a
inthen reng a Mahse, seal chu i la chhuak a nih chuan,
a chhunga tui chu tank chhunga tui nen a inhmeah ang
Chutiang bawkin, mi pangngai chuan Pathian chu an
nunna a\angin an hlat \hin a, a chhan chu an hriatna
bungrua chu hriat lohnain a lo dang a Mahse vawi
khat chu seal chu ngaihtuahna dik tak hmanga chawi
a nih chuan, a zawngtu chuan Pathian remna chu a
chhungah leh.. ..
.. .. taksa pawn lam
Ngaihtuahna a pun zel chuan remna a lo thang lian a,
thlarau lam hlimna a lo thar leh thin**

**Pathian chuan mihringte hi kawng tinrengah a
hual vel a, mahse an hre lo Anmahni chhung leh an
chhehvela A awmna tak tak chu an hre thei lo va,
hriat lohna plug emaw veil emaw chu an paih chhuak
a, an hriatna chu A hriatna thianghlimah an thun loh
chuan**

**Mi chu thil châkna tuipuiah a pil chuan a pil mai
ang Mahse Pathian tuifinriatah a pil chuan chatuanin
a nung ang**

**Tin, Pathian in hmuh hunah ka thiante u,
lungawina dik leh nghet tak in nei ang**

**Mihring inthianthatna chu a chhe thei a, a inthen
thei a, mahse Pathianin a kalsan lo vang che**

**Mi zawng zawngin an kalsan che a, an kalsan che
a nih pawhin Pathian i hnena a awm chhung chuan
engkim hi i ta a ni vek ang**

Pathian remna, khawngaihna leh malsawmna in chungah awm rawh se

Yoga leh Perception sang zawkte

Yoga hi Mihring thlarau leh Pathian inzawmkhawm lehna atana scientific methods khawlkhawm a ni Pathian atanga lo piang kan ni a, A hnenah kan kir leh a ngai Amah atanga inthen tawh niin a lang a, amah nena kan inpumkhatna chu hre rengin kan siam tha leh tur a ni Yoga hian inthenna illusion paltlang dan leh Pathian nena kan inpumkhatna kan hriatchhuah dan min zirtir English poet Milton-a chuan mihring thlarau chungchang leh a himna a neih let leh theih dan tur min zirtir a This is yoga thil tum ber: thlarau lam hriatna paradis bo tawh chu lak let leh a, chuta tang chuan mihringte chuan Pathian Thlarau nen pumkhat a nih thu leh a awm reng tih an hria a ni

Sakhaw lungphum dik tak chu Pathian pakhat chauh thlen theihna tura zawngtu zawng zawngte hman theih tur science a ni tur a ni Yoga chu chu science chu a ni

Sakhaw chungchangah hian science lam hawi zawka hmalakna a ngai hle a ni Thurin khauh tak tak hrang hrangte chuan mite chu a inthen darh reng a, mahni inhmachhawn in pakhat chu a ding thei lo nachungin Chutiang chuan, chu sakhaw hrang hrangte zuitu leh zawmtute chuan Pathian chhungril lama hriatthiamna dik tak an neih hunah chauh chuan mite chu a inthen darh thei a ni

Khawvel sakhaw ropui zawng zawngte chuan Pathian hmuh a tulzia leh mihringte unau nihna chungchang an sawi a, an zirtîrnaah chuan nungchang lama inngahna leh nungchang lama thu bulte a awm a, chuti a nih chuan, heng sakhaw hrang hrangte inkâra inthlauhna leh inthenna hi eng thilin nge siam? Mite rilruah chuan mitdel fanaticism a ni Thurin rigidity ngaihtuah chungin Pathian kan thleng thei lo

va, Pathian thlarau hriatna tak tak hmangin kan thleng zawk
a ni Sakhaw hrang hrangte lungphum pawimawh tak siamtu
khawvel pum huap thutakte Miten an man hunah chuan
sakhaw lama fanaticism nena inzawm harsatna zawng
zawng chu a bo vek ang Mi zawng zawng hi ka chhungte leh
ka hmangaih tak takte an ni vek a, chuvangin A biak in sak
zawng zawngah hian Pathian ka bia a ni zahawmna

Khawvel pum huap inpumkhatna kan siam tan a ngai a,
Sakhaw zawng zawng Temple (Sakhaw zawng zawng
Temple) tih ngaihdan anga entawn, Pathian biak kotu
sakhaw zawng zawng zah a, an zuitute chu Amah hnena
kaihruaitu sakhaw zawng zawng zah chungin Chutiang biak
in, sakhaw zawng zawngin an biak Pathian pakhat chauh
tana inhlan chu hmun tinah sak a ngai a, hei hi nakin lawkah
a thleng dawn tih ka sawi lawk a ni narrow, artificial barriers
within the houses of God

He thlarau lam inpumkhatna hi mahni inhriatthiamna
nei mi ropuiteah a lang Chiang hle Mitdel chuan mitdelte chu
a hruai thei lo Thlarau zirtirtu Pathian hre tak tak chauhvin
midangte hnenah Pathian hriatna dik tak a pe thei Mahni
Pathian nihna neih let leh tur chuan chutiang zirtirtu êng nei
chu a nei tur a ni Zirtirtu dik tak emaw, thlarau lam
kaihruaitu dik tak emaw zui apiang chu anmahni ang a lo ni
ta a, chutiang êng nei chuan zirtir chu a hnenah chawisang
turin hna a thawk a ni level of their own self-knowledge Ka
zirtirtu zah tak ka hmuh chuan kawng engkimah amah
entawn turin ka insiam a: Pathian chauh ka thinlung
lal̥thutthlenga dah a, a malsawmnate chu midangte hnena
hlan ka tum a ni

Mi fingte chuan miin hriatna thuk ber a neih theih nan a
mit a dah a ngai a, engkim hretu thlarau mit lamah a
ngaihtuahna a dah a ngai a ni, an ti

Pathian hriatna nei mipa tihhmasawn hi ngaih pawimawh ber
a ni Amaherawhchu, heng mimal rilru fim tak takte hi thlarau
lam zawngtute tan chuan an thlen theih reng reng lo va,
hmun hla tak leh hmun hla takah an awm fo thin avangin
Chuvangin, thlarau lam hmunpui te hi a pawimawh hle a,
chutah chuan miten an awm thei a ni Pathian awmna chu an
tawng a, zirtirtu êng tak takte chuan he thilah hian an pui
thei ang Engtin nge Pathian hre lo zirtirtu hnen atangin
Pathian hriatna a neih theih ang? Ka zirtirtu chuan midangte
hnena Pathian chungchang sawi ka tum hmain Pathian hriat
a tulzia min tiam a, ka thinlung chu a kaihhruaina avanga
lawmthu sawinain a khat Dik tak chuan Pathian nen an
!inpumkhat a ni

Pathian chu tisa taksaah hriat hmasak a ngai a, zawngtu
zawng zawngte chuan nitin an ngaihtuahna chu an
tithianghlim tur a ni a, an thlarau maicham chungah
hmangaihna thianghlim, thianghlim pangpar rimtui lo tak
takte chu dahin Tupawh a chhunga Pathian hmu apiangin
biak in, biak in, mosque, hmun thianghlim, leh inkhawmna
hmun an luh apiangah A awmna a hre bawh ang
Yoga hian theoretical theology chu practical experience-
ah a chantir a ni

Thinlung zawng zawnga Pathian hmangaih tih awmzia
chu hriatna atanga rilru hruai bo a, Pathian hnena hlan tihna
a ni Mihring nihna zawng zawng chu ngaihtuahnaah Pathian
hnenah hlan a ngai a ni Pathian zawngtu apiangin an rilru a
dah khawm an zir tur a ni Mihring rilruin a ruala thil dang a
buaipui laiin tawngtaina sawi chu Pathian tan dik lo leh
pawmtlak loh a ni Yoga zirtirtuten Pathian hmuh tur chuan
Amah chu zawn hmasak a ngai a ni an ti rilru pum pui leh
ngaihtuahna inzawmkhawm famkim nen

Thenkhat chuan India mite hi mi dangte aiin yoga
tihnaah an inhmeh zawk an ti a, yoga hi mi zawng zawng tan
a ni lo tih an sawi bawh Hei hi a dik lo Tûn lai mi tam tak chu

India mite aiin yoga tih tam thei dinhmunah an ding a, a
chhan chu scientific lama hmasawanna chuan mihringte chu
hun hlimawm tak a pe a ni of yoga so that everyone can find
their way to God Yoga hi sakhaw pawl ni lovin, khawvel pum
huap, hmantlak leh hman theih science a ni a, chuta tang
chuan Pathian kan hmu thei a ni

Yoga hi mi zawng zawng tan a ni: Khawthlang mite leh
khawthlang mite tan pawh Telephone hi khawthlang lama
siam chhuah a nih vang mai maia khawthlang lam tan a ni lo
tih theih a ni lo Chutiang bawkin khawchhak lama yoga tih
dan siam chhuah te hi khawchhak lam chauh ni lovin mihring
zawng zawng hlawkna tur a ni

Mi chu India ramah emaw khawvel hmun dangah emaw
piang ni se, ni khat chu a thi ang Mahse mi pakhat chu nitin
Pathianah a bo thei a, rei lo te chhung chauh pawh ni se
Yoga hian a tih dan leh a theihna a pe a ni

Mihringte hi saltanna tang ang maiin taksaah kan cheng
a, an hun a lo tawp chuan hnawhchhuah mualphona an tuar
thin Taksa hmangaihna chu lung ina tan hmangaihna aia
engmah a ni lo Taksa kawngkhar chhunga awm kan thiam
tawh avangin zalenna dik tak awmzia kan theihnghilh tawh
Zalenna zawng lo turin chhanna a awm lo Mahni
inhriatchhuah leh mahni chatuan nihna hriatthiam hi mihring
zawng zawng tan a pawimawh hle Yoga illuminates the
kawng

Thlarau chu Pathian hnenah a chho leh tur a ni
Universe a awm hma khan universal consciousness a
awm tawh universal emaw cosmic consciousness emaw chu
eng nge ni? Thlarau Thianghlim, a nih loh leh Pathian tawp
nei lo leh tawp nei lo, chatuan atana awm, hriatna nei leh
tihthar reng thin hlimna, cosmic form, shapes, leh
phenomena zawng zawng hnuaia thup Thilsiam a lo awm
khan, cosmic consciousness chu material universe-ah

thlarau lam hriatna angin a lo lang a, Pathian rilru leh hriatna
lantir thianghlim, all of thil siam Thlarau lam hriatna chu
mihring taksa taksaah a lo chhuk chuan thlarau emaw,
hriatna sang tak emaw a lo ni ta a ni: Pathian hlimna,
chatuan atana awm, hriatna nei, leh siam thar reng, taksa
pianphung chhunga mimal taka awm Mihring thlarau chu
taksa nena inzawmkhawm chuan mahni inhriatthiamna
emaw, ego emaw angin a lang chhuak a ni Yoga-in thlarau
chu hriatna ladder-ah a chho tur a ni tih a zirtir a ni Pathian
thlarau thlen theihna turin

Hlimna thuruk: Pathian awmna hriatna

Nun hlim taka hman chu a tha famkim a; hlimna dik tak
chu engmah nena innghah lohnaah a awm Pangpar rimtui
chu nuam ti takin hmang la, mahse a chhunga Pathian hmuh
tum rawh Ka hriatnate chu ka vawng reng a, chutiang
hmang chuan Pathian ka ngaihtuah thei reng a, ka
thinlungah a awmna ka hre thei reng a ni "Ka mit hi khawi
hmunah pawh I mawina hmu turin siam a ni a, Aw Lalpa Ka
bengte chu I engkim hualtu aw hriat turin siam a ni" Chu chu
yoga a ni: Pathian nena inpumkhatna A awm amah zawng
turin ramngaw kal a ngai lo Khawvel nunphung chuan kan
awmna apiangah min phuar ang a, chuta tang chuan kan
chhuah zalen hma loh chuan Yogi chuan a thinlung puk
chhungah Pathian zawng dan a hre chiang hle a, A kalna
apiangah chuan Pathian awmna hriatna malsawmna chu a
keng tel a ni

Mihringte hi hriatna hriatna level-ah chauh a chhuk lo
va, hriatna hriatna (sensory awareness) dinhmun dik lo, ei
leh in, thinrimna, leh inhuatna ang chite bawihah a lo ni ta a
ni Mihringte hian Pathian hmuh theih nan heng bawlhhlawh
leh tihsualte hi a paih chhuak a ngai a ni Khawchhak leh
khawthlang mite pawhin he rilru lam saltanna atang hian an
chhuah zalen a ngai Mi pangngai chuan coffee an ei loh
avangin a thinrim thei a, hei hi a ring tlat a ni tlakchhamna

chuan lu na a pe ang! Yogi famkim chu mihring zalenna nei a
ni

Tunah hian mi zawng zawng hian kan awmna apiangah
yogi nih theihna kan nei a Mahse kan nun pangngai leh kan
tih dan pangngai piah lama thil awm zawng zawng hi thil
mak leh tihhlawhtlin harsa tak niin kan ngai fo thin

Yoga tih dan hian zalenna a pe Yogi thenkhat chuan
detachment leh asceticism chu a tibuituah an la a, tihbui
lohvin nail khum chungah mu tur a ni an ti a, Islam zirtirnaah
hian a bulpui nei lo taksa inthununna chi dang an ruat baw
A dik a ni, mi pakhatin nail khum chungah thu thei a, Pathian
la ngaihtuah thei reng reng chuan rilru chakna nasa tak a
lantir a, Mahse chutiang thiltih mak tak takte chu a ngai lo
mi pakhat chu thutthlengah emaw, khum nuam takah emaw
thu in Pathian chu a ngaihtuah mai thei a ni

Yoga master Patanjali chuan taksa dinhmun eng pawh,
ruhro dinglam hawia awm theihna tur chu ngaihtuahna atan
a tha a, chu chu yoga hmanga Pathian ngaih pawimawh
tihna a ni Taksa chhelna leh inthlak danglam theihna mak
tak tak mamawh exercise tih nan contortional twist tih a
ngai lo, chu chu Hatha yoga Pathian hi thil tum ber a ni a, A
awmna hriatna hi kan beih tur leh kan thawh tur a ni The
Bhagavad Gita a ti: "Pathian lama inhmang kim leh Amaha
."inhnim pil chu mi zawng zawng zingah a inthlau ber a ni

Indian yogi-te chuan khaw lum leh lum lutuk emaw,
rulhut leh rulhut tibuitu dangte seh emaw laka an luh theih
lohna famkim an lantir tawh a ni Heng miziate hi yogi nih
theihna atana thil tul hmasa ber a ni lo va, mi thiam tak
pianpui mizia a ni zawk A tul chuan thil nuam lo tak takte
tihbo emaw, tuar emaw tum la, rilru lama harsatna nei lovin
Mi pakhat chu a thianghlim thei a nih chuan, a awm lo need
to be dirty Mi pakhat chu lal in ropui takah awm ang bawkin
khum tenau takah a inngat thei Thlarau lam hlawhtlinna

thlentu lian ber chu taimakna leh chhelna a ni Dik tak chuan,
buh seng chu a tam hle a, mahse, a seng duh chu tlemte
chauh an ni! Khawvel mite chuan Pathian thilpek leh
duhsakna an zawng a, mi fingte erawh chuan a petu ngei an
zawng thin

Yogi nih duh apiang chuan a ngaihtuah tur a ni Zingkar
a thawh chuan a taksa chawm turin ei tur a ngaihtuah
hmasa lo va, a thlarau chu Pathian inpawlina tui (divine
communion) a hlan zawk a ni Ngaihtuahna thuk tak rilru put
hmanga khat, nitin hna zawng zawng chu hlimna leh
beiseina nen Pathianin he lei hi a siam a, chu chu tumruh
taka a ruahmanna chu mihringte hnathawh tir a nih angin a
hlen chhuak thei a ni khawvel siam\hatna lam hawiin
khawthlang mite chuan thil hahdamna thar leh \ha zawk
zawn rengna nasa tak lam an pan thung a, khawthlang lam
mite erawh chuan an neih ang anga lungawina nasa tak lam
an pan thung Khawthlang rilru rilru pu tak leh khawthlang
lam thlarau tumruh takah hian thil duhthusam a awm a, an
pahnih inkarah hian kawng lai tak kan zawng a ngai a ni

Meditation hian yogi chu a siam thin

Pathian hmu tur chuan zing tin leh tlai tin ngaihtuahna
seng tur a ni a, nitin a theih phawt chuan ngaihtuah tur a ni
Chu bakah, ngaihtuahna seng duh tan chuan kartin darkar
tlemte chhung chu ngaihtuahna senga hman a pawimawh
hle Hei hi thil awm lo a ni lo Mi thenkhat chuan nitin darkar
tam tak chhung chu hah lo emaw, bo lovin emaw an hobby
an zawm thin Thlarau lama hmasawn zawk duhtute chuan
Pathian tan hun tam zawk an seng tur a ni Kan inhriat tir tur
a ni Pathian chu thil dang zawng zawng aia kan hmangaih tih
kan hriat tir tur a ni ngaihtuahna lama thiam tak a lo ni a,
hriatna sang zawkah a luhchilh thei a, ni khatah darkar nga
aia tam mut a ngai lo vang Mi pakhat chuan zan darkar
engemaw zat, zing hma lam, leh chawlhni hun chhungte chu

mahni inngaihtuah leh Pathian ngaihtuah nan a hmang thei
ang Chutiang chuan, tu pawh, mi inhmang ber leh buai ber
pawh ni se, yogi an ni thei a—an duh chuan—turban ha
emaw, an sam sei emaw ngai lovin

Pathian biakna hmunte chu cell-te a ni a, khawizu chu
mihring hi thlarau a ni tih hriatna chiang tak a ni a, Pathian
nen pawh pumkhat a ni tih hriatna chiang tak a ni Pathian
chu biakna hmun zawng zawngah a awm tih hi a dik a,
mahse chu hmun thianghlama kal mai mai chu Pathianin a
inpuang turin a rilru a hneh lo va, Pathian biakna hmun tlawh
fo hi a tha a, mahse nitin ngaihtuahna hi a tha zawk a, a
pahnih hian tih dun tur a ni a, a chhan chu biakna hmuna kal
hi a ni pumpelh theih lohvin fuihna a thlen a, nitin
ngaihtuahna chuan thlarau lam hmasawanna nasa zawk a
thlen thung A zawngtu thinlung chu thahnemngaihna a
kang a, tawngtai zawha tawngtaina a sawi hian Pathianin a
kohna a chhang thin

He inpekna nghet tak hi Amah hmuh nan a pawimawh
hle Yogi ni tur leh a ruala hun lai thlarau leh thil phut nena
inmil tur chuan in lamah ngaihtuahna seng a ngai a, mahni
inthunun a ngai a, Pathian hmangaihna leh rawngbawlna
avanga tih tur zawng zawng hlen chhuah a ngai Ka duh ber
chu mi thlarauah Pathian tan biak in sak a, an hmelah
Pathian nuihzatthlak tak hriatpui hi a ni Nunna hlawhtlinna
ropui ber chu mi pakhat tan a ni to dedite a temple to God
within their own soul Hei hi awlsam taka tihhlawhtlin theih a
ni a, chuvang chuan chiang takin khawvelah hian mahni
inhriatthiamna a lo lang a, an thlarauah Pathian
lalthutphahah tu pawh hi yogi a ni a, ka hnenah chuan yoga
hi Khawchhak, Hmarchhak, Khawchhak, leh Chhim lam tan a
ni Mi zawng zawng tan a ni tih hi exception awm lovin
Theological paths are secondary routes, while the yoga
paths is the highway that leads to the palace
of.. ..

. Pathian hlimna, chuta tang chuan vawi
khat a thlen chuan a chhuak ngai lo

Remna awm rawh se

thlarau lam chi a ni

Aw Lalpa, huaisen leh huaisen, tumruhna leh chhelna
nen, fimkhur leh fimkhur chungin min zirtir ang che

Pathian chu ka thinlungah leh ka chhehvelah a awm a,
min veng reng a, min veng reng a, chuvangin, ka laka a
kaihhruaina êng thuptu leh tihsual thimah min ti tlutu
hlauhna thim chu ka paih bo ang

*** .

Kan thutpui leh kan pawlte ang kan lo ni ta a, inbiakna
leh inpawhna hmang chauh ni lovin, an lo chhuah chhuah
hmuh theih loh magnetic vibrations hmang pawhin an
magnetic field-ah kan luh hian an magnetism hian hriat
lohvin min nghawng a Chuvangin, thlarau lama thanlenna
duhtute tan chuan thlarau lam thil duhna neitute nena
inpawlina neih a pawimawh hle a, chutiang chuan an fuih
theih nan, an thahnemngaihna chu an vawng reng thei a,
Pathian an duhna chu an chawm thei ang

*** .

Hriatthiamna êng neite chuan thutak roses an khawn
khawm a, finna paradis-a luh theihna turin mizia ropui tak
tak nei thlaraute êng leh tihlim turin an thawk a ni

*** .

I hmangaihna, Aw Lalpa, engkim atan a tawh

*** .

Mihring hmangaihna kawng hrang hranga awm window
te tak te atang chuan cosmic love chu peer chhuak mahse, i
hmu tawh nia i ngaih lai tak chuan a kal zel a, i cosmic

consciousness window atanga a nihna zawng zawng i hmuh
theih thlengin a kal zel a, a kal zel baw

*** .

Mi finge chu an inhnial lo va, muangchangin leh rilru
fim takin an sawiho thin tih hre reng chungin rilru zau tak leh
inzah tawna nena thu dun a, kan ngaihdan sawiho hi a tha
zaw

*** .

Mi pakhatin amah leh a chhungte chu midang chanchin
sawichhiat emaw, sawichhiat emaw sawi lo turin a zirtir tur a
ni a, chu ai chuan mahni insiamthatna leh mahni tihsual
siamthatna lam a ngaihtuah zawk tur a ni Mi dangte chu
keimahni nena an danglam vang mai mai emaw, an
ngaihdan kan ngaihdan a inang lo vang emaw chauhin kan
huat tur a ni lo va, keimahni rinna chauh hi a dik tih kan sawi
nghet tur a ni hek lo

*** .

Aw hmangaihna tuikhuah, i hmangaihna tamna luang
chhuak reng hian kan thinlung a khat a, kan tuihalna chu a
reh tawh tih i hria ang u

*** .

Mi chuan thusawi aiin ngaithla a zir zawk tur a ni a,
ngawi renga thut a zir tur a ni a, mi dangte nena inkawp
nuam a ti zawk tur a ni

*** .

Magnifying lens hmanga ni êng chu hmun tê têah i focus
chuan lumna a siam a, chu lumna chuan thing, puan, lehkha,
leh thil dangte a kang thei a ni

Chutiang bawkin rilru chu Chiang taka ngaihtuah a nih
chuan a chakna inzawmkhawm chuan hlawhchhamna apiang
hnuai sua leh rinhlelna zungte chu a kang bo thei a,
finna êng chu êng leh êng takin a ti eng thei a ni

Rilru chu thil \ha zawng zawng bul leh thiltihtheihna
zawng zawng lo chhuahna Pathian nêna a inzawm chuan
Pathian awmna chu a hre Chiang a, hlawhtlinna thil zawng

zawng a nei ta a ni Heng thilte hi Pathian thiltihtheihna nasa
tak nêh a inzawm tlat a, eng kawngah pawh hlawhtlinna
chhan thar leh remchâng thar a siam thei a ni

*** .

Ka chhehvela hrehawmna leh buaina hruihrualte a tlak
chuan, Aw Lalpa, I venhimna kulhpui, hneh theih lohah
chuan him tak leh him takin ka inhriat tir ang che

*** .

Hmangaihna hi thlarauin Pathian hnena a sak thin
thinlung hla a ni

*** .

Ka tuihalna rei tak chu ka thlarau i khawih malsawmnain
a ti reh thei chauh a, Nangmah duhna avanga kang
Beidawanna thlipui chu a reh ta a, beiseina nei lo thlipui chu a
reh ta a, I thlamuanna tui tlate chuan ka nihna fiber tin chu a
hnim a, ka thinlung chu lungawinain a khat a, tunah chuan I
hming malsawm tak chu ka sa a, ka sa ta a ni

Aw Pathian, hmun tina I awmna thianghlim ber van
atanga lo luang chhuak I damna tuikhuahte in mai maia
hlimna hmutu paradis sava min siam rawh

*** .

Thudik chu kan hriatnaah a lo thleng hmasa ber a, chu
chu hnim hring hring, thianghlim tak [rose petals-a awm]
ang maiin a lo thleng a ni.

Nunna inkhelhnaah hian eng ang pawhin te leh
inngaitlawm tak ni mah se, a pawimawhna chu lemchan
hlawhtlinna atana thawhhlawk kawngah chuan chanvo ropui
ber berte nen a inang vek a ni

*** .

Aw Pathian, thil \ha dante chu hlauhna leh hlauhna nen
ni lovin, thlamuanna leh hmangaihnain ka thlir ang u Tin, \
ha, a thu bulte chu a tir lamah chuan zawm harsa tak mai
thei, a tawpah chuan a dan zawm a nih chuan ka lu chungah
hlimna leh lungawina lallukhum a dah tih ka hre reng ang

Tin, Lalpa, a tir lama nawmna leh lawmna thenkhat
thutiam siamtu sualna chuan a hnungah lungngaihna leh
hrehawmna tam tak a thlen thin tih theihngihl lo turin min
pui ang che

*** .

Mihring hmangaihna hi Pathian hmangaihna lam hawia
tihzauh leh zau zel tur a ni

Pathian hmangaihna hian nupa leh nu leh pa
hmangaihna leh thiante inhmangaihna kawng hrang hrang
leh lantirna kawng hrang hrang hmangin mihring thlarauah a
lan chhuah a tum a ni

Chhungkaw leh khawtlang inlaichinna tam tak leh chi
hrang hrang awmte hi mihring hmangaihna bawlhhlawh
atanga tihthianghlim a, thlarau hmangaihna thianghlima
chantirna atana thil tul tak a ni

Affirmations te chu:

Nitin zing khawvar rualin ka tawn apiangte chu hlimna
thlipuiin ka rawn chhuhsak ang

Ka kawng zawh apiang tan chuan rilru ni êng êng ka ni
ang

Lungngai leh lungngai tak takte thinlungah chuan
nuihzatna meipui ka hal ang

*** .

Duhthusam hring hring leh beiseina bo mek hrehawmna
hnuaia awm tura ruat kan ni lo, Aw Lalpa, min phuartu chain
te chu tichhiain, tumruhna nget tak nen, tihkhawtlai thlaler
kal tlangin, ram thar hlim takah kan kalna tur kawng min
siamsak turin min pui ang che

*** .

Lalpa, i hnaihzia ka hriat theih ang a, ka rilru put hman
thuk takah hian i awmna hi ka hrethiam ang a, i finna eng
tak hian ka hriatthiamna a chhawm nung tih ka hrechiang
ang a, ka nun hi i nun danglam leh pakhat chauh lan
chhuahna a ni tih ka hrechhuak ang

*** .

Thinrimna hi thlarau lam natna a ni a, thil rapthlak tak
tak emaw, rilru put hmang emawa inhmang apiang chuan a
chungah hlim lohna a thlen a, a nervous system a tichhe thin
*** .

Thinlung hi hriatna lairil a ni a, mi dang thinlung tibuaitsu
tur a ni lo

*** .

Pathian hi ka hausakna dik tak a ni a, amah zarah ka
hausa a ni

*** .

Thumal hmanga inremna awm dan:

Mahni inthununna

Midang hmangaihna

Rannungte chungah ngilneihna

Mize tha hmangaihna

Remna leh muanna hmangaihna

Mi ropui hmangaihna

Mi rethei leh harsa zawkte lainatna lantir leh tanpui

A rah chhuah tur ngaihtuah lovin automatic honesty

Duty hmangaihna leh zahna avanga duty hlen

Felna leh siamthatna hmangaihna

Literary taste nuam tih leh tih tur tih

Mahni inzah tawnna

Inngaihtlawmna

Raqqa a ni

Rinawmna

Chivalry a ni

dawhtheihna

Dawhtheihna

Thlarau ropui leh rilru êng tak takte ke pen a zawn
chhuak a ni

Rinawmna

Fitness a ni

lainatna

A awlsam leh chiang zawk

Inbuktaw

Thlarau lam rilru put hmang

Lungawina a ni

Taksa faina leh rilru thianghlimna hmangaihna

Inngaihtlawmna leh chapona pumpelh

Thil \ha hmangaihna

Fairness neih a ni

A phutute chung a ngilneihna lantir chu hre rengin

Thil thianghlim zahna

Lehkhabu te: Psychological Chart atanga lak a ni

*** .

Thlarau lam hriatna chu mihring chhunga ram thup
chhunga ngaihtuahna mawi tak takte thatnate hlim taka
hmang turin rilru zirtirna hmangin kan tawng thei a ni

Aw Lalpa, mihring thinlung a\anga lo luang chhuak
hmangaihna chuan Nangmah hmangaihna thianghlim bul
chu zawng turin min thlem a ni

Ka thlarau thlamuang takah chuan, mahni
inhriatthiamna kawngah min kaihruai reng tih hriain, I
awmna zawng zawng huapzo hmaah chuan inngaitlawm
takin ka bawkkhup a

Ka Pathian, ka hmuh hma che chuan ka zawng ang che
a, ka hmuh hunah chuan malsawmna leh thil tha min pek
zawng zawngte chu lawm takin ka pawm ang

Ka ngaihtuahna chauhna hmunah chuan, Aw Lalpa, I aw
hriat ka duh hle Ka hriatrengna kawngkhar chhunga la awm
aw khauh tak takte mumang rapthlak tak takte chu ka hnen
atangin hnawtchhuak rawh Ka thlarau thlamuang takah
chuan I aw muang leh thlum tak chu chatuan atan ngaithla
ka duh a ni

*** .

Aw Lalpa, I khawngaihna ruah chuan kan thlarau
chungah luang sela, an chung a innghat hriat lohna hnim
hring chu silfai rawh se, chutiang chuan an thianghlimna leh

langtlangna an neih leh theih nan leh I Pathian êngin an eng
thei ang

*** .

Tlâng lungpuiah emaw, kawngpui zau tak karah emaw,
tunlai nun ramngaw-ah emaw, kan kalna apiangah emaw,
kan hawi kualna apiangah emaw, khawchhak leh chhim,
hmar leh chhak leh khawi hmunah pawh ni se, Aw Lalpa, i
venghimtu i awmna hian kan thinlung a tihngheh theih nân i
hnaihzia hi i hre ang u

*** .

Pangpar leh roses ang ni ila, hriatthiam loh kan nih
hunah ngilneihna leh ngilneihna pangpar i theh darh ang u,
mahni inthununna leh nungchang dik tak hmang hian thil tha
zawka tel ve kan ni tih kan hrechhuak dawn si a

*** .

Thil awm dân ẵa tuikhuah ạtanga remna tui luang
chhuak leh ngaih dân ẵa neih leh rilru siamẵatna nei tũa i
tumruhna ạtangin i tuiin in rawh

Thawmhnaw mawi tak tak, ei tur tui tak tak, furniture
mawi tak tak, luxury leh indulgence-ah chauh hlimna zawng
suh, a chhan chu heng thilte hian pawn lam lan dan hnuaiah
i hlimna chu a man ang a, chu ai chuan i suangtuahna chu
ngaihtuahna tawp nei lo lalram chungah chuan thlawk rawh
se

*** .

Dik tak chuan, mi zawng zawng hian, eng emaw chen
chu thinurna buaina hi an tuar a, hriatna sang tak thlarau
lam hlimna emaw, thlamuanna dinhmun emaw an thlen loh
chuan

Thinrimna - eng ang pawhin lo awm se - duhthusam
tihlhawhtlin theih lohna a\angin a lo chhuak Thlarau chu a
Pathian bulpui nena a inzawmna a\anga lo chhuak chhungril
hlimna awm lohnaah chuan mihring chuan a duhzawngte
chu a pianphungah chuan a pianphungah chuan nuam lo tak
tak, a awm reng lohna leh a rah chhuah hrisel lo tak takte

ngaihtuah chuan tisa lam nawmna hmangin hlen chhuah a tum a ni

Chu duhnate chuan lungngaihna a siam fo va, chutah chuan thinrimna a siam a, chu chuan thlarau lam hriatna tihchhijatna a thlen thin

Thinrimna hneh theihna kawng \ha ber chu a bulpui ber ngaihtuah hi a ni: duhna Duhna a tam poh leh lungngaihna a tam zawk ang

Duh zawng zawng hlen chhuah theih a ni lo a ni, a chhan chu duhthusamte hi tihreh theih loh leh tawp chin nei lo a nih avangin Duhthusam tihhlawhtlin kan tum nasat poh leh kan innghahna a nget zual a, kan innghahna a nget poh leh kan duhzawng tihlawhtling thei tur leh kan duhzawng tihlawhtling thei tur thil zawng zawng laksak kan nih theihna tura kan hrehawmna a nasa zual thin

*** .

Hlawhtlinna, nun nuam tak, natna tihdam theih loh tihdam, leh tih dan thunun heng zawng zawng hi a thleng thei a, a thleng thei baw

Thiltih dan leh thiltihtheihna zawng zawng i hmang zo vek a, a tangkai lo tih i hmuh chuan chhungril kawngkhar chu hawng la, thlarau lam thiltihtheihna chu a luang lut ang a, chak lohna, hlawhchhamna leh lungngaihna zawng zawng chu a hnawtchhuak ang

Ngaihtuahna leh ngaihtuahna thuk tak, ngawi renga Pathian tanpuina i zawn chuan thlarau lam chakna dahkhawmna, boral theih loh i hmuchhuak ang

Pathian chu a thliar hrang lo va, thinlung taka A tanpuina zawngtu zawng zawngte chu a chhâng lêt thîn

Keimah chhunga Pathian ka hmuh khan khawi hmunah pawh ka hmu a

Ka naupan lai atang tawhin Amah hi ka duh em em a, vawikhat chu ka naupan laiin lehkha ka ziaak a Ni e, Pathian hnenah lehkha ka ziaak a, a hmingah hetiang hian ka vuah a ni.

"Va Pathian hnenah" tiin mailbox ah ka dah a

Mi pakhat hnena lehkha kan thawh hian chhanna kan beisei Chhanna ka dawn loh chuan mittui tam tak ka luang chhuak a Mahse, a tawpah chuan chhanna chu ka hnenah a lo thleng ta a, lehkhah thu ziaak hmangin ni lovin, mak tak maiin vision eng tak hmangin

Mi tinin Pathian hnen atangin chhanna kan dawng thei a, chu chu tumna chu a pawh hle a, thawhrimna chu a kal zel a nih chuan

I zawhnate chu Pathian hnenah i hruai a, rilru thuk takin i khuh a, ngaihtuahna mail hmanga i thawh chuan rinawm tak leh chiang takin a chhanna i hmu ngei ang

*** .

Thlarau chhung atangin remna a lo chhuak a; hlimna par leh par chhuahna chhungril boruak malsawmna a ni

*** .

Mihringte chuan zawhna lian tak siam lovin, tihkhawtlai chungchanga ngaihdan dik lo tam tak chu awlsam takin kan pawm a, chu chuan chu ngaihdan chuan an nun leh chanvo a thunun theih phah a ni Ngaihtuahtute chuan awlsam takin status quo chu an pawm lo va chu chu tihdanglam tumin an bei zâwk a, hei hi hmasawmna thlentu dik tak chu a ni

*** .

Ngaihtuahtute chuan an chhehvel an ngaihtuah a, an thil hmuh chu mak an ti hle An en ngun a, engvangin nge thil a thlen leh thleng loh chu kawng engemaw takah an zawt thin

*** .

Miin ei leh in, mut leh hnathawh bakah hian he nun atang hian thil hlu tak tak a hmuh beisei a ni

*** .

Mahni hmasialna hi tihbo a ngai a, chu chu midangte tana ngaihsakna (altruism) neihna hmanga tih theih a ni Mi dangte kan ngaihsak a ngai a, hei hi zirtir dan tha ber chu entawn tur tha tak a ni

Mahni hmasialna leh duhâmna hun laia hausakna leh
nun nuam tak hlim taka hman chu a harsa "Pathian
malsawmna chu kei tan leh nang tan pawh a ni," kan tih
theih hunah chuan he khawvel hi hmun tha zawk a ni ang

*** .

Khawpui kawngpuiah kan kal hian kulhpuiin min hual vel
tih kan hmu a, mahse thlawhna kan chuan chuan daltu
zawng zawng a bo vek a, hmun zau tak inthen darh lo kan
hmu baw Chutiang bawkin, khawpui inhlat leh rilru zau tak
kan paltlang hian ngaihdan nghet leh tlêm tê, thurin thurin
(rigid and limited dogmatic ideas)-in kan inkhung tlat niin
kan inhria Mahse, thlawhna inhawng leh boruak zau tak kan
chuan chuan mihring hmun zau tak, a huam chin nei lo kan
hmu a ni unau nihna leh hmangaihna

*** .

Sual kawng sâng tak hnuaia tlu mi chuan dodâlna
engmah a nei lo va, mahse, mahni inthununna thlarau lam
dânte pawm a, nungchang ãha lo leh rilru put hmang dik lote
dodâl a tum meuh chuan, a thawhrimna do tûr leh a thil tih
ropui tak takte tibuai tûra thlêmna chhiar sen loh a lo harh
chhuak tih a hmu chhuak a ni

*** .

A châng chuan ngaihtuahna hi thu aiin a hlawhtling
zâwk Mihring rilru hi engkim zînga thuthar thehdarhtu leh
dawngtu chak ber a ni Ngaihtuahna ãha, hmangaihna a
khat i broadcast reng a nih chuan, chu ngaihtuahna chuan
mi dangte chungah nghawng ãha tak a nei ang Chutiang
bawkin, inhuatna emaw, huatna emawa charged
ngaihtuahna i project chuan mi dangte chuan chu
ngaihtuahna chu an dawng ang a, chutiang bawkin chu an
chhâng ang

I thawhrimna hi a chakna leh malsawmna hmanga
thlawp turin Pathian ka ngen a ni Tawngtaina chu thinlung
tak tak a nih a, tumte a thianghlim a nih chuan duhthusam

inthlak danglamna chu Pathian tanpuinain a lo thleng dawn a ni

*** .

Kum kalta chhunga ri ri, a lungngaihna leh nuihzatthlak tak takte chu a bo ta a, tunah chuan Kumthar hla ri chuan fuihna thu a sa a, beiseina a puang chhuak a, **a ri chhuak ta a ni :**

"I nun chu famkimin siam thar leh rawh Hlauhna hlui hnim hringte chu kalsan la Tin, hun kal tawh huan thlaler atang chuan hlimna chi, hlawhtlinna, beiseina, ngaihtuahna tha leh thiltih tha, leh duhthusam ropui, sang tak chi chauh khawn khawm la, chhanchhuak rawh

Ni thar apianga lei hnim hring takah chuan chu chi chak tak takte chu phun la, tui pe la, a lo thang lian thlengin enkawl la, i nun chu par chhuah hlawkna hmuh tur awm lo tak takte nen tikhat rawh

Kum thar chuan a ti bengchheng a:

"Thlarau chu tiharh la, tih danah sal tang la, hmalakna thar, hlawkthlak tak tak thawk turin fuih rawh Beih hi bansan ngai suh la, chatuan zalenna i neih hma leh karma (thil hmaa thil tih tawhte zui reng leh zawn reng reng) i hneh hma loh chuan chawlh hahdam ngai suh

Rilru thar leh hlimna thar reng rengin zu ruih chungin, hlim tlang ila, kan chhuah leh tawh ngai loh tur van in lam pan chuan kut inkung chungin i kal ang u

*** .

Thinrimna leh sakeibaknei hriatrengna

Chhûngril remna duhtute chuan thinurna lo chhuah dân leh a rah chhuah râpthlâk tak tak a thlen fo dân an hrethiam tûr a ni

Thinrimna avanga chhungril lama inthlauhna hloh avang hian mi tam tak chu an duh loh zawngin misual leh thisen chhuak mi thattuah an chang ta a ni

Duhna tihbuai hian rilru a mit a tidel Duh duhna vur chuan mi rilru a rawn luah chuan a hriatna a hloh a, mihring ropui tak tan pawha phu lo takin a che thin

Rinna hloh chuan thiltih dik leh tum ṭha zawng zawng tichaktu pianpui hriatthiamna chu a tibuaitsu a ni

Mi pakhat rilru lam lirthei steering wheel a chhiat chuan accident an tawh ngei ang a, hrehawmna leh hrehawmna kawngkhar chungah an inhmu thei bawh

Entîr nân: Pasal chu him takin a khalh a, park lam panna kawngah chuan a nupui chuan park ni lovin a nu leh pate in lam pan tûra kawng thlak turin a ngen a, hetah hian a himna chu thinrimnaah a chang ta a ni

He entîrna hi ka thlan chhan chu thil thleng tlangpui a nih vang a ni A tlangpuiin, a rah chhuah chu pasalin a nupui ngenna a hnaw emaw, thinrimna leh lungawi lohna a pawm emaw a ni a, hei hi thil thleng tlangpui a ni A pahnih hian thinrimnain a luah a, boruak a buai a, remna a tibuai a ni

Thil engemaw takah chuan thinrimna chu tharum thawhna nei tan chuan lungngaihnaah a chang thei thin Thinrimna hian hriatrengna a nghawng thei a, a nih loh leh driver chuan fimkhur tak leh fimkhur taka lirthei khalh a theihnghilh thei a, a nih loh leh traffic signal a en loh phah thei a, chu chuan intlansiakna emaw, Pathianin a phal loh chuan thihna emaw a thlen thei a ni

Thutawp atan chuan thinurna chuan duhthlanna steering wheel chu nunna tawhlailir-ah a khar a, a tisa leh thlarau lam thiltumte a thlen theih loh phah a ni

Sakeibaknei hriatrengna chu:

"Hriatrengna" an tih faculty hi Pathian hnen atanga mihringte hnena thilpek a ni a, malsawmna ropui tak a va ni em! Hriatrengna pawh rannungte hnenah pek a ni a; chutiang a nih loh chuan an fate chu an hre thei lo vang Rannung ṭhenkhat chuan hriatrengna ṭha tak tak an nei a, chu chu a hnuaia sakeibaknei chungchânga thawnthu hian a târ lang a ni

Sakeibaknei lian tak pakhatin thing a phurh lai chuan, Khawchhak lama sakeibaknei zirtir tam takin an tih angin, naupang pakhat chuan a rawn pan hnai a, a zungpuiah chuan zungbun hmangin a chil a, a tlanbo ta a ni

Chu thil thleng hnu kum khat a liam a, chu sakeibaknei bawh chuan kawngpuiah chuan naupang pakhat chu a tawh ta a, chu chu sakeibaknei tan chuan phuba lakna hun remchang tak a ni Chuvangin, a trunk chu naupang chu a khuh a, nasa takin kawngpui sir lehlamah a paih chhuak ta a ni Chutiang chuan rannungte hian hriatrengna an nei ve tho a ni

*** .

Thinlung chu Pathian hmangaihna a khat a, a êngin mit a ti eng a, mi pakhat magnetism chu a pianphungah thlarau lam a lo ni ta a, thlarau lam magnetism, a nghawng ropui tak nei, leh rannung magnetism, duhna leh rilru put hmang hmanga hruai Thlarau lam magnetism hi altruism leh midangte hlawkna atanga inngat a ni a, rannung magnetism erawh chu mahni hmasialna leh midangte hmansualna a hruai thung

*** .

Mi pakhat chuan subconscious mind-ah nghawng \ha tak nei thei rawtna \ha tak tak a pe thei a, chu chuan rilru hriatna a nghawng \hin Suggestion \ha lo tak tak, mahni siam emaw, mi dang emaw atanga lo chhuak emaw, thluak tan a tichhe thei a, chu chu pumpelh tur a ni

Mihringin a thurawn min pe a, chumi hnuah kan thiltih rah seng turin min kalsan [chu chu a thurawn dik lo rah pawh a ni thei].

Pathian kawng hian hlimna leh thatna a thlen fo thin

*** .

Ngaihtuahna thuk tak langtlang takin ka thuk taka luang chhuak reng Pathian êng chu ka hlan ang a, ka hmangaihna leh duhthusam chu Engkimtitheia hnenah ka chawisang ang

Ka awmna hmun thuk ber berteah Lalpa i awmna ka hre a, ka hmangaihna huana par i par lai ka hmu baw k I hmangaihnaah min khuh la, I rimtui malsawm takah hian ka hlim tir ang che

Aw Lalpa, ka thlarauin chawlhna a hmuh theih nan leh ngaihsak lohna chhum hnung lama beiseina êng a hmuh theih nan thlamuanna min pe ang che, Ka thinlungah hian muanna leh thlarau lama thlamuanna ka neih theih nan rinhlelhna êng chu eng rawh se

*** .

I ropuina chu eng rawh se, Aw Lalpa, hriat lohna chu leilung kamah chatuan atan bo rawh se, chutiang bawkin inhnialna leh inhuatna pawh I finna êngin Hriat lohna thim chu paih bo rawh Chak lohna chu chaknaah chantir la, chak lohna chu thutluknaah chantir la, I damna êngin rilru leh thlarau baptis rawh

*** .

Ni eng chu mi zawng zawng hnena pek a nih ang bawkin, chuti chung pawh chuan thimah awm duh zawk an awm a, chutiang bawkin Pathian finna êng chu hmun tinah a tuam a, chuti chung pawh chuan an ngaihtuahna thim tak tukverh hnung lam atanga khawvel thlirtu, hriat lohnain a tibawlhhlawh thin an awm baw k

*** .

Aw Lalpa, hriat lohna leh a nghawng lak ata te, hlauhna leh lungkhamna lakah te min chhanchhuak la, I finna tuilianin kan nun ata thil chhe leh chhe zawng zawng chu nuai bo vek rawh se

*** .

Tunlai huna hlim dan thiam apiang chuan Pathian lam panna kawng an hmu ta

*** .

Ka lawng ngaihtuahna tha, duhthusam tha, leh thil rah chhuah, hlawkthlak tak tak ka lawng captain ka ni Ka nun lawng chu ka kaihruai ang a, Pathian ka ngaihtuahna thuk

tak van boruaka remna planet eng mawi takah ka mit ka en
reng ang

*** .

Lungawi kan thlan loh chuan tumahin min ti hlim thei
lova, chumi avang chuan tumah kan dem tur a ni lo Tin, hlim
taka awm kan thlang a nih chuan chu hlimna chu tumahin
min laksak thei lo

*** .

Chhiatna, chhiatna leh chhiatna nasa tak thlentu nature-
a tharum thawhna inthlak danglamna te hi "Pathian thupek"
a ni lo Heng chhiatnate hi mihring ngaihtuahna leh thiltih
atanga lo chhuak a ni Khawi hmunah pawh khawvela thil tha
leh tha lo inthlauhna nalh tak chu mihringte thil tum tha lo
leh thil dik lo tih avanga chhiatna thlentu thlipui leh vibration
tha lo tak tak, buaina leh chhiatna zau tak avanga lo awm a
ni ensue Mihringin a ngaihtuahna leh nungchang dik lo a
siam\hat hma loh chuan khawvel hian indona, chhiatna leh
lungngaihna a tuar chhunzawm zel ang Indona hi Pathian
thupek angin a thleng lo va, thil neih lama mahni hmasialna
zau tak avang zawk a ni Mite chuan mimal, industry, politics,
thlarau lam, leh hnam lam mahni hmasialna an chhuahsan
ta a nih chuan indona chu a awm tawh lo ang

Material spirit hian mihring hriatna a luah a,
ngaihtuahna a thunun chuan transparent negative radiation
a pe chhuak thin Heng negative vibrations te cumulative
force hian nature electrical balance nasa takin a tichhia a,
lirnghing, tuilian leh chhiatna dangte a thlen thin

Pathianin a mawhphurtu a ni lo, thilsiam thunun theih a
nih hmian mihring ngaihtuahnate hi thunun a ngai a ni

*** .

Pathian hmangaihna avang leh Amah tihlawm nan thil
ropui leh zahawm chauh tih ka tum ang

*** .

Rilru chu a leilung a vawt a, a khauh avangin hriatna dik
plow hmangin a lo hnim tur a ni Lei chu inpeih leh pawm

theihnain a hnim tur a ni a, rinna chi chu furrow-ah phun a
ngai a, chutah chuan Pathian duhzawng nena inmil duhna
nen tui pek a ngai a ni

*** .

Mihring pianpui rilru hahdamna chuan a rilru hahdamna
a vawng reng a, eng dinhmunah pawh thlamuang takin a
awm reng baw Anni pawhin rilru natna leh duhnain a
thunun a, thutlukna tha lo siam turin an hruai lo baw

*** .

Arsi êng, atom-a chakna, thinlunga ngilneihna, thutak
mawina leh rinawmna ropuina te chu nangmah hi in ni

Kan hriselnaah te, kan finna lama kan duhthusamte leh
kan thlarau nunah I khawngaihna kan chung a kan lan
chhuah theih nan mal min sawm ang che Lalpa I
thiltihtheihna sang ber, I finna tawp chin nei lo leh I dikna
tawp chin nei lo hmanga khat turin min pui la, Nang hi
hriselna tuikhuah, nunna tuifinriat, leh hriatthiamna leh
hriatna zawng zawng bulpui i ni tih i hrechiang ang u

*** .

Aw Pathian Hmangaihna, thinlung lungpui atanga lo
chhuak echo thuruk leh ngawi renga hriatna aw i ni

Thlarau hmuh theih loh dawithiam, thian nihna thuk tak
atanga lo chhuak eng mawi tak i ni

Thlarau hnena thu thlum ber ber sawi chhuak thin
vantirhkoh malsawm i ni

Hmangaihtute tawng ngawi reng leh an thinlung pheka
thuchah an ziah nan hmuh theih loh ink an hman thin kha i
ni

Nang hi rilru natna ropui zawng zawng bulpui i ni a, i
thinlung hian a pulse chu cosmic heart atang hian a la
chhuak thin

Hmangaihna hi thinlung pahnih inkara ngawi renga
inbiakna a ni a, thilsiam nung leh nung lo zawng zawngte
chu khawvel pum huap inpumkhatna in lama kir leh tura
kohna sang ber a ni

Hmangaihna hi nunna pulse a ni

Thlarau lam pangpar huanah a lo thang lian a, pawn lam
inzawmna thim hnuaiah a muhil thin

Nectar awm tawh zingah chuan a hlui ber leh a thlum
ber a ni a, thinlung bottle-a vawn reng a ni

Hmangaihna chu mimal, chhungkua leh hnam inkara
thim kulh chimtu êng chu a ni

Hmangaihna chu inṭhianṭhatna pangpar a ni a, naupang
leh tar lovah a lo ṭhang lian a, a lo ṭhang lian zel a ni

Hmangaihna hi vanram luhna kawngkhar leh thlarau
ṭhate hla a ni

*** .

An nun siam thar duhte chuan an nunah thil \ha an luhtir
duhte chu an hriat hmasak phawt a ngai a, chumi hnua
nitin an zawm \hin programme an siam ang a, an thutlukna
an vawn tlat avanga himna nasa tak an nei ang

Mahni insiamthatna hun ruat zawm loh chuan duhna a
tichak lo va, hmasawmna kawngah daltu a siam baw

Nunphung pangngai nena inmilte chuan thil rah chhuah
rah chhuah an nei ang

*** .

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawl na ropui ber ka
pe thei a ni

*** .

Hmangaihna dik tak—thinlung leh thlarau hmangaihna—
chu Pathian hmangaihna lantîrna a ni Pathian hmangaihna
chuan mihringte thinlung leh thlarau hmangin inpuan
chhuah a tum a Pathianin mihringte chu mihring
hmangaihna hmanrua ṭha famkim hmangin Pathian
hmangaihna a zirtîr a ni

*** .

Mi i tawn a, "Engtin nge i awm? Ka hmu che hi ka lawm
hle mai," an tih hian i chhungril takah chuan i chhehvelah an
hlim lo tak zet a, an chhungril rilru put hmang chu i hre

nghal a, anmahni biak emaw, awmpui emaw i duh lo I prefer honesty to pretense and hypocrisy

Mi thu chu engkim a ni a, pianpui leh rinawm a, a thu zah a, mi dangte hnena a thutiam leh inpeknate a hlen chhuah a ngai a ni

*** .

Pathian chu rilru chakna, finna leh tamna bulpui a ni I zawn hlawhtlinna i hmuh theih nan kawng dik zawh tura kaihruai turin ngen hmasa phawt la, i thil tum chu a dik tih enfiah la, tichuan i thil tum tihlawhtling turin chakna i dawng ang

*** .

Hmangaihna hi indona zawng zawng titawptu thlarau lam ralthuam a ni

*** .

Thudik lo leh sawichhiatna aiin thinlung dik tak chu a chak zawk daih Rinawmna kulhpuiah i inveng thei a nih chuan nangmah ngeiin i lalram chhunga pu zahawm tak i ni ang

Thutak chu a lal ang, mi dangin an lo tisual che a nih pawhin

A zawngtute hnenah finna pe la, êng an duh chhung chuan, mahni inhriatthiamna ladder-a tho leh chhoh turin theihtawp chhuah rawh

Pathian hnenah ka aw, ka kut, ka ke, ka thinlung, ka taksa, ka rilru put hmang, ka duhzawng leh engkim hi ka hlan a, ka hlan a ni

*** .

Natna hi taksaah chauh a awm lo; finna leh thlarau lam hrehawmna a awm bawh

Rilru chu itsikna, hlahna leh sual rinhlehnain a khat lai emaw, mi pakhatin amah leh amah a indo lai emaw hian Pathian ngaihtuah theih a ni lo

Lungngaihna leh lungngaihna te, mize dang hrisel lo leh rilru lam dinhmun te, leh lungkhamna te kan tuar a, a tam

zawk chu hlauhna dik lo a ni Thlarau lam level-ah chuan kan thlarau thi thei lo nihna hriat lohna kan tuar a ni

*** .

Pathian nena inremte chuan thaw chhuak thei mawina an hmu a, kawng danga tawn theih loh thlum sang ber an tem a ni

Ka thlarauin a au che chuan, Aw Pathian, I ngawih rengna chhum chu a rawn puak darh a, I khawngaihna tuilian lian tak a nih thlengin I khawngaihna tuilianin a luang chhuak ta a, I lui malsawmna chuan ka nihna kam chu a rawn khuh a, ka thlarau chu chatuan tuiah a pil ta a, ka nunna te tak te bubble chu I engkim awmna tuifinriatah chuan a lo hmin ta a ni awmna

- Ka zirtirtu chuan finna chisel hmanga Pathian awmna tling biak in siam dan min zirtir a

Tum ropui tak i tihhlawhtlin duh chuan, chu mi atan chuan rilru model duan chhuah hmangin tan la rawh Tunah chuan i rilruah ngaihtuahna nghet tak i phun chuan i hriatnaah eng kawng pawh nghet takin i din thei tawh ang tichuan i nihna zawng zawng chu chu ngaihtuahna nen chuan a inmil ang a, i thiltih pawh chu a inmil ang

- Inremna leh inremna atan hmangaihna leh inngaihtlawmna hi a pawimawh hle Hmangaihna chuan thil \angkai leh \hang lian thei zawng zawng a tipung a, a chawm a, huatna chuan siam\hat theih zawng zawng a then darh a, a tichhe vek baw

*** .

Hlauhna hi hlawhtlinna hmelma lian ber a ni a, a chhan chu beih duhna a tibo a, chu mi tel lo chuan mi chu a hlawhtling thei lo

Thiamna lama chak lohna te, thawhrimna tlakchhamna te, leh chhelna tlakchhamna te hi hlawhtlinna kawng dalu zawng zawng an ni Tum chu hlawhtlinna ngei a ni tur a ni lo va, hlawhtlinna thlentu nun dik tak a ni zawk Hlawhtlin duhna nasa lutuk hi dalu a ni thei Creative effort supported

by willpower and a firm desire to reach the goal are important for achieving success

*** .

Kan ngaihtuahna zawng zawng hian vibration bik a siam thin I taksa, rilru leh taksa peng zawng zawng hmanga Pathian i ngaihtuah a - i chhungrilah "Aw Lalpa" tih i sawi nawn fo hian, i nunah Pathian awmna rawn thlentu vibration chak tak i siam thin

Pathian chu kan chatuan hmangaih leh kan thian awm reng a ni tih kan hriat chian chuan, min hmangaihna chu hmangaihna dang zawng aini a ropui zawk tih kan hriat hian a hnaihia kan hria a, a awmna kan khawih a, chuvangin kan thinlung a thlamuang a, thlarau lam thlamuanna sang ber kan nei a ni

Pathian i ngaihtuah a, i thinlungah leh i taksa pum puiah hlimna ri nasa zual zel i hriat a, chu hlimna puak darh chu a chang chuan i chungah a lo thleng a, Pathianin i thinlung duhthusam chu a chhang tawh tih leh hlimna i tawn mekte chu chu chhanna finfiahna a ni tih hria ang che

*** .

Rilru chu hriatna sang zawk dinhmunah a luh a, awm lohna tawp nei lo zawng zawng a khawih chuan Pathian nena inzawmna a neih thu leh thil tawn chu a thlum tih a hria a, mahse chu inzawmna dinhmun chu sawifiah theih loh khawpa thu hmanga sawi chhuah theih a ni lo

*** .

Ka magnetism hi thil neih zawng turin ka hmang lo va, chatuan leh boral thei lo Pathian awmna hi hip nan ka hmang zawk a ni

*** .

Aw Lalpa, ka thinlung duhthusam thuk ber min pe la, ka thlarau thuk takah I malsawmna aw chu ka hre thei ang Nang hi ka theihnghilh ngai lo vang Nang ka Pathian duh tak, Nang tel lo chuan nun kawng ka zawh hek lo vang Ka chatuan mikhual ni la, ka thlamuanna leh thlarau hlimna

hmun thianghlimah hian awm rawh Ka thinlung hi I
hmangaihna nen chuan beng rawh se, ka ngaihtuahnate chu
inrem takin hna thawk rawh se, chutiang chuan I bestow thei
ang midangte chungah remna leh hmangaihna awm rawh se
Tin, I hmangaihna rimtui chu ka thinlung rose atang hian lo
chhuak rawh se, remna zawngtu thlarau te chu hip la, I
hnenah rawn hruai rawh

*** .

Puan dum chungah tlangram lemziak te, mihring taksa
rilru tibwaitu mechanics te, pangpar mawi tak tak siam te,
thlarau tha te ropuina te, ngaihtuahna sang tak takte
ropuizia te, hmangaihna thuk tak te hian Siamtu mak leh
mawi ber ber chu min hriatchhuah tir vek a ni

*** .

Ka theihtawp ka chhuah ang a, keimah leh midangte
Pathiana hausak turin ka theihtawp ka chhuah ang a, a
hmasa berah chuan remna huan hring dup karah, thlarau
lam thil \ha mawi tak tak par chhuakin finna in ka sa ang

*** .

Tuipui te tak te emaw, lian emaw ka nih pawhin a paw
lo, nunna tuifinriat ropui takin min thlawp phawt chuan

Thuruk thuruk ka hmuh hma loh chuan ngaihtuahnaah
thuk takin ka luhchilh ang a, hmel thianghlim ber ka hmuh
theih nan hriatna êng - meialh ang maiin - ka focus ang

*** .

I êng chu ka chhungah, ka chhehvelah leh khawi
hmunah pawh eng rawh se

*** .

Hmangaihna chu mei thup a ni a, Pathian thupek angin
khawvel pum huap roughness chu a hmin a, chatuan
hmangaihna thil hmuh theih lohah a chantir a ni

*** .

Niin êng leh lumna a thawh chhuah ang hian mi rethei
leh hnawhchhuahte thlarauah beiseina eng ka theh darh ang

a, beiseina nei lo anga inngaite thinlungah chuan phurna
thar ka tuh ang

*** .

Lalpa, keimah leh midangte chu inhuatna mei alh tak
hian ka hal lo ang u, ka hmangaihte hnen atanga ka phu ang
ngilneihna leh hmangaihna hi rinna leh lungawi takin ka
pawm zawk ang u

*** .

Ka chhia leh tha hriatna thianghlim kulh hnuaiah hian
him leh him takin ka awm a, hun kal tawh thim tak chu ka
halral a, vawiin chauh hi ka ngaihtuah a, ka chhia leh tha
hriatna bum ka tum hunah keimah chauh lo chu engmah ka
hlau lo vang

*** .

Vawiin hian lungkhamna leh hlauhna bulpui chu ka hal
ang a, ka chhungril thlarau biak in tieng turin hlimna mei ka
hal ang

*** .

Tuman tawngkam mawi lo tak tak emaw, ngaihtuahna
fim lo tak tak emaw hmangin min tithinur thei lo va, ka nihna
dik tak aia ropui zawk leh pawimawh zawka ka ngaih theih
nan tumahin min tithinur thei lo

*** .

Aw Lalpa, I awmna malsawmna thunun thei khawpin ka
thinlung hi zau takin siam la, I hmangaihna nen chatuanin
vuak rawh se

*** .

I duhthlanna dik taka i hman chuan i tan karma thar a
siam ang a, mahse mi tam zawk chuan inthlak an duh lo va,
theihtawp chhuah an duh lo a, chuvangin harsatna karah an
tlu a, harsatna an hmachhawn thei lo

*** .

Lalpa, thlarau hlimna nghet tak leh tisa hlimna rei lo te
thliar hrang turin min pui ang che, hriatna kal zelte
nawmnaah hian ka inhnim pil lo la, ka hriatnate chu engtik

lai pawha min hlim theih nan min tithianghlim turin min pui
ang che

*** .

Ka rilru êng chu hriatna ram zau tak, tihkhawtlai a\angin
ka thliar hrang a, thlarau boruak (horizons)-ah ka thlah a,
chuvang chuan ka hriatna chu a lo thang lian a, ka hriatna
chu kawng tinrengah a darh ta a ni

*** .

Mi pakhat chuan a duh loh thil tih dan phuhruk duh a
neih chuan tanpui theih loh emaw, tlu lut emaw a inhriat tur
a ni lo Tûnah chuan chu tih dânte chu hneh theihna hun
remchâng a ni a, chu chu thil tum hmasa neiin, ngaihtuahna
fim tak, dik tak tih a ni

*** .

Aw thlarau leh thinlung hotu, ka chhungril thlamuanna
vanah hlimna êng a darh chuan i malsawm taka i lan
chhuahna hnaih chu a puang chhuak a ni

*** .

Aw Lalpa, inrintawkna leh thlamuanna neite nuihza chu
ka nuihzat a, he nun leilung chungah hian ka lo pil emaw,
thihna thlipui hnuaia ka pil emaw pawh ni se, I chatuan
nunna thinlungah hian ka awm reng a, chu chuan himna leh
venhimna min pe a, I kut chak tak, malsawmna chuan min
chhawm nung reng a ni

*** .

Natna te, tar chakna te, thihna te hi taksain harsatna leh
daltu a hmachhawn thinte hi Rilru lam natna te erawh chuan
lungngaihna, hlauhna, thinrimna, duhna thunun, thinrimna,
huatna, rilru lama buaina, khawsik nervous agitation, leh
rilru lam cancer chi khat, rilru chakna tichhe thei tak tak
hmangin rilru a rawn lut a, mahse, natna hlauhawm ber chu
a ni thlarau natna, hriat lohna anga lang, natna dang zawng
zawng lo chhuak leh darh chhuak

*** .

Hmangaihna leh rilru natna thianghlim tak takte
chawmtu sublime idealism tuikhuah chu a vawt tir tur a ni lo
*** .

Pawn lam atanga hmuhnawm zawng zawng hian a hipna
chu chhungril lam a\angin a hmu chhuak a Tin, engmahin
thlarau darthlalang thianghlim chu thinrimna, sualna,
inhuatna , leh huatna ang chi rilru lam tihdanglamna angin a
ti bawlhhlawh lo Tupawh heng thil inzawmkhawm, thlarau
nihna nena inzawm lo, chhungril mawina êng chu a chung
lam a\angin a rawn chhuak ang
*** .

Consciousness chu taksa hmun tlemte a\angin thlarau
chhunga thlamuanna hmun tawp nei loah chuan chawisan a
ngai a ni
*** .

Aw thianghlimna leh sualna nei lo thlarau, duhâmna
duhâmna zawng zawng chu finna meialh karah vut-ah a
chantir theih nân, leh hriatnate rilru put hmang zawng zawng
chu rilru hah tak leh tumruh takin ka thunun theih nân leh, I
duhzâwng anga ka inmil theih nân, ka hla awlsam tak chu
inrem taka ka play theih nân, ka hna tê têtê hlen chhuakin,
ka hna tê têtê hlen chhuakin, ka hla inngaitlawm tak takte
chu ka sa thei ang

Lalpa, ka hriatnate hi kawng dik leh rilru dik tak chauh
hmang turin min pui la, ka hlimna dik takah an thawhhlawk
theih nan tihthianghlim turin min pui ang che
*** .

Experience meipui kang atanga finna thir kan lakchhuah
hi thil mak tak a ni Nunna hian kan base metal te chu
element hlu takah a chantir a, chutiang chuan he nunah hian
lunghlu ang maia thianghlim, thir ang maia khauh, chutih
rual chuan harsatna leh fiahna harsa tak takte nawrna
hnuaia tlu lovin, inthlak danglam thei leh bendable tak anga
kan nun theih nan min tithianghlim a ni
*** .

Thil siama inrem lohna leh buaina ang maia lang karah
hian inremna leh inremna siam tura nungchang leh thlarau
lam ruahmanna kalpui tura thawk chakna thup a awm a ni
*** .

Aw ka Pathian hmangaih, chatuan, hlimna thar awm
reng chu thlarau hlimna i ni a, ka duhthusam hlimna i ni
*** .

Pathian hnena tawngtaina chu duhthusam leh rinna
famkim nen hlan tur a ni a, chu chu ngawi reng leh
muangchangin chhanna thup, thlamuanna thlentu leh mi
nunah inthlak danglamna rang tak thlentu a ni ang
*** .

Pakhatnaah chuan Pathian nena inpawlina hlimna chu
leilung nawmsakna tlem zawk nen kan tehkhin theih nan kan
tawng tur a ni Tichuan, duhna chu a sang zawk ang
Duhthusam chu a tawp thei lo va; duhthusam pakhat a
famkim meuh chuan duhna dangin a hmun a luah a,
chutiang chuan Pathian i hmuh chuan i duh zawng zawng
chu a thleng famkim vek a ni
*** .

I thilpek thahnemngai tak takte pawm a, midangte
hnena insem thin mi thilphal leh ngilnei tak takte chuan an
hriatthiamna an tizau a, i malsawmna i awmna chu an hnaih
lehzual a, Nitin i hnen atanga thilpek leh malsawmna chhiar
sen loh kan dawn angin fak leh lawmthu sawiin i lam i pan
ang u, Aw thilpek leh malsawmna zawng zawng petu
*** .

Ka bula i awm chhung chuan Lalpa, min hawisan ang a,
chhiatna lakah min humhim dawn avangin thil tha lo reng
reng ka chungah a thleng lovang
*** .

Ka tawngtaina caravan chu i lam panin a kal mek
Beidawnna thlipuiin hetah leh khawiah pawh a tikhawlo tawh
Mahse hla tak atanga i ngawi renga fuihna oasis ka hmuh
hian ka hahdam a, ka chakna chu a lo thar leh a, chuvangin i

hnena thlen tumin ka beih nasatzia chu a let hnih zetin ka
tipung a, ka hmui tuihal tak chu i hlimna tuihnaah chuan
thun tir ka duh a, ka tihreh hma loh chuan ka in duh a ni

*** .

Aw Lalpa, \hatna leh thianghlimna chauh ka hmu ang a,
thâwk khum thu chauh ka sawi ang I hmangaihna rimtui
rimtui tak chu, a van rimtui nen ka thawk la, chaw awlsam
leh hrisel tak tak ka ei ang a, Nangmah min hriatchhuah tirtu
rimtui duhawm tak takte chu ka thawk chhuak ang I
malsawmna khawih chu ka hrethiam ang che

*** .

Thlarau lam harhchhuahna huanah chuan ka simna tlate
chu ka khawn khawm a, chu mittui tlakna i duh takah chuan
ka thinlung chu a lo thianghlim vek a ni

*** .

Ka mit, Aw Pathian, nunphung danglam reng leh
thilsiam hmun nung tak takte chuan a hip a, an pangpar chi
hrang hrang leh rawng hrang hrang leh chhumte chuan
ngawi rengin a rawn luang chhuak a, thil tha leh mawi zawng
zawngah I mawina ropui ber ka hmuh theih nan ka thlarau
mit chu hawng la, Nang tih loh chu engmah awm tawh lo
turin ka hmu ang che

*** .

I hmangaih zawng zawngte chatuan harh chhuahna
kawngah an kal theihna tur mahni inhriatthiamna carpet
nem tak ka siam ang

*** .

Pathian hian kan hriatreng loh lai pawhin min hre reng
a, thilsiamte hi rei lo te atan pawh theihnghilh ta se, engkim
hi a bo vek ang, Pathian tih loh chu tuin nge he Lei hi space-
a a leng lai hian a chhawm nung? Tu dangin nge thing phun
leh pangpar par tir? Dik tak chuan kan thinlung tizau rengtu
chu Pathian a ni Amah hi kan chaw ei khamtu leh nitin kan
taksaa cell awmte siam thartu a ni Mahse, Amah hre rengtu
leh lawmthu sawina phu tawh petu chu an va tlem em!

*** .

Lalpa, thil \ha tih hi hmangaihna nen i thlir ang u, I thil
siam dan zawm hian I khawngaihna lallukhum min khum
dawn tih i hre chiang ang u

*** .

Aw Lalpa, Hriselna tuikhuah, nunna tuifinriat,
hriatthiamna leh hriatna zawng zawng bulpui i ni tih i
hrechiang ang u, Hriat lohna leh a nghawngte, hlahna leh
lungkhamna lak ata min chhuah zalen la, I finna tuilianin kan
nun ata chhiatna leh chhiatna zawng zawng chu a nuai bo
vek ang u

*** .

I hnaih berte hla thlum ber berte chu ngaihtuahnain ka
ngaithla fo thin a, thlarau lam symphony mak leh ropui tak
tak te chu ka thinlung rilru put hmang virginal choral hla sak
piece hrang hrang tihfel nan leh nangmah ka duhna hlui leh
nangmah hmu tura ka duhthusam lo pung zelte lehlintu hla
rilru khawih tak takte chu ka ngaithla fo thin

*** .

I thlarau chhunga mawina khawvel hmuh theih loh leh
thup takah hian ngaihtuahna thlirna rilru hneh thei tak takte
chu hlim takin hmang rawh

Alexander leh Yogi te inkarah

Unwavering Will: Arctic ram hmuhchhuah chanchin

**Arctic tuipui a hmuh hmasak ber avanga mittui tla
(leh hlimna leh vawt pawh ni mai thei) mihring hmasa
ber chu tu nge ni?**

**Engtin nge hetiang hi a lo thlen a, engtikah nge a
lo awm? Chu chu a hnuaia line-ah hian kan zawn
chhuah tum ang**

**Kum zabi tam tak chhung chu miten khawvel
hmun lum tak chu thlen an tum tawh a, heng beihna
aia huaisen zawk hi history hian a hre ngai lo va, chu**

**chuan an nunna a chan fo thin The details of their
northward advances tell of heroic feats and also of
tragedies**

**Kum za tam tak leh sang tam tak kalta pawh khan
Mediterranean Tuipui chhehvela chengte chuan
khawvel hi lui lian takin a hual vel disc hrual ang mai
a ni tih an ring a, chu chu Oceanus an ti a ni**

**An hlat bialte chu an hre tam lo hle a, mahse chu
hmun hla tak tak, Alps leh Balkan tlang piah lam ang
chite chu mumang leh ngaihtuah chu nuam an ti hle**

**Hêng bial a\ang hian tin an la chhuak a,
rangkachak siam a ni a, amber chu lunghlu leh
cheimawina atan an laih a, Mahse, hmar lam
chungchânga hriatna rintlak a awm lo va, chuvângin
hla phuahtute chuan tâng piah lama thil awmte
chanchin ngaihnawm tak tak siam chu an
mawhphurhnaah an la a ni**

**Kan hla phuah thiam leh thi thei lo, Homer-a
chuan hmarchhak hnim hring dup laia Cimmerian-ho
chanchin min hrilh a, chutah chuan ni rei lo tak a nih
avangin tlai lama beram vengtu lo haw chuan beram
vengtu dang zing lama ran vulh tura chhuak chu a
hmu ang Thufing dangte chuan North Pole
chungchang hi miten thil engemaw an hre tih a tilang
a, mahse chutiang chungchanga an ngaihdan tam
zawk chu a dik lo va, a tam zawkah chuan a dik lo
pawh a ni**

**Hun a kal zel a, miten pole-te thlen an tum BC 500
khan Carthage khuaa mi Hamilcius-a chuan hmar lam
panin zin ropui tak a nei a, Ireland ram a thleng a, a
zinkawng a ziak lut a Hei hi thu rintlak hmasa ber a ni
A hnu lama beih leh tumna a awm leh a,**

Scandinavian-ho chuan tuipui hnim hring an paltlang a, Iceland an hmuchhuak ta a, Chuta tang chuan ram leh ro hlu tam zawk an zawng chhunzawm ta a ni

There are dozens who tried and failed An beih dan chipchiar tak chu ngaihthahin North Pole hmuchhuak hmasa ber lam kan pan ang

Robert Edwin Peary hi kum 1856 khan Pennsylvania-ah a piang Engineering a zir a, chumi hnuah US Navy-ah a lut leh a Polor region-te chhui duhna nasa tak a nei a A hmaa explorer-te'n an hmachhawn tawh hlauhawm leh tlakchhiatna zawng zawng chu a hre vek a, mahse hmasawn zel chu a tum tlat a, a rilru chhungril takah chuan a thutlukna a\ angin a hnungtawlh dawn lo tih a hria a ni

Kan explorer, Peary-a chuan Arctic chungchâng te, a dinhmun te, leh a chhehvêl thil chipchiar tak takte chungchâng a theih ang ang zawng chhuah a tum a

Kum 1886 khan Greenland hmar lam a pan a, kum nga hnuah chuan a vawi hnihna atan a zin leh a, mipuite chu a zirchiang a, glacier te chu a paltlang a, Greenland hian hmar lam tuipui kam a nei tih a finfiah a, chu chuan khawvela thliarkar lian ber a nihna a nemnghet ta a ni Kum hnih hnuah Greenland-ah a kir leh a Kum 1898 khan kum li chung zet zin chhuahna a nei ta a ni

Tunah chuan Perry chuan hriat lohna hmuna kal turin a inpeih tawh niin a inhria Kum 1902 khan a zinkawng hlauhawm tak chu a zawh ta a, mahse thil awmdan tur ngaihtuah lawk loh avangin a kir leh a ngai ta a ni Kum 1905 khan a tum leh a, tun tumah chuan hmar lam ber latitude a thleng A tawpah chuan

kum 1908 khan steamer Roosevelt-ah a chuang ta a, a zin vawi riatna chu a tawpah hlawhtlinna lallukhum a khum ta a ni tin, a ṭhianté chu lawngah an chhuk a, ui sled an la a, Pole lam panin an kal ta a Hun hrang hrangah chuan a ṭhian ṭhenkhat chu camp siamin, a lo hawna tur atana hmanraw dahkhawmna tur leh an ṭanpuina tur thilte dahkhawm turin an hnufual ṭhin

Chhiahlawh dum pakhat leh Eskimo pali te nen a zinkawng chu a chhonzawm ta a, ni sawmli chhung atan ei tur tling tak a nei baw

Perry chuan station hnunung bera a kalsante chu a thlah a, pole lam pan chuan a kal a, April 6, 1909 khan a thleng a, a tawpah chuan khawvel chung berah a ding ta a ni

Peary-a'n North Pole a thlen hma hian American astronaut Frederick Cook-a chuan Shetland Islands aṭangin telegram a thawn a, kum khat kalta khan North Pole a thleng tih a sawi a, Amaherawhchu, scientist-te chuan Cook-a thusawi chu an chhui chian chuan, thu dik lo a nih thu leh North Pole a thleng lo tih an hmuchhuak a, Chuti chung pawh chuan, chu lai hmuna a thil hmuhchhuah ṭhenkhat chu an pawm ta a ni

Perry hian duhthlanna mak tak a nei a, a ke natna nasa tak karah pawh kea kal chhonzawm zel turin a inhnukdaw a, chu chu kum 1898-a a ke ruhte chu vur tlak vanga a hloh vang a ni a, chu chuan a ke ruhte chu a tan a ngai ta a, Mahse, he rualbanlohna hian a kal theih loh phah lo (a ṭhian rinawm leh hlu tak, Black mipa Matthew Henson nen) kilometer 1,400 (feet chung lamah chuan ice in extremely difficult conditions!) Greenland hmar lam tawp vel chu he bial map chipchiar tak siam turin What a feat of heroism!

**Perry hi thil tum tihlawhtling tura mi huaisen leh
tumruh ber pawla ngaih a la ni reng**

**Hemi chungchangah hian Imam Ali (Pathianin
lawm rawh se) chuan:**

**"Chuvangin taima leh taima, inbuatsaih leh inpeih
reng tur a ni a, in ei tur i tipung tur a ni".**

Remna awm rawh se

Alexander leh Yogi te inkarah

**Alexander-a India rama a beihnaa a zui emaw, a
zui emaw, Greek historian-te leh mi dangte'n uluk
taka an ziah chhuah thawnthu ngaihnawm tak tak a
awm a Dr McCrendle-a chuan heng thawnthute hi
hmân lai India ram êng chhuah nân a letling a
Alexander-a hneh loh chhan langsâr ber pakhat chu
Indian philosophy leh a hun huna a tawn ṭhin yoga mi
leh Pathian ngaihsak mite khawtlâng a ngaihvenna
thuk tak kha a ni desired to associate India hmar lama
Taxila a thlen chuan Greek indo mi chuan Diogenes-a
Greek sikul zirtir Onascritus-a chu a tir a, chutih laia
Taxila-a awm, Indian hermit master Dandamus chu
rawn hruai turin a tir a**

**Oniskertius-a chuan Dundamus-a hnenah chuan
ramngaw chhungril lama a inthupna hmun a hmuh
hnu chuan:**

**"Chibai leh remna, Aw Brahmin zirtirtu! Pathian
ropui Zeus fapa leh thilsiam zawng zawng hotu
Alexander-a chuan a hnena kal turin a ngen che I tih
chuan lawmman thahnemngai tak a pe ang che,
mahse i duh loh chuan i lu a tansak ang che".**

Yogi chuan he kohna tih tur hi muangchangin a pawm a, hnah atanga siam a khum atang chuan a lu chu a chawi sang lo hle a, a chhang a:

"Tin, kei pawh hi pathian Zeus fapa ka ni a, Alexander a nih chuan Alexander-a thil neih atang hian engmah ka dil lo, ka neihah hian ka lungawi si a, chutih lai chuan a mite nen tum nei lovin tui leh lei chungah an kal tih ka hmu a, a vakvai hi tawpna a awm ngai lo

"Kal la, Alexander-a hnenah kal la, Pathian chauh hi biakna leh chawimawina zawng zawng phu tawk hotu a ni tih hrilh rawh Amah chu êng, remna, nunna leh tui siamtu a nih avangin sual rapthlak tak thupek ngai lo lal chungnung ber a ni a, mihring taksa leh mihringte thlarau siamtu a nih avangin A hnenah chuan mihring zawng zawng chu thihnain a chhuah zalen hunah an lo kir leh thin a, chutiang chuan natna sualna hnuaiah an awm tawh lo ang

Mi fing chuan nuihzatthlak takin a thusawi chu a chhunzawm a:

"Alexander-a hi pathian a ni lo a ni, a chhan chu thihna a tem ngei ang Tin, engtin nge amah ang mi hi a chhungril universe lal̈thutthlenga a la ̈ẗhut loh lai hian, nung chungin khur chhungah a la lut lo a, leilung hmun zau tak chung a ni kalna kawng a hriat loh lai pawhin, chubakah, a ̈thenawm hnamte pawhin an la hre lo a nih pawhin, engtin nge awm theihna neitu a nih theih ang?!".. tiin a sawi.

He zilhna, (Khawvel Lalpa) beng beihna na ber anga ngaih a nih hnu hian mi thianghlim chuan nuihzatthlak takin heti hian a sawi belh leh a: "Tuna Alexander-a colony-te hi a duhâмна tihlawhtling turin

a tawk lo a nih chuan Ganges lui chu pel sela, a mite zawng zawng awm theihna ram zau tak a hmu ang” tiin.

"Alexander-a min pek leh thilpek a tiamte hi ka tan chuan hlutna a awm lo Ka ngaih pawimawh tak tak leh tangkai leh hlu ka tihte hi ka chenna ka siamna thingkung te, nitin eizawwna min petu pangpar chi te, leh ka tuihalna tirehtu tui te hi a ni Thil dang zawng zawng, uluk taka khawn khawmte chu an neitute tan phurrit a ni a, lungngaihna leh inchhir tih loh chu engmah nei lovin an awmtir a, a chanvo chu unenlightened people Kei erawh chu ramngaw hnah leh thlai karah thlamuang takin ka mu a, min tiharh thei tur engmah ka neih loh avangin ka muhil tha hle a, mut nuam leh muang tak ka hmang a, venghim leh fimkhur ngai thil ka neih chuan ka chawlh hahdamna a tibuai ang a, mut nuam tihna pawh min hloh ang Lei hian ka mamawh zawng zawng min pe a, nuin a pek ang bawkin infant with milk Ka duhna hmun apiangah ka vakvai a, min tibuai tur leh ka nun tichhe tur hian lungkhamna ka nei lo".

Alexander-a hian ka lu chu tan ta se, ka thlarau a tichhe thei lo vang Ka lu, thih hnua ngawi reng tur leh ka taksa, puan chhe ang maia lo chang tur chu an siamna leiah hian a awm reng ang

Kei erawh chu thlarau angin, chutah chuan Pathian hnenah ka chho ang, taksa min thuamtu leh he leiah hian min dahtu chu A hnena kan finfiah theih nan—heta kan awm lai hian—A duhzawng hnuaia kan intukluh ang a, A thu awih taka kan nung dawn em tih leh A hmaa kan din hunah chuan kan thiltihte chhiarna a phut ang Amah chu Roreltu fel tak, sual, sual leh bawhchhiatna zawng zawng thiam loh

**chantirtu a ni a, chutah chuan mi sualna zawng zawng
chu thiam loh chantirtu a ni tihduhdahte chu
tihduhdahtu tan hremna a lo ni ta a ni**

**Alexander-a hian he vau hi hausakna duhthusam
emaw, thihna hlau emaw te tihlau turin hmang rawh
se Alexander-a ralthuam chu yogi-te lakah a chak lo
hle a ni**

**Sum hi kan hmangaih lo va, thihna pawh kan hlau
lo va, Dundamus-a hian i neih engmah a mamawh lo
tih hrih la, chuvangin i hnenah a lo kal duh lo a ni
Mahse Dundamus i mamawh a nih chuan nangmah
ngeiin a hnenah lo kal rawh” Alexander-a chuan
Onesicritus-a leiah yogi-in a chhanna chu ngaihvenna
thuk takin a dawng a, Dundamus-a hmuh duhna a
pung chho zel a, ani chuan - a saruak leh tar tawh
chung pawhin - khawpui hnehtu leh a tlukpui aia ram
thununtu a hmu ta a ni**

's Diary: A chanchin ziakna

Paramhansa Yogananda ziah a ni

**Thlarau lam hriatna thenkhat
Zirtirtu fing Paramhansa Yogananda tan chuan
Pathianin duhthlanna zalenna min pe a, kan
chhungah hian chhia leh tha lo thliar hrang turin
chhia leh tha hriatna min dah a, thil \ha leh \ha lo
thliar hrang turin**

**Kan nihnaah thlarau lam thiltihtheihna a thawk
tih kan hriat hian hma kan sawn zel a, hma kan sawn
zel niin kan inhria a, chuvangin Pathian leh keimahni
kan inrintawkna chu a pung a, harsatnate chakna chu
a tlahniam a, chutiang chuan inrintawkna,**

**thlamuanna leh inthlauhna nen siam\hatna nen kan
hmachhawn thei a ni**

**Kan nihna dik tak chu thlarau a ni a, a bulpui ber
chu remna, thlamuanna, muanna leh muanna a ni
Heng thil malsawmnate hi kan chhungah an awm a,
kan thlarau nihnaah hian a tel ve a ni**

**Mite chuan thil phut tam tak rit tak hnuaia an
rilru hahna leh rilru lama harsatna an tawhte chu an
sawi fo thin a, mahse harsatna chi hrang hrangah
pawh kan inpek hi kan phal tur a ni lo va, kan
hmachhawn tur harsatna zawng zawng hmachhawn
turin Pathianin chakna tling min pe tih kan hre reng
tur a ni**

**Nun kawng in zawh lai hian Pathian chu in thinlungah
vawng tlat ang che**

**Chatuan finna ni chhuahna hmunah chuan i ke chu leiah
dah la, i lu chu hriat lohna chhum chungah dah rawh**

**Nun nuam kan tih theihna leh intihhlamna hrisel
tak takah kan tel theihna kan hloh chuan kan nih tur
aia nasain kan rilru a buai a, kan hlauthawng lehzual
a, boruak chu a thim leh thim angin lang mah se, ni a
lo chhuak leh ang a, kawng dik zawh mekte pawh an
lo thleng ang tih kan rinna hi kan vawng reng tur a ni,
eng ang pawhin hlat zawng leh kan tumna hmun chu
eng ang pawhin hla ni mah se**

**Inngaihtlawmnaah hian thlarau chakna dik tak te,
inpekna ropuizia te, hmangaihna thukzia te,
lungawina leh intulûkna ropuizia te a awm a ni**

**Duhthusam chak tak neitu chu Pathian nen an
inrem a, planet leh arsi te'n an nuihzatthlak an pek
hun chu a nghak lo va, a zinkawng chu meteor hliam
tuar ang maiin a chhunzawm zel a, Pathian arsi
kaihruaitu, ni ni leh dan leh thlarau Lalpa tih loh chu a
nghawng lo**

**Mi pakhat chuan hloh leh hlawhchhamnaah a awm
reng tur a ni lo va, eng ang pawhin hlawhchham
tumna awm mahse, eng ang pawhin a thinrim pawh ni
se, a beih nawn leh tur a ni**

**Aw ṭhian nihna, i sâng êm êm êm a, i leilung hi a
va ṭhain a thianghlim êm! Hmangaihna chu i chawmna
leh rinawmna i in tur a ni**

**He khawvelah hian mahni insiamthat leh kan
thlarau lam theihna chhui chhuah tumin kan lo kal a,
hlauhawm chhiar sen loh awmna tuipui thim takah
chuan kan pil lo**

**Kan awm hlimna thlum ber chu Pathian hmaah
kan him leh him nia inhriatna hi a ni**

**Hlawhchhamna hun hi hlawhtlinna chi tuh hun tha
ber leh remchang ber a ni Hlawhchhamna hi a bul
atanga tihbo a ngai a, nunna lote chu taima leh
tumruhna nen chin a ngai a, Pathian remruat chuan buh
seng tam tak seng tur chuan thatna chi nen tuh a ngai a ni**

**Mi tlemte chauhvin an dinhmun thlirletin hma an
sawn nge hnunglam an pan tih an rel thin Mihring
hriatna, finna leh hriatthiamna nena inpe kan nih
angin kan mawhphurhna lian ber chu kan finna leh
hriatnate chu kawng dik taka hman hi a ni**

**lo Tin, tumah tisa lam ngaihtuahnate hian Pathian
ngaihtuah leh ngaihtuahna, rawngbawlina leh thlarau
lam hna thawhna atana hun tul an hlan theih lohna
tur khawpin a tibulaitu an awm lo**

**Mi chu a ngaihtuahna, a rilru leh a hriatna zawng
zawng nen a nung tur a ni a, a chhehvela thil thleng
zawng zawngah a fimkhur a, a ngaihven a ngai a, chu
chu thlalak thiam tak, hmun nuam ber ber thlalak
mak ber berte lak theihna hun remchang ber nghaktu
ang maiin a ni**

**Mihring tin hian untapped potential kan nei vek
An mamawh chakna zawng zawng an nei Rilru ngei**

pawh hi thiltihtheihna sang ber a ni a, hmanlai, khap tlat thil tih dan leh ngaihdan atanga chhuah a ngai a ni

"Mahni" tih hriatna hian a thunun phawt chuan, chhawmdawlina tel lova mahni ke pahniha ding tur leh mahni chauha kan harsatna sutkian theihna tur chakna leh finna kan nei tawk nia ngaiin Pathian atanga inhlat duhna a awm tih i hre reng ang u

Pathian duhzawng hnuaia kan intukluh chuan Pathianin min tirhah hian hlimna kan hmu lo ang tih kan hlau a, hei hi rinna chak lo chhinchhiahna a ni Mahse a rei emaw a rei lo emaw chuan Pathian lam pan tura nawr kan ni ang Tin, mi tin hian an nunah he thutak hi an hmuchhuak ang, an la hmuchhuak lo a nih chuan

Inrintawkna famkim nen Pathian lam kan pan a ngai a, ṭawngkam awlsam ber - thinlung ṭawngkam hmangin chiang tak leh inpawh takin kan biak a ngai a, kan thinlung ti thlamuang tur leh lungngaihna leh thinrimna laka min chhuah zalen tur leh kan kawng daltu zawng zawng a\anga min chhuah zalen a, kan thlarau lam thiltum a\anga min hawisan tum turin Amah zawng tur leh Amah rinchhan turin min pui turin kan dil tur a ni

Khawvel leh a thangte tuartu nih phal suh I nun i thunun tur a ni a, i chhungril chakna i tiharh tur a ni a, i nun lawng chu lawng chawlhna him lamah i hruai tur a ni

Rilruin hriat lohna leivut a tihchhiat a, an thiltihtheihna phuartu hrui chu a tihchhiat chuan thil siam chhuah thiam leh nun nena inzawmna tha tak nei thei an ni ang

Miin amah aia chak zawk a beih loh chuan a chak lo ang Chutiang bawkin huaisenna leh thlarau chakna

nenah i harsatna i hmachhawn hian i chak zawk a, i chhel zawk bawk

Nun dinhmunte hi chak lo leh hmachhawn thei loah ngai suh, eng ang pawhin harsa emaw, khauh emaw pawh nise Pathianin nitin harsatna tinreng hneh turin chakna a pe che a ni tih hre reng ang che, i harsatnate chu eng ang pawhin nasa mah la, chu chu hmachhawn turin chakna i nei tling a ni Pathianin i hnenah a awm a, Amah i rin chhung leh nun indonaah mi huaissen huaissenna nen i chhel chhung chuan a thlawp tlat ang che tih hre reng ang che

Mihringte hian an dinhmun an sawifiah a, an kalna tur kawng an rel hun a thleng ta: buaina leh tihchhiatna lam emaw, thlarau leh khawvel hrehawm tawrhna leh chhiatna laka chhanchhuahna tura Abrahama sakhaw hrang hrangte'n an rawt khawvel pum huap thil tum sang zawk lam pan emaw Mihringin a chanvo a chan tur angin , leh thatna, hmangaihna, leh nungchang \ha tak takte thu bultein a kaihhruai a nih chuan, thim chuan a chawi sang ngei ang a, a ti thim chu a bo vek ang

I nihna chhungril takah thiltihtheihna ropui tak tak leh talent hlu tak tak muhil i nei a, chuti chung pawh chuan i hmang lo Set out towards the horizons of a refined life where there is achievement, joy, and peace

Miin he hna emaw, chu hna emaw chu a thawk thei lo tih min hrilh hian ka ring lo, a chhan chu a tum apiang chu a inbuatsaih chuan a ti thei a ni

Fiahna leh hrehawmna buh seng hmanga ka thlarau leilung i lo ching lai ka hmu a, i finna chi chu a khur chhungah i theh darh a, chu chi chu ka tui chhunzawm zel a, i khawngaihna niin a rawn eng chuan an lo thang lian a, an lo thang lian a, lungawina leh lungawina buh seng malsawm tak an phur a ni

**Silkworm chuan cocoon chhungah chuan thread a
rawn her kual a, chu cocoon atang chuan butterfly
anga a chhuah hmain, a siam silk tan inah chuan a thi
tawh tih a hmu fo thin Hei hi mihringte tan pawh a
hman theih An hriatthiamna thla a lo sei hmain, natna
a lo thlen a, chhuahna darkar a lo thlen hma loh
chuan hlauhna, lungkhamna leh hriat lohna thread te
chu an inzawm khawm thin a, leh chutiang chuan
tâwpna chu a lo thleng ta a ni**

**Mahni siam lung inah kan inkhung fo thin He
hrehawmna zawng zawng hi eng thilin nge thlen?
Mahni ngaihtuahna leh nun dan dik lo, kan ngaihtuah
hmain kan che thin avangin Thinrimna leh mahni
hmasialna ngaihtuahna ata kan chhuah a ngai a, kan
duhthusam sang zawk nena inmil lo leh thununna nei
lo nun atang pawhin Thlarau lam thil tum nei zawng
zawngte chuan an chakna chu a luang chhuak reng
tur a ni a, an thlarau chu ngaihtuahna tha tak tak,
beiseina tha tak nei te, leh hnathawh hlawk tak
hmanga tihchak zel tur a ni**

**Hlauh loh tih awmzia chu Pathian leh a venhimna
rinna neih a, a dikna te, a finna te, a khawngaihna te,
a hmangaihna te, leh hmun tina a awmna te rinna
neih a ni**

**Pathian pawnah venhimna leh himna a awm lo
Hriselna leh rilru thlamuanna kan duh chuan A lam
kan pan kim vek tur a ni**

**Mahni himna leh thlamuanna chauh ngaihtuah,
midang mamawh theihnghilh emaw ngaihsak lo emaw
te hian a takah chuan ni khat chu an chanvo tur
retheihna chu an court a ni**

**Thil \ha tihna atana hmang lovin an hausakna
vuan tlat \hinte chuan an thih hnu nunah hausakna an
thlen lo va; chu ai chuan rethei takin an piang a, mi
hausa duhzawng leh duhzawngte chuan an hruai a**

Mahse an tamna chu midangte hnena sem chhuaktute chuan an kalna apiangah hausakna leh tamna an hip thin

A phutute hnena duhsak taka i pek hian Pathian chu i hnenah a awm reng a, a kalsan ngai lovang che tih i hmu ang a, a tanpuina leh enkawlnain engmah i mamawh lovang Chuvangin Pathianah rinna nghat la, a tanpuina chu i hnenah a lo thleng ang a, a enkawlnain a hual vek ang che

Aw duh tak, Pathian thup, thian nihna thinlung atanga hmangaihna tuikhuah i ni a, rilru natna hnahte chu rinawmna leh hla thu ngaihtuahna nem tak roses thara hawngtu eng lum tak i ni

Mihring thuthar thehdarhtu leh dawngtu kan ni vek a: midangte ngaihtuahna chu i thinlung hmangin i dawng a, chu chu hriatna hmunpui a ni a, nangmah ngei pawhin i ngaihtuahna chu thlarau mit (mitmeng inkar hmaiah) hmangin i thawh chhuak a, chu chu ngaihtuahna leh duhna hmunpui a ni I antenna chu thluak chhungah a awm a, chu chu higher, intuitive awareness and perception center a ni

I in atanga hla takah i awm a, chutah chuan thil thleng hriat i duh ang u I hriatna a reh em em a, i rilru a reh em em a nih chuan in lamah i chhungte rilru leh ngaihtuahna chu i intuit thei ang

Thil ngaihtuah theihna ropui tak i neih chuan i ngaihtuahna chu khawi hmunah pawh a lut thei a, i hriatnate chu chakna pawimawh tak takin a charge ta a ni

Universe-a thil awm zawng zawng hi chakna emaw, vibration emaw atanga siam a ni Thusawi vibration hi ngaihtuahna vibration aiin a lan chhuahna emaw, a lantir nasat zawk emaw a ni Mihring zawng zawng ngaihtuahna chu ether kaltlangin a ripple thin Ngaihtuahna hian vibrational rank sang tak a neih

avangin, a la lang lo Vanneihthlak takin, mi zawng zawng ngaihtuahna hi kan hre lo!

Radio button i hmet emaw, i herh emaw hian (leh tunlai hian kawng dang hmangin) tune leh sound hrang hrang i hre thei a, radio wave-te'n i receiver-a an kalna ether layer chhunga inherent awareness awm lo se chuan broadcast sound zawng zawng chu vawi khatah i hre vek ang

Pathian chuan ether a siam a, mihring rilru chu he medium hmang hian vibrations thawh chhuah leh dawn dan tur ruahmanna siam turin a fuih a ni Radio wave te hian an thehdarh nan ether ah an inngnat a, transmission leh reception atan electric ah an inngnat bawh Heng vibrating radio wave te hi space kaltlangin resonant receiver eng pawh hnena thawh chhuah ngaihtuahna a ni

Hmangaih tak i hnaih hian an ngaihtuahna chu i hre thei a, mahse hla tak atanga mi ngaihtuahna chu i hre thei lo mai thei, hriatna lama hmasawanna sang tak i neih loh chuan Concentration leh meditation technique hmang fo thinte chuan thlamuanna thuk tak an tawng a, an ngaihtuahna chu he thil tih avang hian a thianghlim zawk a, chu chuan hla tak atang pawhin midang ngaihtuahna leh thil tum chu a hre thei ta a ni!.. .. .

Tlawhtu pakhat chuan heti hian a zawt a: "Mi thianghlimte finna hi Pathian hnen atanga khawngaihna bik dawn avanga lo awm a ni lo em ni?"

Zirtirtu #Paramhansa chuan heti hian a chhang a. "Ni lo Mi thenkhatin mi dangte aiin hriatna thianghlim an neih tlem zawk hi Pathianin mihringte hnena a khawngaihna luang chhuak chu a tikhawtlai emaw, a tikhawtlai emaw tihna a ni lo va, mi tam

zawkin a êng eng reng luang chhuak chu an tikhawlo a, an thlarauah a eng loh nan an veng tlat a ni."

Zirtirte zinga pakhat chuan, "Pathian nena awm dun turin tlângah ka kal dawn a ni" a ti a.

Zirtirtu Paramahansa chuan heti hian a chhang a.

"Hetiang a i tih chuan thlarau lamah hma i sawn dawn lo l rilru chu tunah hian thlarau lam thuk takin a ngaihtuah thei lo l ngaihtuahna chu mi leh khawvel nuam tihna hriatrengnaah a inkhung tam ber ang, lungpui kulh takah i inthiarfihlim a nih pawhin Nitin ngaihtuahna senga i nun hnathawh dik tak leh rinawm taka hlen chhuah chu kawng tha ber a ni

Thlarau lam thil a eng chhuak

He khawvela chengte thiltih hnuaiah hian tum inang leh tlangpui a awm em?

Kan zavaia hma la tura min nawr luihtu thil tul (shared necessity) a awm em?

Mihringte thil tum leh thil tumte thirletna awlsam tak chuan thiltum sangkhat leh pakhat a awm tih a hriat theih a, a then chu direct leh thenkhat chu indirect a ni a, mahse tum ber chu hlimna emaw hlimna emaw famkim neih hi a la ni reng a ni

Mihringte thil tum ber chu hrehawmna pumpelh leh duhna leh hlimna nghet tak neih hi a ni Natna chu a tawp thlenga tihbo a, duhna leh hlimna nghet tak kan neih theih leh theih loh chu thil dang a ni Mahse thil tak tak chuan hrehawmna leh hrehawmna pumpelh a, hlimna emaw hlimna emaw kan neih theih nan taima tak leh nghet takin kan bei tih a tilang a ni

Engvangin nge mi pakhat hian kut hnathawhna lama tan tirh angin hna a thawh?

A chhan chu hnathawhna hmun pakhata mithiam nih a duh vang a ni

Engvangin nge chu hna chu a thawh a ngaih?

Chu chuan sum a hlawh chhuah theih avangin?

Tin, engvangin nge sum a hlawh ang?

A chhan chu a hlawh chhuakin a mimal leh chhungkaw mamawh a phuhruk thei dawn a ni

Tin, engvangin nge chûng mamawh chu tihhlawhtlin a nih ang?

A chhan chu hetiang chhui chianna hian hrehawmna tihbo leh hlimna a thlen theih nan a pui a ni

Chuvangin, mamawh tihhlawhtlin te, taksa emaw rilru lam emaw pawh ni se, eng ang pawhin tlem emaw, nasa emaw pawh ni se, tihbo leh hlimna neih hi kan thil tum ber a ni tih kan hmu a ni

Hlimna kan neih chhan hi zawh belh a ngai tawh lo, a chhan chu a chhanna a awm lo va, chu chu kan tum ber a ni

Chuvângin, kan hnathawh emaw, kan thil tum emaw chu eng ang pawh ni se—sumdawnna bul ãan te, sum lakluh te, ãhian nihna zawn te, lehkhabu ziah te, hriatna neih te, lalram enkawl te, mi maktaduai tam tak thawh te, ramte hmuhchhuah te, hmingthan duhna te, mi harsate ãanpui te, a nih loh leh mihringte ãhatna hmangaihtu nih duhna te—kan thiltum dik tak chu kan zir chian a, chu chu kan rilruah kan vawn tlat chuan, Pathian zawn chu thil awmze nei leh tak tak a lo ni ta a ni, a chhan chu Pathian a ni chu hlimna kan neih tum leh kan thlarauin a duh em em chu a ni

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Mi pakhatin a hmai chu hmai tuamna hmanga khuh ta se, mihring a awm tih i la hre thei tho ang Chutiang bawkin, thilsiam chu puanzar lian tak ang mai a ni a, Pathian awmnain a khuh Pathian chu thilsiam puan leh hmai tuamna hnuaiah a awm a, mahse mihringte chuan mitmeng rei lo te, a chunglam

**atanga thlir chuan thilsiam puan in hnung lama
inthup thilsiam awmna chu an hre thei lo**

Pathian tanpuina tel lo chuan mihring hi a hlawhchham
ngei ang, a chhan chu nunna indonaa hnehna chang thei tur
chakna leh finna chu a tawp chin nei lo atanga lo chhuak a ni

**Ngawi renga, ngawi renga, ngaihven taka
ngaihtuahna ka thut hian ka nihna chhungah hlimna
khur ka nei a, Pathianin, "Hetah hian ka awm e" tia a
sawi ri ka hre bawk.**

**Pathianin min pek rilru hi vanram kawtthler a ni:
a ram pawn lam kawngkhar a ni a, mahse miten an
hman tur angin an hmang lo**

**Kan rilru hmanga Pathian zawn nan Lei kan
chhuahsan hma chu nghah a ngai lo; hun chu tunah a
ni a, hmun chu hetah hian a awm He Leiah hian nunna
thuruk leh awm dan thuruk zawng tura an rilru hmang
lote chuan hmun dangah an hmu ngai lovang**

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**Mihring tin hi Pathian thiltihtheihna tawp nei lo
lantir tu kan ni a, chu thiltihtheihna lam hawi eng
emaw zat chu an thil tihhlawhtlin apiangah an lantir a
ngai a ni**

Pathian, awm chhan hmasa ber emaw, awm chhan
hmasa ber emaw ni bawk nen hriatthiamna nei taka inbiak
tumte hi nun thuruk chinfel hnaih ber an ni

**Thil siam i duh hunah chuan pawn lam atanga lo
chhuak chauh ring suh la, nangmah chhungril takah
lut hmasa la, a tawp nei lo chu zawng rawh
Hlawhtlinna atana hmanraw tangkai zawng zawng,
mihring tana tangkai tur thil siam chhuah zawng
zawng, musical vibrations thianghlim tak tak, leh
thuziak thianghlimte chu Pathian archives-ah record
vek a ni**

Pathian ngaihsak lote chuan anmahni nunna kawng an
tikehsawm a

**Mihring duhzawng hi chakna siamtu lian tak a ni
a, duhthlanna leh chakna dik tak hmuh duhna
hmangin mi pakhat chu chhungril chakna sem
chhuaktu tawp nei lo nen rang takin a inzawm thei a
ni**

**Nitin hna thawk duh lote chuan chakna
tlakchhamna an nei a, thahnemngaihna leh
thahnemngaihna nena thawktu taima chuan a taksa
leh rilru chu cosmic current hmangin a charge thung**

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**Thil tum ropui tak tak tum chu mi mawhphurhna a
ni Thil tenawm leh tangkai lo tak takte ngaihtuah chu
rilru chakna hmanralna awmze nei lo a ni**

**Thlai chu rilru huan a\angin pawt chhuakin
Pathian hmangaihna pangpar hmanga chei a ngai a,
chutiang chuan mawina hmangaihtu Pathian mawi tak
chu a hip thei ang**

**garden to remain flourishing in the soil of wisdom,
you must simplify life and remove complications Rilru
ngaihtuahna fim tak leh ngaihtuahna tibuai lo tak
nena engkim tihhlawhtlin hian i thiltih te chu i thirlet
thei a, thil pawimawh leh pawimawh tak tak i thlang
thei a, a chunglam leh a tul lo chu paih chhuakin hna
pakhat i tih zawh chuan i rilru chu chuta tang chuan i
la chhuak thei a, chu chu thil siam chhuah duhna
dangte zawm nan i hmang thei a ni**

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**Mite chuan thil an tih lai hian thil dang an
ngaihtuah fo thin a, an thil tih laia an rilru dah luh
dan tur dik tak an hre lo**

**Kan rilru chakna zawng zawng nen thil pakhat
khat ngaihtuah kan zir tur a ni Kan ngaihtuahna
zawng zawng chu chu thil pakhat chauh chu a ni tur a
ni**

**Mi chu ngaihsak lo, thahnemngaihna leh rilru
natna nei lo a ni tur a ni lo Thil tih chu rilru hah tak
leh fimkhur lo taka tih hian chakna a hloh a, chu
chuan hlawhchhamna leh hlim lohna a thlen a ni Mi
pakhat chu mahni insiamthatna rilru lam machine mai
mai a ni tur a ni lo Instinct hmanga thil ti rannung ang
maiin**

**Mi pakhatin a rilru a tiharh loh a, a rilru chakna a
tihchak loh hi thil tihsual lian tak a ni Pathianin heng
thiltihtheihnate hi min pe a, fing taka hmang tur leh
kan thil tih zawng zawng hi a taka kan hriat chian
theih nan min duh a ni**

**Thil eng pawh kan tih hmain ngun takin kan
ngaihtuah hmasa tur a ni a, kan rilru chu min tipung
thei tur leh Siamtu Engkimtitheia nena kan
inpumkhatna pawimawh tak kan neih theih nan kan
hmang tur a ni Kan tih apiang hi ngaihtuahna dik leh
ruahmanna fing takah a innghat tur a ni**

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**Sakawr khalh tawlailir khalhtuin a khalh a, a
khalhtuin a khalh a, chu chu tehkhin thu a awm a He
tehkhin thu hian hriatna sakawrte'n an hruai taksa
tawlailir chhunga thlarau chuang chu a entir a ni
Ngaihtuahna chuan kawrfual a chelh a, duhthlanna
hriatna chuan a kaihruai Tawlailir neitu chu a
pawimawh ber a, chu chu sakawr khalhtu leh sakawr
thununna atana mamawh reins te chuan a zui a,
chutah chuan sakawrte ngeiin an hruai a, a tawpah
chuan carriage Chutiang bawkin thlarau chu a
pawimawh ber a, chu chu duhthlanna hriatnain a zui
a, chutah chuan ngaihtuahnain a thunun a, chutah
chuan sakawrte chu a thunun a, a tawpah chuan
taksa chu a thunun a ni**

**Nunnaah taksa chak lo tak hruaitu khawvel rilru
chuan a taksa insiamremna tichak a, a hriatnate**

**tihthianghlim ai chuan a rilru put hmang chu a tlan
chak tir a, mahni inthununna hmangin a pianpui
hriatthiamna nen a thlarau lam thiltum, heng zawng
zawng awmna lam hawia kaihruai a ni**

**Hriselna kawng hrual leh hling hring dup a zawh
lai chuan a nunna tawlailir chu a tichhia a, a bo ta a ni**

**Mahni inhriatthiamna zawngtu chuan nun tum
pawimawh ber chu thlarau chhungril tak takah
thlarau lam hlimna thup tak tak zawn hi a ni tih a hre
chiang hle a, chutih rual chuan a rilru emaw rilru lam
thiltihtheihna thup te tihhmasawn leh a hriatnate
tihthianghlim a zir a, chu chu a tum duh lam pana
hmasawanna kawng zawh chhonzawm zel tur a ni a,
taksa leh rilru natna kawnga tlu lo turin a bei bawk**

**Phên dangin sawi ila, zirtîr chuan kawng
tinrêngah leh level tinah thlarau lama ðhanlenna a
neih theih dân dik tak chu a hrethiam a ni**

**Khawvel mi rilru dik lo (delusional worldly person)
chungchang erawh chuan a ngaihtuah ber chu a taksa
duhzawng tihhlawhtlin leh a duhzawng tihlim a ni a, a
rilru leh thlarau lam thiltihtheihna tihhmasawn tura a
mawhphurhna chu ngaihthah a ni**

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**Nervous disorders hi enkawl theih a ni Heng
natna vei te hian an dinhmun hi an zirchiang a, zawi
zawiin an tichhe mektu rilru tichhe thei leh
ngaihtuahna tha lote chu an paih bo a ngai a ni**

**Mimal harsatnate Objective analysis leh dinhmun
leh dinhmun zawng zawnga rilru hahdamna vawn
reng hi chronic nervous conditions tihdamna kawng
pawimawh tak a ni Nervousness vei te hian an
dinhmun an hriatthiam a ngai a, ngaihtuahna tha lo
ngaihtuah reng hi an inthlauhna leh nun an tuar theih
lohna bulpui ber a ni tih an hriat a ngai a ni**

**Taksa muang leh hahdam tak chuan nerve a ti
thlamuang a, rilru lam thlamuanna a thlen baw**

- .

**Note: Hemi kawngah hian specialist te i zawt tur a
ni lo tihna a ni lo va, chuvangin he sawifiahna hi a ni**

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**Hun leh hmun hrang hrangah mihring hian,
ngaihtuahna hmangin, nun leh thlarau chungchangah
ngaihdan tam tak a nei a**

**Entirnan, hnam hmasa zinga mi pakhatin lu na a
neih chuan a chhungte chuan a thlarau chu a taksa
atangin a tlanchhuak tawh niin an ngai a, chuvangin
dawithiam doctor chu thlarau chu a hnena pe let turin
an ko thin Doctor chuan thlarau zawngin ramngaw-ah
a kal a, chu chu a hmu a, bawm chhungah a rawn
hruai kir leh a, damlo lu-ah a dah leh a, chu chu rinna
awmsa angin a bo ta a ni**

**Hnam dang pakhatah chuan damlo "sneezing" chu
a taksaah hook (curved irons with sharp points) dahin
an ti thin a, chutiang chuan a thlarau chu a thawk
chhuah laiin a tlanchhuak lo va, hook chuan a man ta
zawk a ni!**

**Mi thenkhatin ngaihtuahna hman dan dik lo
avanga mihring rilru chungchangah thutlukna dik lo
an siam ang bawkin, thenkhat erawh chuan - hriatna
tak tak hmangin - hriatthiamna danglam zawk, hausa
zawk leh dik zawk an thleng ta a ni**

**Thlarau chu thawk nen a inang lo tih kan hria a, a
chhan chu thawk lova coma-a rei tak awm tawh mi
thenkhat an awm a, chutiang chuan thlarau chu
thawk lamah a inkhung hran theih lohzia a finfiah a ni
Thlarau chu thawk aiin a sang zawk a, taksa dinhmun
dang zawng aiin a sang zawk baw**

Miin thlarau a nih a ring emaw ring lo emaw pawh ni se, khawvêl dân chuan a thlarau mizia lantîr tûrin a la phûr reng a ni

Mihring hnathawh leh nun dinhmun eng pawh ni se, an finna chu thil siam chhuah leh rah chhuah neia an hman apiangin an hriatna chu a lo thang lian a, a zau zel bawh Every constructive action contributes to human development and broaden one's understanding

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Lehkhabu chhiar hi ka ngaina hle a, mahse thil dang hmachhawn tura koh ka nih hmain pheh hnih chauh ka chhiar thei a, chuvang chuan lehkhah chhiar chu ngaihtuahna hmangin ka thlak ta a ni

Ka thlarau thuk tak ka luhchilh lai hian êng eng tak tak a lo lang a, hlimna nasa ber chu a lo chhuak a, chu chu nitin min zuitu hlimna Hei hi ka nunah ka tawn tawh a ni a, thlarau thusawi leh thinlung duhthusamin Lalpa malsawm tak nena inbiakpawhna neitu zawng zawngte tawn chu a ni

Hun hi a hlu lutuk a, a khawhral mai mai tur khawpin Pathianin inthlauhna nei turin min duh a Tupawh an nun inthlauhna nei lo tura phal apiang chu khawvel danin a hrem ang

I nun awlsam a, nitin exercise i tih a, lehkhahu hlu leh hlawk tak tak i chhiar a, nitin Pathian ngaihtuahna i tih dan i neih chuan i hriatnate chu hlimnain a rawn thawh chhuak ang a, i thisenah hian tui lian tak tak (vital currents) a luang chhuak ang a, i taksa cell-te chu i la tawn ngai loh êng leh chaknain a khat ang I chhunga thlarau a\angin i duhthusam hriatna zawng zawng chu i dawng vek ang

Hetiang hi ka nun hi a ni reng a Kum sawmhnih chhungin lehkhahu sawmhnih ka chhiar lo ka chhuang

**lo a, ngaihtuahna hmanga Pathian thlarau lam hriatna
ka neih theih loh chuan ka hre lo tak zet ang**

**Lehkhabu ka en hian a chhunga thil awmte chu
Pathianin min hriattir tawh tih ka hmu chhuak thin**

**Ngaihtuahna leh thutak ropui zawng zawng hi
Pathian Engkim hretu a\anga lo chhuak a ni a, Amah i
ngaihtuah chuan a finna chu direct-in i dawng ang**

**Chuvangin, lehkhabu \ha chhiar hi thil rah chhuah
nei lo thila hun khawhral ai chuan a \ha zawk a, chhiar
ai pawha \ha zawk chu ngaihtuahna leh thutak
famkim, chu chu Pathian a ni tih hriatna din hi a ni**

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**Mi tam tak, chhiar reng mahse thil hlu tak tak pe
thei lo an awm Lehkhabu chhiar dan tha ber chu a
chhunga thu awmte ngaihtuah a, nangmah ngei
pawhin i nunah engtin nge a hman theih ang tih en hi
a ni**

**I chhiar zawng zawng mitdel anga pawm loh nan
hriatthiamna hman a pawimawh bawh I chhiar hian i
rilru leh i rilru a ti hlim tur a ni Chhiar tlak tak tak ni
tur chuan lehkhabu hian i ngaihtuahna a tichak tur a
ni a, chutah chuan i rilru a lo thang lian a, a zau zel
tih i hre ang**

**Chhiar lo leh ngaihtuah lo, mahse tum leh awmze
nei lo nun chunglam nun hmangtute chuan
hriatthiamna thuk tak an nei lo va, hriatna engemaw
zat an nei lo**

**Inremna chuan kan ngaihtuahna tichaktu leh kan
rilruah infuih tharna sang zawk êng hmanga eng
Pathian thiltihtheihna nena inmil leh inmil takin min
siam a ni**

**Meditation hi mahni sang zawk thlen theihna
kawng a ni**

**Mihringte hian lehkha kan chhiar loh chuan kan
tisual thin a, mahse chhiar ai pawhin ngaihtuahna hi a
tha zawk {For a people who contemplate}.**

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**Nun kawng tinrenga inthlauhna hi a pawimawh
Chhiar tur \angkai tak takte chu awlsam taka hmuh
theiha dah a, hun awl neih laiin chhiar thiam a \ha
Chûng thil pawimawh berte chu thlarau lam lehkhabu
a ni a, a dawttuah hian scientific work ðhenkhat,
history, philosophy, literature serious tak tak, mi
ropui tak takte chanchin, zinkawng chanchin, leh thil
dang eng pawh, mi rilru tizau thei leh infuih tharna
thuk tak pe thei thil eng pawh a awm a ni**

**Lehkhabu chu ðhian rinawm tak a ni thei a, i thlan
chhuah chu quality sang tak a nih chuan hlawkna tam
zawk i hmu ang**

**A tir lamah chuan thlarau lam zirtirna leh
ngaihtuahna ropui tak takte ngaihtuahnate chu
hriatthiam harsa tak angin a lang thei a, mahse hun
engemaw chen hnuah chuan an thuziakte chu i
ngaihtuah let leh ang a, an ngaihtuahnate nen i
inhmang ang I thil hlu tak i hlawh chhuak niin i inhria
ang, a chhan chu chu mi fing zawng zawngte chuan an
finna leh hriatna chu Pathian finna ro hlu tawp chin
nei lo a\angin an la chhuak a ni—chu chu i dam
chhung zawnga i rilruah a lo thleng ngai lo mai thei**

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**Pangpar leh roses te hi a mawiin a nung hle a,
mahse an hnungah chuan teh theih loh khawpa mawi
leh ropui zawk huan a awm a, He huan hi a tir lamah
chuan langtlang tak leh hriat harsa tak ni mah se,
thlarau lam mit kawngkhar atanga thlarau lam
dimension i luhchilh theih chuan chu ethereal realm
chu i chhui chhuak thei ang a, a thilmakte chu i hlim
thei ang**

Chu ram nê̄m takah chuan mizia mawi tak tak leh ngaihtuahna nê̄m tak, nalh tak takte chu lei pangpar emaw, rose emaw zawng zawng aiin a thlum zawk leh a rimtui zawkna hmunah chuan ka awm a Chutah chuan ka rilru buhfai chuan Pathian awmna tuikhuah chu a in chhunzawm zel a ni

khawvel thup takah chuan kan nun tam zawk hian , kan thlarau lam miziate hian sawifiahna leh suangtuahna aia Pathian thlumzia kan hriat theihna kawngkhar anga thawktu chi bik a nei tih kan hmu chhuak a ni

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Heng thute hi hretu emaw chhiartu emaw chuan thudik ka sawi tih an hria

Pathianin thiltihtheihna min pek zawng zawng hi ka pholang vek dawn a nih chuan Pathian hmangaihna avang ni lovin, thilmak avang zawkin miten min rawn pan zawk ang Mahse hetiang zirtirna langsar tak hi ka duh lo Thiltihtheihna ni lovin, Pathian hmangaihnain hip ni se, chu chu ka nunah ka thil tum a ni

Pathian hi hre lo ila chuan hetiang hian ka tawng lo ang Tin, mi zawng zawngin an duh chuan Amah hi an hre thei a ni

Mite chu an rilru put hmang hipna hmanga hneh ka tum lo va, an rilruah thu sawiin an logic leh discernment ka address zawk thin Rinna mitdel hi a tangkai lo Mi pakhat chuan Pathianin a pek hriatthiamna faculties te chu a activate a ngai a, thilte chu face value-ah pawm lovin, a thlarau lam orientation leh practices hnuaia awm chhan, a nghawng leh logic te chu a hrethiam zawk tur a ni

Kawng sangkhat nei ila chuan Pathian chungchang leh Amah lam hawi a, amah hriat chian a pawimawh zia zawng zawng chu ka sawipui vek ang

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Pathian chuan mihring chu lungngai, lungngai, thlamuang, mitmeng hrual turin a ngen lo Hei hi Pathian hriatthiamna dik a ni lo va, A duhsakna dawn theihna kawng dik pawh a ni lo Miin thlamuanna a tawn tam poh leh Pathian awmna a hriat theih poh leh Mi hlimna a san poh leh Pathian nena inremna a lo awm chho zel Pathian hretute chu an hlim a ni, a chhan chu Pathian chu hlimna nasa ber bul a nih vang a ni

Mite chuan zu, sex leh sum leh paiah hlimna hmuh an tum a, mahse history phek chu an beiseina chhe tawh tak tak leh an mumang tihhlawhtlin loh chanchinin a khat a ni

Pathian kaihhruaina leh finna chu thlarau lam hlimnaah a awm a ni

Miin Pathian nena inrem taka a awm chuan tum loh takin tihsual a nei a nih pawhin a tihsual siamthat dan tur a hre mai ang a, ngaihdan dik lo a sawi chhuah chuan Pathianin a zirtir a hmangaihna avangin a siam tha ang a, a siam tha ang

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Thlarau lam hriatna leh natural sciences inkara inthlauhna siam a ngai He inthlauhna tel lo chuan mimal leh hnamte chu hrehawmna leh boralna karah an tlu ang Tunlai khawvel hruaitute hi thlarau lama êng leh thawh ho ni ta se, kum tlemte chhungin lei ata indona leh retheihna hi an tiboral thei a ni

Thlarau lam hriatna tih awmzia chu miin a chhungril leh thil nung dang zawng zawnga Pathian awmna a hriatna a ni

Chu hriatna ringawt chuan khawvel a chhandam thei a, chu mi tel lo chuan remna beiseina ka hmu lo Mihringte hi amah atanga tan ila, hun hi hmanral theih loh khawpa hlu a ni si a

**Duty hian Pathian Ram Leiahrawn thlen turin kan
chanvo kan hlen chhuah a ngai a ni**

**Mi tam tak chuan Pathian zawn an hreh a, nun
chu a thim leh lungngai lo, mawina leh hlimna nei lo a
lo ni ang tih hlauvin Mahse a kalh zawng chu a dik!
Pathian hre tak takte'n Amah nena inremna famkima
an hmuh hlimna thianghlim chu sawi phak bak a ni**

**Chhun leh zan thlarau lama hlimna dinhmunah ka
ding a ni Chu lawmna chu Pathian a ni a, Amah hriat
chu lungngaihna zawng zawng khuh vek a, inchhir
lohvin phum tihna a ni**

*** * ***

**Heta hun eng emaw chen a awm chhung hian
mihring hian he thil hmuhdawm hi a ngai pawimawh
hle a Mahse, chu chu a inhmang lutuk tur a ni lo va, a
thil thleng tawp nei loteah chuan a inhnawmawh
lutuk tur a ni lo, a inhmang lutuk chuan Pathian lakah
a inhlathawn a ni, ani hian kawng engkimah leh
kawng engkimah, min ngaihsakna nasa tak leh min
hmangaihna nasa tak a\angin Amah min hip turin a
bei reng a ni**

**Kan hmuh duh thilmak zawng zawng chu kan
hmaah a dah vek a: thil lo thang lian mak tak takte
leh thilsiam inrelbawlna dik tak tawp chin nei lo**

**Pangpar leh roses hnung lamah a awm a, thinlung
taka zawngtu chuan a hmu ngei ang**

**Natural scientist-te chuan an thil hmuhchhuahte
chu mitdel tawngtaina hmangin an thleng lo va,
empirical science dan zawmin an thleng zawk a ni
Chutiang bawkin, thlarau lam science dante thinlung
tak tak leh thahnemngai taka hmangtu apiangin an
kiangah Pathian chu a hmu nghal mai ang**

**Mihringin a thlarau lam mit a meng a, Pathian
hmuh tur chuan duhsakna nasa tak leh nghet tak leh**

**Pathian dante fimkhur taka zawm a ngai tih a hriat
chian a hun tawh hle**

*** * ***

**Pathian chuan ngawi rengin kan thinlung
kawngkhar a kik a, A hnenah min ko kir leh a, mahse
mi tam zawk chuan kir leh duh lo mah se, an mit
hmuhah khawvel a thim a , harsatnaah an
inhnamhnawih emaw, natnain an tlu emaw chuan A
hnenah tawngtai leh A tanpuina zawng turin an
hmanhmawh thin**

**Hlimna leh hausakna hun laia Pathian nena
inremna leh inremna inzawmna tichaktute chuan
Pathian chu an mamawh hunah an kiangah an hmu
ang Mahse, he inlaichinna tihhmasawn tura hun sawn
tute chuan an harsatnate hmachhawn tur leh an
fiahnate chu anmahni chauhva hmachhawn turin an
inhuam a, chu chu—finna leh intulût famkim nêna—an
chatuan thian lam hawi a, A khawngaihna kawngkhar
an kik theih hma loh chuan**

**Mihring tam tak zingah hian mi tlemte chauhvin
Pathian an zawng tak tak a, kum za hnih kalta khan
he lei hi an ta nia ngaitute chu khawiah nge an awm?
An bo vek tawh a, tlemte chauh pawh a ni mai thei,
Pathian lam hawi a, mahni inhriat chian tawhte chuan
nun tak tak chu an hrethiam tak zet a ni Mahse, thlah
kal zel apiangin he nun hi a tak takah an ngai a ni!**

*** * ***

**Mihring dang kan hnena an awm hma khan tu nge
kan bula awm? Pathian Tin, he lei hi kan chhuahsan
hunah tu nge kan hnenah awm ang? Pathian leh mi
dang ni lo Mahse chutih hunah chuan Amah hriat a
harsa dawn a, tunah hian Amah hriat kan tum loh
chuan Pathian chu thinlung tak tak leh thuk taka i
zawn chuan I hmu ang a, i hnenah a awm reng tih i
rinna chu a chak zawk ang Lungkhamna leh**

suangtuahnate chuan a kalsan ang che a, bum i ni leh tawh ngai lo vang

Thil awm zawng zawng hi Pathian laka mihringte hruai bo tura thlemna a ni Mahse Pathian chu lei thlemna zawng zawng aiin a hip zawk daih Amah hi i hmu thei ang a, he thudik hi i hrechhuak ang a, tawngtaina, thlarau lam ngaihtuahna leh thutlukna nghet tak hmangin i hmu thei ang

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Pathianin a hmangaih ber biak in chu a hnungzuitute tan thlamuanna leh chhungril thlamuanna biak in a ni a, chutah chuan ngaihtuahna leh inbiakna nei turin an lut a, khawvel leh a ngaihtuahna tawp nei lote chu kalsanin an lut a ni

Mihringte kalkhawmna inthlak danglam reng hian kan mit a tidel tur a ni lo Hun kalna kawngkhar chuan a zinkawng a chhunzawm zel a, a tawpah chuan thil ropui zawka tel ve i ni tih i hrechhuak ang Mi pakhatin a chhungah mawina leh thlarau lam remna biak in a din hunah chuan Pathian awmna chu an hre thei ang a, A hnaihzia an hre thei ang Chutiang a nih loh chuan khawvel thil lemte chu a tam hle ang, a awm reng a, a awm reng bawk ang lungkhamnain kan thinlung a luah khat thin

Kan vai hian he lei a\ang hian a hma emaw a hnu emaw chuan lak chhuah kan ni ang a, chuvangin tunah chuan nun tum hi kan hrethiam tur a ni He khawvela mihringte thil tawn tum bulpui ber chu nun awmzia zawng tura min fuih hi a ni Pathian hriat hi i tum ber ni rawh se, uluk tak leh thinlung taka nun thuruk zawn hian harsatna tam tak a chhanhim ang che a, hlahna chi hrang hrang lakah a chhanchhuak ang che tih hria ang che

Thihna emaw, hlawhchhamna emaw, buaina emaw, lungngaihna emaw hlahna chuan mi pakhatah

hlauhna nasa tak a tiharh Miin amah leh a chhungte
leh a thiante tanpui theih loh a nih chuan,
beidawnnain a hneh a, khawvel hi a thim ang maiin a
lang Mahse, chutiang dinhmun thleng tur erawh a
ngai lo An dam chhung zawnga Pathian an ngaihtuah
a, Amah nena inzawmna an neih reng chuan harsatna
leh ni harsa tak karah pawh Amah chu hnai takin an
hmu ang

* * *

Mi tam zawkin mi an hmuhdawm loh an hmuh
chuan anmahni an inenfiah tur a ni There might be
certain personality traits that are off-putting An
thusawi tam lutuk, midang thila inrawlh duhna nei,
emaw, midangte hnena an chung a thil dik lo awm leh
an nun an hman dan tur hrilh duhna te pawh a awm
thei a, mahni insiamthatna tur rawtna engmah pawm
lovin Hengte hi rilru lam mizia entir tlemte chauh an
ni a, chu chuan min ti hip thei
lo.. ..
.. .. mi dangte chu

Pathian rin leh Pathian rinna neih hi thil chi hrang
hrang pahni a ni Rinna hi kan tawn a, kan nunpui loh
chuan a hlu lo Rinna chu tawnhriatah a inthlak chu
rinna a lo ni ta a, rinna nghet lo chu thutak rinna
intuitive leh nghing thei lo a nih avangin hnial emaw,
dodal emaw theih a ni lo Thiltihtheihna ropui tak a ni
a, a rah chhuah chu a rang thei ang bera mak tak a ni
Rinna hian chiang takin hna a thawk a, hmun a
hnutchhiah lo dik lo

* * *

Mihring mitthlaah chuan an nun chanchin zawng
zawng hi a awm a, a chhiar thiamte lakah thup theih a
ni lo Thlarau mit leh khawvel mit bum hmang, fing mit
leh duhthusam mit a awm a, mi thil tih zawng zawng
hi an mitmengah ziah luh vek a ni a, chuta ka thil

**hmuhte chu ka chhui Chiang a nih chuan miten ka
hriatna hian mak an ti hle ang**

**Rilru tibawlhhlawhtu leh thlarau tichhe thei thiltih
kan pumpelh tur a ni Thiltih dik lo chuan mi hmel leh
miziaah a lang chhuak thin rilru natna tha lo emaw,
thil tha lo emaw a siam a, chu ai chuan kan duhzawng
mizia tha chawmtu thiltih leh ngaihtuahna te hi kan
inhmang tur a ni Heng thutak ngaihtuahtute hian an
nun chu mak tak maiin a mawi hle tih an hmu ang**

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**Ṭhian dik takte chuan min hrethiam lo fo ṭhin
Ṭhian nen hian hriatthiam loh lohvin Chiang takin thu i
sawi thei a, mahse ṭhian nihna chu pakhat aṭanga
pakhat hnena hint emaw demand emaw a awm
chhung chuan a lo thang lian thei lo va , a lo thanglian
thei lo**

**Ṭhian nihna hi zalenna leh thlarau intluktlanna
lungphumah chauh din theih a ni Chuvangin, ṭhiantē
inkara inpawhna chu he thu bul leh he thudik êngah
hian a innghat tur a ni Mi i tihduhdah chuan an ṭhian
nihna thlum chu i tawng ngai lo vang**

**Ṭhian tel lova nun kawng zawh tam tak an awm
Ka ngaihtuah thiam loh engtin nge an chhunzawm
theih ang!**

**Ṭhian dik tak chuan min hrethiam lo fo va, an
hrethiam lo a nih chuan hun rei lote chung chauh a
ni Miin i rinna leh rinawmna a phatsan a nih chuan,
engmah thleng lo ang maiin i hmangaihna leh
hriatthiamna pe chhunzawm zel la, a let lehna tur
rinna leh rinawmna dawng duh ang bawkin**

**Mahse chu mi chuan nangmah hmusit leh huatna
nen a che chhunzawm zel a, a chungah ṭhian nihna
kut phar chu a beng chhunzawm zel a nih chuan rei lo
te chung chu i kut chu hnukkir a tha zawk**

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**Mi tin hi he lei a\ang hian a hma emaw a hnu
emaw chuan lak chhuah kan ni ang a, chuvangin tuna
kan nun tum hi kan hriat chian a ngai a ni**

**Heta mihring tawnhriat tum ber chu nun awmzia
leh thiltum zawng tura fuih leh fuih hi a ni He mihring
zinkawng hi ngaih pawimawh vak tur a ni lo Hun kal
zelna kawng a zawh zel chuan a tawpah chuan awmna
lian zawka tel kan ni tih kan hrechhuak ang a,
chuvangin Pathian hriatna hi kan tum ber atan kan
siam a ngai a ni**

**Thihna, hlawhchhamna, buaina emaw,
lungngaihna hrehawm tak emaw hlauhna chuan mi
pakhatah hlauhna nasa tak a tiharh a ni**

**Miin amah leh amah a tanpui theih loh lai te, leh a
chhungten tanpuina an pek theih loh lai te hian an
rilru dinhmun hi entawntlak a ni lo Mahse Pathian
chuan amah ringtu leh a tanpui theihna a ring tlattute
chu a kalsan lovang**

**Mihring tumah kan hnena an awm hma chuan
Pathian chu kan hnenah a awm a Tin, he lei kan
chhuahsan hunah Pathianin min awmpui ang**

**Mahse tunah hian theihtawp kan chhuah a, amah
nena inbiakpawhna leh a hnaih lehzual tura tih tak
zeta kan beih loh chuan Pathian chu kan hre thei lo
vang**

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**Ka kum tir lamah chuan extreme sensitivity ka
tuar a, chuvang chuan keimah hi ka tuar nasa ber a ni**

**Mahni tihduhdahna kalphung a ni Ka rilru a na em
em avangin midangte chuan min tithinur a, ka rilru
thlamuanna min laksak hi nuam an ti hle niin ka hria**

Tuman i thlamuanna hi laksak suh ang che

**Ka thinrimna chu midang nuihzatna leh nuihzatna
vang chauh a ni lo; an thusawi ka sensitivity atanga lo**

**chhuak pawh a ni a, ka sawiseltute nen kan inhnial
tam poh leh an hlim zawk tih ka hmuchhuak baw**

**A tawpah chuan ka chhungril thlamuanna chu
tumahin an tichhe thei lo tih ka rel ta a, ka rilruin: "An
duh tawkin sawisel sela, mahse an sawiselna hi ka
ngaihven tawh lo ang" ka ti ta a.**

**Tin, chutiang chiah chu a ni an thusawi dik lo leh
rilru na tak takte chu ka ngaihsak lo vek a, awm lo
ang maiin Zawi zawiin min nuihzat duhna chu an hloh
a, ka thian an lo ni ta a; thenkhat pheii chuan ka
hnung an zui ve baw**

**Mi dangte laka ngilneihna leh zahna dîl tum chu a
hlaw lo; chu ai chuan keimahni ngei pawhin a tling
tur a ni**

**Mi dangte chungah thinlung taka kan awm a,
zahna kan lantîr a, an ngilneihna leh hmangaihna kan
chhân lêt chuan, anni chuan zah takin min enkawl
reng ang**

**Mi dangte'n siam\hatna tura min sawisel hunah
kan chungah an duhsakna chu kan rilru put hmang
nasa tak hmangin kan tichhe tur a ni lo va, min puih
tuntu zawng zawngte nen kan thawhpui tur a ni zawk**

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**He khawvel hian harsatna leh buaina a tawh reng
dawn a, hlauhna leh lungkhamna hnuaia inpek lovin,
Pathian lam hawi a, remna, muanna leh himna a
chang tur a ni, ama tan chauh ni lovin, Pathianin a
enkawlna hnuaia a dah a hmangaihte tan pawh**

**He nun rei lo te chhunga mumangte hi kan
inngah lutuk tur a ni lo va, Pathian nen kan inrem
tlat zawk tur a ni**

**Pathian pawnah chuan khawiah mah himna a awm
lo Pathian nena kan inzawmna hi kan hriat chian a
ngai a, chutiang chuan vawi khat atan thil dik lo
(illusions) kan paih chhuak thei ang**

Pathian ngaihtuahin a awmna hlim tak chu kan hre a, nun mumang chhiate kan paih bo thin

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Taksa tih hahdamna leh rilru tih hahdamna exercise:

I taksa ruhte chu duhthlanna hmangin a tlem berah khauh takin tikhauh rawh Duhthusam hmang hian nunna chakna (muscle tensioning process lai) chu taksa emaw taksa peng eng pawh activity-a tuilian turin direct rawh

Energy chu a vibrate, pulsating, taksa chu a charge a, vitality nen a tinung leh tih ka hria

Relax la, i taksa cell leh tissue-a nunna leh chakna surge luang chhuak chu hre rawh

Taksa ni lovin, taksa chhawmdawltu nunna i ni zawkin ka hria

He exercise i tih hian thlamuanna, zalenna, leh thlamuanna tihpun chu hre rawh

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Pathian hriatnain a kaihruai che a nih chuan, hmalam hun chu a thim lo ang tih pawh ni se, Pathian ênga i kal a, a kaihhruainain a kaihhruai i nih chhung chuan thil a la ṭha chho zel ang a, i hlawhchham lo vang

Pathian chu a thiltihtheihna mak tak tak zawng zawng nen vanah hla takah a awm a, he leia harsatna leh harsatna tam tak hnuaiah hian chak lo leh phum kan ni tih ngaihdan hi kan paih bo a ngai a ni

Keimahni chauh kan ni lo tih i hre reng ang u, kan mihring duhzawng hnungah hian Pathian duhzawng ropui tak a awm tih i hre reng ang u, thinlung tak leh rinawm taka tanpuina zawng apiangin a dawng ngei ang tih hi i hre reng ang u

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**Universe chung a thil awm zawng zawng hi a
inzawm tlat a, midang nen pawh a inzawm tlat a ni**

**Pathianin min pek mihring finna dik taka hmanna
hmang hian nunna zawng zawng hi Rilru chungnung
ber nen a inzawm tih kan hre thei a ni**

**A châng chuan chanvo kutah infiamna ang maiin
kan inngai mai thei a, mahse kan hriatna chu a tlêm
tê, thil awm lo tak takte piah lama kan chhuahtîr a,
kan hriatna leh hriatthiamna zau zawng kan fiah hian,
kan chhûngah hian nunna zawng zawng siamtu leh
chhawm nungtu Pathian thiltihtheihna meialh a awm
tih kan hre chhuak a, chu chu harh chhuah nghah a ni
tih kan hre ta a ni**

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**Inferiority complex chu chak lohna tak tak emaw,
chak lohna nia hriat emaw hriatna thup atanga lo
piang a ni**

**Chu chak lohna chu rulh tumin, mi ðhenkhat chuan
chapon a dik lo puan inbel an hmang a, thil âthlâk
takin an inpuang thei a ni**

**Chu rilru lam dinhmun pangngai lo chhan dik tak
hre lote chuan chu mi chuan superiority complex a nei
an ti mai thei**

**Heng complex pahnih hian chhungril lama inrem
lohna a lantir a, mahni insiamthatna tichhe thei tak
an ni Anni hi suangtuahna leh thil tak tak ngaihsak
lohna atanga lo piang an ni a, thlarau thiltitheih tak
nihna nen pawh inzawmna an nei lo**

**Mahni inrintawkna chu hlawhtlinna tak takte
lungphum leh thlarau êngte hian Pathian hausa an nih
avangin engmah an tlachham lo tih hriatnaah din a
ngai a ni**

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**Nervous system hian hna pahnih a nei a, chungte
chu:**

Nervous system hian khawvel nen kan inpawh theih phah Hmanlai yogi-te chuan nervous system hian mihringte Pathian nena inzawm tir turin hna a thawk bawk tih an hmuchhuak a

Mihring tak saa nunna chakna hi pawn lam hawiin a luang tlangpui a, thluak leh ruhro atanga nerve kaltlangin hriatna leh an pawn lam hriatna thil tawn thlengin a luang chhuak thin

Chu nunna chakna chu thunun a nih chuan - ngaihtuahna hmangin - pawn lam ni lovin chhung lam hawia a luang chu a tidanglam a, chu nen chuan hriatna chu thlarau lam hriatna leh Pathian hriatna awmna hmun langtlang axes emaw center emaw-ah a hruai lut a ni

Nervousness—chu chu nerve-te tihchak lutuk a ni —chuan taksa hriatna a khap a, thlamuanna erawh chuan Pathian hriatna a hip lut thung

Pawn lam nervous energy i ngaihtuah a, i khar a, i rilru i tihmuang chuan nunna chakna chu hriatna a\ angin thlarau lam hriatna hmunpuiah a inhnukdawk a, chutah chuan i nervous system leh hriatna sang zawk inkarah inzawmna a siam a, chuvangin Pathian awmna chu i hre a, mut leh hriat lohna hmun piah lama êng ramah i awm ta a ni

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Mi tam tak chuan thalai tharna hi an ngaihven hle a, kawng khat emaw kawng dangah emaw mi zawng zawngin "chatuan tleirawl na tuikhuah" an zawng a, mahse thalai chu eng nge ni?

Thalai zawng zawng hi naupang vek an ni hauh lo, thenkhat chu an upa tawh tak zet a, an kum tak tak aiin an chak lo zawkin an lang a, a lehlamah chuan, kum upa tawh mahse an tleirawl na vawng rengtu tar thenkhat an awm An rilru an ti fim a, an chakna chu an thlarau chak tak atang chuan an taksa leh hmelah

**a luang a, an thisen chu awmna hlimnain a luang
chhuak thin**

**Chu ai chuan, mi negative, moody, depressed,
critical, leh beidawng tak tak an awm a, an boral tawh
ang maiin - in dam chhung hi rei tak ni rawh se**

**Psychological state dik lo awmte tan chhan tur a
awm lo Kan awm reng tur a ni a, positive, beisei nei
tha, nunna leh chakna nena khat, Pathian malsawmna
ngaihlu, leh kan nihna thuk tak atanga lo chhuak
thlarau lam thalai surge-a inhnim pil reng tur a ni**

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**Khawvela ka unaute u, Pathian chu pakhat a ni tih
leh khawvêl pum huap chhûngkaw pakhata mi vek
kan ni tih hi hre reng ang che u Chuvangin, he leia
khua leh tui entawn tlâk tak kan nih theih nân—tisa
lam, nungchang lamah, sum leh pai lamah, leh thlarau
lamahte—an inṭanpui tawn theihna tûr kawng siam\
hatna kawng kan zawh a ngai a ni**

**Mi 1,000 awmna khawtlang zinga mimal tinte
chuan mi dangte tihchhiat tumin bumna, bumna leh
insualna kawngah an hmang ta a nih chuan hmelma
999 an nei vek ang Mahse, mi tin hian anmahni dodal
ai chuan midangte thawhpui leh thawhpui tum ta se,
ṭhian 999 ve ve an nei ang**

**Chutiang bawkin ram zawng zawng hian
hmangaihna avanga in tanpui ta se, leilung hi a
thlamuang ang a, mi zawng zawng mamawh
phuhrukna tur leh an damna tipung turin hun
remchang tam tak a awm ang**

*** * ***

**Thlarau lam êng hmu tawhte chuan mipa leh
hmeichhia nihna ṭha ber (ideal qualities of both
masculinity and femininity) chu an keng tel a Mi
pakhatin finna leh rilru put hmang inthlahna famkim
a neih chuan he leia a lo kal chhan pawimawh ber**

**pakhat a zir chhuak a ni Mi pakhat chuan an nihna
pawimawh tak chu thlarau lam a ni tih a hriat a ngai
a, taksa lam a ni lo tih a hriat a ngai a ni**

**Hmeichhia leh mipa chu an duhzawng
tihhlawhtlinna hmanrua chauh anga an inhmuh hian
inremna tihchhiat leh hlimna dik tak hloh theihna an
hlauhawm Mipa chuan hmeichhia chu a duhzawng
tihhlawhtlin nan chauh ni lovin, nun awmzia mawi ber
leh thuk ber lantir nan a ngaih pawimawh, a zah leh a
ngaih kawppui leh thianpa angin a hriattir tur a ni
chutiang bawk chuan**

**Nupui pasal chu hmangaihna thianghlim leh dik
tak nena an inhmangaih hian taksa, rilru leh thlarau
lam level-ah inremna famkim an tawng thin**

**An hmangaihna chu thianghlim taka an lantir
chuan a rah chhuah chu inpumkhatna hlawhtling tak
leh hlimna thar a ni**

*** * ***

**Mi chu nunah a hlim loh chuan a chhungril takah
chuan acutely aware of it Hlimna kawng dik tak
pakhat chauh a awm a, chu chu Pathian nena
inzawmna hmangin a ni**

**Pathianin amah ringtute chu a thlahthlam ngai
lovang a, Amah hmangaihtute pawh a thlahthlam ngai
lovang**

**Thlarau lam hriatna neitute chuan kawng chu an
sawi chhuak thei a, daltu leh harsatnate pawh an
kawhhmuh thei a, mahse thil zawngtu pawimawh tak
take chuan anmahni ngeiin theihtawp an chhuah a,
hla tak chu an paltlang tur a ni Pathian nena
inzawmna dik tak neitute nena thlarau lam inremna
chuan kawng zawh duh leh duhthusam thlen duhte
tan thlarau lam hlawkna a pe a ni**

*** * ***

Rilru thlamuanna

**Kang lai hian lungkhamna hian a lumna a hloh
thin**

**Thlamuanna a lo chhuak a, remna leh muanna a
thlen a ni**

Nunna lawng mast var a ni

**Hlimna nghet tak thlipuiin a khat a, phurna laka
fihlim a ni**

**Chuvângin, lawng chu zawi zawiin Al-Rida lui
chungah chuan a nawr ta a ni**

**Thlamuanna chu thlamuanna tuipui lam pana
lungawina luang chhuak nê̄m tak, lungkhamna
thlipuiin a khawih loh chu Thlarau lungphun a ni a,
mihring rilru leh thinlungah a darh a, a nun hlimna, a
te leh lian te, hlauhna leh lungkhamna ruah laka
humhim turin a ni**

**Nunna lyre atanga lo chhuak van lam note a ni
Nunna dawhkan chungah chi thianghlim, hlawhtlinna
tuikhuah atanga spray thlawk chhuak, leh thlarau
lalram chu inremna leh inremna anga thunun theihna
rilru mak tak, thlamuang tak a ni**

**Retreat hmun hla takah chauh thlamuanna hi a
awm lo**

**Buaina leh thawm ata tlanhhuahna pawh a awm
lo**

**Chu ai chuan thinlungin a lo lawmna hmunah a lo
thleng zawk a ni**

**Tin, thlarauten thlamuanna an hmuhna hmunah a
awm reng bawk**

Hun leh hmun thliar lovin

Pangpar nalh tak, chhe thei tak a ni

Rough touches a tuar thei lo

**Chu ai chuan a nung a, a par a, a par chhuak zawk
a ni**

**Tui thianghlim, tui thianghlim hmanga tui pek a
nih chuan**

**Thlamuanna chu hriatna lui muang tak a ni
Lungngaihna hrual atanga zalen
Hlahna mittui tla chhuak thin
Lungkhamna leh lungngaihna tlemte pawh a awm
theih nan**

**Thlarau thlamuang tak pheh a khuh hunah
Snow thianglim, var hring hring layer pakhat:
Thlamuanna leh rilru thlamuanna vur tla
Hlahna thlipui leh lungkhamna thlipui te hian
hnehna a chang dawn lo**

**Remna leh muanna tibuaitsu
He layer khauh tak, eng mawi tak hnuaiah hian
He malsawmna, eng eng mawi tak avang hian
* * ***

**Ṭhian nihna hi Pathian hmangaihna thianglim
ber a ni
Thinlung duhthlanna zalen atanga lo piang a nih
vang a ni**

**Chhungkaw instinct-in kan chungah a ngat lo
Ṭhian ṭha famkim chu an inṭhen ngai lo
An unau hmangaihna inzawmna chu engmahin a
titawp thei lo**

**Ṭhian nihna ro hlu chu thil neih hlu ber a ni
A chhan chu ṭhian nihna dik tak chu thlarau nen a
inzawm tlat a ni**

**Khawvel ramri piah lamah
Hmangaihna inzawmna kan neihpui ṭhian zawng
zawngte**

**Van inah kan hmu leh ang
A chhan chu hmangaihna dik tak chu a thi ngai lo
* * ***

**Mi tam tak chu thlarau lam kawngah an lo kal a,
mahse a tawp thlenga chheltute chuan thlarau lam
hlimna an tem ang a, thlamuanna dik tak an nei ang**

**Zirtir thinlung tak takte - khawvel kawng thim leh
hnim hringte hian beidawnna leh lungngaihna a thlen
tih hrechiantute chuan Pathian lam an hawi a, tih
tak zetin an zawng a, anmahni chhanchhuak thei leh
thlamuan theihnaah rinhlelhna an nei lo**

**A zawngtu chuan Pathian hnen a\angin chhanna
hmuh theih a dawng emaw, dawng lo emaw, Amah a
rinna chu a hloh lo va, a thlarau thuk takah a dil
chhunzawm zel a, dilna chu a ngaithla tih leh a hun
takah thinlung kohna chu a chhang ang tih a chiang
hle**

*** * ***

**Science chuan matter particle tin hi tihchhiat
theih loh a ni tih a finfiah tawh a, chakna wave tin hi
tihchhiat theih loh a ni tih a finfiah tawh bawk**

**Hei hi mihring ngei emaw, a thlarau lam thil thi
thei lo emaw pawh a ni**

**Matter hi a danglam thei a, mihring thlarau hian
thil tawn danglam tak tak a tawng thin**

**A tawp bera inthlak danglamna chu thihna an ti a,
mahse thihna emaw, pianphung inthlak danglam
emaw hian thlarau lam thil awmzia a tidanglam lo va,
a tichhe lo bawk**

*** * ***

**Aw khawvel Lalpa leh thinlung Duhawm, I
ngaihsakna hian min zui zel rawh se, Kan duhthusam
lal̤thutthlenga thut, Pathian Lal pakhat leh awmchhun
i ni tih i hrechiang ang u**

**Nunna leh thihna kawngkhar piah lamah, Nang
Lalpa, tum awmchhun leh chungnung ber i ni**

**Nun tak tak i ni a, i tel lo chuan engmah a awm lo
Thil \ha kan hmuh theih nan, thil \ha kan hriat
theih nan leh ngaihtuahna fuih leh \angkai tak tak kan
ngaihtuah theih nan malsawm kan ni ang**

Mi inngaitlawmte hi khawvel mi ropui an ni

**Chu hriatna chu tumahin an pe thei lo ang bawkin
a zawngtu chuan amah ngeiin Pathian a zawng tur a
ni; chu ai chuan lawmman hnuhnung ber dawng tûrin
a thawk tûr a ni**

**A zawngtu chuan Pathian zawng tura thutlukna
nghet tak a siam a, chu thutlukna chu ngaihtuahna
fim tak nena a inzawm chuan Amah chu a hmu ang**

**Pathian awmna i khawih hnu chuan chhan leh rah
chhuah dan chu i pel ta a ni**

**Mihringin a suangtuah leh a zawn hlimna hi
Pathianah hmuh tur a awm a, amah nena inpawhtute
chu hlimna tak tak an ni**

**Kan nunah hmun hmasa ber kan pek che theih
nan leh khawvel thlemnate hian kan thinlunga i
hmangaihna nen a inelna kan phal loh nan Lalpa min
malsawm ang che**

**Pathian hmangaihna chu kan nunah a luh theih
nan, êngin a khat a, hlimna roses-in a chei theih nan
kan thinlung hi i hawng ang u**

**Thil tha kan tih apiang hi chatuan atana chakna
investment a ni**

**Mihring hriatna tlemte hnuaiah hian Pathian
thiltihtheihna tawp nei lo chu a awm a ni**

Nun awlsam chuan zalenna a pe a ni

**Ngaihtuahna a reh chuan duhthusam radio
hmanga Pathian programme ngaihthlak theih a lo ni
ta a Tin , thinlung tak tak kan neih chuan mi thinlung
tak takte chu kan hnenah kan hip lut a, chu mi hmang
chuan Pathian thatna leh hmangaihna kan tawng thin**

*** * ***

**Kum eng pawh ni se, "Ka ti thei" i tih chuan i la
naupang hle**

**Pathianin min pek rilru hi hmanraw chak tak a ni
a, chu chu thil tha tih nan hmang turin min duh a ni**

**Ka chhunga Pathian ka ngaihtuah nasat poh leh
ka chhehvela khawvelah hian a awmna chu chiang
takin min lo lang thin**

*** * ***

**Lalpa mal min sawm la, hmangaihna ropui takin
min hmangaih tir che**

**I awmna chu kan hlim theih nan leh i chungah kan
hlim theih nan**

Kan dam chhung nitin

**Khawvel leh a thlemnate hian kan thinlung a luah
theih loh nan**

**A nih loh leh min tibuai la, nangmah ngaihtuah lo
turin min khap bawk ang che**

**Nitin i êng leh thlamuang taka kan nun theih nan
mal min sawm ang che**

**Kan duh em em che a, i contact pawh nghakhlel
takin kan nghak reng a ni**

**Khawvel thil, awm rengna nei lote duhthusam ai
chuan**

**Kan nun kawng chu nangmah lam hawiin
kawhhmuh rawh**

**Chutiang chuan nungchang tha lo takin a tum
hunah**

**Min luah tur leh kan hriatna chu he khawvel
tihbuainaah min phuar turin**

**Kan ngaihtuahnate chu chak takin a rawn thlawk
che u a ni**

**Khawvel, Lalpa hian kan chhungah lungkhamna a
siam a**

I ngaihtuah lai hian

**Kan thlarau tan himna leh thlamuanna a thlen
thin**

Kan nun i ni

Tin, nang pawh kan hmangaih i ni

Tin, kan awmna thlumzia pawh

**Inpekna thuk ber nen kan chibai che a ni
Aw kan thinlung Lalpa
Kan nun hi i hmangaihna in tikhat turin kan ngen a
che**

Tin, min hmuhtir turin

**Tin, i zuitu leh i hmangaih zawng zawngte hnenah
Buddha leh a hmangaih: Master #Paramhansa
Zirtirtu hnen atanga thusawi tam zawk**

Paramhansa Yogananda chuan a rawn ti a

A hnuaia link ah hian:

www.swaidayogacom ah hian a awm a

**India ramah chuan Buddha hi Pathian mihring
anga ngaih a ni Isua Krista hma kum za nga vel a dam
a, India lal fapa a ni**

**Gautama-a pa (a hnuaia Buddha tia hriat a ni ta a,
chu chu "the enlightened one" tihna a ni) chuan a
fapa lal fapa chu a pian tirh atangin thil mawi leh
mawina zawng zawng nen a hual vel a, a chungah
hian inngaitlawmna tawp nei loin a rawn vawrh lut a
Gautama inneih chu a ropuiin a hlimawm em em a,
hmân lai lalramte pawhin a ang chi hi an la hmu ngai
lo niin an sawi**

**Chutiang chuan Gautama chu a lo seilian a, mipa
nihna a thleng ta a, a chhehvel khawvel chu hun
hlimawm tak tak leh thil hlimawm tawp nei lo awmna
hmun a ni tih a ring a ni**

**Mahse Prince Gautama chuan lal in kawngkhar leh
huan mawi tak tak piah lama khawvel hmuchhuak chu
a duh em em a Ni khat chu a tawlailir khalhtu nen
chuan inthum chungin khawvel hi amah ngeiin a hmu
turin a chhuak ta a**

Tlangval hmeltha tak chuan a nunah a vawi khat nan putar, chak lo tak, leh midang pakhatin a thawk hnahnung ber a thawk lai a hmuh chuan a mangang a, a nghawng thuk hle bawk

A taksa hrisel leh nung tak chu a en a, pilot hnenah chuan a taksa pawh hi ni khat chu a upa ang a, a chhe ang a, a nunna meialh a hloh ang em tih a zawt a Pilot chuan duh lo chungin a chhang a:

"Aw Prince, mihring taksa zawng zawng hi natna, chak lohna leh tar chakna kan tawh vek a, chuvangin an chan tur chu thihna a ni".

Chu chu a hriat velel lal fapa naupang chuan leilung nun lemte chu ngun takin a ngaihtuah tan ta Zan khat chu a nupui leh a fapa neihchhun an mut laiin Gautama chuan a tawp berah a melh a, mittui tla chungin mihringte lungngaihna leh hrehawmna ata chatuan atana chhuah zalen tur leh nunna leh thihna thuruk hriatthiamna dik tak pe thei tur thutak zawngin lal in chu a chhuahsan ta a ni

Lal fapa chuan asceticism leh mahni inphatna chi hrang hrang a hmang thin Kum sarih chung chaw nghei leh thlarau lam thil dang dangah a hmang niin an sawi A tawpah chuan India ram Bodh Gaya biala banyan (theipui) thing hnuaia a ngaihtuah lai chuan êng famkim a hmu ta a ni

Chumi hnua chuan a taksa chawm turin a pangngaiin chaw a ei tan leh a, India ram pumah thil nung zawng zawng—mihring, sava leh rannung—mihring, sava leh rannungte chung a lainatna leh hmangaihna intluktlanna thu bulte chu a thehdarh ta a ni Nirvana, a nih loh leh thlarau piantharna ata

**chhuah zalentu inthiarfihlimna dinhmun neih beiseina
neia khawvel thila inngah loh tur thu a fuih bawk**

**Nakinah chuan amah zuitute chuan a zirtirnate
chu India ram pumah, Japan, China leh khawvel hmun
dangah te an theh darh ta a ni**

**Nirvana dinhmun, a nih loh leh thil pahnih awm
lohna chu mahni tihboralna anga ngaih a ni fo thin
Mahse Buddha sawi tum chu mize tlemte emaw,
mahni dik lo emaw tihboralna a ni He mize tawi tak hi
tihboral a ngai a, chutiang chuan thlarau thi thei lo
chuan mihring taksaa kir lehna cycle atanga zalenna a
hmu thei ang**

**Nunna tum anga ngai Buddhist thurin chu a hnuah
India ramah India rama Swami order dintu Shankara-a
Swami thurin chuan a thlak leh a, ani hian nun tum
ber chu mahni inhriatthiamna tihboralna awm lovin
khawvel pum huap thlarau nena hlimna neia hriatna
inzawmna neih a ni tih a zirtir a ni**

**Master Buddha leh a zirtirte chu nupui pasal nei
lo an ni India rama an zin lai hian Buddha chungah thil
mak tak a thleng a, chu chuan a zirtirte chu a ti buai
hle a, thenkhat chuan an zirtirtu nungchang chu an
ringhlel ta a ni**

**Buddha ropui tak chu thing hnuaiah an bulah a
chawl lai chuan hmeichhe pakhat chuan an rawn pan
hnai a, Buddha taksa leh hmelah chuan do theih loh
khawpin a hip a, chu chuan eng mak tak a lo chhuak
ta a ni A hmangaih nghal zung zung a, a hmangaih em
em a, a kuah leh fawp turin kut inhawng chungin a
rawn tlan pheih a, a au chhuak a, "Aw hlimna leh nunna
êng, ka thinlung chu hmangaihna a thawk che a ni!**

Zirtîrte chuan an puin thlêmtu chu, "Ka hmangaih, kei pawhin ka hmangaih che Nimahsela tunah chuan min khawih suh, a hun a la thleng lo si a" a tih thu an hriat chuan mak an ti hle.

Ani chuan: "'Ka hmangaih' i ti a, chuti chung pawh chuan ka khawih che kha i khap tlat a ni!"

Buddha ropui chuan heti hian a chhang a: "I ring tlat ang che, ka hmangaih, nakinah ka khawih ang che, mahse tunah erawh chuan ni lovin Ka hmangaih zia ka finfiah ang che".

A thusawiin a rintlak lohzia hmuchhuakin, "Ka thusawi hi ring la, ka duh tak, ringhlel ngai suh Nakinah, tuna i hmangaihtute'n tuna an hmangaih che te hian an kalsan che hunah chuan i hnenah ka lo kal ang" tiin a sawi belh bawk.

A zirlai te chuan an pu hnen atanga heng hmangaihna chanchin te hi an hriat chuan an buai hle a, thenkhat chuan an zirtirtu chu chu mi thlemtu thangah a tlu tak zet niin an ngai a

Chu thil thleng hnu kum tam tak hnuah Buddha chuan a zirtirte nen an inngaihtuah lai chuan heti hian a au chhuak nghal a: "Ka kal a ngai a ni, ka hmangaih hiptu hian min ko a ni Tunah hian min mamawh a, a hnena ka thutiam chu ka hlen chhuak tur a ni".

Chu thu a sawi rual chuan a tho a, a tlanbo ta a, zirtirte chuan thlemtu thlemna laka chhanchhuah tumin beidawng takin an zui ta a ni

A tâwpah chuan, zirtîrtu ropui leh a zirtîrte chuan kum tam tak kaltaa thlêmtu a lo tawn tawhna thingah ngei chu an thleng ta a, Chu thing hnuaiah chuan eng nge an hmuh?

Chu hmeichhia baw chu leia mu chu an hmu a, a taksa mawi tak chu smallpox-in a khat a, rimchhia leh rimchhia leh rimtui tak takin a khat a ni

Zirtirte chu an khur a, a hnen atangin an inhnukdaw nthal a, mahse Buddha chuan a thinlung nê m tak leh hmangaihna thuk tak nen a bulah chuan a thu a, a taksa chhe mek chu a han chawi kang a, a kawngah a dah a, a beng bulah chuan arawn ti sap sap a:

"Ka hmangaih, ka hmangaih zia finfiah turin ka lo kal a, ka khawih ang che tih ka thutiam tihlawhtling turin ka lo kal a ni Ka hmangaih tak tak che tih finfiah turin hun rei tak ka nghak a Mi dang zawng zawngin an hmangaih tawh loh hunah ka hmangaih che Tin, i thiante - ropuina nite - khawih duh loh che chuan ka khawih che a ni".

Chu thu a sawi chuan a dinhmun hrehawm tak chu a tidam nthal a, a zirtirte chhungkua zawm turin a ngen a, ani chuan chu ngenna chu tumruhna leh hlimna tluk zet in a chhang ta a ni!

Remna awm rawh se

Affirmations te pawh a awm General healing atan

Hriatna tinreng, ngaihtuahna leh duhzawng tin lal̤thutphahah chuan, .

**Aw Lalpa, Nang i thu a, Ka nihna hi I veng reng a
ni**

Ngaihtuahna, duhna leh hriatna i ni

**Ngaihtuahna, duhzawng leh rilru zawng zawng i
kaihruai thin**

Chutichuan, i kaihhruaina angin i che thei ang

Tin, i kaihhruaina chu zawm bawh ang che

Tin, i entawn tur ni rawh

Consciousness temple-ah chuan êng a awm a

I êng chu tidamtu ropui a ni

**Ka mit hian a hmaa a lo hmuh tawh chu tunah
chuan ka hmu ta**

**Tunah chuan ka biak in chu a eng tawh a, a
chhungah thim a awm tawh lo!**

**Ka muhil a, biak in tihchhiat tur chu ka mumang
ah ka hmu a**

**Hlahna leh hriat lohna axes te nen, leh
lungkhamna meipui nen**

**Structure chu a chhe tawh lo, a chhe tawh tih
hmuh tumin min kaitho chauh a ni!**

Biak che ka duh a, ka hmu duh che

Ka nihnaah, arsiah

Taksa cell-ah te hian hna an thawh fo thin

**Taksa chhiatna zawng zawng a siam\hat a, a
siam \ha \hin**

Aw, biak che ka va duh tak em

**Ka taksaah te, ka chhehvelah te, leh awmna
zawng zawngah te ka hmu che a ni**

I awm vek tawh a ni

**Aw Lalpa, ka hmangaihna che hi tawp chin a nei
lo!**

**I duhzawng, Aw Lalpa, keimah hmangin hna a
thawk a ni**

Ka duhzawng chu i êng meialh a ni

**Ka chhungah chuan êng a eng a, thim chuan a
hnunglam a nawr leh a**

Ka tum ang a, ka duh ang

Ka thawk ang a, ka sa ang

Ka ego hian min kaihruai suh

Chu ai chuan nangmah hi kaihruaitu i ni zawk

Tin, nang hi ka ngaithla thin chu i ni

Duhthlanna hmangin ka hlen chhuak ang

Relentless takin a thawkrim hle

Chuvangin ka thutlukna hi tichak rawh, Aw Lalpa

I duhzawng ropui takin

Aw Lalpa, i lo ni ang u

Naupang tê sual nei lo ang maiin

Vanram hlim taka hmangtute ang maiin

Kan chhunga i hmangaihna chu famkimna a ni

Tin, famkimna i nih angin

**Hei hi taksa leh rilru lamah pawh kan hrisel dan a
ni**

**Engkimah i awm a, famkimna chu i hmaah a awm
a ni**

I êng chu taksa chhungah a eng a

**A cell te chu i êng atanga lak chhuah hrisel tak an
ni**

Ka rilruah i cheng tih ka hrechiang ang

Ka thlarau leh ka nihna nen

Ka taksa atom tin nen

Ka hrethiam ang!

Aw ka nun nun, i famkim a, engkim huapzo i ni

Ka thinlungah i awm a, ka rilruah i awm baw

Ka mit, ka hmai leh ka taksa nen

Ka kal theihna tura ka ke tizautu i ni

An pahnih hian sound an ni

**I chakna chu i thlawpna a ni a; i thiltih hi i chakna
a ni**

Min thlawp vangin ka tlu lovang

Ka tlu lo a ni

I chaknaah ka inngnat tlat!

Ka rilruah i awm a ni

Ka pum chhungah leh ka membrane-ah i awm a ni

Organ tin hi êngin a eng chhuak vek

Ka ruhroah chuan i flicker a, i eng chhuak

A charge chak hle a, a hrisel tak zet a ni

Ka nerve hmangin i luang chhuak a, pure energy

A tha famkim

Ka thisen kalna thisenah a luang chhuak thin

Bawlhhlawh zawng zawng kangral mei i ni

**Natna zawng zawng lakah taksa a tithianghlim a
ni**

**Ka hmangaih i nih ang bawkin kei pawh i
hmangaih ka ni**

I awmna hi ka rilruah ka hre thin

Nunna current nen a pulsate thin

**Ka suangtuahna chu a tawp thlengin thlawk rawh
se**

**Hmun tinah daltu leh khapna awm lovin thlawk
rawh se**

**Natna ka ngaihtuah chuan keimah ngei pawhin ka
damlo mai thei**

Hriselna ka ngaihtuah hian dam ka ni tih ka inhria

Hun tin, darkar tin, nitin

Ka chakin ka inhria a, ka hrisel bawk

Ka hlim a, ka chak a, ka hlim bawk

Ka mumang ah chuan ka damlo a ni

Ka harh a, ka hmuh chuan ka nui a

**Ka mittui chu ka mittui tla zawih zawih zawih
zawih hian a rawn luang chhuak a**

**Chungte chu lawmna mittui a ni a, lungngaihna
mittui a ni lo**

Ka hrisel a, ka dam tha hle baw

Natna mumang nei mahse

Aw Pathian, i lawmna chu ka hre ve ang che

Tin, nang leh i awmna hi ka hmangaih baw

Ka thuawih emaw, ka rilru na emaw pawh nise

**I hmangaih, ka Lalpa, kumkhuain ka awm reng
ang**

Ka hrisel reng angin ka inhriat tir ang che

Tin, ka nunah hian ka hlim hle baw

I hlimna chu ka luah khat ang

Aw Engkim hretu, ka hrethiam ang che

I duhzawng fing tak a ni si a!

**Mahni inhriatthiamna: Nun hlim tak neih theihna
tur kawngkhar**

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

**Ego-in a huam chin chu kalsanin thlarau lam
hmasawnna ramngaw zau tak, ramri nei lote chu i vak
kual ang u Hun kal tawha caravan, nunna kawng zawh
reng thin ang bawkin, thlarau caravan pawh hian a**

**tawp bera inzarpaharna kawngah chuan Pathian
thlarau kawngkhar lam pan chuan a kal tur a ni**

**Nunna hna pawimawh berte hlen chhuah tumna
chu mihring nunphung chim leh chhe hnuaiah phum a
ni fo thin Mihring chuan heng tih dan phung tichhe
thei tak ata chu a chhuah zalen a ngai a, mi pakhatin
a duh em em hlawhtlinna chi chu a nun leia tuh tan a
ngai a ni**

**Mihringte hian heng nunna lem (dynamic cosmic
images of life) te hi chhan awm lovin an rawn pholang
lo tih kan hriatthiam a ngai Nitin hian scene thar kan
hmu a, nitin hian mihring awm chhan ber: nunna puan
hnuaia inthup Supreme Being hriat chian a, kan zir tur
zirlai thar a rawn keng tel a ni**

**Mi maktaduai tam tak chuan mahni
inhriatthiamna (self-analysis) an nei ngai lo
Psychologically, an awmna hmuna automated
products nen tehkhin theih an ni An nun hi
chawhmeh, chawhmeh, zanriah, hnathawh, mut, leh
intihhlimna leh intihhlimna zawnga hetah leh khawiah
pawh kal kual chungin an hmang a An thil zawn,
engvangin nge an zawn, engvangin nge hlimna
famkim leh lungawina nghet tak an hmuh loh tih
pawh an hre**

lo.. ..

.. .. mahni

**inhriatthiamna (self-analysis, people remain
automatons, governed by the conditions of their
environment) Mahni inhriatthiamna dik tak hi
hmasawna leh theihna tihhmasawn dan tha ber a ni**

**Mahni inhriatthiamna (self-analysis) hi rinawmna
leh dikna nena kalpui tur a ni Chutianga tih theih dan
tha ber chu mi pakhatin nitin a ngaihtuahna leh**

duhthusamte a ziaak chhuak a, chu chuan a nihna dik tak chu chei mawi emaw, inlanna emaw tel lovin a hmachhawn thei a ni Mi tam zawk chuan anmahni tlin lohna an hmuh loh avangin a tha zawkah an inthlak lo

Mi tinte hi an chhehvel leh rochan atanga lo chhuak kan ni Ram pakhata piang chuan chu ram mize danglam tak chu a lantir ang China emaw khawthlang ram emawa piang tu emaw chuan chu ramte nena inzawm mizia leh mizia a lantir tam ber ang Mimal pakhat chenna boruak hi rochun thil atanga lo chhuak a ni: nun hmasa lama a hlawkna leh duhna a neihte chuan mihring nihna kal tawh atanga a hmuh chhuah mizia te hian a hruai lut a ni mimalte chu an awmna chhungkua emaw, an awmna hmun emawa an pian chhuahna

Chhungkaw hmingthang chanchin kan chhiar hian mi ropui fate chu an nu leh pate nen finna level inang an ni hauh lo tih kan hmu fo thin He mihringah hian biological leh genetic failure hian rinhlelhna leh zawhna a siam thin: Engvangin nge mihring nunah hian thing leh mau lalram, chi tha tak tak te hian chi tha tak tak an chhuah tlangpui thin ang kha kan hmuh loh? Mihring nun chhungril hnathawh dan hi a chhanna zawngin kan chhui chian a ngai a ni

Literature leh science lama tui tak chhungkuua naupang literature lama ngaihvenna nei lo tak tak hmuh chu thil mak a ni lo Literature ngainatute zingah literary environment-ah piang leh seilian a ni tih chu a dik a, chuti chung pawh chuan a rilru a inang lo Engvangin nge chutiang inthlauhna chu a awm a, engtin nge a awm? Environment leh heredity hian he thil thleng hi sawifiahna mumal tak a pe lo Mahse heng zawng zawng hnuaiah hian piantharna thudik a

awm Chhungkaw pakhatah kan piang a, chu chu mizia thenkhatah inanna a awm a Mahse chhungkaw member tinte chu mimal independent tak an ni a, an nun hlui atanga lo chhuak traits neiin Hemi avang hian chhungkaw member te inkara biological leh genetic similarities engemaw zat awm mahse, mi tin hi midang aiin an mizia leh mize hrang hrangah an danglam a ni

Mi pakhat chuan a thiltih tawhtein a ruat chhan bik avang hian chhungkaw bik leh khawtlang emaw hnam emaw boruak bik takah piang nih a thlang thin He ngaihdan atang hian mi chu a chanvo tur siamtu leh a chanvo ruahmantu a ni Mi pakhat chuan, a tlem berah chuan, he nunah hian a duhzawng leh a tih dan langsar tak takte thlirletna hmangin, a hmalam hun atana a lo nih dan tur chu a sawi lawk thei a ni

Hetah hian thlarau lam thanlenna atana mahni inhriatthiamna pawimawhna a awm Mi thenkhat chuan novel lungchhiatthlak tak tak chhiar hi an ngawih ngawih a, an duh ber genre-ah an ngai a, an dam chhung zawngin nuam an ti chhunzawm zel dawn tih an inhria a Mahse, anmahni an inhriat chian chuan, hetiang literature chi hrang hrang chhiar reng avanga lungngai leh thinrimna an nei fo thin tih an hmuchhuak ang He lungngaihna avang hian, an tih dan chu bansan an duh mai thei a, chu ai chuan an ngaihtuahna tichaktu leh an rilru put hmangte chu ngaihtuahna dik leh ropui tak tak hmanga chawmtu thlarau lam lehkhabu chhiar thiamna nei rawh He inthlak danglamna hi an siam chuan, hriatna neia hriatthiamna leh tumruhna nghet tak avang hian an nun chuan kawng thar mak tak a zawh tih an hmu ang

Kan duh chuan kan inthlak thuai thei tih chu a dik a, mahse kum tam tak chhunga kan kalphung leh tih dan thlak danglam tur chuan thawhrimna tak tak leh duhna nghet tak a ngai a ni

Thiltih dan thûk tak tihbo nân, tumruhna chakna zawng zawng chu a kalh zawnga kalpui a ngai a, chu chu tih dân ặa lo chu tihbo a nih a, a thiltihtheihna chu tihbo a nih hma loh chuan Mi tam zâwk chuan chutiang atâna dawhtheihna leh chhelna mamawh chu an tlachham a, Amaherawhchu, mi pakhat chuan a thil siam emaw, a tih emaw chu tihbo emaw, tihbo emaw theih a ni tih a hriat a ngai a ni

I inhriat chian hian, i chak lohnate tihbo a, i nih tum mi nih duhna nasa tak nei la, rinawm taka mahni inhriatthiamnain a tarlan tlin lohna i hmuhchhuah hian beidawng emaw, lungngai emaw suh chu ai chuan, i miziaah eng nge ngaihtuah tûr tih hriat theihna hun remchângah ngai rawh

**Theory pakhat a lo chhuak a, ngaihtuahna hi endocrine glands atanga lo chhuak a ni tih sawiin He concept hi a dik lo Tisa leh ruh hian ngaihtuahna a siam thei lo Rilru hi thil zawng zawng, general leh specific-a master architect a ni Tui chu cooling hmangin ice a lo ni ta ang bawkin, ngaihtuahna hian condensation hmangin physical form a la a universe chhunga thil awm zawng zawng hi physical form-a ngaihtuah a ni Even the endocrine organ is a physical manifestation of a miniature model of.. .. .
.. .. . ngaihtuah**

Mi pakhat taksa leh rilru dinhmun hi a inzawm tlat Entîr nân, thin natna vei mimalte chu an thinrim a, an rilrua na fo tih hmuhchhuah a ni Mi pakhatin bile

secretion tam lutuk emaw, liver dysfunction emaw a neih chuan, a tawn apiangte chu nuihzatthlak emaw, hlim taka awm duhna emaw a nei lo thei a, chu ai chuan thinrim leh thinrimna a nei thei a ni
Ngaihtuahna leh rilru natna chu taksa dinhmunin a nghawng a ni

Organ a chhiat chuan rilru chakna a nghawng tha lo hle a, chu chuan a tichak lo bawk Sa ei tam thinte chu thinrim leh thinrimna an nei fo thin Mi pakhatin kar khat chhung grape tui chauh ei ta se, mi zawng zawng nen an inrem a, an inrem hle ang

Chaw ei tam lutuk leh ei tam lutuk hian taksaah toxin tam tak a siam a, a vawng reng a, chu chuan rinhlelh rual lohvin rilruah nghawng tha lo tak a nei a, chu chuan a ti rilru a ti na a, a ti chau a, a ti thinrim awlsam hle Grape emaw orange tui emaw ei lai hian taksa a tifai a, chu chuan thluak a tiharh leh chakna a pe bawk Chubakah, therapeutic fasting for.. ..
.....
..... kar khatah ni khat, a chang chuan ni thum chhung (chaw nghei laia tui leh tui in laiin), taksa toxin leh bawlhhlawh awmkhawmte tihfai nan a pui tih hmuhchhuah a ni

Vawikhat chu kum sawmsarih mi, thawmhnaaw rit lo, kawr ha lo, leh socks ha lo, khaw vawt hle mahse a vawt lo tak zet tih min tiam a! A taksa chu khaw lum takah a lo thiam tawh a, taksa chemical element-te hian rilru a nghawng reng chung pawhin taksain rilru a nghawng aiin rilruin taksa a nghawng nasa zawk a ni

(Note: Paramhansa-a'n he thil hmuhchhuah hi kum tam tak chhung chu ei leh in leh ei leh in-in rilru hriselna a nghawng dan zirchianna nasa tak neih a ni

tawh a, Rethei taka seilian leh ei leh in dik tak dawng lote chuan rilru lama hmasawna chak lo leh chhanna slow zawk an lantir ngei ang Chu bakah, science chuan rilru natna chi hrang hrang [dam theih loh anga la ngaih] chu vitamin hman awlsam tak Also, a chhante hmangin nasa takin a lo tha chho tih a tarlang baw of some types of depression, anxiety, and other emotions chu taksa chhunga chemical elements inthlauhna atanga chhui chhuah theih a ni)

Rilruin taksaah nghawng lian tak a neih laiin, taksa ngaihthah hi a finthlak lo Mi pakhat chuan ei tur hrisel lo aiin chaw hrisel hi a dah pawimawh zawk tur a ni Thil awmdanin mi thinrim tirtu mi te nena awm dun a phut che a nih chuan, a hun hunah i chhehvel tihdanglam hi a tha zawk Mahse heng zawng zawng aiin a tha zawk chu midang thiltih avanga i tihbuai loh nan i rilru dinhmun thlak danglam hi a ni Mahni inthlak danglam la, thlamuang takin i nung thei ang leh khawi hmunah pawh hlimna a awm baw

Khawvel pum pui hi rilru lama inhumhimna ang mai a ni Mi thenkhat chuan thikna leh inhuatna te, thenkhat chuan thinrimna, huatna leh duhâma te an tuar a An tih dan leh rilru put hmangte tuar an ni Mahse i chhehvelah remna i siam thei Mahni inhriatthiamna Emotions have definite repercussions in the mind and body Envy and fear make the face appear pale, while love makes it radiant When you can be calm, you will be hlim

Mi pakhatin mahni nihna dik tak chu zirchian a tum a, a mizia tha ber berte siam chhuah tumin theihtawp a chhuah tur a ni Mi pakhat chuan nungchang, nungchang, ram hmangaihna, kutchhuak, emaw, entrepreneurial identity a nei thei a, leh a

**dikna changtute chu an chhehvela chak lote sawisel
leh sawisel tura fuihtu chu chapon a ni Mahse,
nungchang ropui tak leh thlarau hriatthiamna nei te
chuan midangte chu an lainat a, hriat lohna leh
ngaihndan dik lo atanga lo chhuak tihsualah an dem lo**

**Thil neih duhna neite chuan a tul lovah an tuar fo
thin Chutiang mite chuan mahni inthununna an zir a
ngai a, chuti lo chuan taksa khawvel thil chi hrang
hrang che vel ang mai an ni a, ni khatah cigarette
engemaw zat in tur leh ei tur bik ei tura tih an ni An
coffee emaw chawhmeh emaw an ei loh chuan lu na
an nei a, mizia bik nei mattress-ah chauh an mu thei
a, comforts are fine, one should not allow them to
enslave oneself Inthlauhna hi a pawimawh a, miin an
rilru, taksa leh thlarau lam mizia a inthlau loh chuan
hlimna a hre lo vang Mihring finna leh hriatthiamna
chu thilsiam thilin a thunun phal hi a finthlak lo Thu
hnuhnung ber leh thutlukna hnuhnung ber chu chhia
leh tha hriatna leh hriatthiamna ta a ni reng tur a ni**

**Nun awlsam leh ngaihtuahna sang tak chu
mihringte thil tum a ni tur a ni Kan chhungah hlimna
element zawng zawng kan phur vek tur a ni Hei hi
ngaihtuahna leh kan hriatna chu thlarau lam hlimna
thar reng reng nena inmilna hmanga tih theih a ni
Pathian chu khawvel pum huap hlimna a ni a, Amah
nen inrem takin A hlimna kan nei a, A thlumna kan
tem a Kan hlimna hi pawn lam thiltihtheihna eng
pawhah kan mortgage ngai lovang Kan awmna leh**

hnathawhna hmun eng pawh ni se, kan chhungril
thlamuanna chu a nghawng a\angin kan humhim tur a
ni Nangmah leh inhriatthiam tawn la, i nih tur leh i nih
duh ang kha ni rawh Mihringte hian mahni inthununna
dik tak an zir tlem hle chu ai chuan, anmahni thatna
tichhe thei thil an ti a, chuti chung pawh chuan an
hlim tih an ring zawk! Mahse an hlimna chu illusory a
ni Hlimna leh hlawhtlinna kawngkhar dik tak chu i tih
tur a nih avangin i tih duh thilte tihnaah a awm a, chu
chu pumpelh a tha zawk avangin thil tha lo tih loh hi a
ni

I rilru chu ngaihtuahna leh ngaihven tam takah i
buaipui tur a ni lo An pawimawh tak tak em tih hriat
tumin Evaluate rawh Hun hi a hlu a, hmanral tur a ni
lo Lehkhabu hlawk tak pakhat chhiar hian movie en
aiin i hriselna a tichangtlung zawk daih Ka sawi fo
thin, "Darkar khat chhung i chhiar chuan, mi pahnih
tan ziaak rawh Darkar hnih chhung i ziaak a nih chuan
darkar thum chhung ngaihtuah rawh Darkar thum
chhung ngaihtuah chuan hun pum pui chu ngaihtuah
rawh

Khawi hmunah pawh kal ila, ka thlarau lam
thlamuanna leh muanna chu ka vawng reng thin
Compass needle chuan hmar lam a hawi fo thin
Chutiang bawkin rilru chu thlarau lam hlimna pole lam
hawi reng tur a ni a tichuan tumahin i remna an tibuai
thei lo vang a, i balance pawh an tibuai thei lo vang

Mi chuan a hnunung ber aiin nitin tha zawk nih
tumin a bei tur a ni a, chuti lo chuan hriselna,
chhungril thlamuanna leh hlimna lamah a hnungtawlh
mai thei Engvangin nge? A chhan chu an ngaihtuahna
leh thiltih thunun tumin theihtawp an chhuah tawh lo
a ni Mihringte hian an tih dan kan siam a, an thlak

danglam thei bawk Ngaihtuahna tha lo lama i inhriat chuan mi tha te nen in hual vel la, lehkhahu tha tak tak chhiar la, leh ngaihtuahna seng la I thiante thlak danglam hian a tul chuan i nunah nghawng tha tak a nei thei a ni

Thil \ha zawka inthlak i tum hian, i thil tum tihhlawhtlinna atan hian company \ha leh nghawng \ha tak takte hi a pawimawh a, a pawimawh hle tih hre reng ang che Environment-in nghawng a neih chu—a \ha emaw, a \ha emaw—chu duhthlanna aiin a chak zawk a, chuvangin mi dangte nena inbiak hunah hei hi hre reng ang che

Mahni inhriatthiamna pawh hi mahni insiamthatna atan a pawimawh hle a, huaissen tak leh hlauhna nei lova mahni inhriatthiamna i neih chuan midangte thlirletna i tuar thei ang a, an sawiselna hian nangmah a nghawng lovang

Mi dangte tlin lohnaa awmte chu ei chingtu an ni Khawvel hi thil tha loin a khat a, chuvangin mi pakhat chu thil tha lo sawi tur a ni lo va, thil sual ngaihtuah tur a ni lo va, thil tha lo pawh ti tur a ni lo, chu ai chuan, rose ang mai tur a ni a, ngilneihna rimtui, tum thianghlim leh unau hmangaihna thehdarhtu chu Miten thian dik tak i ni tih inhriat tir rawh—in satu, tichhetu ni lo Nang aia tha zawk nih i duh chuan, analyze rawh yourself and cultivate the noble qualities within Thlarau ngilnei chuan thu aiin a neitu chungchang chu a sawi thiam zawk a, a chhan chu midangte’n tihsual awm lovin an hriat leh hriatthiam theih tur vibration danglam tak a chhuah thin Eng chu ngaihtuah la, thim chu a bo ang Midangte tanpui tur leh an kekawrte atanga lungkhamna, hrehawmna,

**hlauhna leh dik lohna phurrit phur turin i theih ang
angin zir la, ngaihtuah la, ti rawh**

**Mi tam tak chu tum nei lovin nunah an vak kual a,
thil tum Chiang tak nei lovin I thil tum sawifiah la, chu
chu tihhlawhtlin tumin thawk rawh Introspection leh
mimal tawngtai nan hun ruat rawh Thil infuih thar
tam tak hmuhchhuah nghah mek a awm a, chuti
chung chuan thil tenawm takah kan hun leh tha kan
khawhral fo thin Hlimna chu a lo thleng dawn lo, mi
ropui tak takte finna kan ngaihtuah a, an êngin a
kaihhruai loh chuan hlimna a lo thleng lo vang An
ngaihtuahna chu thlarau lam lehkhahu dang leh min
pui tur leh min kaihrulaitu tur thuziak te**

**Nun hlimawm tak takte hlim taka hman chu a tha
a, mahse chhungril nun leh mahni inngaihtuahna hi a
thlakna tur a awm lo, a chhan chu hlimna chu
ngaihtuahnaah leh lehkhahu-a vawn tlat an
ngaihtuahna hmanga rilru ropui tak takte hriat
chiannaah a inngat a, chutiang bawkin mi tha leh mi
ropui tak takte nena in hual velnaah pawh a inngat
bawh**

**Ngaihtuahna ngainatute tan chuan mahni chauha
awm hi nuam a ti hle a, mahse chu chu mi laka inhlat
emaw, inhlat emaw tihna a ni lo Mipa inpawh i duh
hunah chuan, thinlung zawng zawngin, i hmangaihna
leh inṭhianṭhatna zawng zawng nen ti rawh, chutiang
chuan i ṭhianta chuan i hmaah thlamuanna an hmu
ang a, i hmuh leh i ṭhian ṭha tak chu nuam an ti reng
ang**

Remna awm rawh se
Risk tangkai tak a ni

Paramhansa Yogananda chuan a rawn ti a

Hermitage chhungah chuan ka lut a, chhuanawm takin ka zirtirtu Sirri Yuktsuwar hnenah thlai bawm khat ka hlan a, heti hian ka sawi a:

"Hei hi i tan thilpek a ni, ka pu! Heng cauliflower lian paruk te hi ka kut ngeia ka phun a, an than hun chhung zawnga nu pakhatin a naute fa tana ngilneihna nen ka enkawl a ni".

Sri Yuktiswar chuan lawmthu sawiin nui chungin, "Ka lawm e Khawngaihin i room-ah dah la; naktuk hian zanriah bik atan ka mamawh dawn a ni" tiin a chhang a.

Puri khawpuiah hian ka zirtirtu tuipui kama chenna inah thlasik chawlh hmang turin ka thleng chauh a ni He retreat chhawng hnih, hlim tak hian Bay of Bengal a thlir a, zirtirtu chuan a zirtirte puihnain a sa a ni

A tuk zingah chuan ka harh hma hle a, tuifinriat thli tleh leh hermitage-a hlimthla thlamuang tak chuan min tiharh a, zirtirtuin a aw mawi takin min koh ka hre a, chuvang chuan hmangaihna leh hmangaihna a khat cauliflower chu ka han en a, chutah uluk takin ka khum hnuaiah ka dah fel ta a ni

Zirtirtu chuan, "Tuipuah i kal ang u" A hmalam pan chuan a kal a, zirlai naupang rual rual nen chuan ka zui a Zirtirtu chuan sawiselna nen min en a, min ti a.

"Khawngaihin row hnih ah kal ula, in step te chu in sync vek ang che".

**Tichuan a thu kan awih lai chuan min enfiah a,
hetiang thil hi a sawi tan ta a ni:**

**Aw tlangvalte u, chak takin awm ula, inrem takin
kal rawh u!**

**Zirtirtu chuan a zirlai naupangte ke pen mawi tak
takte a zawm theih dan chu ka ngaihven hle**

**Zirtirtu chuan ka mitmengah min en a, "Ding
rawh! Hermitage hnunglam kawngkhar kha i khar
tawh em?"**

**Kei chuan, "Ka ngaihdan chuan ka pu" tiin ka
chhang a.**

**Seri Yuktsuwar chu minute engemaw zat chu a
ngawi reng a, a hmuiah chuan nuihzatna rilru na tak,
tihbuai deuh mai chu a inkhel a, a tawpah chuan a
sawi ta a ni:**

**"Ni lo, Sacred meditation hi taksa chaw ei
ngaihthah nan chhanna atan hman tur a ni lo tih ka
ngaihthah a ni".**

**A fiamthu ka ring a, mahse a sawi belh leh a: "I
cauliflower paruk chu panga a lo ni thuai dawn a ni".**

**Zirtirtu thupek angin kan kir leh a, ritual hmun
kan hnaih chuan heti hian a sawi a:**

**"Rei lo nghak rawh En teh, Mukunda
(Paramhansa), i vei lamah courtyard sir lamah
kawngpui lam pan chuan Tu emaw chu rei lo teah a lo
kal ang a, i hremna chhan a ni ang".**

**Heng thusawi Chiang lo tak takte avang hian ka
thinrimna chu ka thup nghal Vawikhat chu
kawngpuiah khaw mi pakhat mak tak maia zai leh a**

kut hmanga thil awm lo taka a kut zungtang ka hmuh chu ka hmu a, hriat duhna chuan ka bengchheng hle a, chu thil hmuhnawm tak chu ngun takin ka en reng a, chu pa chu kan mit atanga a bo dawn lai tak chuan Sri Yuktswar chuan, "Tun ah chuan a lo kir leh ang" a ti a.

Khaw mi chuan kawng a thlak nghal a, hermitage hnung lam pan chuan a kal ta a, kawngkhar hnim hring tak a zawh hnu chuan ka zirtirtu thupek ang ngeiin ka khar loh kawngkhar hnung lam atang chuan building chhungah chuan a lut ta a, rei vak lo hnuah chuan ka cauliflower hlu tak pakhat kengin a rawn chhuak a, a chhuangna chu zahawmna leh zahna boruak nen a kal lai chuan a lang Chiang hle

He scene nuihzatthlak tak, victim anga ka inlanna hian rukru chu ka rawn um zui ta lo va, thinrim takin ka zui a, a chanve vel ka thlen meuh chuan Sri Yuktiswar chuan min au a, lu atanga ke thlengin nui chungin a khur a, kir leh turin min ti Between bursts of mirth, he explained:

"Chu mi rethei chuan cauliflower a duh em em a Chuvang chuan i cauliflower pakhat i enkawl tha loh chu a hmuh chuan a pawl lo ang tih ka ngaihtuah a!"

Ka room lam pan chuan ka tlan phei nghal a, rukru chu thlai hmangaihtu a ni tih ka hmuchhuak a, a chhan chu ka rangkachak zungbun te, ka dardhlalang te, ka pawisa te chu a khawih lo a, chu chu blanket-ah chuan a darh vek a, chu ai chuan khum hnuaiah chuan cauliflower bawm thup chhungah chuan a rawn tlan lut ta zawk a, a thinlung duhthusam chu a tihlawhtling ta zawk a ni

Chumi tlai chuan Sri Yuktwar-a chu chu thil thleng chu min hrilhfiah turin ka ngen a, chu chu thil buaithlak tak tak nei lo a ni lo Zirtirtu chuan zawi zawiin a lu a thing a, heti hian a sawi:

"Ni khat chu Science hian dan hriat loh engemaw zat a hmuchhuak thuai dawn tih i hrethiam ang".

Kum tlemte hnuah, radio thilmakte chu mak tih hmel takin khawvel pakhat chungah a lo lang nghal a, zirtirtu hrilhlawkna chu hriatrengna a lo ni ta a, hmun leh hun chungchanga ngaihdan hlui chu chatuan atan a bo ta a, tunah chuan khawvel pum huap radio (leh satellite) channel tam takin a thlen loh in pakhat mah, eng ang pawhin te pawh ni se, a awm lo Rilru rilru hrual ber ber pawh hi inhawng a ni tawh a, mihring nihna pakhat finfiahna sawisel theih loh hmain a zau ta a ni defining characteristics: awm zawng zawng (totality of existence).

Cauliflower chungchanga comic tale chu radio nena khaikhin chuan hriatthiam theih a ni Ka zirtirtu chu transmitter leh receiver tling tak a ni Ngaihtuahna chu engmah a ni lo va, subtle, ethereal vibrations tih loh chu radio sensitive tak chuan hmun tina tihchhuah mi sang tam tak zingah program bik a pickup ang bawkin, Sri Yuktiswar pawh hian ngaihtuahna pakhat—cauliflower lama mi â ngaihtuahna—mihring chhiar sen loh zingah—a dawngsawng thei a ni thoughts broadcast in this world Beach lam kan pan lai chuan zirtirtu chuan khaw mi awlsam tak duhthusam chu a hre Chiang hle a, chu chu hlen chhuah tumin hma a la nghal a Ka zirtirtu mit thianghlim chuan zirlaiten an tih hmaa mipa zai lai chu a hmu a Ka hermitage kawngkhar khar theihnghilh hian zirtirtu hnenah ka thlai duh tak

**pakhat min laksak turin chhanna remchang tak a pe a
Thus, Sri Yuktiswar, having acted as**

**a... ..
... ..**

**receiver, also acted as a transmitter He hnaah hian
zirtirtu chuan khaw mipui chu a ke penna tur leh room
bik pakhatah kal turin a kaihruai thei a, cauliflower
pakhat chauh a la thei a ni**

**Insight hi thlarau kaihruaitu a ni a, mi pakhatah
hian thlamuanna hun laiin a lang chhuak tak zet a ni
Mi zawng zawng deuhthaw hian sawifiah theih loh
chhungril intuition an tawng tawh emaw, an
ngaihtuahna chu mi dang hnenah \ha takin an thlen
thei emaw a ni**

**Mihring rilru chu lungkhamnain a tihbuaitsu laka
fihlim chuan radio hna khirh tak tak zawng zawng a
thawk thei a: ngaihtuahna thawn chhuah leh dawng,
leh duh lohte filter chhuah Radio station-in a thawn
chhuahna chakna chu electric a hman zat a inngnat
ang bawkin, mihring rilru, radio ang maia a
hlawhtlinna chu mimal tinte duhthlannaah a inngnat a
ni**

**Ngaihtuahna zawng zawng chu khawvel pumah
chatuan atan a pil bo vek a, ngaihtuahna thuk tak
hmangin zirtirtu êng chuan mi tu pawh, mi nung
emaw, thi emaw ngaihtuahna chu a man thei a, a
chhiar thei bawh Ngaihtuahna chu khawvel pum huap
a ni a, mimal ni lovin, a bul tanna a ni Thutak chu
siam theih ni lovin hmuhchhuah theih a ni
Ngaihtuahna dik lo—a te emaw, a lian emaw—chu
hriat theihna tling lo atanga lo chhuak Yoga tum ber
chu rilru chu a ti reh thei a, chutiang chuan a tibuaitsu**

**chu a hre thei ang chhungril aw kaihhruaina,
tihdanglam leh tihbuai loh**

**Radio leh television chuan mi hla tak takte aw leh
lem chu a rualin mi maktaduai tam takte chenna inah
a rawn hruai lut a Hei hi mihringte hi khawvel pum
huap thlarau a nihzia scientific-in a lantir hmasak ber
a ni Mitdel subjectivity hian engti kawng pawhin
mihring nihna bulpui thunun leh man tum mah se,
space-a hmun bik pakhata inngnat taksa a ni lo va,
khawvel pum huap awmna thlarau a ni zawk**

**Hemi chungchangah hian Physiology lama Nobel
laureate Charles Robert Richet-a chuan hetiang hian a
ziak a ni.**

**"It is truly strange and remarkable that
improbable natural phenomena still occur An ding
nghet a nih chuan kum zabi kalta chhunga science-in
a tih ang khan min ti mak tawh lovang Tuna kan
pawm awlsam thil thlengte hi hriatthiam theih a lo nih
tawh avangin min ti mak tawh lo tura ngaih a ni
Mahse hei hi a ni lo Min ti mak tawh lo a nih chuan,
kan hriatthiam vang a ni lo, mahse an hriat chian
tawh vang a ni If we are to be amazed by everything."
hriatthiam theih loh, chuti a nih chuan engkim hi mak
kan ti tur a ni: boruakah lung paih a ni a, acorn chu
oak thing lian takah a lo thang lian a, a lum chuan
mercury a zau zel a, leh thir chu magnet-in a hip a ni**

**"Tunlai science hi a buaithlak tawh lo Kan
thlahte'n an chhui chhuah tur thudik mak leh beisei
loh tak takte chu tunah chuan kan hnaih tawh a, min
en reng tawh a, chutiang chuan sawi ila, kan hmu lo
nachungin Mahse kan hmu lo tih sawi mai mai chu a
tawh lo: kan hmu duh lo, a chhan chu beisei loh leh
hriatloh thudik a lo chhuah meuh chuan, hriatna**

pawm tawhte general framework-ah dah kan tum a, kan hmu ta a ni." chu mi hnua experiment ngam an awm chuan thinrim!"

Thu lakna: Yogi-a Diary: The Autobiography

I inthup ka hmu a

Pangpar pakhat ka en a, ka tawngtai a, ka hmu nghal che, Aw Pathian Thlarau, a chhunga thup l awmna rimtui chu a rawn chhuah a, a par chu i rosy innocence-in a rawn eng a, a thinlung chu i finna rangkachak chuan a eng a

Tin, i thiltihtheihna zawng zawng huapzo chuan a zung sei tak leh a hnah dum hringhringte chu a thlawp tih ka hmu bawk Nunna leh chatuan thuruk chungchang erawh chu, pollen leivut-a muhil lai ka hmu a, i khawih tawp lo chuan rulhut chu a fuih a, a hnute chu a ti na a, chuvang chuan i thlum chu a in tan ta a ni

I thilsiam thilmakte hriatna min pe la, I thuruk tawp nei lo, kawngpui sira thinghnah te ber ber lo chhuak zingah pawh thup bo chu min hriattir ang che

Chatuan atanga thusawi ri

Mihring nihna thunun emaw, mize tha lo hneh emaw

Mize hi sawifiah a awlsam lo va, mahse eng nge a nih kan hria l rilru buai leh thinrimna dinhmunah i awm a, i nungchang chu a pangngai lo va, i nih tur ang i nih loh chuan Chumi avang chuan lungngaihna leh inhnukdawkna i nei a, mi pakhatin a thiltih leh a chhân lêtna hmanga mahni hlim lohna thlen ai chuan eng nge â zawk awm thei?

Tuman hrehawmna hi an duh lo Mi pakhatin a hnua a rilru a buai leh hunah a inbuatsaih tur a ni lo

**em ni? Chutianga an tih chuan an duhthusamin
anmahni an insiamrem tih an hmu ang Chutiang
dinhmun lungchhiatthlak takah chuan an chhehvela
mi dangte chuan an lungngaihna chu an hre chiang a,
an company chu an pumpelh thin**

**Miin khawi hmunah pawh kal se, thu sawi lovin
thu tam tak an sawi a, a chhan chu an rilru put hmang
pum pui chu an mitmengah a lang a, anmahni entu
apiang chuan an atanga lo chhuak thil tha lo chu a hre
thei a, an mitmenga rilru natna thim, tha lo tak tak lo
lang chu an hmuh chuan mi dangte chu hnawhchhuah
an ni a, chu rina muang lo tak tak atanga inhlat an
duh zawk thin Thinrimna chu mit atanga a lan chhuah
hmain rilru darthlalang atang chuan hnawhchhuah
hmasak a ngai a ni tihbo vek tur a ni**

**He khawvelah hian mihring hi glass house-ah a
cheng a, midangte hmaah a inlan a, a inlan thei lo va,
a inlan thei lo bawh Chuvangin, pianpui nun a hmang
tur a ni Engvangin nge zahna leh ngaihsan hlawh tur
zawnga a che loh vang? Engvangin nge a mitmenga
ropuina leh a hmela hlimna chu a hmuh loh vang?
Mihring mizia ṭha leh ṭhatna zawng zawng chu a
chhungah, lungngaihna leh hrehawmna layer hnuaiah
thup vek a ni**

**Midangte hian a nungchang an hre mai ni lovin,
an nungchang pawh a enfiah bawh A chhehvela mite a
en reng avanga midangte nena inthlauhna a neih duh
avangin rilru lama hlim lohnaah a tlu lut emaw a ni
emaw, he khawvela harsatna a tawh mekte hian a ti
lungngai a, a buai thei bawh Temperament is often a
result of environmental influences Each of us is
affected by the world around us in different ways But
we shouldn't allow pawn lam thil avang hian
lungngaihnaah kan tlu lut thei a, engvangin nge kan**

chhehvela thil thleng buaithlak tak takte phurrit chu kan phur ang?

Mi thenkhat chuan harsatna emaw dinhmun emaw hmachhawn loh nan rilru natna lantir hi an hmang thin Amaherawhchu, heng nungchang tha lote hi tlanhhuahna emaw, rilru lama himna emaw a ni lo A chang chuan lungngaihna leh lungngaihnaah hun eng emaw chen i tlu mai thin hi thil awmdan pangngai a ni a, mahse heng rilru put hmang hian i thunun phal loh tur a ni

Mihring mizia tin hian a chhan bulpui bik a nei Mize pakhat tihbo tur chuan a chhan chu ngaihtuah a ngai A ni Nitin chawlh hahdam leh ngaihtuah a pawimawh a, i mizia hrethiam tur leh i mizia hriatthiam theih nan leh a harsatna a nih chuan hmachhawn dan dik tak leh siamthat dan tur dik tak zir turin I inhmu thei a, midangte hnen atanga rawtna engmah ngaihtuah duh lovin In this situation, it's crucial to make a conscious effort

to... .. thil tawn \ha leh ngaihnawm tak tak siam rawh Hmasawonna tikhawlotu leh duhthlanna tichhe thei ngaihsak lohna lakah fimkhur rawh

A nih loh leh, mi pakhat chu natnain a beidawng a, a beidawng thei a, a hriselna a neih let leh thei lo tih ringin Hetiang dinhmunah hian nungchang leh nungchang lama innghat nun hrisel leh rahbi thar siam turin hrisel nun thu bulte hi hman a ngai a ni Chu bâkah, Pathian Engkimtitheia hnênah ɣawngɣaina hmangin a tihdam theihna rinna nasa zâwk nei tûrin a hawi tûr a ni

Miin a hlawhchham a, engmah a hlawhtling thei lo tih a inhriat tir a nih chuan, buaina chu zirchian a,

theihtawp chhuah a nih leh nih loh hriat chian a ngai a ni

Pathian chuan universe pumpui a enkawl a, a tenau ber leh minute ber ber thlengin a enkawl a, mihringte hi A anpuiah siam kan ni Chuvangin, hlawhchhamna tur chhanna emaw, dikna emaw kan siam thei lo Hnathawh hi hlau suh, eng ang pawhin harsa mah se, hnathawh hian taksa a "ti chak" a, tumah a tichhe lo Amaherawhchu, hnathawh leh ngaihtuahna muangchangin i zir a ngai a, chakna leh rilru hahdam tak i nih rualin i duh ang chu i tihlawhtling thei a ni, a chhan chu i rilru chu a ni fiah

Hlawhtlinna tur atana theihtawp chhuah a tul loh bakah, mi tam zawk chu rilru lama thawkrim lo an ni bawk Anni chuan ngaihtuah lovin hun tam tak an hmang Thenkhat chuan he chawlh hahdamna leh hahdamna hi an ngaihtuah a Mahse, chawlh hahdamna dik takah chuan rilru chu a thawkrim a, a thlamuang bawk ang Chutiang hun reh takah chuan Pathian, thlirna mawi tak, emaw, thil tawn nuam tak emaw a ngaihtuah thei a, rilru lama hnathawh \ha, muang tak chu a tiharh a, a tichak a, mahse, mi tam tak chuan an tibulaitu a ni stress nen creative effort leh tense, nervous state-a hnathawh

Thil siam chhuah ngaihtuahna hi mize hrisel lote dotu tha ber a ni Heng mizia hian mi chu a tha lo emaw, a buai emaw a nih chuan hriatna a chelh tlat thin Rilru chu ngaihtuahna tha nei lo a nih chuan a neitu chu a lungngai a, lungkhamnain a phur a Tin, lungngaihna leh lungkhamna nen chuan Diabola a lo kal a, chu mi ngaihtuahnaah chuan a cheng a, a mikhualtu chungah thununna famkim a lantir ta a ni!

Chuvangin, ka thianpa, thil siam chhuah ngaihtuahna siam chhuah kawngah hna thawk rawh Taksa hnathawhna lama i inhman loh hunah chuan i

**rilruah thil siam chhuah thil ti la, rilru hahna leh
lungkhamna ngaihtuah hun a awm tawh loh nan
buaipui reng rawh**

**Thil siam chhuah ngaihtuahna hi mak tak leh mak
tak a ni a, khawvel danga cheng ang maiin Mi zawng
zawng hian he theihna hi kan nei tur a ni Ka
thusawiah hian thumal khat pawh ka ngaihtuah ngai
lo—hei hi chutiang zinga mi a ni—ka sawi hmain
Mahse, chu thupui ka luhchilh meuh chuan ka thlarau
chuan thil mak tak tak min hrilh tan ta a, thil mak tak
tak i ngaihtuah chuan, taksa emaw, rilru buai tak
emaw chu i hre lo, a chhan chu chutiang hun lai takah
chuan i awm a ni Pathian thlarau nena inremna**

**Kan finna chu Pathian, thil siam chhuah finna lem
hmanga siam a ni a, chu chu thil zawng zawng tih
theih a ni Chu hriatnaah chuan kan nung lo a nih
chuan mizia buaithlak tak tak bundle kan lo ni ta a ni**

**Thinrimna tha lo chu cancer ang mai a ni a,
chhungril thlamuanna a gnawing away Hei hi a ni
chiang hle a, thinrimna khauh tak nei te chuan an
harsatna leh harsatna an pumpelh thei lo**

**Mi dinhmun chu eng ang pawhin rapthlak mah se,
beidawnna hnuaiah a tlu tur a ni lo An ngaihtuahnaah
hnehna an chang thei Thinrimna danglam tak nei mi a
hlawhchham chuan an kut an phar a, hnehna an
pawm Mahse an rilru tichhe lotu chu nunna indonaah
hnehtu dik tak a ni a, an chhehvel khawvel chu meialh
ang maiin a lo ri chhuak a nih pawhin**

**Miin lung ina tang a duh em, zalen a duh em? An
mizia nena an inkharkhip lutuk chuan nun harsatnate
hmachhawn chhunzawm thei lo an lo ni ta a ni
Vawikhat chu rilru put hmang tha lote'n an rilru a
khuh tir a, an duhthlanna chu a chak lo va, an
thutlukna chu a tlahniam thin Temperamental
tendencies chuan thluak chu buaina leh buaina vur**

hnuaiah a khuh a, rorelna dik tak a tichhe a,
theihtawp chhuah zawng zawng chu a hlawhtling lo

Mi pakhat chuan an thinrimna chu a hneh thei a,
eng ang pawhin khauh leh nuam lo tak angin lang
mah se Pakhatnaah chuan, an rilru a na tawh lo ang
tih an rel a ngai a, an rilru a na tawh lo vang tih an rel
tur a ni Tin, an thutlukna siam chung pawha mood
swing a awm tak tak a nih chuan, a rawn luhchilh dan
hrethiam turin an zirchiang tur a ni a, chu chu thil \ha
tak tak an ti tur a ni

Chu bâkah, engmah fimkhur lo taka tih tûr a ni lo
va, fimkhur tak leh rilru thuk tak hmanga tih a ni
zâwk Pathianin theihna tawp nei lo min pêk avângin
thil siam chhuah hna kan thawk tûr a ni Eng
ngaihtuahna chak lo leh hrisel lo tak takah inhmang
a, rilru lama hlawhchhamnaah inpekna hi eng dikna
nge awm? Mi pakhat chuan hmasawna dik tak
kekawrte chung brake ang maia thawk rilru lam
dinhmun tichhe thei tak takte lakah a inthiarfihlim a
ngai a, kekawrte chu clutching brake atanga chhuah a
nih loh chuan, chetna leh hmasawna chu thil theih
loh a ni Zing tin Pathian chu i hnenah a awm tih
inhriat nawn tir la, i harsatnate chu eng pawh ni se,
hneh theihna thiltihtheihna i nei Nang hi Thlarau
chungnung ber thiltihtheihnate ro luahtu dik tak i ni
a, chuvangin, i chak zawk a ni dinhmun leh thilthleng
aiin a ropui zawk

Tlangval fing, fing tak chuan harsatna awlsam tak
tak hmachhawn chu nuam a ti lo va; he relishes the
difficult ones Mahse mi tam tak chu nun harsatnate
hian min ti hlauthawng a, ka hlau ngai lo, a chhan
chu, "Ka Pathian, ka chhungah I chakna tipung la, I
tanpuinain ka harsatnate hi ka hneh thei reng theih
nan rilru tha takin min vawng reng ang che" tiin ka
tawngtai fo thin a ni.

Think constructively about a problem until you can think no more
Buaina ka hmachhawn lai hian, chu chu chinfel dan tur zawng zawng cover turin a hla ber thlengin ka kal a, chu chu dik tak leh thinlung takin:
"Ka theihtawp ka chhuah a, hei hi ka tih theih awmchhun a ni" tih ka sawi theih hma loh chuan, chutah chuan buaina chu ka theihnghilh ta a ni

Harsatna ngaihtuah rengtu chu a thinrim a, a lungawi lo awlsam hle Hei hi pumpelh rawh Buaina a lo chhuah hian, chu chu ngaihtuah lovin, a chinfel dan tur zawng zawng ngaihtuah rawh Fiah taka ngaihtuah theih loh i inhriat chuan, i lungkhamna chu midangte hmachhawn tur harsatna ang chiah nen khaikhin la, an thil tawn a\angin zir la, hlawhchhamna kawngte leh hlawhtlinna kawngte hriatchhuahna tur kawngte leh hlawhtlinna kawngte hriatchhuahna kawngah zir rawh them The entire library of the universe is stored within you I hriat duh zawng zawng chu a awm vek tawh tih hi pholan tur chuan thil siam chhuah leh thil thar siam chhuah thiamna i ngaihtuah mai a ngai a ni

Thinrimna khauh tak chuan hriatthiamna a tichhe a, rilru natna a tikhauh a, mi pakhat chu midangte nena inrem theih lohna a siam In chung nun chu hmun thianghlim a ni tur a ni a, mahse thinrimna khauh tak chuan hremhmun lungchhiatthlak takah a chantir a Pasal chu a nupui chu lungngai takin a hmu a, a nupui nen inbiak pawh theih lohvin a lo haw emaw, rilru na takin a lo kir leh mai thei a, amah nen inrem theih lohna tur a siam bawh Many troubles befall people thinrimna khauh tak avang hian Chhungkaw member pakhat chu thinrimnain a lum emaw, ngaihsak lo emaw a nih chuan an thinrimnain a nghawng nghal che emaw A nih loh leh hlimna nena khat mi i tlawh mai mai pawh a ni thei a, chu chu inhnialna leh rilru na tak tak i hmuh chauhvin, i

**hlimna chu mittuiah a chantir nghal a, thil chi hrang
hranga phuba lak duhna a siam che a, midang
thinrimna hian a tichhe lo che**

**Phuba lak chu thil awlsam tak a ni a, mahse
hmangaihna hlan hi midang thinrimna tihziaawmna
leh an chhiatna tihziaawmna kawng tha ber a ni Chu
hmangaihna chu a thianghlim tur a ni, thinlung
atanga a lo chhuah hian magical effect a nei si a**

**Kan hmangaihna chu ngaihsak lohnain a tawh a
nih pawhin a rah chhuah tur kan ngaihtuah reng tur a
ni lo Hmangaihna chu huatna aini a chak zawh a, a
nghawng chu thiltitheih tak leh mak tak a ni**

**I thlarau chhungah huan ropui tak a awm tih i hria
em? Ngaihtuahna huan mak tak, hmangaihna,
ngilneihna, hriatthiamna leh thlamuanna rimtui tak—a
mawina leh lawmna chuan lei pangpar leh thinghnah
rimtui zawng zawng a phak lo huan Thinrimna rilru pu
chunga mi pakhatin a hriatthiam loh che apiangin
pangpar rimtui tak i siam a, hmangaihna i hlan fo thin
Chu hmangaihna leh hriatthiamna rimtui chu pianpui
rose zawng zawng aini a tuar theih lo va, a thianghlim
zawh lo em ni? Chuvangin, i rilru chu huan a ni tih hre
reng la, ngaihtuahna thianghlim leh thianghlim tak
tak nen mawh tak leh rimtui takin vawng reng ang
che, huatna mizia tenawm tak tak nena khat,
mualphona hmuna lo chang lo turin phal suh Remna
leh hmangaihna pangpar, van rimtui nena khat i chin
chuan thlarau lam hriatna bee chu i huanah a hip ang,
Bee chuan pangpar thlum ber chhuah chhuak chauh a
zawng ang honey, chutiang bawkin Pathianin i nun
chu ngaihtuahna thlum, rosy-a a khat hunah a rawn
tawh ang che I thlarau mizia \ha huanah hian sual leh
thinurna buh chhia, chhe tawh tak takte chu lo thang
se i phal lo ang tih thutlukna siam rawh**

Khawchhak finna thuziak chuan ̣hian leh hmêlma hmaa rilru hahdam leh rilru hahdam tak, lum leh vawt, hlimna leh hrehawmna pahnihnain nghawng a neih loh chu Pathian duh tak a ni tih a sawi a, mize khauh leh ngilnei tak neite hnênah hmangaihna, hlauhna a tihbuai leh lungkhamnain a phurritte tân thlamuanna, thinrimna khauh tak neite tân thlum, phurrit phurte tân hlimna a hlan fo ̣hîn hrehawmna leh lungngaihna te, leh tihsual leh sualna kawng zawh mekte tâna entawn tûr siamin, i rilru chu hlâwkna leh thil siam chhuahna lama inhmang reng chungin mizia ̣ha lote chu i hneh a ni

Ka sawi fo thin, "Darkar khat i chhiar chuan darkar hnih chung ziak rawh; Darkar hnih i ziak chuan darkar thum chung ngaihtuah rawh; Darkar thum i ngaihtuah chuan ngaihtuah reng ang che" tih hi ka sawi fo thin.

Pathian hi hlimna zawng zawng bulpui a ni a, kan nitin nunah pawh a hnena thlen theih a ni Mahse mihring hian hlim lohna thlentu thilah a inbuatsaih fo thin Ngaihtuahna hi nungchang tha lo tihbo a, khawvel mak tak maia awm theihna kawng tha ber a ni—mi fing ropui takin, "Aw Lalpa, I hming malsawm tak ka sa a, Nangmah ah hian ka boral ta He awareness-a ka kir leh khan, Ka taksa hlui chu kalsanin Nangmah min pek taksa thara ka inhmu ta tih ka hmuchhuak ta!"

India ramah pawh hetiang thawnthu hi a awm a, mi thianghlim dang chungchang hi Tlangval pakhat a thi ve chauh a, a ruang chu meipuiah an hruai chho mek a, lungngaihoin mei an hal dawn lai chuan putar pakhat chu a rawn lang nghal a, a tlan a, a au chhuak a, "Thil tawp mai rawh! Mei chu hal suh! Chu ruang chu ka hmang ang!" Chung thu a sawi rual chuan putar ruang chu thiin leiah a tla thla a, chutih lai

chuan tlangval chu meikhu phum ata a tho chhuak a, ramngaw lam pan chuan a tlan nghal vat a Putar chu mi thianghlim ropui tak a ni a, nausen piang thar nunna nei lo taksaa nunna nei lehin a biakna chu a titawp duh lo va, chuvang chuan chu tlangval taksa chu a thlarau lam thil tih chhunzawm zel nan hmang turin a rilru a siam ta a ni

Nunna leh thihna chungchangah hian thil mak tam tak hmuh chhuah nghah mek a awm a, ngaihtuahna hi kan Pathian nihna nena inmil leh Pathian nena inmil taka kan nun dan tur a ni Thihna hian mihringte a ti hlauhawm a, a chhan chu Pathian chu kan nun atanga a chhuah tir avangin

Thil hrehawm zawng zawng hian hlauhna leh hlauhna min luah khat vek a, a chhan chu khawvel hi a awmzia leh a tum hrethiam lova kan hmangaih vang a ni Mahse engkimah Pathian kan hmuh hian hlauhna a bo thin Nunnaah leh thihnaah pawh "piang" kan ni fo thin Dik tak chuan thihna hi hming dik lo a ni a, a chhan chu thihna tih hi a awm loh avangin Nun hi a chau chuan tisa puan thuk tak chu kan paih a, khawvel ngilnei tak, ethereal-ah kan kir leh thin

Thihna tih awmzia chu tawpna a ni Tawlailir a peng chhe tawhte chu a tawp a thlen tawh avangin tawlailir thi a ni Mahse Thlarau thi thei lo chu a boral thei lo Zan tin, kan mut lai hian thlarau chu etheric taksaah a cheng a, taksa taksa hriat lohvin Taksa hriatna hloh hian thihna a thlen a nih chuan thlarau chu kan mut laiin a thi ang Mahse kan mut lai hian kan thi lo va, hriatna hloh vek pawh kan hloh lo, a chhan chu upon harh, kan mut a thlamuang em tih kan hre reng ang bawkin kan thih hnuah pawh kan thi lo

An rilru khauh taka awmtir phaltute chu an thi tak zet a ni Nunna thuruk chingfel turin nitin i piang thar

**tur a ni Hei hian nitin eng emaw ti taka insiamthat
tum tihna a ni A chung berah chuan finna min pe turin
Pathian hnenah kan tawngtai a ngai a ni, finna nen
hian engkim hi a lo thleng thin si a**

**Hriatthiamna, thil siam chhuah ngaihtuahna, leh
thil siam\hatna, thil \angkai tak takte chu mahni
insiam\hatna tur leh midangte hlawkna tur atana kan
neih a ngai Pathian Ram chhunga luh tum apiangin
nitin an theihna zawng zawngin midangte an \anpui
tur a ni He kawng zawh hian mi pakhatin mize duh loh
zawng tibotu hlimna nung tak a tawng ang He hlimna
hi rilru, taksa leh thlarau lam hmasawanna tilangtu dik
lo tak a ni baw k a, rinhlelh rual lohvin Higher levels a
ni ang attained, hei hi Pathian Ram panna kawng a
nih avangin**

**Mihring rilru hneh tumin theihtawp chhuah a ngai
a, a chhan chu mi pakhatin lungngaihna leh
lungngaihna a neih vele mahni leia tihsual chi chu a
tuh nghal vek a ni**

**Thil sual tihnaah inhnammawih chu zawi zawiin
thihna a ni Mahse, ni tin hlim leh beiseina neia inhriat
tum hian, fiahna buaithlak leh lungngaihna zawng
zawng karah pawh, piantharna ropui tak a kaw k a, he
mihring piantharna hi thlarau lam piantharna ropui
takah a chantir loh chuan, mi pakhat tan chuan siam
thar leh theih a ni lo an ding reng dawn a ni**

**Temperament hi kai theih a ni Tin, lungkhamna
leh lungngaihna hun lai hian mipui zinga mi tam tak a
nghawng tha lo thei Mi pakhat chuan nunah thil
thleng vanduaithlak tak takte hi a ngai pawimawh
lutuk tur a ni lo I hmaa vanduai lo thleng thei apiang
lungngaih leh lungngaih ai chuan nuih tlem a tha
zaw k**

Beiseina neia nuih tum reng hi a ropui hle

**Miin huaisenna te, hlimna te, a nih loh leh mize
ṭha eng emaw a lantîr chuan a piangthar a, chu chu a
thlarau lam nihna dik tak lantîrin a hriatna chu a thar
leh tihna a ni**

**Tin, chu chu Vanram hmu leh luh theihna tura min
tlintu thlarau piantharna chu a ni**

Remna awm rawh se

Ṭhian nihna: Innghahna leh Chhelna
Ṭhian nihna hi Pathianin mihringte a hmangaihzia lantîr
a duhzia mihring lantîrna sâng ber a ni
Pathian chuan nausen piang tharte chu pa leh nu
hmangin lainatna leh ngilneihna a pe Nausen chung a rilru
put hmang chu pianpui leh pianpui a ni a, Pathianin kan nu
leh pate'n min hmangaih lo thei lo tih thupek a siam avangin
Ṭhian nihna chu Pathianin min hmangaihna thutiam nei lo
lantîrna thianghlim tak angin kan hnenah a lo thleng a ni
Mi hriat loh pahnih an inhmu a, duhthusam nghal leh
thinlung tak tak nen chuan in tanpui an duh a He thil thleng
hi i zirchiang tawh em? He mahni duhthusam, inpawlina
duhna hi hipna dan thianghlim a\angin a lo chhuak nghal a ni
Nun hmasa lama thlarau pahnih inkara inṭhianṭhatna leh
inṭhianṭhatna tihchakna thiltih chuan zawi zawiin thlarau lam
inzawmna a siam a, chu chuan he nunah hian—khawi
hmunah pawh awm se, do theih loh khawpin a inzawm
khawm a ni
He rilru put hmang hi mahni hmasialna leh mipa leh
hmeichhia inhmangaihna a tihbawlhhlawh loh chuan a
thianghlim a, a bawlhhlawh lo Mahse vanduaithlak takin
ngaihtuahna thianghlim lo takin a tichhe fo thin
Ṭhian nihna chu kan rilru put hmang thing chung a
pangpar hnim hring ang maiin a par a, a lo par chhuak a, chu
chu duhna chhe leh huatna leh mahni hmasialna, mahni
chauha innghat thiltihin a tibawlhhlawh a ni

Thingkung zungbunah fertilizer chi dang i hnawih chuan
a rah chu a tlem ang a, a tlahniam ang Chutiang bawkin, mi
pakhatin mahni hmasialna rilru pu chung a ṭhian nihna thing
chu a chawm chuan, an thil tum tling lote chuan chu ṭhian
nihna rah chu a tidanglam a, a tichhe ṭhîn Mi pakhat chu a
hausaw emaw, nghawng nei emaw, kan tâna thil a tih theih
vang mai maia ngaihvenna leh kan tâna thil tih theih avânga
ngaihvenna chu ṭhian nihna tia sawi theih a ni lo mi pakhat
chu an hmel mawi tak avang hian ṭhian nihna a ni lo Chu
hmel chuan a tleirawl, mi hipna hlimthla a hloh chuan, chu
"ṭhian nihna" chu a bo vek ang a, hun kal tawh thil a lo ni
tawh ang

Khawi hmunah pawh ṭhian nihna hmuh a harsa tih chu a
dik a ni Mi ṭhenkhat nitin i hmuh leh i hriat chian ngai loh
Midangte chu i la tawng ngai lo chung pawhin hnai taka i
hriat nia i hriat Mi pakhat chuan chu chhungril intuition dik
tak chu a zir a, a neih a ngai a ni

I awmna hmun apiangah i mit kha meng reng la, mi
pakhat chungah rilru lama hipna dik tak i neih chuan chu mi
nen chuan inṭhianṭhatna chu i tichak tur a ni a, a chhan chu i
nun hmasa aṭanga i ṭhian a nih vang a ni

Nun hmasa atanga kan hriat tawh ṭhian tam tak an awm
a, mahse chu ṭhianta chu a puitling lo va, a theihna zawng
zawng pawh a thleng lo A ni Hriat rei lote sands-a laih ai
chuan lungphum awm tawha din a ṭha zawk
An finna avanga mi danglam bikte nen inkawp la,)

(nungchang tha nei zingah i thian tur thlang rawh

Mi tam tak chuan a chunglam lan danin a bum avangin

ṭhian thlan hi an tisual ṭhin Ṭhian dik takte thliar hran
theihna awmchhun chu ngaihtuah leh Pathianin anmahni
nena inpumkhat tir che tura ngen hi a ni Kawng thianghlim
leh thianghlim takin ṭhian zawng turin i bei tur a ni Hei hian
taksa mawina emaw, mi dangte chungah i rilru put hmang
tichiangtu thil pawimawh nia i ngaih hmel lan dan dang
emaw ngaihtuahna zawng zawng aṭanga i hriatna

tihthianghlim tihna a ni Hetiang hian i tih chuan, ni khat chu,
Pathian khawngaihna zarah i awmna hmun apiangah i
chhehvela thian dik tak i hmu thei ang a, Pathian pawhin
thlarau lam chauh pawh ni se, ðhian hla tak takte nen a
inzawm leh ang che, a chhan chu rilru thianghlim chu thil
dan hnuaiah a awm lo va, hun leh hmunin a phuar lo va,
Pathian hmangaihna chu chutiang mihring inngaitlawm tak,
Amah dodal lo mahse, a hmangaihna chu thianghlim leh
chiang taka luang chhuak turin phalsaktu hmangin i hre ang
ðhian nihna che uin an êng an êng che u a ni
Mihring mizia chu mahni hmasialna leh mize duh loh
zawng a\anga tihthianghlim a nih loh chuan ðhian dik takte
hip theih a ni lo ðhian nihna leh ðhian nihna thiamna ropui
ber chu ropuina leh zah taka thil tih hi a ni Thlarau lam mi,
thil tum leh tum thianghlim, mahni hmasial lo, thil dik lo leh
rilru dik lo laka fihlim, leh hun rei tak kal ta a\anga lungphum
phum tawh chung a ðhian nihna in ropui tak siam ðan tum
tihna a ni
I nun hmang hian nun zawng zawngah hian engmah hi a
ni lo
Ka mit chu ka thianpa pakhatin a pawm chuan a ti
lawm hle
Tin, \hian zawng zawng, an hmangaihna chu Pathian tan
a ni lo
A hmangaihnaah hian ka ring lo
Mihring inlaichinna zawng zawngah: nu leh pa leh fate
inkarah te, nupa inkarah te, mipa leh mipa inkarah te,
hmeichhia leh hmeichhia inkarah te, leh mipa leh hmeichhia
inkara unau ang maiin a thianghlim a, tihkhawtlai leh
dinhmun awm lo a ni Mi dangte nena awm duhna i hriat hian
i hriat chu Pathian awmna a ni
ðhian nihna hi Pathian chêtîrtu a ni a, Pathianin a
mihring fate chu nu leh pa leh chhûngte tlemte kaltlangin
chauh a enkawl lo va; Kan thinlung chhungril ber a\anga

hmangaihna thianghlim leh dik tak lantir theihna hun
remchang min pe turin \hiante a pe baw
Mihring tlin lohna a tlem poh leh mize tha a neih tam
poh leh thian a nei tam zawk ang Zawlnei leh mi ropui tak
takte chu mi zawng zawng tan ðhian an ni a, anmahni ang ni
tur chuan kan hmangaihna chu mahni hmasialna
bawlhhlawh ata kan tihthianghlim a ngai a ni
Kan hmangaihna chu midangte kan rintlak theih hunah
Tin, hun fiahna leh fiahna dang hmanga kan rintlak
hunah pawh
Mi tu emaw chuan thinlung chhungril atangin min
hmangaih tak zet a ni
Tin, chu mi chungah chuan chutiang baw chuan kan
inhria baw
Mimal hlawkna tur ni lovin, ðhian nihna pulse hriat
theihna tur chauh a ni
Pathian inlanna kan hmu a, Pathian awmna kan hre
baw
Tin, chu ðhian nihna malsâwm takah chuan Pathian aw
kan hre baw
Kan hmangaihna chu mi pakhat chauhvin a awm reng
kan phal tur a ni lo va, chu ai chuan he hmangaihna
thianghlim lungphum hi mi dangte rilru ropui tak takah kan
tichak zawk tur a ni
Thil tum tha lo nei mi nen inðhianðhatna siam i tum
chuan - Pathianin venghim rawh se - i beidawng ang Mi
ðhate ðhian hmasa la, chumi hnuah chuan mi zawng zawng
chungah hmangaihna i neih hma leh, "Mi zawng zawng ðhian
ka ni" i tih theih hma loh chuan midangte nena inðhianðhatna
.rilru put hmang thehdarh chhunzawm zel rawh
Zâwlnei ropui tak takte chuan mi dangte chungah
hmangaihna an nei a, chuvângin mawi takin an ngaidam a,
mite chu thil tihsual ngaidam tûr leh thil chi hrang hranga
phuba lak loh tûrin an fuih a ni

Thian nihna dik tak chu hmangaihna thianghlim a ni a, a
chhan chu a rinawm a, a thianghlim a, a dik a, a daih reng
bawk

Thlarau lam mi fing pakhat chuan thian nihna chu mawi
:takin a sawi a

Kan thiante nena thuthlung ropui ber kan siam theih"

chu hetiang hi a ni: Thutak chu chatuan atan kan inkarah
awm rawh se Mipui chungchang sawi hi a va mawi em em a
ni: Amah nena inhmu emaw, biak emaw, a hnena ka thian
nihna finfiah nan lehkha thawn emaw hi ka tan a ngai lo va,
kan thian nihna nemnghet tur leh inhriatrengna tur thilpek
kan thawn a ngai lo a ni a chhan chu ka ring tlat a, a awmna
apiangah leh eng ang pawha ka inrintawk angin a chungah
.ka innghat a ni

Kan thiante nen min hriatthiam lohvin zalen tak leh
tlang takin kan inbia thei a Mahse thian nihna chu a lo thang
lian thei lo va, a lo thanglian thei lo va, pakhat atanga
pakhat hnena thuchah, thusawi, emaw thil phut emaw a
awm chung chuan

Thian nihna chu zalenna leh thlarau intluktlanna
lungphumah chauh din theih a ni Chuvangin, chu
malsawmna êng ang chuan mi zawng zawng kan enkawl a
ngai a, mihring tin hi Pathian anpuia siam kan ni tih hre
rengin, Mi i tihduhdah chuan an thian nihna thlum chu i
tawng ngai lo vang

Thian tel lova nun kawng zawh thin an tam hle a, engtin
nge an zinkawng zawh chhonzawm theih ang tih ka
ngaihtuah thiam lo

Thian dik tak chuan min hrethiam lo fo thin Tin, an
hrethiam lo a nih chuan hun rei lote chung chauh a ni Miin i
rinna leh rinawmna a phatsan a nih chuan, engmah thleng lo
ang maiin i hmangaihna leh hriatthiamna pe chhonzawm zel
la, midangte hnen atanga hriatthiamna leh hmangaihna
dawng tura i beisei ang bawkin

Mahse, chu mi chuan nangmah hmuhsitna leh huatna
lantir thei khawpa a awm chhunzawm zel a, a chung a ṭhian
nihna kut phar chu a beng chhunzawm zel a nih chuan, a
nungchang a siam ṭhat a, ṭhian nihna chawimawi tlâk a nih
hma loh chuan i kut chu la let leh la, a ṭha zawk ang
In lamah inṭhianṭhatna chu inṭan tûr a ni I chhûngkuaah
i nêna inmil bîk mi i hmuh chuan chu inzawmna chu siam
chhuah hmasak phawt ang che Tichuan, i hriatte zînga mi
pakhat, hlutna inang nei mi pakhat chu i duhzâwng i hriat
chuan, chu ṭhian nihna chu tihngheh tum ang che
Ṭhianté zinga mahni hmasial duhna leh duhâmna zawng
zawngte chu tihbo vek a ngai Mi ṭhate nena inṭhianṭhatna
chu tihchak a ngai I ngaihtuah tam poh leh i hun kal tawha
ṭhianté chu i hre Chiang zawk ang Reflection hian i hun kal
tawh hla tak aṭanga i hriat leh i hmangaih ṭhianté
hriatrengna muhilde a tiharh a ni
Thlarau lam vision-a ka hmuh hmasak a, a hnua ka tawn
leh mi tam tak an awm
Ṭhian nihna hi cosmic force ropui tak a ni Ṭhian nihna i
duhna a nget a, thlarau lama i nena inmil mikhual awm
mah se, South Pole-ah pawh hian ṭhian nihna magnetism
chuan engtin emaw takin a hnaih tir ang che
Mahni hmasialna chauh hian kan chhunga inpumkhatna
magnet chu tichhe thei thiltihtheihna a nei a ni
Mahni chauh ngaihtuah chuan ṭhian nihna lungphum a
tichhe a, a hlutna thianghlime a tichhe bawh
Heng mite hian ṭhianté hip thei lo an ni a, a chhan chu
an thlirna zau zawk leh nun malsawmnate Pathianin
chhungkaw malsawmna a pek che chu an pawm thei lo a ni,
ka thianpa, midang hmangaih dan i zir hmasak theih nan leh
chu hmangaihna tho chu mi zawng zawng hnena i thlen
theih nan
Kan hmangaih takte chu thihna leh dinhmun dang
hmangin min laksak an ni a, chutiang chuan mihring
inlaichinnaah mi hmangaih mai ni lovin, hmangaihna ngei

pawh hmangaih kan zir thei ang—chu hmangaihna chu
Pathian a ni, mihring hmai tuam zawng zawng hnung lama
awm chu Tin, Pathian hmangaihna nen chuan Mi zawng
zawng chu Khawvel Lalpa lan chhuahna hrang hrang angin
kan hmangaih thei ang

Ṭhian nihna chu mahni hmasialna tel lova kan
hmangaihna invest tihna a ni Inneihnaah hian mipat
hmeichhiatna lama tih tur a awm a, chhungkaw nunah chuan
rochun instinct a awm a Mahse ṭhian nihnaah chuan tih tur
emaw, nawr luih emaw, eng ang chiah pawha nawr luih
emaw nawr luihna hmun a awm lo a, chu ai chuan thinlung
aṭanga lo chhuak leh rinawmna dinhmun tih loh chu
dinhmunin a phuar lo, chu chu inṭhianṭhatna awm lo chu a ni
endure He dinhmun hi ṭhian pahnih mawhphurhna a ni a,
!tango tur chuan mi pahnih a ngai a ni
Kan hmangaihna chu mi zawng zawng hnenah i pe ang
u Hmanlai atanga kan thiante kan tawn theih nan i tawngtai
ang u, a tawpah Pathian \hian nihna kan hriatthiam theih
nan leh \hian tlak kan nih theih nan anmahni nena kan
inthianna tichak turin i \awng\ai ang u
Hmangaihna leh inlungualna thlarau hmanga Pathian
fate kan hmangaih loh chuan mihringte Lalpa hmangaihna
chu kan hre thei lovang
Mihring hriat loh ka hre lo Tin, hlimna leh lawmna ropui
!tak chu a va ni em
Ka hmelma anga inngai pawh hian ka huatzia min
hriattir thei lo
Chu harhtharna a lo thlen chuan mi zawng zawng
hmangaihna chu i hre thin
Pathian thilsiamte chungah hmangaihna i neih chu
chatuan atan a thi ngai lo va, a lo thang lian a, a pung zel a,
chu chu ṭhianta hmangaihnaah vanrama Pathian thinlung a\
anga lo chhuak Pathian hmangaihna i hriat hma loh chuan a
pung zel a ni

Kan thian duh takte thlamuanna awm rawh se
Memory tihhmasawn

Mihringte hi thilsiam dang zawng zawng aiin a danglam bikna hriatrengna chakna avang hian thilsiam danglam bik kan ni Thlarau tin hian a bul thianghlim hriatrengna hmangin mahni chauha a Pathian bul tanna zawng chu a duh em em a Hei hian khawvel pum huap thil zawng zawng zawi zawiin a lo inthlak danglam dan a sawifiah a Pathian ruahmanna angin, thlarau tin hian, mihring taksa a neih veleh—a hmasawn tawh pawh a huam tel a ni thluak leh nervous system—a tâwpah chuan Pathian nêna a inpumkhatna pawimawh tak chu hriatthiamna neia hriat reng theihna hmanrua a nei ta a ni

Hriatrengna chu rilru lama kan thil tawnte kan hriatreng theihna a ni a; chutiang a nih loh chuan nun kan hriatthiamna chu kan theihnghilh ang a, nitin kan tan thar a ngai ang, naupang tê tê ang bawkin Mi rilru hloh tawh leh chuvângin an hriatrengna hloh tawh chu naupang ang maiin a awm a ni

Kan hriatreng theih loh leh kan nunpui leh theih loh chuan exam hi hlutna leh pawimawhna a awm lo Kan ngaihtuahna, rilru put hmang leh chêtîrnate kan zir chian a, kan thiltih tawhte thlirletna aţangin Mi pakhat hlutna leh pawimawhna chu hriatrengna dik takah a awm a ni

Entirnan, “Sami” chuan zing tin a harh chuan Sami a nih thu a hre reng a, hriatrengna hmang hian a nun tawn tawhte chu Sami tih hming nen a thlunzawm thin

Kan thil tawn tawh pakhat hriatreng kan duh hunah, emaw, kan mamawh leh hunah emaw, kan subconscious mind hmangin kan la chhuak thei a, kan

**thil tih emaw, a hmaa kan chung a thil thleng emaw
hriatrengna hmang hian, kan tih tur leh kan pumpelh
tur te pawh kan thliar hrang thei baw a, chu chu kan
tih tur leh kan pumpelh tur te pawh kan thliar hrang
thei a ni**

**Subconscious mind hi a fimkhur reng a, nitin mi
pakhat thil tawn zawng zawng a record vek a, mut lai
pawhin a hna a thawk chhonzawm zel a, zan lama
vengtu ang maiin taksa chu a enkawl reng a, mi
pakhat chu a harh chuan a mut chu a thlamuang a, a
hahdam em em tih a hre fo thin Subconscious mind's
memory thiltihtheihna hi a fimkhur reng leh
malsawmna dawng reng divine consciousness
thiltihtheihna pakhat a ni**

**Chu hriatna chi chu thlarau tinah phun a ni a,
thlarau chu a nihna takah chuan Pathianah chatuan
atan a nung tih a hrethiam si a, Hriatrengna chu
chatuan chi a ni a; kan enkawl a, kan tihhmasawn
chuan he nun chhunga thil thleng zawng zawng leh
kan nun hmasa te pawh kan hre reng thei a ni**

**Mihring kan nih angin he nunah hian fiahna kan
tawh zawng zawngte hi kan hre reng thei a nih chuan
engvangin nge kan thlarauvin a tawn tawh thlarau
lam fiahna zawng zawng hi kan hriat reng theih loh?**

**Hriatrengna hian pianphung pahnih a nei a,
chungte chu: mihring hriatrengna, he nun tawn zawng
zawng hriatrengna leh hriatrengna thianghlim,
thlarau thil tawn zawng zawngte a lo pian chhuahna
zawng zawng hmanga hriatrengna Mi tam zawk chuan
mihring hriatrengna chauh hi an hre chiang hle**

**Mahse, engvangin nge kan hriatrengna
thianghlim chu a muhil a, a ding reng a, muthilh thuk
takah a bo?**

**Mi thenkhat chuan thil tawn hrang hrang
hriatreng theihna an nei a: mihring leh thlarau lam**

**Midangte chuan an thil tawn hnahnung ber pawh
chiang takin an hre thei lo**

**Hriatrengna hian rilruin a hriatthiam theih dan
azirin level leh degree a nei a Zirna, rilru lam
ngaihtuahna, ngaihtuahna, leh hriatreng tlak thil
tawn zawng zawngte hi hriatrengna tha siam
chhuahna atan a pawimawh hle. Hriatrengna
tihhmasawn loh chuan miin hriatthiamna hausa leh
zau tak a nei thei lo Miin test a lak a, chu chu a
theihnghilh a nih chuan chu test hlutna leh
pawimawhna chu an hloh ta a ni**

**Kan hriatrengna quality tihchangtlun hian, kan
van atanga lo chhuahna pawh tiamin engkim kan hriat
reng theihna tur khawpin kan tichak thei a Tin, kan
hriatrengna thianghlim tiharh hian—kan tisa lo pian
tawhna thil tawn zawng zawngte kan hriatreng theih
nan, chutiang bawkin kan thlarau lam mize thi thei
lote pawh kan hrechhuak thei a ni—thih theih lohna
kan nei thei a ni**

**Hriatrengna chakna tihhmasawn nan dinhmun dik
leh taksa infiamna dik tak hi a \angkai Hetih hunlai
hian hna hrang hrang leh nun kawng hrang hrangah
kut hnathawh chu machine hmanga thlak a nih lai
hian mite chu an thut reng a, exercise neih reng an
mamawh em em a, chuvang chuan in leh building-a
hman tur automated means of exercise an siam
chhuak ta a ni**

**Exercise i tih hian hlawkna nasa ber i hmuh theih
nan i rilru chu chakna pawimawh takah dah a
pawimawh I taksa ruhte tihzauh leh tihbuai mai mai hi
a tawk lo i taksa chakna leh chakna petu nunna
chakna chu i tiharh tur a ni a, i kaihruai tur a ni**

**Thluak tana \angkai tak tak ei tur thenkhat a awm
a, thenkhat chu taksa peng leh taksa peng hrang
hrang enkawlina atana \angkai tak tak a awm bawh a,**

thenkhat erawh chu taksa thanlenna leh taksa peng
hrang hrang leh peng hrang hrang enkawlina atana \
angkai tak tak a awm a, hriatrengna tichak turin
thluak chakna tichak thei ei tur ei tur a ni Entirnan,
mut hmaa ground walnuts leh almonds lime emaw
orange tui tlemte nena chawhpawlh ei hian
hriatrengna a ti \ha thei a ni

Yogis te pawhin bawnghnute leh cheese hi thluak
tichaktu ei tur a ni an ti An rawtna chu hah leh
lungkham lai hian tui glass khatah lime pakhat emaw
pahnih emaw tui inzawm chu in tur a ni a, an lu chu
tui lum hmanga sil tur a ni a, chu chu an hmui
chungah te, an mitmeng inkar ah te, an hnar
kawngkhar ah te, leh an beng ah te pawh theh tur a ni
As a result, the nerves relax, the mind calms, and
good memory is a harh chhuak ta

Chaw thau ei tam lutuk hi pumpelth tur a ni a, hei
hian thluak chunglama thisen kalna kawngah thau a
siam a, a inzawm khawm thei a ni

Indian spiritualist-te chuan vawk sa leh
bawnghnute hian mihring hriselna a tichhe hle niin an
sawi Heng sa chi hnih hian uric acid a pai tam hle a,
chubakah, vawk sa leh bawnghnute pawhin
hriatrengna tha lo an nei nia sawi a ni a, an sa ei hian
taksa leh rilru chakna a tipung tak tak thei niin an
sawi

Hriatrengna hi practice hmanga tihchangtlun
theih a ni Pian tirh atanga taksa chak lo mipa chu a
chak thei ngai lo tih hi a dik lo Nun kawng tinrenga
thil ropui tih theihna leh theihna a awm fo thin

Kawng dik leh kawng dik zawn dan kan hriat a
ngai

Doctor thenkhat chuan thlahtu rilru lama
harsatna nei chu a dam chung zawng chutiang chuan
a awm reng ang an ti Amaherawhchu, rilru lama

harsatna tam tak chu mental concentration exercise hmanga hneh theih a nih thu hmuhchhuah a ni a, he lam hawia zirchianna hi khawthlang ramah chuan a tlem hle a, chuvangin psychologist tam tak chuan kum zabi tam tak kalta a India rama yoga thiam ropui tak takte zirtirna deep concentration methods hi an hre chiang lo hle

Concentration tihhmasawn dan dik tak chu mi tam zawkin an hre lo Rilru lama theihna hi a awm tawh a, mahse a lo thanglian lo Mahni rilru chakna leh pawm thiamna tihpun loh hian harsatna lian tak a thlen thin Taksa ang bawkin thluak hian hriselna, hnathawh leh chakna neih nan exercise mumal a mamawh a ni

Chuvangin, hriatrengna tha neih tur chuan taksa tihchak a ngai a, eitur hrisel ei a ngai a, ngaihtuahna tha tak neih a ngai bawk

Thil chiang tak hriatchhuah tum la, rilru lama hmuh theiha inhmang rawh Thil pakhat, scene emaw, hmuhnawm tak emaw en la, chutah chuan chu lem chu i rilruah siam thar leh tum rawh Hla leh hla thluk hriat reng tumna, leh rilru lama sak tum hian hriatrengna tihhmasawn nan a pui bawk

Deep leh attentive awareness nena tih apiang hian hriatrengna a tichak ang

Hla leh music hian rilru lam mizia danglam tak kan nei a Kan nun chhunga lungngaihna thuk ber leh hlimna ropui ber berte chu awlsam takin kan hrechhuak vek Engvangin nge? Because the feeling behind those experiences was intense Anything felt intensely strengthens memory Chubakah, hla phuah leh rilru lam exercise addition leh subtraction te pawh hi hriatrengna leh rilru lam ngaihtuahna tihhmasawn nan hmanraw tha tak a ni bawk

Hriatrengna tihpun nan chuan engkim hi rilru thuk tak nena tih a ngai Mi tam zawk chuan an hna chu

rilru vakvai nen an thawk a, chu chuan an thiltih leh ngaihtuahna inkarah inthlahna nasa tak a siam a Hei vang hian engmah an hre chiang vak lo Miin thil engemaw hriatreng a duh chuan hriatna leh hriatna famkim nen a thawk tur a ni

Pathian hmangaihtute tan chuan an tih tur an hlen chhuah laia an tih tur ngaihtuah hian a ruala Pathian ngaihtuah turin a dal lo Amaherawhchu, ngaihtuahna hun lai hian Pathian chauh ngaihtuah tur a ni tih hriat reng tur a ni tih hi hriatrengna a chak a, a hriatthiam theihna chu ngaihtuahna hmanga tihzauh a ni

Meditation chu eng nge ni? Khawvel pum huap thlarau nena inzawmna a ni a, mihringte tikhawtlai zawng zawng paltlang a, mihring hi thlarau a ni tih hriat reng tumna a ni Ngaihtuahtu chuan nunna pakhat chauh atana a chenna taksa ai chuan thlarau thi thei lo nena inzawmna siam tura rilru lama theihtawp chhuahna a tan chuan a nun kal tawha a thil tawn tam tak chu a hrechhuak ang a, a tawpah chuan Pathian thinlung a\anga lo chhuak a ni tih a hre reng ang

Pathianah chuan mihring nun zawng zawng leh mimal tin nun hriatrengna a awm Mi pakhat chu an thlarau lam nihna nen a inrem chuan, hun kal tawh leh theihnghilh tawhte chu Pathian nihna chhe thei lo thiltihtheihnate chu an hriatnaah a lo lang leh ang Meditation tih awmzia chu mi pakhat chu thi thei taksa ni lovin thlarau thi thei lo a ni tih hriat rengna a ni: Pathian nen pumkhat a ni

Chhun lamah chuan mihring tlemte angin kan inngai fo thin a, zannah erawh chuan mut thuk tak, mumang nei lova kan mut lai hian kan mihring dinhmun hi kan theihnghilh thin

**Ngaihtuahna hmang hian, mahni thawhrimna
hmangin, rei lo te chhung chauh pawh ni se, lei lam
inzawmna a\angin kan tlanchhuak thei Taksa hriatna
chu kan bânsan thei a, Pathian thlarau kan ni tih kan
hre reng thei He thil tihnaah hian chhel taka awmte
chu anmahni hotu leh kaihruaitu dik tak an lo ni ta a
ni**

**Pathianin hriatrengna min pe a, chu chu thil tha
leh ropui zawng zawng kan siam chhuah theih nan leh
kan hriat reng theih nan Hriatrengna hman dik loh
hian mihringte tan harsatna nasa tak a thlen a ni**

**Mi pakhatin hun kal tawha a hliam avânga mi
dang chungna thinrimna leh huatna vawngtu chuan an
hriatrengna chu a hmang sual a ni Amaherawhchu, an
aṭanga zir tûr thil tawn hlimawm lote hriat nawn leh
chu thil dik lo a ni lo Chutiang chuan mi chuan a hmaa
a thiltih tawhte chu a zir Chiang a, a rah chhuah
hrehawm leh hrehawm tak tak thlentü tihsual ang
chiah kha tih nawn leh a pumpelh a ni**

**Ngaihtuahna dik lo chu ngaihtuah nawn leh tur a
ni lo, chutih hunah chuan rilruah rei zawk a awm
dawn avangin Pathianin nun zirlai leh thil tawn \hate
kan nung reng theih nan hriatrengna min pe a ni Hun
kal tawha ngaihtuahna dik lote chu hriatrengna
pumpelh hmanga paih bo tur a ni If they force their
way into the mind, we must refuse to host or welcome
them**

**Kan sawi nawn leh a ni: thil tawn \ha lo ngaihtuah
leh rehashing hi Pathianin min pek hriatrengna hman
dik lohna a ni Chu ai chuan, mi pakhat chuan an
hriatrengna chu ngaihtuahna \ha leh thil tawn ropui
tak tak atan chauh hman a, hriatrengna nuam lo leh
huat zawng zawng chu an rilru a\anga hnawhchhuah
vek turin thutlukna siam tur a ni**

**Thil \ha, hrisel, \ha leh \angkai zawng zawng kan
hmu tur a ni a, kan hre tur a ni a, kan tem tur a ni a,
kan khawih tur a ni a, kan hre vek tur a ni a, kan duh
vek tur a ni Tin, thil tawn leh fiahna hlim tak takte
chu kan hriatrengna vault-ah kan vawng reng tur a ni**

**Miin emotion tha tak a nei a, ngaihtuahna ropui
tak tak a ngaihtuah a, thilsiam leh miten thil tha
chauh hmutu chuan thil tha chauh a hre reng ang**

**A tawpah thil tha ber: Pathian kan hriatreng theih
hma loh chuan thil tha hriatrengna kan practice theih
nan thilpek thianghlim atan hriatrengna pek kan ni**

**Engkim maia \hatna leh felna kan hmuh hian ni
khat chu Pathian thiltihtheihna thup chuan thil siama
Pathian mawina leh inremna êng chauh kan hmuh
theihna ngaihtuahna, hriatna leh rilru natna hawnna
tenau zawng zawng chu a tikehsawm vek ang a, a
tidarh vek ang tih kan hmu ang a, thlarau lam hriatna
kawngka atang chuan \hatna famkim leh famkimna
famkim kan hmu ang**

**Pathian thlarau leh a hmangaihna khawvel pum
huap nen chuan kan inpumkhat a, kan la awm reng tih
kan hriat reng theih nan, theihnghilh leh ngaihsak
lohna thim chu a halral hma loh chuan hriatrengna
thianghlim chatuan meialh min tiharh leh tiharh leh
turin Pathian hnenah min pui turin kan ngen a ni**

**Zingah Pathian i hriatreng chuan
Chawhnu leh tlai lamah
I chakna leh hlim takin i inhria ang
Vanah chuan rulpui ang maiin
thlawk rawh**

**I hun chu thlamuang takin i hmang
ang**

**Tin, boruak chungah rimtui ang
maiin an phur a ni**

**Siamtu i rinna hi ralthuam na ber a ni
Rinawmna leh beiseina nen
inthuam rawh**

**Felna bulpui Pathian i zawn chuan
A hausa ta a, ni lo, mi hausa zinga
hausa ber a lo ni ta a ni
Thudik finfiah tawh a ni**

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

**Ka thusawi hi nangmahni ngeiin method in
enchhin hmain rinhlelhna nen hnawl suh u In nunah
nghawng nei lo theory tam tak hriat hi in chau mai
thei Ka sawi tum hi theory a ni lo va, thil dik tak
finfiah tawh a ni a, eng nge test theih tak tak tih
ngaihtuahna pe che u ka tum ang**

**Kum tam tak kalta khan India rama mi fing ropui
tak pakhat hnen atangin he science thudik hi ka zir ve
ve a, ka vannei hle a, engvangin nge ka fuih che a,
heng thudikte hi ka ngaihven che tih hi i ngaihtuah
mai thei Mahni hmasialna ka nei em? Ka chhanna chu
a ni lo tak zet a ni Ka duh ber chu heng thutakte hi i
hmaah hlan hi a ni a, chu chu i tih dan leh an hlimna i
tawn theihna tura i hlimna i hmuh theih nan a puih
che avangin hlimna thianghlim dawng let leh beiseiin**

**Tunah chuan physiology lam hawi thenkhat chu a
tlem berah chuan main center emaw axes emaw
hnathawh dan leh thluak atanga—heng center kal
tlanga—pawn lam leh chhung lam sensory organs-a
luang chhuak electrical current ka sawi tur kalphung
hriatthiamna tlangpui neih theih nan ka hmang a ngai
a, chu chuan an nung leh nung reng a ni**

Vital current, a nih loh leh life electricity chu nervous system pumpuiah a kal theihna tur center lian paruk a awm a Heng center te hi:

1 Medulla Center-ah a awm a

2 Cervical Center-ah a awm a

3 Dorsal Center-ah a awm

4 Lumbar Center-ah a awm a

5 Sacral Center-ah a awm a

6 Coccygeal Center-ah a awm a

Thluak hi supreme electrical distributor (the higher center) a ni a, center zawng zawng hi an inzawm khawm a, supreme center (brain cells) te nghawng hnuaiah an thawk a ni Brain cells te hian vital current (or electricity) chu heng center emaw vertebral axons emaw kaltlangin an thawn a, chu chuan an electrical charge chu afferent leh transmitting nerves ah a discharge leh a, chu chuan sensory impulses leh sensations of touch and hnathawh te chu a la a ni hmuh theih, etc

He thluak atanga electrical current chhuak hi taksa taksa (a chhungril leh pawn lam taksa peng hrang hrang te pawh tel) nunna a ni a, he electrical medium hmang hian sensory information chu thluak ah a kal a, ngaihtuahna processing a tichhuak a ni

Thlarau chuan taksa hriatna report tibuaitsu (ngaihtuahna inzawmkhawm lo chhuahna kawnga puitu) luang chhuak chu tihtawp a duh chuan electrical current chu a thunun tur a ni a, nervous system pumpui atanga a luang chu a let leh tur a ni a, chu chu main center pasarih (thluak pawh tel)-ah a

kal leh tur a ni, chutiang chuan pawn lam leh chhung lam taksa pengte chu chawlh hahdamna famkim a pe thei ang

Mut lai hian thluak leh hriatna peng hrang hrangte inkara electrical connection chu a then a titawp a, chu chuan hriatna leh khawih ang chi hriatna pangngai te chu thluak thleng thei lo turin a veng a ni He tihtawp hi a famkim loh avangin pawn lam thil chak tawh eng pawhin he electrical connection hi a din thar leh thei a, chu chuan stimulus chu thluak thlengin a kaitho thei a, chu chuan mi chu a tiharh thei a ni Mahse, mut lai hian electric current kal zel chu chhungril lamah a kal thei a ni taksa peng hrang hrang—thinlung, lung, leh mi dangte—chuan nung leh hnathawhna vawng rengtu

Mut laiin taksa electrical activity chu a thunun kim loh avangin, taksa lama hriatna, natna, leh pawn lam thil chak tak takte chuan muhil chu a tibuai thei a, Mahse, scientifically sound method hmangin, taksa chhung lam leh pawn lam hnathawh zawng zawng chu a rualin leh a pum puiin kan thunun thei a ni—hei hi practice-a a sang ber a ni Mahse, thunun famkim neih theihna tur chuan kum tam tak chhung inpekna a ngai mai thei

Mut hnua pawn lam pengte chu taksa tana chawlh hahdamna a nih angin, chutiang bawkin chhungril pengte pawh hi he scientific method hman a nih avang hian nasa takin a thar leh a, an chakna a pung a, chu chuan dam rei turin a pui a ni

Kan hriatnate chu a muhil lo va, a thawh thei lo ang tih kan hlau lo ang bawkin, hriatna neia thihna, chu chu kan chhungril taksa pengte chawlh hahdamna pe tura tih hi kan hreh lo tur a ni Chutichuan thihna

chu kan thununna hnuaiah a awm ang, chutiang chuan he taksa in hi a chhe tawh a, chen theih loh a lo ni tawh tih kan hmuh hunah chuan duhthusamin leh hriatna famkim nen "Hmelma hneh tur hnuehning ber chu thihna a ni" tih kan hmu thei ang.

He method hi a hnuaia entirnan hian kan entir thei ang:

Khawpui pakhat main telephone exchange chu khawpui hmun hrang hrangah wire-a dah a nih chuan, chu hmuna caller-te chuan central exchange-ah chuan wire kal tlanga electrical current luang chhuak hmangin an inzawm chhonzawm thei a, chu chu exchange enkawl dan emaw, control emaw pawh nise Amaherawhchu, main telephone exchange-in exchange hrang hrangte chu tihtawp a duh chuan main electrical switch chu a off thei a, chu chuan khawpui hmun hrang hranga electric kal chu a titawp thei a ni

Chutiang bawkin, scientific method chuan vital current—kan taksa pum puia sem darh—kan central regions, chu chu spine leh brain-a hruai luh theihna tur process tul tak min pe a, chu method chuan spine leh thluak chu magnetize-in hna a thawk a, chung zingah chuan energy center lian pasarih a awm a, chuvang chuan taksa pum puia nunna chakna insem darh chu ruhro kaltlangin thluak lamah a hruai lut a, thluak kan thlen chuan êng angin kan hre leh ta a ni Hetiang dinhmunah hian thlarau lam mi chu taksa leh rilru lama harsatna lakah a zalen thei a ni

Thlarau lam mahni chu telephone report lo lutte chuan—a duh loh zawngin—"mihring" class pahnih a\ angin a tibuai a: class sang (ngaihtuahna) leh class hniam (taksa lam hriatna) Hêng class pahnih nena

inzawmna tihtawp theih nân chuan telephone wire
hmanga electric luang chhuak chu electrical switch
off-in (chu chu, ngaihtuahna hmanga ngaihtuahna
hmangin) central battery-ah a hruai a ngai a, chutiang
chuan thlamuanna
leh.. ..
.. .. zalenna

Attention is the primary director and distributor
of energy, responsible for transmitting the vital
electrical current from the brain to the sensory and
motor nerves Entirnan, fly tibuaity kan kah chhuah
hian attention chakna hmangin motor nerve-ah
electrical current kan thawn a, chu chuan kut che
duhthusam a lo awm ta a ni tih hi ka sawi tawh a, chu
chuan ngaihtuahna chakna chungchang ngaihtuahna
a pe thei a, chu chuan taksa chhunga electrical
current chu control theih a ni a, chu chu control theih
a ni a chunga kan sawi tak center te hi a ni

Hetah hian bioelectric current control kim hnua
awm state te hi ka sawi duh a A tir lamah chuan chu
mi chuan ruh magnetization avang hian sensation
hmuhnawm tak a tawng thin Amaherawhchu, practice
chhunzawm leh rei tak chuan taksa hriatna a arousal
awm chu negates thei conscious bliss state a thlen
ang

He hlimna dinhmun hi kan thil tum ber leh
khawvel pum huap thil tul ber angin kan sawi a, a
chhan chu chutah chuan Pathian emaw hlimna emaw
hriatna dik tak kan tawng a, kan hriatna zau zawk kan
nei a, He dinhmun hi kan tawn tam poh leh kan mimal
nihna (kan nihna te tak te emaw, kan ego emaw) chu
a tlahniam a, a bo a, cosmic consciousness kan hnaih

lehzual a, Pathian nen inzawmna nghet tak leh direct takin kan inzawm rang zawk a ni

Sakhaw hi, a nihna takah chuan, kan cosmic consciousness chhunga kan mimal nihna tihboralna tih loh chu engmah a ni lo Chuvangin, he hlimna dinhmunah hian rinna ladder-ah kan chho a, hriatna boruak tichhe thei leh ngaihtuahna buai tak chu kalsanin, Pathian hlimna ramte chu kan lut ta a ni

Hetiang method hmang hian cosmic thudikte kan hrechhuak a, he malsawmna dinhmun hi a tak tak a nih chuan - practice chhunzawm zelnah hmangin - kan chhunga Lalpa malsawm tak hmaah kan inhmu reng a, hnathawh rahte en lovin kan hnate chu kawng tha zawkin kan thawk a, chuvangin kanmahni (the ego) leh chu ego-in a siam chhuah hlimna leh hrehawmna hriatnate aiin tih tur kan ngaihtuah zawk a ni

Sakhaw zawng zawng zirtirnaah—Kristian, Islam leh Hindu sakhuaah—thudik bulpui pakhat a awm a: miin a nihna chu thlarau—hlimna bulpui anga a hriat loh chuan—ngaihtuahna tlemtein a phuar reng ang a, thilsiam dan inngahna nei lo leh ngaihdam theih lohte hnuaiah a awm reng ang An nihna dik tak hriat hian chatuan zalenna a thlen a ni Kan nihna dik tak chu kan inhriat chian loh chuan Pathian kan hre thei lo vang, kan nihna bulpui ber chu a ni si a similar to His Human beings were created in God's image Scientific meditation dik tak taima leh tih tak zeta i tih hmang hian nangmah leh nangmah i inhriat chhuak ang—chu chu thlarau malsawm i nihzia i hrechhuak ang—Pathian chu i hre chhuak ang

Thlarau lam ngaihtuahna hmanraw hian Pathian hriat theihna kawng tul zawng zawng a huam vek Sakhaw hrang hrang leh rin dan inang lo lam an

**ngaihtuah lo a, a chhan chu heng inthlahna thenkhat
hian mi ngaihtuahnaah buaina a siam a ni**

**Science lama ngaihtuahna hman dan dangte aiin a
chungnung zawkna chu kan nihna tlemte nena min
phuartu thil tak tak nena a inzawmna leh direct
action-ah a awm a ni: nunna chakna He chakna hi a
hruai kir leh a, chu chu chhungril lam hawia hruai a,
thlarau thiltihtheihna zau leh zau zawka
inzawmkhawm ai chuan pawn lam hawiin a luang
chhuak a, taksa leh rilru chu a kal reng a, taksa
hriatna leh rilru put hmang ang chiah hian thlarau lam
nihnaah buaina a siam a ni ngaihtuahna rei lo te
chauh a ni**

**Nunna chakna chu pawn lamah a luang chhuak a,
hriatna leh ngaihtuahnate chuan thlarau thianghlim,
thlamuang tak hmel a tidanglam a He method hian
nunna chakna chhungril lam hawi dan min zirtir a
Chuvangin, direct leh immediate method a ni a,
thlarau hriatnaah min hruai nghal a: Pathian hriatna
malsawm takah, medium dang mamawh lovin**

**Hetiang hmanrua hi nunna chakna ngei nena
inzawm tlat, a lan chhuahna hriat tawh zinga pakhat
siamrem leh tihreh a, nunna chakna kal dan tur
siamrem leh kaihhruaina a ni**

**Khawvela sakhaw kawng zawng zawng hian
nunna chakna luang chhuak chu thunun a, a kalna tur
tihdanglam turin direct emaw indirect emaw method
hman a rawt a, chutiang chuan taksa leh rilru kan
paltiang a, thlarau chu a nihna bulpui leh a nihna
awmzia hriatna hmanga kan hriat theih nan kan rawt
a ni**

Mihringah nunna awm hi dam khawchhuahna a ni a, a awm lohna chu tihboralna a ni Chuvangin, nunna direct-a thunun tura kaihruaitu hmanrua hi hmanraw tha ber a ni

Chhuan leh ram hrang hranga mi fingte chuan an zînga mite rilru leh dinhmun nêna inmil tûr hmanrua an rawt a Thenkhat chuan tawngtaina an ngai pawimawh a, a thenin rilru put hmang, thiltih thenkhat, a thenin hmangaihna, leh thenkhat chuan ngaihtuahna emaw, ngaihtuahna leh ngaihtuahna emaw an ngai pawimawh a Mahse an chêtîrna chu a inang vek a ni

An vai hian nunna chakna luang chhuak chu a chhunga luang chhuak turin tihdanglam a, taksa hriatna paltlang a tulzia an nemnghet vek bawk Anni chuan mahni inhriatthiamna leh puan hnung atanga a lo chhuah a tulzia an nemnghet bawk a, chutiang bawkin ni lem chu tui reh leh muang takah chiang tak leh chiang taka a lan ang bawkin An vai hian ngaihtuahna hman dan dik leh tangkaizia an sawi uar vek a, inkara inrawlhtu dang mamawh lovin

Hetiang hmanraw hman hian rilru emaw, taksa chakna emaw tihhmasawn a tikhawtlai lo tih pawh hriat a ngai a, chutiang bawkin mihringte rawngbawlina atana inpe rilru na leh thianghlim ber berte leh rilru na ber berte kaihhruai khawtlang thiltih \angkai tak takte chu daltu angin a ding lo bawk

Dik tak chuan mimal hmasawinna pumhlum (holistic development) hi kan thlawp a, kan rawt bawk a, a chhan chu he hmasawinna hian he kawng hi a tikhawtlai ai chuan a tih awlsam phah ngei ang. A mamawh awmchhun chu kawng chu hriatthiam leh

**taima taka kalpui a ni a, chutih hunah chuan thiltih
leh duhthusam zawng zawng chu a zawngtu tana tha
ber tur a ni ang**

**Hetiang method-a thil pawimawh tak chu mihring
taksa tichaktu leh a nung leh chakna nei rengtu
nunna chakna hriatthiamna dik hi a ni**

Damna chungchang nemnghehna tawi te

**Aw Lalpa, I êng malsawm tak chu sakhaw tin
zâwlneite, mi thianghlim leh mi fingte aṭangin a eng
a, keimah aṭangin pawh He êng thianghlim hi ka taksa
cell leh tissue tinah a awm a, I khawngaihna avângin
ka hrisel a, ka dam bawk**

Aw hriatna nei cosmic activity

Ka chhungah i nung reng a ni!

**Chaw nghet, tui, leh gaseous foods te hi Pathian
thiltihtheihnain chakna nung ah a chantir thin**

Ka taksa thlawp turin

Aw Lalpa, ka taksa cell te hi eng atanga siam a ni

I thupui ber a ni, famkimna thlarau i ni si a

**Chuti a nih chuan a him a ni, a chhan chu
nangmah hi damna bul i nih vang a ni**

**A bulpui ber chu thlarau a ni a, nang chu khawvel
zau takah hian thlarau i ni**

**Tin, awmna bulpui i nih avangin chatuan a ni
bawk**

Chatuan awmzia i nih avangin

Ka thar a, ka chak a, ka chak bawk

I thiltih chu nunnain a khat a ni

Tin, ka taksa pawh a luang chhuak mek baw

Thlarau tiham theihna

Eng atan siam ka ni

Pathian nihna thianglim a\angin

Hrisel takin ka inhria fo thin

Ka chungah a awm vang a ni

A chakna chu a awm

Taksa peng tinah

Pum hi A êng a awm avangin a chak a ni

Natna zawng zawng Tidamtu!

**Natna zawng zawng, a chi hrang hranga awmte hi
a lo awm tih chang takin ka hria**

**Hriselna dan ngaihthah chungchangah hian ei tur
hrisel hmangin natna hi ka ti bo ang**

**Exercise dik tak, ngaihtuahna fim tak, leh tum tha
tak nei**

**Aw Lalpa, I êng chu ka taksa atom tinah a awm
reng a ni**

Ka cell tinah

Thisen cell tinah, .

Tin, ka taksa chungah nerve zawng zawng pawh

Ka thluak leh tissue-ah te

**Chuvang chuan hriselna tha leh damna tha tak ka
nei a ni**

Keimahah i nung a, tidam theitu i nih avangin

**Pathian êng leh thatna chuan ka taksa natna kil
thim takah a tuam a**

**A damna êng chu ka taksa cell tinah a eng chhuak
vek a**

Chuvangin A êng a awm avangin a dik a ni

Chutiang bawkin A famkimna pawh

**Ngaihtuahna thiltihtheihna chu a bik takin ngaih
pawimawh a ni**

**Ka ngaihtuah a, ka activity pawh a intan tawh tih
ka hria**

Thluak atanga taksa thlengin

Eng spray chu a rawn tlan chhuak nghal zat a

Ka tissue zung atang chuan

Tin, ka thluak atang hian a luang chhuak baw

Cell leh nerve te hnenah

Tin, paragraph hrang hrangah a tan baw

Damdawi chakna luang chhuak

Spine atang chuan

Foam angin emaw spray angin emaw

Taksa cell te chawm turin

Wellness thianglim tak a ni!

Aw Lalpa, ka chibai buk che a ni

Thil tha zawng zawngah

Tin, i felna ka hmu baw

Ngaihtuahna êng zawng zawngah

I absolute power chu natna tin damdawi a ni

Ka chhungah a awm a, chuvang chuan ka chau lo

I tihdamna êng chu eng chhuak rawh se

Hriat lohna thuk tak thim atang chuan

**Eng awmna apiangah famkimna leh thianghlimna
a awm**

Hriatna, duhthlanna leh ngaihtuahnaah

**Chuti a nih chuan, ka duhzawng leh
ngaihtuahnate nen ka rilru put hmang chu kaihruai
rawh**

**Chutichuan, finna leh rorelna dik tak nena
kaihhruaina ka zawm theih nan**

Nitin ka chhungril thlarau hlimna ka zawng ang

Hlimna hmang lovin

**Pathian chuan ka ngaihtuahna chu a enkawl a, a
kaihruai thin**

Khawvel himna leh remna beiseina

Ka rilru hlauhna zawng zawng ka tifa ang

Pathianin min thlawp a, min kaihruai tih hriain

Ka kawng a ti awlsam a ni

Tin, ka tan thil a awlsam tir bawk

Thil awmdan leh field tinah

Pathian ka rinna famkim chu a damdawi a ni

**Tin, chuta tang chuan hlawkna leh damna ka nei
bawk**

Remna awm rawh se

Finna leh thlarau lam hriatna
Mi pakhat chu mahni pu a ni tur a ni a, chutiang chuan a
che tur a ni a, tih dan leh duhthusam ni lovin duhthlanna leh
finnain a hruai tur a ni

Mihringin ama paradis siam a, a hlim theihna tur dikna
leh theihna a ni a, a chhan chu chutiang ti thei tur chuan
kawng zawng zawng a nei a ni, Pathianin a rilru chu a lam
hawia hruai theihna leh Amah hriat theihna a pe a ni

Nunna atana thil ropui ber chu i chhia leh tha hriatna
thianghlim leh thlamuang tak kulhpui chhunga awm hi a ni

Mahni rilru chu Pathian lama dah a, thinlung atanga
tawngtai a, a malsawmna a awmna chu a tawng thei a ni

* * *

:ngai pawimawh

Pathian êng chuan min luah khat a, ka kal tlangin a eng
a, natna zawng zawng a tiboral a, hriselna leh damna min pe

a A Pathian êng chu ka taksa cell tinah a eng a, chuvangin
ka taksa chu a hrisel a, ka dam leh ta a ni

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Chumi ni chuan i van atanga lo pianna i hriatreng hunah
chuan i hriatna chu Thlarau Pathian in ropuiah a lo piang
thar leh ang

Mihring rilru leh duhzawng chu hriat lohna lei hnuaiah
phum a ni tih a lang a, Finna rangkachak chu [thlarau lung
laihchhuahna hmun a\angin] lakchhuah a nih loh chuan, a
hmin a, rilru lam hmanraw hrual takah siam a nih loh chuan,
mihring hriatna huana sual thing lo thang lian chu tihchhiat
leh tihbo theih a ni lo

Tlang ropui leh ropui tak tak te, mihring taksa
mechanics mak tak tak te, roses leh pangpar thar leh nung
tak tak te, thlai carpet dum te, thlarau ropui tak takte
ropuizia te, leh ngaihtuahna thianghlim tak takte ropuizia te
Tin, hmangaihna thukzia, heng zawng zawng hian
Pathian min hriatchhuah tir a, ani hi ropuina, ropuina leh
mawina zawng zawng bulpui ber a ni

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Rilru ngaihtuah hi mi chhunga thiltihtheihna thup tiharh
leh tihchakna kawngkhar a ni Focus tih awmzia chu thil
pakhatah ngaihtuahna dah khawm tihna a ni Hlawhchhamna
tam tak chhan ber chu ngaihtuahna seng loh vang a ni
Attention hi flashlight nen tehkhin theih a ni a êng chu hmun
zau takah a darh chuan a chakna chu a chak lo thîn Mahse
chu êng chu hmun bik pakhata ngaihtuah a nih chuan a
chakin a Chiang a, Rilru danglam tak neite chu an ngaihtuah
sâng hle a, an rilru chakna zawng zawng chu thil pakhatah
an dah khawm theihna an nei a ni

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Hmangaihna dik tak—thinlung leh thlarau hmangaihna—
chu Pathian hmangaihna a ni He Pathian hmangaihna hian
mihringte thinlung leh thlarau hmangin a lan chhuah a tum a

Tuipui chungah chuan thlipui a hla hle a, tuipui kamah
chuan a chhe ngai lo va Tin, ngawi renga hmun thianghlimah
chuan thinlungin a sawi theih loh khawpa thuk ngaihtuahna
a awm bawk

Hriatthiamna chu rilru muang leh chhia leh tha hriatna
thianghlim inthlauhna a ni

Hnathawh dik thiamna chu i chhungril thlamuanna hloh
lovin zawi zawiin emaw, rang takin emaw hnathawh
theihnaah a awm a ni

Kan hriat loh thil chu tehkhin tur thil dang kan neih loh
chuan kan zir thei lova Chutiang chuan Pathianin mihringte
chu mihring hmangaihna hmanrua famkim hmangin Pathian
hmangaihna a zirtir a ni

I ngaihtuahna compass needle chu thlarau lam hlimna
magnetic north lam hawiin kawhhmuh fo la, chutah chuan
tumahin i balance an tibuai thei lo vang

Pathian i rinna kha tichak la, a siamtu che chuan i
mamawh a phuhruk ang che a, a humhim ang che tih ring
tlat ang che

Dik taka kal chuan Pathian a hmangaih a, Pathianin a
hmangaih a, chu chu thilsiam ramngaw emaw, tunlai
civilization ramngaw emaw-ah emaw hna a thawk emaw,
harsatna te, harsatna te, fiahna te, leh hrehawmna te hi an
pahnih ah hian a awm a, a hmasa zawkah chuan sakawlh
râpthlâk tak tak a awm a, a hnueh zawk erawh chuan
hlauhna nasa zâwk a rawn keng tel a, chu chu duhna thunun
theih loh leh duhthusam râpthlâk tak takte laka nasa taka
beihnaah a lantîr a ni a duhzawng anga a duhzawngte chu
?hlimna dik tak a tem em

A châng chuan ̣hian pakhatin a rawn tlawh tih hriatna i
nei thei a, chu chu an tlawh tih hriattîrna awm lo mah se An
lo kal tih an hrih lo che a, chuti chung pawh chuan i hmu
ngei ang tih hriatna nasa tak i nei a, chutah, tlai lam a lo
thlen chuan i kawngka chu an rawn kik ta a ni! A nih loh leh
a chang chuan nitin thil tha emaw thil tha lo emaw a thleng
dawn niin i inhria a, a lo thleng a nih chuan i intuition chu a
dik tih i hriat chuan mak i ti thin Hengte hi intuition (inner
sense) leh evidence leh clues atanga innghat lovin a
hnathawh dan entirnan thenkhat an ni

Pathianin thlarau, rilru leh taksa min pe a, heng
thilpekte hi inrem tak leh inthlau takin kan chin a ngai a ni
Kan chhehvela bawih emaw, tih dan phunga tang emaw nih
kan phal tur a ni lo Thlarau lama hmasawn nu leh pate chuan
thlarau lam rilru put hmang nei naupangte enkawlin leh
ngaihtuahna leh mahni inthununna hmanga hriat hlawh nun
dan inthlau tak neiin khawvel hi an pui thei a ni

I chhungril lama ngaihtuahna zahawm apiangin Pathian
hnaih tir che Hêng ngaihtuahnate hi Pathian thlarau
tuifinriata lui luang ang mai a ni

Ni tin hi ni eng, tui, leh thlai leh thei tha tak tak atanga
nunna malsawmna dawngtu lawmthu sawina leh lawmthu
sawina ni a ni tur a ni a, chu chu Petu Ropui ber hnen atanga
thilpek indirect a ni

Hmangaihna thianghlam, Pathian hmangaihna hian
mihring leh a Siamtu inkara inkharkhip awmte chu a tibo a ni

Mihringte inkara inthianthatna chu a chhe a, mite inkara
hmangaihna chu a bo a, chu chu thil rimchhia tak tak,
possessiveness, selfishness, mechanical family relationships,
sexual obsession, material attachments, emotional
outbursts, leh utilitarian exchanges te vang a ni, a chhan chu
rei lo te chhunga inzawmnate chu huatna rapthlak takin a
zui a, chu chuan mihring hmangaihna thihna a thlen a Mahse
mihring tin thinlung chhungah chuan chatuan, Pathian
hmangaihna a awm a, chu chu muhil reng thei a ni hun
engemaw chen chu, mahse a thi tak tak ngai lo

I thinlung leiah chuan hmangaihna chi a lo thang thin
Chu chi chu enkawl la, lainatna leh engkim huapzo
hmangaihna nen tui pe rawh

Pathian chu hmangaihna a ni a, hmangaihna chuan
Pathian nen min inpumkhattir a Pathian hmangaih kan duh
chuan kan hmangaihna hi kan inthiarfihlim emaw, kan
tihkhawtlai emaw tur a ni lo va, Pathian hmangaihna nen kan
thlunzawm zawk tur a ni

Thiltihtheihna zawng zawng leh khawvela thil awm
zawng zawng hi Pathian rilru atanga lo chhuak a ni a,
mumang a i thil hmuh te hi i rilru siam a ni ang bawkin

Thil dik lo pumpelh theihna awmchhun chu thil dik lo tih
hre Chiang tura rorelna dik siam a, tih loh tura thutlukna
siam hi a ni

Thil dik lo pakhatin a dang a beih chuan dikna a siam lo
Hriat lohna hi mihringte hmelma dik tak a ni a, he khawvel a\
ang hian hnawhchhuah a ngai a ni
Hausakna, hlimna leh dikna famkim hunrawn thlen turin
he khawvelah hian kan mamawh zawng zawng kan nei a
Daltu awmchhun chu mihring mahni hmasialna a ni a, chu
chuan he thil hi a ti thei lo Hrehawmna rapthlak tak leh dik lo
tak hi mihring duhâmna leh mahni hmasialna avanga lo awm
a ni a, midangte ngaihsak lovin Mi harsate chawm leh silhfen
atana hman theih tur sum chu tihchhiatna leh tihchhiatna
atan hman a ni zawk

Khawvel pum buaina bulpui ber chu he hriat lohna
atanga lo piang mahni hmasialna hi a ni Mi tinin thil dik tak ti
niin an ngai a, mahse mahni mimal thil tum chauh an zawn
hian karmic law of cause and effect an siam a, chu chuan
anmahni hlimna leh midangte hlimna chu a tichhe vek dawn
a ni

Mihring hriat lohna avanga khawvel lungngaihna ka
hmuh tam poh leh hlimna hi a rei lo hle tih ka hre Chiang
zual a, kawngpui te chu rangkachak hmanga siam ni mahse
hlimna dik tak chu midang tihlimnaah a awm Mi zawng
zawngin hetiang hian ti ta se, mi zawng zawng an hlim ang
a, leilung thilpek hi mi zawng zawngin an chanvo an dawng
vek ang

A van lam hlimna leh a hlimna tawp nei lote Pathian
hriatna chu thil nung pangngaia thir man tlawm tak chu

thlarau lam hlimna nghet tak rangkachak eng takah a
chantir nghal mai thei magic wand ang a ni

Thian nihna chu Pathian hmangaihna inzawmna nena
thlarau inzawmkhawmtu khawvel pum huap thlarau lam
hipna a ni

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thlarau umbrella emaw thlarau thlamuanna emaw
Kang lai hian lungkhamna hian a lumna a hloh thin
Thlamuanna a lo chhuak a, remna leh muanna a thlen a
ni

Nunna lawng mast var a ni
Hlimna nghet tak thlipuiin a khat a, phurna laka fihlim a
ni

Chuvângin, lawng chu zawi zawiin Al-Rida lui chungah
chuan a nawr ta a ni
Thlamuanna chu lungawina lui a ni
Thlamuanna tuipui lam pan chuan zawi zawiin a luang
chhuak

Lungkhamna thlipui atanga inthiarfihlim
Thlarau umbrella a ni
Mihring rilru leh thinlung aia chungnung zawka darh
A nun hlimna te, te leh lian te humhim turin
Hlauhna leh lungkhamna ruah sur atang chuan
Vanram tone a ni

Nunna lyre atanga lo chhuak
Chi thianghlim chu a ni
Nunna dawhkanah chuan
Tin, hlawhtlinna tui tla atanga spray thlawk chhuak
pawh

Mood mak tak, serene tak a ni

Chu chuan thlarau ram chu a thunun a ni
Inrem leh inrem takin
Retreat hmun hla takah chauh thlamuanna hi a awm lo
Buaina leh thawm ata tlanhhuahna pawh a awm lo
Chu ai chuan thinlungin a lo lawmna hmunah a lo thleng
zawk a ni
Tin, thlarauteh thlamuanna an hmuhna hmunah a awm
reng bawk
Hun leh hmun thliar lovin
Pangpar nalh tak, chhe thei tak a ni
Rough touches a tuar thei lo
Chu ai chuan a nung a, a par a, a par chhuak zawk a ni
Tui thianghlim, tui thianghlim hmanga tui pek a nih
chuan
Thlamuanna chu hriatna lui muang tak a ni
Lungngaihna hrual atanga zalen
Hlahna mittui tla chhuak thin
Lungkhamna leh lungngaihna tlemte pawh a awm theih
nan
Thlarau thlamuang tak pheh a khuh hunah
:Snow thianghlim, var hring hring layer pakhat
Thlamuanna leh rilru thlamuanna vur tla
Hlahna thlipui leh lungkhamna thlipui te hian hnehna a
chang dawn lo
Remna leh muanna tibuitu
He layer khauh tak, eng mawi tak hnuaiah hian
He malsawmna, eng eng mawi tak avang hian
* * *

Pathian Hmangaihna Castle
I chhehvela huatna hruihrual ruah sur chuan
Hmangaihna kulhpuiah chuan inhumhim rawh
Tin, inhriatthiam lohna bomb puak chhunzawm zel a nih
chuan

Hmangaihna lungpuiah chuan nget takin awm rawh
Khawngaihna leh lainatna pindan hnuaiah
Tin, bumna vapor rimtui tak takte chuan an tum a nih

chuan

I finna nun titawp turin
Hmangaihna thianghlim mask i vêlah dah la
Pathian hmangaihna kulhpui chu himna hmun a ni
Obsession leh thlemna sipaite beihna atang hian
Rinawmna leh ngetna kawngkhar laih rawh
Hmangaihna tuiin khat rawh
Chutiang chuan mahni hmasialna chuan a luang chhuak
thei lo

I thlarau finna tichhe turin

* * *

Ngaihtuahtute chuan chhungril thlamuanna mak tak mai
an nei thin Ngaihtuahnaa kan zir thinte hi kan nitin thiltih leh
inbiaknaah kan hmang tur a ni a, tumahin kan thlamuanna
ruksak emaw, kan thlamuanna tibuai emaw kan phal tur a ni
lo

Ngaihtuahna dik lo chu darthlalang Chiang tak, polih tak,
nget tak leh hmanhmawh taka roelnain a tihnging loh
ang a ni

Pathian hmangaihna chu van roses leh basil huan a ni a,
ngaihtuahna êng tak tak, thar tak tak awmna huan a ni a,
thinlung dik taka beng hmangaihna thianghlim zawng zawng
bul a ni

I theih ang tawkin awlsam takin awm la, i nun chu eng
ang taka hlim leh buaithlak lo nge a nih dawn tih chu mak i ti
hle ang

Chhungkaw hlimna dik tak chu hriatthiamna leh thu
ngilnei takah a inngat a ni

Ngaihtuahna thuk tak nena inhnim pilna nen chuan
harhna zing thar a lo chhuak ang Engkim chungga ngawi
renga awm ngawi renga awm chu thlarau lam harhtharna
êng leh Pathian duhna lo pung zel hmaah chuan a bo vek
ang a, a bo vek ang

Mi dangte nena kan inzawmnaah hian an thil tawn a\
anga an distilled leh an nihna a\anga an siam chhuah mizia
danglam tak leh mizia ropui tak takte hriat a pawimawh hle
a, chu mizia chu ngaihlu a pawimawh hle baw
Rilru inhawng taka mi kan zir chian chuan kan hrethiam
thei ang a, hahdam takin kan buaipui thei ang a, kan biak
mek mi nihna hi kan hre nghal thei ang
Sakawr intlansiak chungchangah philosopher nen inbia
suh la, in enkawl chungchangah pawh scientist nen inhnial
suh Chu mi ngaihven leh an ngaihven zawng zawng zawng
chhuak la, chu chu sawipui la, i ngaihven thilte chu sawipui
hauh lovin

Midangte hriatthiam kan duh chuan sawisel leh
sawiselna kan pumpelh a ngai a, chu ai chuan siamthat leh
siamthat ngai chu kan hriat chianna darthlalangah kan en
tur a ni He chhungril darthlalang hi zing tin kan en thin hriat
hlawh tak nen hian a danglam hle a ni Nitin, he chhungril
darthlalang hi ka en a, ka duh loh thil ka hmuh chuan
keimah leh keimah hi ka sawisel a, siamthat ka tum thin
Hetiang hian mi pakhat chuan an dikna chu a hmu a ni an
thlarau darthlalangah an inngaihtuah a, hlimna leh chhungril
thlamuanna kawngah nitin hma an sawn zel baw

* * *

Aw Lalpa, keimah ngei pawh keimahni thinlung na ai
pawhin min hnaih zawk a, ka hriatna kawngkhar bulah l
awmna chu ka hre ta a ni

Miin tuifinriat thlipuiah rei tak a fixate chuan tuifinriat
ngei pawh a ngaihtuah lo Chutiang bawkin, mi pakhatin an
nun thlipui tenau tak chu a ngaihtuah a, a inzawm tlat chuan
thlarau tuifinriat lian zawk chu a theihnghilh a, chu chu an
nun chu an thinlung zau tak chungah chuan ripple mai a ni
Hmun hrang hranga electric lamp dahte chu electric
generator pakhatin a eng ang bawkin, mihringte pawh hi
cosmic generator pakhatin a eng a, chu chuan rilruah finna a
pump lut a, taksa chu chakna nung hmangin a charge a ni

Tui tla tin hian tuifinriat awmnaah a pui a Tin, mimal nun
chu mihringte tuifinriata tla tlemte ang maia lang mah se,
chu nunnain nghawng a neih chu a pawimawh hle thei a,
ngaihthah tur a ni lo

tuifinriat thlipui nasa tak
Ni zung (Solar system) atanga lo chhuak (vortices) te
leh cosmic force-te current te a ni
leh space-a planet lengte te a ni
Tuipui lai takah iceberg ang maiin
Chatuan chetna hnute chungah an zai vek a
Khawngaihna leh hmangaihnaa khat nu chu Pathian
khawngaihna chhinchhiahna a ni
Pathianin a ngilneihna chu pangpar hmangin a lantir
thin
I thlarau hmun thianghlimah Pathian i hmuh theihna tur
biak in mawi leh thlamuanna chu nangmah chhungah din
rawh
Kan inlaichinna inrem zawng zawngah hian hmangaihna
leh inrem taka thawk thin thinlung ngilnei zawng zawng
hnuaiah hian Pathian hmangaihna a awm tih kan hre reng
tur a ni

* * *

Nunna hi leilung hnim hring takah a muhil a, pangpar-ah
mawina a mumang a, rannungah chak takin a harh a,
mihring hriatnaah chuan a theihna tawp nei lo chu a
hrechhuak ta a ni

Ringhlelhawm lohvin Pathian awmna leh a hnaihzia
rilruah a lut thei a, chu zawngtu chuan khawvel pum pui hi
Pathian thilsiam lanchhuahna a nihzia a hmuh chuan Engkim
hi hmuh theih loh a\angin a lo chhuak a, he leiah hian hun
rei lote chhung a awm a, chumi hnuah a lei nun a tawp
hunah hmuh theih loh dinhmunah a kir leh \hin
He universe mak tak atom tinah hian Pathian hian
thilmak leh thilmak a siam reng a ni

Hnehna chu a tawpah chuan thutak leh thatna ta a ni
reng dawn a, eng ang pawhin rei pawh ni se
Hrehawm tawrhna leh hlohna hian i thutlukna siam chak
lo va, i thlarau a tihlum tir suh Ni khat chu thlarau ram
chhungah i lut ang a, sawifah theih loh hlimna leh beisei
zawng zawng i tawng ang Hrehawmna karah hian midangte
lainatna kan zir a ngai a, an rilru put hmang hriatthiam a,
anmahni tanpui turin theihtawp kan chhuah a ngai a ni
Taksa khawvela thil awm zawng zawng hian chetna,
inthlak danglamna leh dinhmun nghet lo a lantir a, mahse
Pathian nihna chu muangchang, muanna leh muangchang a
ni

Thianghlimna thuk tak hi thlarau lam kawngah chuan
thil tul tak a ni a, thinlung thianghlimna leh tum fiah takah
hian thlarau zing a lo piang si a
Nunna huanah chuan hlim takin thing pakhat atanga
thing dangah ka insawn a, a tawpah chuan Aw Lalpa, min lo
hmuaktu i kut phar chungah chuan ka tla thla ang

* * *

.Mahni insiamthatna: 1.1

Miin a nun a buatsaih a, mihring rilru siam chhuah
lehkhabu tha ber berte chu random, pointless reading-a a

hun khawhral ai chuan a chhiar tur a ni a, nunah a inhmeh
hna zawngin, a hnathawh chu tha leh tha taka thawk turin a
bei tur a ni

Mi tam tak chuan hlawhtlinna tlemte nei lovin kawng
tam takah theihtawp an chhuah nasa hle a, mahni
insiamthat duhtute chuan thil tam tak chu an hrethiam thei
lo va, mahse engkim hi tlem tal an hre thei a, thil pakhat
chungchang pawh an hre vek thei bawh
Hriatna hi tuifinriat zau tak a ni a, thlarau lam finna hi a
tawp chin nei lo Leilung hi khawvel pum huap hmun tenau
tak ni mah se, kan mithmuhah chuan a ropui hle
Chuti chung pawh chuan mihring hmasawanna zarah kan
khawvel hi tunlai inkalpawhna leh [inbiakpawhna] avang
hian a te zawk a, rei lo teah planet dang pan dan tur kan
!ngaihtuah tan dawn a ni

Mi pakhat chuan inthlauhna a vawng reng tur a ni
Thlarau lam chauh ngaihtuah chung a thil nung
ngaihthahtute chu an rilru inthlauhna hloh avanga hrem an
ni

Material duties hi a pawimawh hle a, social, national, leh
international obligations nen a inzawm tlat Intellectual duty
hi material duty aiin a chungnung zawk a, thlarau lam leh
moral duties te hi ngaih pawimawh hmasak tur a ni Rilru chu
thil tenawm tak tak atanga zalen a ngai a, chu chuan mi chu
thil neih lam a ngaihtuah lutuk a ni

I genius leh latent powers source te chu chhuah chhuak
la, tumahin an laksak theih loh chhungril lungawina
nuihzatthlak tak chu nuihzat rawh

He khawvel hi thiltihtheihna pahnihin a khalh a: thil tha
chakna leh sual chakna Tupawh thil tha chu an kaihruiatu leh
zirtirtu atan an la chuan ni tha leh nun hlim tak an nei ang a,
sualnain an kalna tur a kaihrui a, an rilru put hmang a
thunun phalsaktu chuan hrehawmna leh hrehawmna chu an
chanvo atan a nei ang

Mi tam zawk tan chuan thumal pawimawh tak chu
"keimah" tih a ni a, mahse thlarau mite chuan mahni
inngaihtuah angin midang an ngaihtuah thin
Mahni chauh ngaihtuahtute chuan midangte hmêlma leh
hmêlma nihna chu anmahniah an rawn keng tel a, mi dang
ngaihtuah leh an rilru put hmang hretute chuan mi dangte
pawhin an ngaihtuah a, an lainat duh hle tih an hmu chhuak
thung

Mihring anga he khawvela hruai luh chhan hre lova
piang, nung leh thih hi mahni inhmuhstina a ni
Mahni Siamtu theihnghilh tih awmzia chu awm chhan
hriat loh tihna a ni a, chutih rualin Amah ngaihtuah leh
thinlung taka a awmna hriat duhna hian hun kal zelah
thlarau lam hlawkna leh malsawmna tam tak a thlen a ni
Thil neih leh hausakna neih hi lungngaihna leh
lungngaihna lakah a tichiang lo Miin tanpui theih loh leh
thiltihtheihna nei lo, chanvo kuta inkhelhna thil ni a lo thleng
ang tichuan, Pathian chauh chu an tanpuina, an humhimna
leh an himna hmun a ni tih an hre chhuak ang

Thil mak tak tak emaw, thilsiam mak tak emaw mak i tih
apiangin i mit khap la, chhungril lam hawi la, a Pathian bul
chu ngaihtuah rawh

Mihring hian thilsiam hnuaia thup Pathian factory atanga
thil siam dense tak tak lo chhuak chauh a hmu a, chu factory
chhungah ngei pawh a lut thei a nih chuan he khawvela thil
awm zawng zawng hi eng ang mak takin nge a lo awm tih a
hmu ang
* * *

I hnenah ka dil a
Zing tin ka taksa, ka rilru leh theihna ka neih zawng
zawng chu nangmah, Siamtu tawp nei lo, i duh dan anga i

hman theih nan ka hlan thin a, chutiang chuan keimah
hmanga i rilru i sawi chhuah theih nan
Nangmah ka duhna hla ngawi rengte chuan ka thinlung
thawk ri angin a sa ang
Hna zawng zawng hi i hnathawh a ni tih ka hre chiang a,
hna engmah hi friendly service nena i hnena hlan a nih
chhung chuan a harsa lo va, a hniam lo baw
Thlarau lam hawi chuan I awmna hriat ka dilna Nang hi
thilsiam zawng zawng bul leh a bulpui ber i ni Ka nihna atom
tinah ka hmu ang che a, ka ngaihtuahna zawng zawngah ka
hre baw ang che
Aw Lalpa, kan hlimna luite chu hun rei lote chhunga tisa
hlimna sands-a an bo loh nan kaihrui ang che
Mahni hmasialna thlaler ramhnuai hian kan
khawngaihna lui te te te hi lo kang lo rawh se
Kan rilru natna channel pakhat chauh, inhlat tak takte
chu i hmangaihna luipui tawp nei lo nen chuan inzawm
khawm rawh se
Kan nun lui zim tak takte chu I malsawmna ruah tam
takin tizau rawh se, chutiang chuan inngaihtlawmna, mahni
inpekna leh midangte rilru put hmang ngaihtuah chhuahna
hmun zau tak, zau tak takte chu an paltlang thei ang a, a
tawpah chuan, thianghlimna zawng zawng nen, I tuifinriat
ropui takah hian an lut thei ang
Pathian hriatna chu van lam hlimna nen chuan leia nun
nuam lo lead dense tak chu hlimna thar chhuak reng tur
rangkachak eng takah a chantir nghaltu magical alchemy a
ni
Ngaihtuahna buaithlak tak tak mualphona chu a lo awm
tan chuan Pathian thiltihtheihna chu hriatna tui thianghlim
leh thianghlim takah a lang tan ta a ni

* * *

Chatuan aw chuan aw nem tak, hniam takin min rawn
:bia a, heti hian a sawi

I mut kum zawng zawng khan i beng bulah ka lo sawi"

chhuak tawh a: 'Harh rawh!' Tin, tunah chuan i mut chu i
chhuahsan ta a ni ka ti a che: I unaute kha harh rawh Mi
zawng zawngin ka thu an hriat theih nan min thawhpui
."rawh

:Chuvang chuan ka tiam a, heti hian

I kohna thehdarh tur leh i thuchah thehdarh turin"

theihtawp ka chhuah ang a, ka leilung pianphung ka
chhuahsan hunah chuan i aw awm zawng zawng chu
:thinlung inrem tak takte hnena thusawi turin ka lo boral ang
Thlarau thlamuanna Pathian hlate hi ngaithla rawh, a au
reng che u a ni

Ka unau chhiar sen loh zawng zawngte chu ka nghak
vek ang; mahni inhriatthiamna tum malsawmna lam panna
kawng thui tak, rei tak chhunga zawi zawiin an kal lai chuan,
(Whispers from Eternity) kaltlangin an hnenah ka sawi
:chhuak ang

Ka unaute u, harh rawh u, titawp lova min kotu a aw hi"

."i zui ang u, van in lamah i kir leh ang u
Duhthusam leh Pathian hmangaihna rosary-ah hian kan
thinlungah Pathian hming kan phuar tur a ni a, chu chu
Pathian thinlung khawihtu biakna dik tak chu a ni
Thinlung vawt tak leh rilru vakvai nena Pathian hming
lam chu Pathian sawichhijatna leh zah lohna a ni Miin a
tawngtai hian a thinlung leh rilru chu Pathian hmangaihnain
a khat tur a ni

* * *

Khawvel hipna a\anga hawisan a, khawvel duhzawng
bânsan chu dinhmun \ha lo a ni lo va, \ha lam a ni zawk Hlim
lohna bânsan mai a ni lo va, hrehawm tawrhna inpekna
chauh a ni

Asceticism hi inpekna kawng anga ngaih tur a ni lo Chu
a kalh zawngin, investment malsawmna a ni a, chutiang
chuan mahni inthununna atana sum tlemte kan hman hian
thlarau lam dollar maktaduai tam tak a chhuah ang A, kan ni

rei lote chhunga rangkachak tangka te hi chatuan hlimna
?ram lei nan hman hi a finthlak lo em ni
Pathian thilsiam mak tak takte kan thlir hian kan
chhunga kan rilru tibuaithu leh kan rilru tibuaithu, chu rilru
thianghlim leh thuk takah chuan kan inhnim pil tur a ni Hei hi
mawina lens hmanga Pathian hriat theihna kawng a ni
Thil \ha titu chuan entawn mai pawh ni se, thil \ha rimtui
tiharhtu leh hmuhdawm tak, thil tam zawk ti tura a chêtîrtu
chu thawk chhuah theihna hun remchâng a nei a Mahse,
tumruh taka mi dangte entawn tûra thil \ha lo titu chu thil \
ha lo rimchhia leh rimchhia tak takte nêna inzawm tlat a ni
ang

* * *

Tumahin nangmah ang mize inang an nei lo Tumahin
hmel inang an nei lo Tumahin nangmah ang thlarau inang an
nei lo Pathianin a danglam bik takin a siam che a, nangmah
ang hi tumah an awm lo
Mi chuan a thu chhiar a\angin a thupui ber chu a la
chhuak tur a ni a, chu thu a\angin hlawkna \angkai tak a
hmu tur a ni
Peace product hi nitin nunah hman tur life experience
factory-ah siam theih a ni
Remna hi rilru lam natna zawng zawng damdawi a ni Ei
leh inah emaw, nungchangah emaw, nupa inlaichinnaah
emaw, mahni inthununna nei, rinawm, rintlak leh sum
khawlkhawm thiamte chu remna dik tak neitu an ni
Remna chu Pathian dan leh khawvel dante nena inrem
taka hmuh theih a ni Pathian hmangaih a, thlamuanna hlim
taka awm, thil tha tih avanga lawm a, Amah ngaihtuah leh
ngaihtuah thinte hi thlamuanna hmutu an ni
Hmeichhe rilru nêam tak nena khat nu chu Pathian
khawngaihna chhinchhiahna a ni
Pathian remna leh chhungril thlarau lama hlawhtlinna
par chhuak hi nitin ngaihtuahna rah pianpui a ni a, khawvel
ro hlu leh hausakna aiin hlimna thuk zawk leh thuk zawk a ni

Pathian awmna aia thlum leh lawmawm engmah a awm
lo He thudik hi i hriat chian hunah chuan hlim ber leh hausa
zinga hausa ber i ni ang Material hausakna hi hetah hian he
leia hman theih chauh a ni khawvel lo awm turah pawh
hman theih a ni lo Mahse, ngaihtuahna lungphun atanga lak
chhuah Pathian hlimna rangkachak chu malsawmna
dawngtu leh siam thar reng thei, khawvel pahniha hlawkna
nei leh chatuan atana chhe thei lo a ni

* * *

Thlarau harhnaah chuan rawng a eng zual a, aw hian
resonance thlum zawk a nei a, sensation a nalh zawk a,
thlarau chuan space-ah a zauzia a hre a, midang atanga lo
chhuak vibrations chu rilruin a hre chiang a, nun nuam tihna
a pung bawk

* * *

Mite chuan nunah thil engemaw bânsan tumna rilruah
an phunnawi a, chuti chung pawh chuan a takah chuan thil
hlu tam tak an bânsan a, chung zinga a tlem ber chu rilru
thlamuanna a ni A châng chuan Sum leh pai atân pawh an
inthawi a, chu chu rei lo tê chauh a ni a, chu chu mi pakhat
aţangin hausakna lak theih a ni a, a nih loh leh chuta ţang
chuan laksak theih a ni, he khawvel hi an chhuahsan a, an
hruai theih loh hunah Sum hlutna dik tak chu a ţhat phah loh
chuan a awm a ni thawhrimna leh Pathian leh mahni chhia
leh tha hriatna tilawm zawnga mahni leh midangte hlimna
thlennaah

Khawvel hi thilsiam leh mihring thlipuiin a khat a,
Pathian chu he khawvel thlipui, thlipui leh thil tha lo laka
invenna chak tak leh himna a ni
Pathian awmna apiangah hlauhna leh lungngaihna a
awm lo Ringtu dik tak chu nunna indonaah leh thil thleng
inbeihnaah hian nghet tak leh chhuang takin a ding a,
Pathian chu a hnenah a awm tih a chiang a, chhiatna laka a
humhim a, hun khat pawh a thlahthlam ngai lo Chutiang

chuan hlauhna chu a thinlung a\angin a bo a, rinhlelhna
chuan a chelh a, humhimna chu a nghah theih loh a ni

* * *

:A chhanna i duh chuan
A chhang emaw chhâng lo emaw
Amah chu au chhunzawm zel ang che
Tawngtai chhunzawm zelna hmun thianghlamah chuan i
dilnate chu chhunzawm zel rawh
. ,A lo kal emaw lo kal emaw pawh nise
A hnaih zual zel che tih ring rawh
I thinlung duhthusam zawng zawng nen
. ,I dilna a hlen chhuak emaw tihlawhtling lo emaw
A chungah hmangaihna lantir chhunzawm zel ang che
A chhang lo a nih pawhin
,I beisei ang ngeiin
Fiah lo takin a chhang ang tih ring rawh
Tin, thim thuk ber ah pawh, in tawngtaina te
Nunna, thihna leh hrehawmna lam zai karah
Amah i ko chhunzawm zel chuan
A ngawih rengna chuan a ti lungngai lo che
A chhanna chu i hmu ang

* * *

Khawvel inpumkhat, hnam tin hi member tangkai tak,
mihring chhia leh tha hriatna fimkhur tak hmanga Pathian
kaihhruaina hnuaia awm, din tumin i thawk ang u
Kan thinlungah chuan mahni hmasialna leh huatna ata
zalenna kan practice thei vek a ni
Hnam zawng zawngte inkara inremna a awm theih nan i
tawngtai ang u, chutiang chuan civilization thar, ropui tak
kawthler kawngkaah chuan kut insuihkawmin an kal thei
ang
Thu dik tak, thinlung tak tak leh thlum tak takte chu
thlarau tuihalte tan chuan tuihal tiharhtu ang a ni Chutiang
thu chu hmun tinah leh engtik lai pawhin mamawh leh
duhthusam a ni

Thu khauh tak tak, mi tithinur thei leh rilru ti na thei tak
tak chungchang erawh chu mi dangte thlarau tan chuan
thihna thlentu leh an chhungril thlamuanna tichhe thei an ni
Miin thu khauh tak tak chu a hmuï a\angin chatuan atan
a dah bo tur a ni a, a nun chu harsatna leh inthen thut laka
him takin in lamah a siam tur a ni

Thu ngilnei tak takte chuan ðhiantè leh hmelma
thinlungah te, khawtlangah te, biak in hmunah te, office-ah
te, hnathawhna hmunah te, leh hmun dangah te hlimna a
siam a Mite chuan mi harsa leh rilru na takin a kalsan chuan
chhungril hlimna an nei a, ðhian dik tak, thusawi thiam,
thinlung ngilnei leh ngilnei tak an hmuh chuan an lawm hle a
ni

I mamawh i neih theih nâna i beih a, Pathianin i tâna
awlsam taka a siamah i lungawi chuan, khawvêl beidawng
leh a rallak duhâmte aiin thlarau lamah i hausa zâwk ang a, i
lungawi zâwk ang

Pathian chuan civilization hrang hrang, rilru leh hnam
hrang hrang inzawmkhawm hmanga a thutak pholanna
hmangin dik taka nun theihna thiamna tihhmasawn tumin
hna a thawk a ni

Hnam engmah hi a takin a famkim lo va, hnam zawng
zawngte mizia tha ber berte inzawmkhawm chuan nun
inthlau tak leh nun hlawhtling tak neih theihna art
chungchangah hian hriatna tha ber ber min pe ang Hriat tur
pawimawh tak chu mi ropui zawng zawngte hian
civilizational achievement sang ber an thleng a, an nunah
mihring duhthusam leh principle sang ber berte an rawn
keng tel a ni

Pathian biak in chu thlarau chhungah a awm Chu biak in
thlamuang takah chuan lut la, thlarau maicham chungah
hriatna êng a lo chhuahna hmunah chuan ngaihtuahnaah
thu rawh Mihring kut khawih loh, lungkhamna leh hlauhna
awm lohna hmunah chuan chu biak inah chuan lut rawh

Thlarau lama mahni chauhna thlamuannaah lo kal la,
ngawi renga ṭawngkam hmanga Pathian aw a biak che chu i
hre ang a, hmuh theih loh chu hmuh theih a lo ni ta a, thil
tak tak lo anga lang chu a tak takah a lo chang ta tih i
hrechhuak ang
Balance hi a mawi a, kan rilru put hmang, ngaihtuahna
leh thiltih lungphum a ni tur a ni a, kan nun inherna axis
pawh a ni tur a ni
Thlarau ropui tak takte chuan an rilru hahtamna leh
thlamuanna an vawng reng a, chu chuan an rilru fim leh
inthlahna hloh lovin nun fiahna leh hrehawmna paltlang
turin a pui a ni
Pathian chu hmun tinah a awm a, khawvelte a enkawl a,
galaxy-te chu a tawp chin nei lo orbit-ah a kaihrui a Tin,
mihringte pawh hi a lem anga siam a ni bawh a, a nun
enkawl thiamna leh a thiltih dante chu lungkhamna leh
buaina awm lovin a inruahrem thei a ni
Midangte hnenah hmangaihna, duhsakna leh remna
ngaihtuahna kan thawn fo tur a ni
Thlarau maicham chungah hriatna êng a eng rengna
hmuna ngaihtuahna (meditation) structure-ah chuan
lungkhamna, lungkhamna, tension, nervousness a awm lo
va, thlamuanna, thlamuanna, mahni inrintawhna leh hlimna
dik tak a awm zawh a ni
Lalpa, mihringte inkara inthenna leh inrem lohna siamtu
leh thlaraute thatna leh inremna hmangaihnaa inkhawmna
ramhuai te hi hneh turin min pui ang che
Thil \ha zawng zawng hi thlarau lam hriatna nena tih a
nih phawt chuan Pathian pawmtlak a ni Materialistic thiltih
chu mahni hmasialna mai maia chêtîrtu a ni Tisa leh thlarau
lam hnathawh inkara inkharkhip chu tihchhiat a ngai a ni
Thiltih zawng zawng chu a thianghlim a, thlarau bawlhhlawh
leh bawlhhlawh tihthianghlimna kawngah a pui a ni
I ṭhianta chu uluk tak leh ngaihtuahna sengin thlang
rawh An tan ṭhian dik tak ni la, mahse inhlath deuh reng la,

inzah tawnna chu nang leh anmahni inzawmna ni rawh se
Anmahni nen hian dikna ramri chu paltlang suh
Mi dangte nena inrem chu a awl hle a, mahse an
hmangaihna leh zahna che i vawng reng duh chuan he
thurawn hi i ti ve tur a ni

* * *

Tawngtaina, ngaihtuahna leh rinna hmangin thlarau lam
kaihhruaina a dawng a, he chhungril inremna tel lo chuan
tumah remna leh muang takin an nung thei lo
Amaherawhchu, Pathian hnen atanga kaihhruaina direct
dawng tur chuan duhna, duhthusam, a nih loh leh tih dan a\
anga lo chhuak thiamchantirnaah innghah ai chuan, hriatna
(intuitive knowledge) leh hriatthiamna thuk tak a ngai a ni
I hmuh tum zawng zawng leh chu aia tam zawk chuan
Pathianah a nghak reng che tih hria ang che
Tlai khat chu zirtirtu Paramahansa chuan zirlaite
:hnenah

Possession hian ka tan engmah awmzia a nei lo, mahse"
ṭhian nihna hi a hlu hle Unau nihna dik takah chuan ṭhianta
."ṭhian: Pathian êng tak tak a hmu a ni
Tichuan, heti hian a sawi belh leh a: "Ṭhian bum emaw,
mihring phatsan emaw lakah fimkhur rawh, chu chu Pathian
. "rorelna dân anga sual lian berte zînga mi a ni si a
* * *

Rilru chakna nasa zawk nei rawh Chu chakna chu eng
thil pawh thleng se, nun indonaa mi huaisen ang maia ding
nghet thei tur leh harsatna zawng zawng hmachhawn thei
turin tuar chhuak rawh
Pathian i hmangaih chuan rinna i neih a ngai a,
chhiatna, vanduinah leh fiahna a lo thlen huna tuar chhuak
tur leh chhel turin i inpeih a ngai a ni
Beidawng lo la, hrehawmna chu hlau suh la, i rilru chu a
tha zawng leh chak taka awm reng turin thawk rawh
Thlarau lam hlimna dose tak tak i ei chuan, chutiang thil
tawn dangin a tehkhin theih loh tih i hmu ang

Nu leh pate chuan an fate chu bumna leh hlimna dik lo
meipui nena inkhelh thlemnaah an tlu loh nan ngaihtuahna
leh hriatna neia hriatthiamna zirtirna hmangin thlarau lam
hriatna tuh an tum fo tur a ni

Pathian hlimna a lo chhuk chuan ka thawk a reh a, ka
thlarau chu a sang chho a, vawi khatah mut sangkhat hlimna
chu ka tawng a, chuti chung pawh chuan ka hriatna
pangngai chu ka hloh lo He cosmic experience hi hriatna
dinhmun sang ber thlen tura thuk taka chhui tute tan chauh
dah a ni

* * *

:Thinlung mit

Mi tinte hian, degree hrang hrangin, chhungril mit
emaw, hriatna emaw thiltihtheihna chu an lantir a, muanna
leh remna boruak a\angin a lo chhuak a, thil leh mite
chungchanga hriatna dik leh rintlak tak a pe a, inferential
evidence emaw, sensory proof emaw mamawh lovin a pe a
hei hi kan thil tawn a\angin kan hre thei a ni

Hriatthiamna dik tak chu rilru hahdamna leh thinlung
tak tak angin a lo thleng a, rilru lama lungkhamna leh
rinhlelhna mumal lo tak takte a\angin a danglam He hriatna
hi chhungril aw emaw, thinlunga aw emaw angin a lang a,
chhungril kaihhruaina dik tak leh subconscious-a aw dik lote
thliar hran a pawimawh hle

Insight dik tak (intuition) hi rinna nghet tak ni lovin
thudik hriatthiamna dik tak leh thil siam chhuah ngaihtuahna
hi mize pangngai lo damdawi tha ber a ni

Temperamental tendencies take hold of consciousness
when a person is in a negative or agitated state Rilru chu
ngaihtuahna tha a tlakchham chuan a neitu chu a lungngai
a, lungkhamnain a phur a Tin, lungngaihna leh lungkhamna
nen chuan Diabola chu chu mi ngaihtuahnaah chuan mikhual
a lo ni ta a, a mikhualtu chungah thuneihna famkim a nei ta
!a ni

Chuvangin, ka thianpa, thil siam chhuah ngaihtuahna
siam chhuah kawngah hna thawk rawh Kut hnathawh i tih
loh chuan i rilruah thil siam chhuah thil ti la, rilru hahna leh
lungkhamnaah wallow hun a awm tawh loh nan buaipui reng
rawh

Thian nihna hian Pathian hmangaihna insem atanga
zung kai a nih loh chuan kan thlarau a ti lungawi lo Mi
dangte laka inhriatthiamna leh thian nihna kan duhna chu, a
nihna takah chuan, thlarauin a bulpui: Pathian nena
inpumkhat duhna hi a ni

Chu duhthusam chu pawn lam thil hmanga tihreh kan
tum poh leh, thian sang zawk kan hmuh theihna a tlem zawk
Rilru chak tak i neih a, tumruhna nghet tak i neih chuan
i chanvo i thunun thei ang I rilru chakna chu thil tenawm
takah fiah hmasa la, chu chu tichak turin thawk la, thil ropui
tak tak tam tak ka nunah hetiang hi ka tawng tawh a, rinna
nen ka sawi thin

Thil dik lo pumpelh theihna awmchhun chu thil dik lo tih
hre Chiang tura roelna dik siam a, tih loh tura thutlukna
siam hi a ni

Thil dik lo pakhatin a dang a beih chuan dikna a siam lo
Hriat lohna hi mihringte hmelma dik tak a ni a, he khawvel a\
ang hian hnawhchhuah a ngai a ni
Hausakna, hlimna leh dikna famkim hun rawn thlen turin
he khawvelah hian kan mamawh zawng zawng kan nei a
Daltu awm chhun chu mihring mahni hmasialna hi a ni a, chu
chuan he thil theih loh a siam Tawrhna rapthlak tak leh dik lo
tak hi mihringte mahni hmasialna leh midangte ngaihsak
lova mahni hmasialna zawn avanga lo awm a ni

* * *

Archives atang chuan: Huatna thar chhuah
Nasi leh Zakir te chu an inhuat em em a An inkara
insualna hi sikul zirlai naupang annih lai atang khan a intan

a, an lo puitlin chuan an inhuatna chu a lo lian a, pheikhawk
zawrh kawngah pawh an inel ta a ni
Vawikhat chu nula kut inneihnaah an inel a, Nasi chu
Zakir aiin a chak deuh deuh avangin nasa takin a vuak a,
nikhaw hre lovin a awmtir a Zakir-a a hriatna a lo let leh
chuan a chung a thil thleng chu mualphona, inchhir leh
huatnain a hneh ta a ni

Kum tam tak a liam hnuah Zakir chuan khawpui
pakhatah hna thawk tur leh awm turin a insawn ta a
Nasi chuan thil thleng chu a theihnghilh tawh a, mahse
Zakir chuan Nasi-a'n a tihmualphona leh mualphona chu a
hriatrengna atangin a thai bo thei lo Chuti chung pawh
chuan, "Nasi hi ka ngaidam ang a, ka chung a thil tihsual
kha ka hre reng dawn lo" tiin a sawi nawn leh a, a rilruah a
.nemnghet reng a ni

Mahse thla engemaw zat hnuah Zakir chuan nitin
ngaihdamna a tiam lai hian a chhungril takah phuba lak a
duh tih a hrechhuak a, phuba lak duhna a tihreh nan
chutiang bawka vuakna hun remchang a nghak a ni
Rei vak lo hnuah chuan Nasi chuan a khingpui hlui Zakir-
a insawnna khawpui lam pan chuan a hruai lut tih a hria a,
thil engemaw a thleng dawn tih chu rinhlelh rual a ni lo
Zakir-a erawh chuan khawpui chhunga Nasi awm chu a hre
chiang hle a, a che vel chu uluk takin a enfiah tan ta a ni
Tlai khat chu Nasi chu kea kal leh "thli thianghlim rim"
turin a kal a, khaw lum leh ruah sur lai pawh ni se
Kawngpui hla takah amah chauha a kal lai chuan open-
air warehouse hmaah chuan a kal pel a, Zakir chuan rukru
leh fimkhur takin a zui a, hun remchang a lo awm chuan
compound interest hmanga account chu settled a tum ta a ni
Hlim lutuk chuan storehouse bang pakhat atang chuan
tile ngheet tak a tla tih a hmu a, chuvang chuan a man a, a
khingpui hlui lu chu nasa takin a vawm a, leiah a paih thla a,
Nasi chuan a awmna a hriat lohvin a lo kalna kawngah chuan
arawn tlan let leh ta a ni

Darkar engemaw zat hnuah ruah a sur a, chhum a
thianghlim a, bang chung lama khur atang chuan thla êng a
rawn lang a, Nasi chu a harh a, leiah a muhil a, a chak lo hle
niin a hria

Eng thil nge thleng tih hriat a tum a, a bula tile pakhat
leh a chung a bang khur a hmuh chuan warehouse bula a kal
lai chuan a vanduai vangin chu tile chu bang chung atang
chuan a tla thla a, a lu chungah a tla thla ta a ni, tiin a
thutlukna a siam ta a ni

He thawnthua moral chu mihringte hian an thiltih rah
chhuah chu theihnghilh theih loh ni mah se, midangte
chung a harsatna an tawhte chu theihnghilh kan tum a, chu
thiltih rah chhuah chuan hriat lohna thimah chuan ngawi
rengin a zui zel a Bawng pakhatin mi sang tam tak zingah a
bawng no a hmuh theih ang bawkin, chutiang bawkin kan
thiltih rah chhuah pawh hian min zui zel theihna leh kan
awmna hmun chu a Chiang hle a, hun rei tak hnuah pawh
Nasi hian finna neiin, a khingpui Zakir nen an inkara
buaina chu chinfel a tum a, chu thil thleng hnuah chuan
ngaihdam dil ta se, a khingpui thinrimna chu a tihziaawm
mai thei a, chu aia thui zawk chu thil a kal lo mai thei
Mahse thil chu a danglam lo va, a rah chhuah rapthlak
tak chi chu hmalam hun thim tak pum chhungah a lo thang
lian a, a lo thang lian a, piantharna chhiatthlak takah a tawp
ta a ni Mak tihna duhawm lo tak takte pumpelth nan rilru leia
inkhwar duhna sual chi chu halral a ngai a, hmalam thlirna
chuan thiltih a hmachhawn hmasa tur a ni, khawvel dan
chuan a rah seng turin a ti a ni mi thiltih, a tha emaw, a
chhia emaw, a thlum emaw, a thlum emaw pawh nise
Thiltih apiang hian rilruah hian rilru put hmang leh rilru
put hmang anga dah khawm hnuhma a hnutchhiah tih hre
reng ila, hengte hi fing tak leh fimkhur taka enkawl a nih loh
chuan, a rah chhuah hlauhawm tak tak a thlen ang Mahse,
thiltih sual chi chu finna meipuiin a hal chuan a lo thang lian
leh thei tawh lo vang

Naktuk map, emaw: Thil phut pakhat chu thawhrimna tling

Zirtirtu zirtirna a\angin

Paramhansa Yogananda chuan a rawn ti a

Hlawhtlinna hun remchang nghah chungin nun chhungah tum nei lovin i vakvai a nih chuan, chu hun remchangte chu a rawn kik lo mai thei a, hlawhtlinna pawh i hmu lo vang Mahse nangmah ngeiin i hmalam hun tur duantu leh i naktuk map chu i kut ngeia ziaktu i nih chuan i thil tum tihhlawhtlinnaah lawm rawh, i thil tum chu i thlen hnaih hle a ni

Map hlawhtling tak siam tur chuan a hmasa berah i thil tum i sawifiah a ngai a, hlawhtlinna hian i tan eng nge a awmzia? Hlawhtlinna atang hian eng nge i duh? I chhâna chu hmingthanna, hausakna, a nih loh leh mahni hmasialna thil neih duhna tihhlawhtlinna a nih chuan, lungngaihna râpthlâk tak leh hlawhchhamna tluantling lam i pan a ni

Hlawhtling lo ber chu mi zawng zawng hmuiah an hming awmte chu an duhzawng leh neih theihna nei - thiltihtheihna tehfung ang chuan - an thlarau duh zawng zawng, mahse chuti chung pawha hlimna nei lote an ni! Chuti a nih chuan engvangin nge kawngpui thim ang bawka zawh chhonzawm zel ang?

Hmingthanna leh vanneihna hi hlawhtlinna tak tak rah a ni thei a, mahse hlawhtlinna bulpui ber a ni lo va, mizia pawimawh ber pawh a ni lo Dik tak chuan hlawhtlinna chang tur chuan a tul lo tak zet a ni

Chuti a nih chuan eng nge a tum? Miin nun a\ angin eng nge a zawn ang? Tum pakhat zawm tur leh beih tur a awm a: hlimna Hei hian hun tin a\ angin nunna ro hlu thup te chu lakchhuah a ngai a, chu chu zawn thiam leh chu ro hlute awmna hmun hretute tan chuan

Tin, Aw hlimna zawngtu, i ni khata i ngaihtuahna i tihltlem chuan i hre bawh ang che

Tin, i thusawi ngilnei tak tak te, thiltih hlawkthlak tak tak te, leh ngaihtuahna tha tak tak te hmanga i ni i tihausa a nih chuan

I ni chu i thian rinawm leh i hun remchang rangkachak a ni ang

I passport leh visa hi hlawhtlinna nena khat hmalam hun duhawm leh eng takah i luhna tur a ni ang

Chuvangin, i hmalam hun tur mapping out-na atana a dawt leh tur chu i nun ni tin chhunga thu awmte uluk taka enfiah a, thil \ha leh \ha tak takte chu vawng reng a ni If you fall short in doing this, then you must pause and take stock

Hlawhtlinna chang tur chuan a hnuaia thil pawimawh tak takte hi ngaihtuah a ngai a, chutiang thilte tel lo chuan hlawhtlinna a awm thei lo.

Zing i harh chuan khum atangin zuang chhuak nghal suh la, ni khat chhunga thil tih tur chu tan tir rawh

Zawi zawiin i chakna i neih leh theih nan i taksa pum chu vawi tam tak ti buai la, ti hahdam rawh I nitin hnathawh i tan hmain, hun engemaw chen

hmang la, hei hi i nunah ni tha ber a ni dawn tih i
inhriat chian theih nan hun engemaw chen hmang la,
eng thil pawh thleng se, i ni chu hetiang hian a ni ang
tih hi inringtawh rawh Tawngtai leh ngaihtuahna
hmanga tan chuan i rinna a tichak ang a, i mamawh
chakna a pe ang che

I nun chu ti awlsam rawh

Nun hlim taka hman theih nan mihring thil siamah
inngnat suh Hlimna rei lo te chhunga i inkhung hran
chuan i thinrim a, i buai ang a, i rilru a buai ang
Television, zan rei tak chhunga inkhawm, leh ruai
theh te nena inngahna reng reng a ngai lo—hengte
hi khawtlang nunphung nghet tak a lo ni ta Mi
pakhatin vawi khat a sawi angin—leh a thusawi chu a
va dik tak em—kan hnathawh hian min thattu a ni lo
va, kan hun awl kan hman dan hi! I dam rei zawk ang
a, nun hi i hlim zawk ang, i tih awlsam a, khawtlang
nena in chain loh chuan Thil tenawm tak takah hlimna
hmuh tur zawng rawh

I theihtawp chhuahin i kuta hna awm chu i
theihtawp chhuah rawh

Tuna i hnathawhnaah i lungawi loh chuan
lungkhamna leh haphazard performance hian engmah
a tidanglam dawn lo, eng thil pawh ni se, thil awmdan
chu rilru tha tak pu chungin hnaih tum la, thil pahnih
zinga pakhat chu a thleng ang: hun remchang hlu tak
i hloh tih i hmuchhuak ang a, a nih loh leh kawngkhar
thar a inhawng nghal ang a, chu chuan i lut thei ang
a, i mamawh nena inmil zawk leh i duhthusam
tihlawhtling thei hna i hmu thei ang

Nun hi thilpek leh dawng chhonzawm zel a ni

**I pêk aia tam i lak loh nân inthlau takin awm la, la
lova pêk chauh khap tlat suh**

I ngaihndan zau zawk rawh

**Midangte nun leh thiltih ngaihvenna lantir
Nangmah aia hla zawk—i chhungte lam hawi la, i
chhungte piah lamah i thiante lam hawi la, i thiante
piah lamah mi zawng zawng lam hawi la Science hian
thil pum puia tel ve i nihzia a nemnghet a, chuvangin i
nihna lian zawk kha theihnghilh suh**

I nun chu balance rawh

**Nitin hian hnathawh, chawlh hahtam, zirlai leh
ngaihtuahna te a huam tur a ni Taksa, rilru leh
thlarau nei mi i ni Hriselna, chakna leh hriatna neih
theih nan heng thil pawimawh tak takte hi inthlau leh
inrem takin enkawl rawh**

**Nui rang la, mitmeng tichhe lo, tanpui duh tak,
nghah leh inthlak duh, leh hun remchângte chu
fimkhur hle rawh**

Ni tawp lamah account chu check rawh

**I hmasawinna i neih avangin lawmthu sawi rawh
Thil chu zan khat thil thua a danglam dawn lo,
chuvangin naktuk lama thil tha zawk tih tumna nen
tihsual hmachhawn hlau suh Tin, i mut hmain Pathian
hnenah i thil tih chu nghah la, nangmah chauhvin a
kalsan lo vang che a, mahse i thawhrimna leh a
tanpuina leh kaihhraina i zawn chung chuan hun
remchang leh kawngkhar a hawng ang che tih hriain**

**Mutthilhnain a hneh che a, i mut hmain naktuk
chu vawiin aiin a tha zawk dawn tih inringtawh la,
Pathian tanpuinain**

Planner uluk tak leh builder thiam tak i nih chuan

I map details i zawm chuan

Hlawhchham theih a ni lo!

Hma la la, thlamuanna awm rawh se!

Thu lakna: Mahni Inhriatna Magazine

Thinrimna thuk tak a ni

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

**Aw Lalpa, Kan thisen zam chhunga luang chhuak
leh kan taksa, a tisa, ruh, nerve leh taksa peng zawng
zawng nena thil awm dan inzawmkhawm leh
buaithlak tak takte chakna petu van electric thuruk
chu Nang hi i ni**

**I chakna pawimawh tak chu kan chhungah a awm
a, kan thawk zawng zawngah leh kan thinlung thawk
apiangah thiltihtheihna te, thatna te, malsawmna
zawng zawng hi Nangmah atanga lo chhuak a ni tih i
hre ang u, Aw thilphalna Hmun leh awm tawha
thatna, chakna leh malsawmna zawng zawng bul
tanna**

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*** Zing huan a\angin i ke bula inngaitlawm taka
thilhlán atana dah turin êng pangpar ka la chhuak che
a ni**

**Ka hmangaihna che arsi hrualtu chu ka thlarau
boruak chhungah chuanrawn luang chhuak rawh se,
ngaihsak lohna vur leh ngaihsak lohna thim chu ti bo
rawh se Min theihnghilh suh, Aw Lalpa, ka theihnghilh
che pawh nise**

**Ka hre reng lo che a nih pawhin min hre reng ang
che**

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Lalpa, hlimna leh beiseina neia kan nun theih nan malsawm rawh

Kan leia kan tih tur leh thilsiam mawina tawp nei lo leh tawp nei lote hi i hlimpui ang u

Thilsiam mak tak takte kan tem theih nan leh kan hlim theih nan kan hriatnate tihthianghlim turin min pui ang che

Tin, i malsawmna flavor hmang hian nun nuam tihna soal lo zawng zawng hi i season ang u

Nun hlimna leh nun nawmnate chu dik lo taka thattu ngaihdan \ha lo leh beidawng tak chu kan paih bo ta a ni

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Khawvel thil inlarna lungchhiatthlak tak takte hi rei tak ka tuar tawh a, Aw khawvel pum huap thlarau, nangmah hmuh ai chuan, ka mit hian thil ruang hring, nunna nei lo chu a hmu a ni

Finna hriatnain engkimah i awmpuina malsawmna ka hmuh theih nan mal min sawm ang che

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Kan metal hi tithianghlim rawh, Aw Van Alchemist! Kan chak lohna chu chaknaah leh kan ngaihtuahna kawng dik lote chu thutak hriatthiamna dik takah chantir rawh Kan mahnii hmasialna ramhuai tenawm tak takte chu duhthusam sang tak, thla neiah chantir la, kan hriat lohna hrehawm tak chu finna thianghlimah chantir la, kan thawh lohna bulpui raw materials chu thlarau lam hlawhtlinna ropui tak takte rangkachak thianghlim takah chantir rawh

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Aw Lalpa, ka dilnate chu Pathian hmangaihna rimtuiin ka thun a, ka taksa pum pui i hlan turin kut inngaitlawm takin ka pan che a ni!

Naupang soal nei lote rinna leh i chungga inpekna pumhlum min pe rawh

**Ka tawngtaina thu hnung lama i awmna ka hriat
theih nan mal min sawm ang che**

**Ka rilru natna zawng zawngah i awmna chu hre
turin min fuih rawh**

**Tin, i finna êng chuan ka hriatthiamna a tipung a,
ka hriatna a tithianghlim tih ka hriat theih nan**

**Tin, ka nun hi i nun danglam leh chi khat chauh
lan chhuahna pakhat a ni tih chiang takin hria ang
che**

*** * ***

**Aw Lalpa, I chung a ka hmangaihna hi thusawi
emaw, thuruk sawi chhuah emaw hian a thup thei lo
Ṭawng thianghlim, sawi loh hmangin ka hmangaihna
luang chhuak leh Nangmah hmu tura ka duhthusam
nasa tak chu I hnenah ka sawi chhuak dawn si a**

**I aw chu ngawi reng a ni a, ka thlarau muang
takah chuan i aw nê̄m tak chu ka hre ang**

**Tun hmaa ka hre ngai lo nachungin min hmangaih
reng tih ka inhriat tir ang che**

*** * ***

**Lalpa, kan ke fimkhur lo tak hnuaia sava te,
rannung te, pangpar sei tak tak te, leh thlai muang
tak tak te hi hmangaih turin min zirtir ang che**

**Nature chi hrang hrang chhiar sen lohte hi i
multifaceted genius lantir a ni: i kut atanga
masterpiece dik tak, chu chu a che reng a, a vibrate
reng baw̄k**

**Thilsiam zawng zawngah hian i hnathawh
danglam tak, entawn tlak lohna chu i hmu ang u!**

*** * ***

**Lalpa, thatna leh thianghlimna bak ka hmuh loh
nan mal min sawm ang che**

**Chutichuan, Pathian hmangaihna thu leh hlate
rilru hneh thei tak tak tih loh chu engmah ka hriat loh
nan**

**Aw Thlarau van rimtui rimtui, i khawngaihna min
pe la, nangmah min hriat nawn tirtu rimtui duhawm
tak takte chauh ka hip theih nan**

**Chaw awlsam, nutritious chauh ka ei ang
Tin, ka khawih zawng zawng hian i khawih
thianghlim leh malsawmna min hriatchhuah tir rawh
se**

*** * ***

**Ka tawngtaina caravan chu a chang chuan
beidawnna thlipuiin a rawn nuai a, a hmasawnna
tikhawlo tum chung pawhin nangmah lam panin a kal
mek a ni**

**Kawngzawh thianghlima ka kal zel lai hian hla tak
atengin ka hnena i ngawi renga i fuihna oasis chu ka
hmu a, ka chakna chu a lo nung leh a, ka rilru a lo
thar leh a, chuvangin nangmah hnena thlen tumin ka
thawhrimna chu a let hnih zetin ka tipung a ni**

**Thil \ha oasis ka thlen hunah chuan ka rinna hmu
tuihal tak chu i hlimna tuihnaah ka thun ang a, ka reh
hma loh chuan ka in ang**

*** * ***

**I aw thianghlim thlipui lian tak takte chu ether
kaltlangin a rawn sur chhuak a**

**Thiltih nuam tihnain a tihbuai bengte chuan i
vantirhkoh thusawi chu an la thei lo**

**Aw Pathian Thuthar thehdarhtu, tuna i nena inmil
lo kan rilru hmanrua te chu thlarau lam hriatna
tilangtu dik tak inzawmkhawmna famkim nen inmil
rawh se**

**Van lam hla thluk leh thlarau lam hla thlarau
ether-a rippling te chu kan man dan tur min zirtir ang
che**

*** * ***

Aw Lalpa, ka thlarau lam hriatna hi hawng la, chu chuan ka ke a kaihruai reng ang a, mahni hmasialna kawng thim tak ata min vawng reng ang

Hriatna leh a kawng hrual hrual leh a kawng hrual karah ka kal lai hian kawngpui lian mi zakzum tak takte chu ka hmu ang a, ka tlanhhuak ang: duhâmna, mahni hmasialna, leh nungchang lama dan ngaihthah

Aw All-Knowing Inner Light, nun harsatna zawng zawng chinfel dan min hmuhtir rawh

*** * ***

He thutiam thianghlim hi keimah leh keimah ka insiam a ni:

Ka hmangaihna ni chu a tla ngai lovang, nangmah ka ngaihtuah rengna van atangin, Aw Lalpa

Nangmah ni lo thil dang lamah ka mit ka hawisan lo vang

Nangmah min hriat nawn tir lo chu ka ti lovang

Hriat lohna leh âtna atanga lo chhuak thiltih hian mumang chhia leh mumang hlauhawm tak tak a thlen thin

Hlawhtlinna ropui tak takte mumang thlum tak tak chauh ka mumang ang, I fuihna leh kaihhruaina atanga lo chhuak a nih avangin, Aw Lalpa!

*** * ***

Aw Lalpa, thil puan zar-in ka lakah a thup che a nih chuan, eng chen nge lilies, roses, rangkachak rawng hring dup chhum leh zan reh tak, eng leh arsi-a khuh, puanzar mawi tak hnuaiah i thup reng ang?

Thup che mahse, i awmna chu fiah lo takin a hriattir avangin ka hmangaih a ni

Amaherawhchu, i nihna ang chiah, thilsiam hmai tuamna tel lova hmuh che hi ka duh khawp mai!

*** * ***

Aw Engkim hmutu, muthilh leh mutnain a hneh lo!

**Ni leh thla danglam reng mit nget leh danglam lo
atang chuan min hmu a Tin, mitmeng pumhlum tak
nen chuan space pores chhiar sen loh leh arsi en reng
thin êng eng mawi tak tak atang chuan min en thin**

**Thli tleh khawih chuan min fawp a, nang leh i
chhiahhlawhte chungka ka ngaihtuahna thian tha tak
hmang hian i khawngaihna ruah malsawmna min rawn
surtir a ni**

*** * ***

**Aw cosmic aw Aw tawp nei lo aw! I resonance
thianghlim hmang hian thlarau lam hriatna ka nei ang**

**Ka chhungah chuan a ri chhuak a, taksa atanga
ramri nei lo universe thlengin ka hriatna chu a tizau
ta a ni**

**Tin, nangmah hmanga thilsiam chatuan pulse chu
ka hriat theih nan min fuih bawh ang che**

*** * ***

**Ka ke i sawn Ka kutah hna i thawh Ka thinlungah i
beng Ka thaw nen I luang a Ka rilruah ngaihtuahna i
hrual bawh**

**I penetrating will chu nitin meteor ang maiin ka
mihring duhzawng vanah a tlan lut thin**

**Ka nunna tui tla khat chu i cosmic sea-ah ka
pawh ang a, chutiang chuan ka taksa te tak te
bubble chu i hnute zau takah chuan a lo inphah
chhuak tih ka hmu thei ang**

*** * ***

**Nu leh pa nei lo leh hlaim tuarte chuan i
ngilneihna leh lainatna chu an lo hria a, hetah hian i
kawngka bulah an awm Beidawng leh thlamuanna nei
lovin i hawi let dawn em ni?**

**Aw, i kut hmuh loh hian thinlung kehchhia leh
thlarau hrehawm tuar te mit atanga mittui kang
chhuak chu a hrufai thei a nih chuan**

**Inbumna leh bumna kawngah bo tawhte, tu
hnenah nge an hawi ang a, I kawngkhar thilphal tih
loh chu tu hnenah nge an zawn ang?**

**I awmna zing takah chuan an harsatnate chu a bo
vek ang a, an harsatnate pawh a bo vek ang**

**Aw Lalpa, I hmel ngilnei leh khawngaihthlak tak
kan hmuh theih nan puanzar kha han chawi sang
rawh**

*** * ***

**Aw Pathian aw thianghlim ber, ka thlarau tuipui
kamah chuan au la, thil neih duhna ngaihtuahna
kawngkharte chu tikehsawm la, taksa tan in ata ka
chhuah theih nan**

**Ka taksa, rilru leh thlarau leh ka pawn lam
chhehvela i tuifinriat ri nê̄m tak chu ngaihtuahnaah
ka ngaithla ang a, khawpui tenau leh lian zawng
zawngah te, leilung, ni zung leh khawvel pum puiah
te a darh zel tih ka hria ang**

**Tin, thilsiam taksa ropui tak chhunga ka awmna
zau tak chu a taka hriat chian theih nan!**

*** * ***

**Aw chatuan Pathian meialh, i Pathian ê̄ng meialh
te te chu mihringte thlarau leh rilruah i paih a,
tihtlem, te, leh in\hen darh angin i lang a, Mahse,
meialh leh ê̄ng awm zawng zawngte bulpui
awmchhun, tawp nei lo chu i la ni reng a ni**

*** * ***

**Aw Chatuan Hnehtu! Ka chhungah mizia ropui tak
tak nei turin min pui ang che: hmê̄lma hlauhawm ber
berte: thinurna, thu dik lo, leh lawmthu sawi lohnate
donaa hnehna chang tû̄ra sipai rilru muang leh
insumtheihna neite**

**Chuvangin ka nun kil hrang hrangah hian i dikna
puanzar, chungnung ber leh tluk loh chu ka chawi
sang ang**

*** * ***

**Aw Pathian Thlarau, Nangmah hriat tura tih tur
thianghlim aia pawimawh zawka tih tur engmah i ngai
lo ang Thiltih tinreng hi, a nihna eng pawh ni se,
Nangin min pek hlawhtlinna thiltihtheihna hmang
chauhvin a thleng thei a ni**

**Chuvangin thil dang zawng aiin i hmangaih zawk
ang u, i nun leh hmangaihna khawngaihna tel lo
chuan kan nung thei lo va, kan hmangaih thei lo tak
zet a ni**

*** * ***

**Aw chatuan North Star! Khawi hmunah pawh ka
vakvai a, ka hawi kual a, ka rilru magnetic compass
needle chu i lam hawiin a awm reng a ni**

**Thil thleng nghal thlipuiin min rawn nuai emaw,
harsatna leh chhiatna ruahpuiin min tuam emaw
pawh ni se, chuti chung pawh chuan ka rilru chu
nangmah lam hawi reng turin kaihruai rawh**

**Ka hmangaihna, buaina chhum leh buaina thlipui
kara sava thla hrual ang mai hian i hnenah kawng a
hmu ngei ang**

*** * ***

**Aw Pathian Player Ropui ber, sakhaw zawng
zawng flute-ah I inpumkhatna mak tak hlate chu
thawk la, music thianghlim chuan I thlarau hla dik
tak, originality leh creativity-a hausa chu phur rawh
se**

**Nangmah nen inrem ila, kan thinlung thlukte chu i
hna kan chawisang hla pakhatna i inzawm khawm
ang u Pathian lo chu pathian dang a awm lo!**

*** * ***

**Aw Lalpa, Nangmah hnenah he tawngtaina hi ka
chawisang a ni:**

**Ka thil neih tam emaw, tlem emaw pawh ni se,
nitin ka mamawh zawng zawng neih theihna tur
duhna min pe rawh**

*** * ***

**Hmangaihna rosary-ah hian ka thinlung taka ka
ngennate chu ka sawi nawn leh a, a zungbun chu
duhthusam hming malsawmna thread-in a inzawm
khawm a: Pathian, Khawvel Thlarau, Brahma, Van Pa,
Pathian Nu—chu zawng zawng chu I hming
thianghlimte an ni**

**Kum zabi hrang hranga stage hrang hranga i
cosmic representation-ah hian hming tam tak i neih
ang bawkin hmel leh lem maktaduai tam tak i nei
tawh a, mahse i nihna chu pakhat leh danglam ngai
lovin a awm reng a, chu chu chatuan hlimna a ni!**

*** * ***

**Aw khawvel pum huap dan Pathian, ka hliam leh
hliamte, chhiatna leh fiahna atanga lo piangte chu I
Pathian rorelna kutchhuak, duhsakna hre lo,
thununna medal leh badge angin min ha turin min pui
ang che**

**Nitin ka harsatnate hian inbumna leh bumna
damdawi atan hna thawk se, khawvel hlimna beiseina
dik lote min paih bo rawh se**

**Midangte zah lohna avanga ka mittui tla hian ka
rilru atanga bawlhhlawh leh bawlhhlawh thup te chu
silfai se ka duh khawp mai**

**Tin, buaina pickaxe atanga vuakna na tak apiang
hian ka chhungah finna leh hriatthiamna thuk tak thar
min hawng vek rawh se**

**I thianghlimna leh i tihdamna êng hrual (horizons)
zawng tura ka tlan chhuah theih nan nun pangngai
thim thianghlim lo tak hian min ti hlauhawm se ka
duh khawp mai**

**Nunna hruihrual leh vuakna rang tak chuan min
nawr lui a, i tanpuina zawngin ka au chhuak ta a ni**

**Tin, ka nun leia dinhmun hrehawm tak takte
laihchhuahna hian i thlamuanna tuikhuah tam tak,
luang chhuak reng reng chu pholang rawh se**

**Midangte zinga roughness mawi lo tak takte hian
ngilneihna leh ngilneihna nena inchei turin min nawr
luih a, ka thiante thusawi rilru na tak takte hian thu
thlum chauh hmang turin min hriat nawn tir se ka duh
khawp mai**

**Rilru sualte chuan lung min vawm a nih chuan,
tum tha tak neia friendly projectile hmangin ka hmu
ang**

**Jasmine thingin a pangpar rimtui tak tak a theh
darh ang maiin a kung chung a thal thlawh thlaktu
kutah chuan, chuvangin ngaihdamna rose par chu
khawsik leh hmêlma taka min enkawltu zawng zawng
chungah ka theh darh ang**

Thlarau lam ngaihtuahna

Mi fing Paramhansa Yogananda tan chuan

**Meditation-a Pathian awmna hriatna chuan rilru
chu thlamuannain a khat a, taksa chu chakna
pawimawh tak hmangin a charge baw**

***** .**

**Thlarau lam inpawlina thuk tak, ngawi renga awm
leh Pathian lam hawia ngaihtuahna leh rilru put
hmang hruaina hmang hian zawngtu chuan hlimna a
tipung tih a hria a, chu hlimna chu Pathian nena
inbiakpawhna leh a malsawmna awmna a khawihzia
finfiahna tak tak a ni**

***** .**

**Fiahna leh hrehawmna buh seng hmanga ka
thlarau leilung i lo ching lai ka hmu a, i finna chi chu a**

**khur chhungah i theh darh a, chu chi chu ka tui
chhunzawm zel a, i khawngaihna niin a rawn eng
chuan an lo thang lian a, an lo thang lian a, lungawina
leh lungawina buh seng malsawm tak an phur a ni**

***** .**

**Miin Pathian a hriat chian chuan midangte chu
amah aia danglamin a inhre tawh lo**

***** .**

**Mi fingte chuan dinhmun leh dinhmun danglam
mah se, eng ang pawhin inang lo mah se, an
inthlauhna leh an rilru hahdamna chu an vawng reng
a ni**

***** .**

**Pathian hi cosmic prize hnahnung ber leh thil
awm zawng zawnga hlawkna lian ber a ni**

**Aw Lalpa, vawiin a\ang hian ka theihtawp ka
chhuah ang a, nangmah ka hriat chian theih nan
theihtawp ka chhuah ang a, ka khawvel hnate
ngaihthah leh ngaihthah lovin I hnaih leh I
hmangaihna ka hriat theih nan theihtawp ka chhuah
ang a, I hnena thilhlan thianghlim angin ka hna zawng
zawng ka hlen chhuak ang a, chutiang chuan I
duhsakna ka chang ang**

***** .**

**Pathian chu finna leh infuih tharna bulpui a ni
Amah hi thinlung tha zawng zawng atanga lo chhuak
rimtui malsawmna a ni Amah hi van roses leh
ngaihtuahna pangpar hnim hring huan a ni Kan
hmangaihna tichaktu leh chawmtu hmangaihna ropui
ber a ni**

***** .**

**Pathian chu thlamuanna boruak karah a inpuang
a, ka nihna bulpuiah a hlimna chu ka tem a, ka chhia
leh tha hriatna harh takah chuan a aw ka hre bawk a,**

hriatna famkim nen min tuam rengtu A êng chu ka dawng a ni

***** .**

Ngaihtuahna hi thiltihtheihna zingah chuan a inthlak danglam thei ber a, a chhan chu hriatna vibration fiah lo leh langtlang ber a nih avangin Ngaihtuahna chu infinitesimal unit-ah i then thei a, chuti chung chuan a tawp i thleng ngai lovang

Mi chu mahni hmasialna lung ina inkhung hran lovin, a hlawhtlinna leh a hlimnaah midangte pawh a telh telh zawk tur a ni a, Pathian duhzawng hnathawhna hmanruaah a lo chang zawk tur a ni Mahni kan inngaihtuah hian midangte i ngaihtuah ang u; remna kan zawn hian midang tan pawh i zawng ang u Mite tana hlimna thlen tura thawktute chu Pathianin malsawmna leh lawmman a dawng ang

***** .**

Ka ngaihtuahna awmchhun i nih hma loh chuan ka ngaihtuah ang che

***** .**

Kan hmuh universe hi mumang chhunga mumang a ni Matter hi "frozen" energy chauh ni lovin, "frozen" cosmic consciousness a ni bawh

***** .**

Lalpa, min pui la, ka hriatthiamna leh chakna hi kaihruai la, i êng chu rilru thimte hnena ka thlen theih nan, i finna êng hmanga êng leh eng an nih theih nan Tin, khawngaihna hmanga ngaihdamna thiltihtheihna hmangin, manganna kawnga tlu tlûk unau zawng zawng nen i hnenah ka lo kal ang

***** .**

Pathian hriat duhtu chuan a thinlungah hmangaihna sang ber a nei tur a ni, mi rethei, sum ngaina tak, hmangaihtu duh tak, leh tuiah pil mek, boruak thaw duh tak ang maiin

***** .**

**Thilsiam nuam tihna chu a tlahniam a, a bo vek a,
mahse Pathian hlimna, sawifiah theih loh chu a
tlahniam ngai lo va, a bo ngai lo**

***** .**

**Pathian hmangaihna thlipui chuan i nuihzatthlak
tak takte chu theh darh sela, chutiang chuan an êngin
midangte thinlung ata thim chu a hnawtchhuak ang a,
a hnawtchhuak ang**

***** .**

**A tlangpuiin hmangaihna hian huatna aiin rilru
lam chakna nasa zawk a mamawh a, chuti chung pawh
chuan mi fingte chuan thilsiam zawng zawng hi mahni
sang zawka tel ve leh cosmic consciousness nena
inzawm tlat anga an hmuh avangin huat aiin
hmangaihna chu an awlsam zawk a ni**

***** .**

**Remna hi natna tinreng damdawi a ni a, an
thinlung hmangaihnaa khat, thlamuanna hlim taka
awm, thil tha tih avanga lawm thinte chuan remna
thlum chu an hre chiang hle a, chu chu dinhmun tul
tak leh nun hlim zawng zawnga lungphum bulpui ber
a ni**

***** .**

**Thinlung khauh tak takte hnenah hmangaihna pe
la, lungkhamna leh lungngaihna tuarte tan
thlamuanna pe la, thinrimna tuarte tan thlum pe la,
hrehawmna leh hrehawmna phurrit phurtute tan
hlimna pe la, dik lohna kawng zawh mekte tan entawn
tur tha tak ni rawh**

***** .**

**Mi dangte nena inkawpnaah hian rinawmna leh
thinlung tak tak aia ropui a awm lo Thinlung tak tak
lova thian siam chu a awl hle a, mahse rinawmna tel
lo chuan thian neih reng chu thil theih a ni lo**

***** .**

Concentration dinhmun ropui tak tak a awm a, chutiang dinhmunte chu ngaihtuahtu chuan a thlen chuan thlarau lam hlimna leh ropuina inlarna dinhmun mak tak tak a tawng a, a au chhuak a ni:

"Hmun tina ka zawn chu keimah leh ka chhungah ka hmu a, thim kulh hnung lamah a êng ka hmu a, ngawi reng thuk takah a awmna ka hre bawk".

***** .**

Pathian hmangaihna chu van roses leh ngaihtuahna eng mawi tak tak, par chhuak huan a ni Kan hmangaihna a chawm a, kan rilru a tichak a, kan duhthusam hlim tak takte a tihlawhtling thin

***** .**

Lalpa, eng dinhmun pawh ka hmachhawn a, ka thlarau lama thanlenna kawng zawh tur an entîr tih ka hre chiang a, fiahna zawng zawng hi ka lawmpui ang tih ka hre chiang a, a chhan chu [ka hmaa lo thleng dal leh harsatnate] hneh theihna rilru, hriatthiamna leh chakna ka nei tih ka hriat vang a ni.

***** .**

Tunah chuan natural scientist-te chuan matter chu trapped energy tih loh chu engmah a ni lo tih hre tawh mah se, zirtirtu fing tak takte chuan hlawhtling takin theoretical knowledge a\angin matter control field-a practical application-ah an kal ta a ni

***** .**

I nunah hlim taka awm i tum tlat chuan i hlimna chu engmahin a laksak thei lovang che

***** .**

Pathian hmangaihna thianghlim chuan hmangaihtu thlarau chu mawinain a khat a, Khawvel Lalpa ngaihven a hip a, a chatuan hmangaihna chu a hip a ni

***** .**

**Sumdawng langsar tak tak, fing tak tak tam tak
ka hria a, an chhungril takah chuan Pathian hriat leh
finna neih an duh hle a, mahse chuti chung pawh
chuan an hnathawh leh khawtlang inpekna tam takin
a phuar a, chutianga an tihnaah chuan hna pawimawh
ber berte—Pathian laka an mawhphurhna te,
postgraduate zirna te, leh in lama nun te—chu sum
leh pai maicham leh thil hlu lo leh pawimawh lo zawka
inpeknate chu an hlan ta a ni**

**Min siamtu chuan hmangaihna thianghlim, mahni
duhthu ngeia amah hmangaih turin min duh a,
Pathian hnena kan hmangaihna kan hlan loh chuan
hlimna thlum kan hre lovang**

***** .**

**Inngaihtlâwmnain chapon a ka hneh ang a,
thinurna chu hmangaihnain ka hneh ang a, phurna
chu thlamuannain ka hneh ang a, mahni hmasialna
chu mi dangte ngaihsaknain ka hneh ang a, sualna
chu thil thain ka hneh ang a, hriat lohna chu finnain
ka hneh ang a, lungkhamna chu thlamuanna leh
remnain ka hneh ang**

***** .**

**Kan thinlungah hian mi dangte hliam tirehtu leh
an thinlung a\anga lungngaihna leh hrehawmna tibotu
lainatna thinlung a lo chhuak tur a ni**

***** .**

**Zirtirtu Paramahansa chuan zirlai pakhat hnenah
chuan:**

**"I nungchang tha tak takte hian dinhmun
pangngai leh hriat lar takah a pui che a, mahse
harsatna a lo thlen hunah leh pianpui hriatna
mamawhna a lo chhuah hunah i nun kawng kaihruai
turin a tawh lo mai thei.**

***** .**

**Pathian tel lovin second khat lek pawh kan nung
thei lo, thli nê̄m takin min fawp a, ni ê̄ng a\angin
nunna min pe a, kan chaw ei tur min pe a, kan
chhehvela mi dangte thinlungah a awm a, Amah
chauh hi kan hmangaih leh keimahni ta anga kan
ngaih theih awmchhun a ni**

***** .**

**Inngaihtlâwmna hian rimtui thlum tak,
hmuhnawm tak a nei a, chu chuan mi inngaitlâwm chu
mi zawng zawng duhzâwngah a siam a ni**

***** .**

**Chatuan leh tawp chin nei lo ang chi thil ropui tak
tak ngaihtuah turin kan inzirtir tur a ni**

***** .**

**Pathian chuan thilsiam mawinaah a hnathawh
chungnung zawkte chu a pholang a, mahse chu
mawina mawi takah chuan thup leh thup a nih thu
erawh a puang lo**

***** .**

**Rilru nghet tak i neih a, tumruhna nghet tak leiah
i phun a, i rinna a thuk chuan i ngaihtuahnate chu i
taksaah i lantir thei a, leiah pawh hlawhtlinna ropui
tak tak i nei thei bawh**

***** .**

**Nun hi a awlsam tur a ni a, thilte chu awlsam leh
thlamuang taka enkawl tur a ni Hlimna chu
ngaihtuahna leh mahni inngaihtuahna hun neihnaah a
awm a ni A chang chuan mahni chauha hun hman tum
la, thlamuanna leh thlamuanna atanga lo chhuak
chhungril thlamuanna chu hlim takin hmang rawh**

***** .**

**Sualna hian thiltihtheihna a nei a; a kawngte i
zawh chuan a hneh ang che I tlu a nih chuan Pathian
ngaihsakna leh felna kawngah i kir leh nghal tur a ni**

***** .**

**Aw Lalpa, ka thlarau duhthusam leh kum tam tak
chhunga hmangaihna ka thinlung robuk chhunga ka
thup che hi pawm rawh**

**Ka thlamuanna hmun thianghlimah chuan huan ka
phun che a, ka hmangaihna roses hmangin ka chei
bawh**

**Thinlung duhthusam, rilru duhthusam leh thlarau
duhthusam nen, ka thlarau lam duhthusam leh
Pathian hmangaihna pangpar zawng zawng chu I
thilsiam zawng zawng huapzo ke bulah ka dah a ni**

***** .**

**Pathian ngaihtuahin, Amah ngaihtuah chungin ni
tin chibai ka bûk ang**

**Van arsi eng tinreng, ngaihtuahna thianghlim
tinreng, thil tha tih zawng zawng hi tukverh a ni a,
chuta tang chuan nang ka Pathian, ka thlirna
kawngkhar a ni**

**I aw chu ka ngaithla ang, Lalpa, ngaihtuahna
pukah chuan keimah chhungah chatuan van hlimna ka
hmu ang; tichuan remna chuan ka thinlung leh ka
awmna chu ngawi renga awm leh hnathawhnaah a
luah khat ang**

***** .**

**Khawvela remna leh muanna neia nun i duh chuan
thlamuanna leh muanna ngaih pawimawh la,
hmangaihna leh duhsakna ngaihtuahna thawn chhuak
rawh**

***** .**

**Mi tam zawk hi midang carbon copy an ni a,
midang thusawi leh thiltih entawn Mi pakhat chu a
danglam bik tur a ni a, a nihna danglam bik a tha ber
a lantir tur a ni**

***** .**

**Hlimna i neih theih nan i beidawng tawh a nih
chuan lawm la, beiseina hloh suh I thlarau chu**

**Thlarau Ropui zawk hlim reng reng lanna a ni si a, a
bulpui berah chuan hlimna bul a ni**

**I rilru lam ngaihtuahna mit i khar chuan i nun
kawngkhar bulah hlimna ni eng mawi tak chu i hmu
thei lovang Mahse engtiang chiahin i rilru mitmeng
kha khar mah la, hlimna ni chuan i rilru pindan khar
chhungah chuan luh a la tum reng ang**

**Thlamuanna tukverhte chu hawng la, i chhungril
lamah hlimna eng chhuak nghal mai i hmu ang, i
ngaihtuahna chu chhungril lam hawia i hawitir chuan
hlimna thlarau êng chu a hriat theih si a**

***** .**

**Meditation hian cosmic fog chu a tifa a, chu chu
self-awareness chu level sang zawk leh awmna
horizons sang zawka a kai chhoh tan chuan a ni**

**Thil siamtu zawng zawng hi thil mamawhnain a
hruai a; mamawhna chu thil siam chhuah nu a ni
Chutiang bawkin, mi fingte chu—a tul avângin—
thlarau lam zawngtu rilru pu tak an lo ni ta a ni
Chhûng lam lungawina tel lo chuan pâwn lam
vanneihna engzat pawhin hlimna nghet tak a thlen
thei lo tih an hmu chhuak a ni**

**Thla pakhat chauh hian zan thim a tibo thin
Chutiang bawkin Pathian êng leh hriatnain a tieng
thlarau, Pathian hmangaihnaa zung kai thlarau chuan
a kalna apiangah mi dangte thlarau thim chu a tidarh
a, hmangaihna, hriatthiamna leh muanna êng a theh
darh a ni**

***** .**

**Thian nei tur chuan mi dangte chungah
hmangaihna dik tak kan lantir a ngai Thian nihna
kawngkhar magnetic hawngtute chuan vibrations
[inclinations and temperaments] inang nei thlarau an
hip ang.**

***** .**

**Hlimna chu leia fiahna leh thil tawn zawng zawng,
thil pahnih neia rilru lam chiang taka vawn rengnaah
a awm a ni**

***** .**

**Thinlung chu mi pakhat hnena a awm chuan chu
mi mizia zawng zawng chu a hip lut vek a Mi tha
ngaihtuah chuan an thatna chu a hnenah a hlan a, mi
fuih duhna rilru pu apiang chu a hnenah a lo thleng a,
ngaihtuahnaah pawh ni se, chhia leh tha hriatna
nung, nungchang ropui tak tak, leh tum zahawm tak
nei te nena inzawm apiang chuan an ropuina leh
nungchangah a chanvo a nei a, a chhan chu rilru
chuan magnet ang maiin a hip lut a ni [leh like
attracts duh]**

***** .**

**Pathian hmangaihna nasa tak tuilianin thlarau
duhthusam thinlung a hneh chuan, thuin thil tawn chu
a sawifiah thei lo He hmangaihna hi thlarau thuruk a
ni a, Pathian nena inzawmna thuk tak a ni a, mei
thianghlimin mahni thim a kang ral ang maiin, a
zawngtu chu Pathian êng a hriat theih nan leh A
hnaihzia a hriat theih nan a phalsak a ni**

***** .**

**No te tak te chuan a chhungah tuifinriat chu a
keng tel thei lo Chutiang bawkin mihring hriatna, thil
hriatna taksa leh rilru lama tihkhawtlai a nih avangin,
duhna chu eng ang pawhin chak mah se, khawvel
hriatna a keng tel thei lo Amaherawhchu,
ngaihtuahna thuk leh mumal tak hmangin mihring
hriatna chu chawisang thei a ni a, a hriatna chu
cosmic consciousness khawih thei khawpin a zau thei
a ni**

***** .**

**Vawikhat chu New York-a mi pakhat chuan min
rawn pan a [ka lecture pakhat ka zawh hnu lawkah] a**

**taksa taksa chu chhuahsanin a astral body-ah a zin
thei tih a sawi nget tlat a, "I don't believe that
You're imagining you possess that ability" tiin ka hrilh
a, mahse min test a tum tlat a, chuvang chuan ka
remti a, "A tha khawp mai, chutah chuan i astral
body-ah chuan chhuk la, eng nge awm tih min hrilh
rawh," ka ti a in the restaurant" Rei vak lo chu a
ngawi reng a, chutah, "Kawng dinglamah grand piano
a awm" a ti a, a thawk leh a pulse a normal avangin a
suangtuah tih ka hria a, chuvang chuan, "Chutiang ni
lovin, chutah chuan kal ta la, dawhkan bulah
hmeichhe pahni thuin i hmu ang tih ka ring" Ka
rawtna chu a nuihzat a, chuvang chuan, "Tunah hian
restaurant-ah hian kal dun ila" Kan ti a a lo thleng a,
a sawi corner lam chu kan pan a, mahse piano a awm
lo; instead, we found two ladies sitting around a table
A tawpah chuan kan thianpa chuan amah ngeiin a
rilru a buai tih a hrechhuak ta a ni**

**Pathian rinna leh chhungril inremna hi nun phurrit
phur tura mi tanpuitu leh thlawptu lian ber a ni**

***** .**

**Ngaihtuahna dik takah Pathian aw ri chu kan
ngaithla tur a ni Ngaihtuah \ha chu Pathian leh
vantirhkoh thlarau a\anga min kaihrui leh \anpui tura
fuihna ang a ni Setana pawh hian a setana thusawi
hmangin mihringte chu thuhnuaiah a bei a, chu chu
ngaihtuahna sual, thil tum tha lo, leh thil tum
thianghlim lo angin a lang a, chu chu ngaihtuahna
ram luah phal loh tur leh hriatna hmun tibawlhhlawh
tur a ni**

***** .**

**Mi zawngtu tawngtaina chu an thinlung thuk tak
a\anga lo chhuak a nih chuan an thusawi chu Pathian
hmangaihna a khat a, mi dangte pawhin a thlarau
lam nghawng chu an hre a, an hmaah Pathian**

hmangaihna an tawng a Amaherawhchu, chu zawngtu chuan chakna a tlakchham chuan an chhehvela mite chuan chu hmangaihna chu an hnen atangin an ru mai thei Hei hi an thlarau lam thil an fak leh ngaihsan tan tirh hian a thleng \hin Mi dangte fuih thei a nih avangin an ropui tih hriatnain a ei zo ta a nih chuan chak lohna a creeps in, chapona chuan an thinlung a luah a, chumi avang chuan Pathian hmangaihna an hloh ta a ni

*** .

Mihring rilru chu natna dona leh harsatna hnehna hmangin a chak a, Rilru tichak lo apiang chu hmêlma a ni a, a tichaktu apiang chu muanna hmun a ni Nun thil thlengte chu huaisenna leh chhel takin hmachhawn rawh Pathianin he nun hi khawvel pum huap mumang a nihzia min hmuhtir a Kan thlarau lam hriatna a harh chuan nun tawn tawhte chu hlimna leh lungngaihna mumang tawp mai angin kan hre reng a, kan hrechhuak ta a ni Pathianah chuan thi thei lo an ni

*** .

Mi fing Paramahansa chuan a zirtir pakhat hnenah chuan:

Zawi zawiin i chungte, i ðhenawmte, i khawtlang, i ram, ram zawng zawng, leh thil nung zawng zawng huapzo turin i hmangaihna ram ramri chu zau la, Pathian thilsiamte chung a lainatna leh ngilneihnain a thinlung a luang khat khawvel pum pui ðhian ni la, khawi hmunah pawh hmangaihna thehdarh rawh

*** .

Thinlung endiktu chuan keimahni lakah hian kan thinlung chauh lo chu engmah a duh lo

Pathian chu mimal hlawkna tur ni lovin, Amah duhna avang te, Amah duhna avang te leh

**hmangaihna thianghlim, nghet lo leh ngaihtuahna
senga A hnena dilna avang zawkin zawn tur a ni**

**Miin Pathian a hmangaihna chuan an taksa thi
thei tak nena an inngahna a tlukpui hunah chuan
Pathian chu an hnenah a lo kal dawn a ni**

**Tuipui vawi khat emaw, vawi hnih emawa lungflu
man lo chuan tuifinriat a dem tur a ni lo va, a diving
dan leh a thuk loh vang zawk a ni**

**Tupawh hriatna tuipuiah thuk taka luhchilh chuan
Pathian awmna lungflu chu a hmu ang**

***** .**

**Remna chu muanna bawm atanga van in tur luang
chhuak chu a ni**

**Hun eng emaw chen atana beidawnna leh
lungngaihna chhum dum hnuaiah chuan hlawhtlinna
êng chu a eng chhuak reng a ni**

***** .**

**Hlimna, hlawhtlinna leh rilru thlamuanna chu
ngaihtuahna leh dilna hmanga Pathian duhzawng
nena inmil tura beih a\anga lo chhuak a ni a, chu chu
khawvel chaknate nena inmil taka nunna puan siamtu
chakna a ni**

***** .**

**Nunna atana chêtîrtu chu thil ̣ha tih leh
hmangaihna leh remna aura thehdarh hi a ni tur a ni**

***** .**

**I nihna hi hun kal tawha thil thleng ngai lo a ni a,
chuvangin thil neih lama harsatna leh khawvel thil tih
theih lohnate phurrit suh Hun remchang hloh avanga
inchhir zawng zawng chu i lungawina leh hlimna
thlentu tur hlawhtlinna thar beiseinaah chantir rawh**

***** .**

**Nun nawmna tê tête hlim taka hmang tûrin hun
tam tak i neih theih nân i nun chu ti awlsam rawh**

***** .**

**He universe mak leh mak tak atom tinah hian
Pathian chuan thilmak a ti tawp lo**

*** ■

Pathian chu hriat lohna thim tibo rengtu êng a ni
Amah hi kan thlarau leilung chawmtu nunna lui a ni

**Ngaihtuahna inrem chuan he khawvelah hian
inremna leh inremna a siam a, chu khawvel chu inrem
lohna leh inrem lohna chi hrang hrangin a khat ang
mai a ni**

**Kan theihna chhunga thil ropui leh mawi tak tak
tih duhna hi thil tih theihna zawng zawng siamtu
chakna a ni Kan thlarau hian an thlarau lam nihna leh
an Pathian chhuahna nena inzawmna pawimawh tak
nena inzawmna siam leh a duh avangin famkimna kan
tum a ni**

**Vawiin hian hetah hian kan awm a, naktuk hian
kan chhuak ang, cosmic dream-a thlalak mai mai
Mahse heng lem rei lo te chhunga thil thleng tak tak
lo tak hnuaiah hian thlarau chatuan thutak chu a awm
a ni**

**Mi finge chuan thuâwihna i hlan hi an duh lo va,
mahse an kaihhruaina pawm tûra i inpe a nih chuan,
thudik leh i tâna ȝa ber chu an hrilh ngei ang che,
rinawmna famkim leh thlei bik nei lovin**

Thing nung lo thang chhuak leh hnah thar thawh chhuak thin ni rawh Thinlung nghet tak neitute chuan an ti:

"Kan nunah ni êng a awm a, hnathawh theihna hun remchang kan nei a, beiseina leh hlawhtlinna branch hrang hrang kan pho chhuak thei a ni".

***** .**

**Mi dangte nena kan inkawpnaah hian rinawmna
leh tih tak zetna aia ropui a awm lo**

***** .**

**I theihtawp chhuah la, chutah chuan chawl la,
chawlh hahdam la, thil chu tharum hmanga
tihdanglam tum ai chuan a pianphung anga kalpui
rawh**

***** .**

**Master Paramahansa chuan a zirtir pakhat chu a
fuih a:**

**I \awng\ainate Pathian hnena a thlen chuan, i
sualte chu thim tuifinriat aia thuk zawk leh Himalaya
tlang aia sang zawk pawh ni se, a pawl lo; Pathian
chuan a ngaidam ang a, thil thleng ngai lo ang maiin a
thai bo ang, tih nawn leh loh i tum phawt chuan Thim
layer hnuaiah hun engemaw chen i pil mai thei a,
mahse Pathian mei êng i ni—chatuan, chatuan meialh
aṭanga meialh, a bo leh thi ngai lo Meialh chu i khuh
thei a, mahse i timit thei lo**

***** .**

**Mahni duhzawng hman reng, thlamuang tak leh
chak taka hman chuan cosmic forces te chu a tichak
ang a, Lord of the Universes hnen atangin chhanna a
rawn thlen ang**

***** .**

**Mi tam tak chuan Hmangaihna awmzia thlirlet a
tul an ring lo An chhungte, thiante leh midangte
chunga an rilru put hmang nasa tak an neih angin an
sawifiah a Mahse hmangaihna chu chu aia tam a ni
Hmangaihna dik tak ka sawifiah theih dan awmchhun
chu I hnena hmangaihna dik tak ka sawifiah theih dan
awmchhun chu thlarau chung a nghawng a neih dan
sawifiahna hi a ni Pathian hmangaihna meialh te tak
te pawh hian mi chu chutiang hlimna nasa tak nen a**

**khat a, chu chu a harsa hle contain it Hmangaihna a
thlen lungawina chu hmangaihna rilruah a ni lo va, a
hlimnaah a awm zawk Hmangaihna dik tak chuan
sawifiah phak bak hlimna min pe a ni**

***** .**

**Taksa nunna chakna chu ei leh in inthlau tak,
beiseina leh nuihzatthlak tak hmanga vawng reng tur
a ni Mahni chhungril lama hlimna hmutute chuan an
taksa chu nunna chakna atanga lo chhuak electric
current-in a charge tih an hmuchhuak a, Pathian
duhzawng leh khawvel pum huap rilru nen a inzawm
tlat Nuih hi hriselna atan a hlawkpui hle It attracts
positive vibrations, opens horizons of optimism, and
brings inner peace and psychological thlamuan**

***** .**

**Khawvel pum hian "hmangaihna" tih thumal
awmzia dik tak chu a theihnghilh tawh a, pawti ti takin
hriatthiam loh leh hman dik loh a ni tawh Olive hmun
tinah hriak hmuh a nih ang bawkin hmangaihna hian
thilsiam zawng zawng a tuam vek a Mahse
hmangaihna sawifiah chu a harsa hle a, orange thlum
leh thlum sawifiah tum ang maiin a thlum hriatthiam
tak tak tur chuan orange chu a ei ngei ngei tur a ni a,
chutiang bawk chu a ni hmangaihna**

**Mi tinin hmangaihna hi an thinlung chhungah eng
emaw chen kan tawng tawh a, chuvangin a nihna
hriatthiamna engemaw zat an nei a, mahse chu chu
chin dan tur, tihthianghlim dan tur leh Pathian
hmangaihnaah tihzauh dan tur an hre lo Pathian
hmangaihna meialh chu thinlung tam zawkah hian an
naupan lai atang tawhin a awm a, mahse miten an
enkawl dan leh tihhmasawn dan an hriat loh avangin
a bo fo thin**

***** .**

Nun hi thil tawn sikul a ni a, a zawng zawng hian kawng khatah a kaw k vek a, chu chu Pathian a ni

***** .**

Nunna hmun danglam zel hian nun tak tak a khuh bo a, thil hmuh theih tak tak lo thlalak che thei tak takte hnung lamah hian hmuh theih loha thup cosmic nun dik tak chu a awm a ni

***** .**

Buaina leh harsatna chu mi pakhatin a hmaa a thiltih tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a, Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni

Fiahna leh hrehawmnate hi mi tihchhiat tur leh a duhzawng tichhe turin a lo thleng lo va, a ngaihlu tur anga Pathian ngaihlu tur leh hlimna dik tak a chan theihna tur A dante zah tir turin a lo thleng zawk a ni

***** .**

Zirtirtu Paramahansa chuan zirtir pawl pakhat hnenah chuan:

I chhungril thlamuanna hloh lovin he khawvela nun theihna art hi practice la, mahni inhriatthiamna huan mak leh mak tak thleng turin balance kawng zawh rawh

***** .**

Inngaihtlawmnaah chuan mahni inhriatthiamna pangpar rimtui tak tak, par chhuakin a khat mumang ruam kan hmu a

***** .**

Pathian mawina hi a tawp chin nei lo Rose leh pangpar hlim taka hman hi a tha a, mahse an mawina hlim taka hman ai chuan a ropui zawk chu an thianghlimna leh duhawmna hnung lama Pathian hmel hmuh hi a ni Music atanga hlimna lo chhuak,

**music hmangaihna ngei pawh hi a thluk hmanga
Pathian thil siam aw luang chhuak nen chuan tehkhin
theih a ni lo**

***** .**

**Remna duhtu thlaraute chuan mihring leh Pathian
tuikhuah a\anga finna tui luang chhuak chu an khawn
khawm \hin**

**Lalpa, ka thlarau thusawi ngawi reng leh I hnena
ka thinlung ngenna I ngaithla thin tih ka hria**

***** .**

**Hmangaihna te, rinawmna te, thinlung tak tak te
pawm a, nitin mahni inngaihtuahna darthlalang thlir
a, thlarau thuk tak chhui chhuakin, kawng tinrenga
kan nun tihlim i tum fo ang u**

***** .**

**[Thil tithinur thei] hriat lohna chu i hrual emaw, i
hrual emaw ang mai a ni, chutiang rilru tibuaitu chu
paih chhuah nâna vun-in a hrual duhna chu i inpek
poh leh, hrual duhna chu a pung zêl a, chu rilru natna
chu i ngaihthah a, i inpek loh poh leh a tibuai lo zâwk
che a ni**

***** .**

**Mi pakhatin mi dangte dikna chanvo a bawhchhia
tur a ni lo va, an ram, remna, hmangaihna, zahawmna
emaw, an thil neih emaw, thil hmuh theih loh emaw a
laksak tur a ni lo I ta ni lo lak duhna i neih loh chuan i
mamawh emaw, i duhzawng emaw chu i hnenah a lo
thleng ang Miin midangte a ensan tan chuan rukruk hi
rilruah a lo chhuak hmasa ber a ni**

***** .**

**Thlarau lam duhthusam a lo chhuah rual hian
mihring chuan a nun mawi taka siam turin finna chisel
a thlang thin**

***** .**

**Thilsiam mawi zawng zawng kan en hian kan
chhungrilah ngilneihna leh lainatna kan nei thin**

***** .**

**Nunna atana thil pawimawh eng pawh hi ngun tak
leh rei tak ngaihtuah a phu a, nitin thil tawn meipuah
pawh dinhmun hrang hrang hnuaia zir chian a phu a
ni**

***** .**

**Mahni inrintawkna neite chu dik taka nungte an ni
Hlimna chu ngaihtuahna thianghlim leh thiltih dik a\
anga lo chhuak chauhvin Hlimna chu i hlim a nih
chuan nakin lawkah i hlim ang, hetah pawh hian,
khawvel dangah pawh Hun remchang ni a eng lai hian
finna rah kan khawn khawm a, vanneihna kan
khawlkhawm tur a ni Thu dangin sawi ila, hun
remchangte hi a tlai lutuk hmain kan hmang tangkai
tur a ni**

***** .**

**Thil siam theihna tawp nei lo chu i hnenah a awm
a, a zui a, a thlawp che tih hriain, nghet tak leh
muang takin nun kawngte chu zawh rawh**

***** .**

**Mi tinin nun nawrna nasa zualte hmachhawn tur
chuan mahni chauha awm leh chawlh hahdam hun kan
mamawh a, mimal tinte hian mahni inzalenna hi kan
zah tawn tur a ni**

**Nunna hlimthla tinreng hnuaiah hian Pathian êng
lian zawk a awm a ni**

***** .**

**Rinna kawngkhar kha vawng tlat la, i nun lawng
tibuaitu pawn lam dinhmun \ha lo tak takte chu hlau
suh, i tihhlawhtlin beisei " thil theih loh" te chu
Pathian \anpuinain, harsatna zawng zawng tuar thei
rinna chakna hmangin i hlen chhuak ang tih ring rawh**

***** .**

**Mahni inlungualna i neih theih hunah chuan
midang zawng zawng nen in inrem thei ang**

***** .**

**He khawvel hi kan chenna a ni lo; kan in chu a
lehlamah, Pathian cosmic consciousness-ah a awm a
ni**

***** .**

**Inremna te, hmangaihna te, leh thilpeknain a khat
nun rah chhuah ai chuan a hlimawm zawk a awm em?**

***** .**

**Mi dangte ngaihtuahna pawimawh tak takte
boruak thianghlim chu thawk la, an thlirna êng tak,
ṭha tak a\angin hlawkna hmu rawh**

***** .**

**Pathian hmangaihna duhtu thinlung tak tak
kutdawh tlemte ka hmuh hian ka thinlung chu
lawmnain a khat thin Pathian hmangaihna rah seng
tur leh rinawm tak leh inngaitlawm taka a
rawngbawlina rah seng tur chauhin khawvelah hian
kan lo kal a ni**

***** .**

**Nakinah ni lovin, tunlai hunah chauh nung rawh
Vawiin hian theihtawp chhuah la, naktuk lam thlir suh**

***** .**

**Chhungril ngawi rengna lungpui chhungah chuan
finna tuikhuah i hmu ang**

***** .**

**Hmaiah, mitmeng inkar ah chuan vanram
kawngkhar a awm Thluak chhunga he lairil [thlarau
mit emaw thlarau lam hriatna awmna hmun] hi
duhthlanna axis a ni He hmunpuiah hian i rilru chakna
i dah a, zawi zawiin i duhzawng i fuih chuan i
duhzawng chu a thleng thei ang (Miin hriat lohvin thil
hriat reng tum chuan he point hi an hmaiah a khawih
tih kan hmu fo thin)**

**Chuvangin, mi pakhatin a duhzawng chu thil sual
atan a hmang tur a ni lo Mi dangte chung a tumruh
taka tihchhiat duhna chu Pathianin thiltihtheihna min
pekte hman dik lohna nasa tak a ni I duhnain a hruai
bo che tih i hmuh chuan titawp rawh, chutiang lam
pan zel chu thlarau lam chakna hloh mai a ni lo va,
chu thiltihtheihna chu i hloh phah baw ang a, a tha
zawng pawha hmang thei lo turin a siam baw ang
che**

**Keini mihringte hi mahni inthununna theihna neiin
kan zalen vek lo nain zalenna chabi chu kan chelh tlat
a, chuti chung pawh chuan mi tam tak chu mahni
inthunun theihna tura Pathian pêk an finna leh
duhthlanna zalên hmang lovin, a rilru a buai hle a ni**

***** .**

**Sakei hi thah duhna rilruin a thunun a, he thilah
hian duhthlan tur a nei lo Mahse mihringte hian
duhthlanna leh finna an nei a, chu chuan an dinhmun
siam\hat zel theihna leh an tehfungte chawisang zel
theihna a siam a, chu chuan instinct leh tih dan \ha lo
tak takte tang reng ai chuan a ti \ha thei a ni**

***** .**

**Vawikhat chu rel hmangin ka zin a, boruak a lum
hle a, boruak chu oven atanga lo chhuak ang maiin ka
hria Ka chhehvela mi zawng zawng chuan khaw lum
nasa tak chu an tuar vek a, mahse ka rilru chu khaw
lum ngaihtuahna atanga a inthiarfihlim avangin
chhungril lamah ka nui suk a, oven chhunga lumna
siamtu electric ang baw hian refrigerator-ah vur a
siam tih ka inhriat chian tawh avangin ka inhriat tir
tawh a ni layer of ice chuan ka taksa chu a rawn khuh
vek tawh**

***** .**

**Midangte hnena ka hmangaihna leh duhsakna
thlipui ka thawn chhuah hian Pathian hmangaihna ka
hnena lo kal turin kawngkhar ka hawng a ni**

***** .**

**I nunah thil tibuitute chu paih chhuah tum la, a
tul chuan tuar la, rilru lama tibuai che phal lovin**

**Mi a thianghlim thei a nih chuan bawlhhlawh awm
reng a ngai lo**

**Mi pakhat chu lal in chhunga awm ang bawkin
cottage-a awm chu a innghat thei a ni**

**Thlarau lama hlawhtlinna kan neih theihna tura
thil pawimawh ber chu theihtawp chhuah hi a ni**

***** .**

**Khawvel mite chuan Pathian thilpek an zawng a,
mi fing erawh chuan a petu ngei an zawng thin**

***** .**

**Zanah chuan khawvel thil phut a\angin ka
inhnukdawk vek a, chuta tang chuan ka inhnukdawk
vek a, keimah chauhin ka duhzawng nen ka
ngaihtuahna chu ka kaihruai a, thutlukna dik leh
tihhlawhtlin dan tur ka thlen hma loh chuan kawng
duh zawng zawngah ka kaihruai a Tichuan, ka
duhzawng chu a \ul anga hma la turin ka fuih a,
Pathian \anpuinain hlawhtlinna ka nei thei ang
Hetiang hian ka duhzawng chu \angkai takin vawi tam
tak ka hmang tawh a, mahse hei hi chu a awm thei
chauh a ni hman chhunzawm zel a ni**

***** .**

**Tlâng lem, blue horizon-a lem ziah te, mihring
taksa mechanism mak tak mai te, roses leh silk carpet
dum te, thlarau ropuizia te, rilru ropuizia te, leh
hmangaihna thukzia te hian heng zawng zawng hian
Pathian mawi tak leh ropuina leh ropuina zawng
zawng bulpui ber min hriatchhuah tir a ni**

**Miin a nihna inthlau tak—rilru lam, tisa lam leh
thlarau lam—a tihhmasawn tumin hna a thawh loh
chuan hlimna dik tak a tem lo vang Thlarau lam
hriatna hian finna lamah min fuih a, finna, rorelna dik
tak leh hriatthiamna lama ego-in a thunun phal chu a
finthlak lo chu ai chuan, thu tlûkna hnahnung ber chu
hriatthiamna leh chhia leh tha hriatnaah a inngnat
zâwk tûr a ni**

***** .**

**Pathian chungchânga ngaihtuahna pakhat
hmangaihna leh duhnain i thinlung i luah khat a, i
chhungril thuk takah i vawng tlat a nih chuan, Pathian
duhthusam hian Pathian thinlung a khawih avangin
Khawvel Lalpa chu i hnenah a lo kal ang a, chu
ngaihtuahna chu i hnen atangin a pawm ang**

***** .**

**Pathiana i him lai hian inngnahna nei lovin
engkim i hlim thei a nih avangin Pathian hriat tumin
theihtawp chhuah hi a pawimawh ber a, chuti lo
chuan nun hian a ti beidawng thei che a, i beiseina te
chu rapthlak takin a tikehsawm thei che a ni**

***** .**

**Kan hun hi a liam zel ang a, tuna kan thil hmuhte
hi ni khat chu a bo ang a, a bo vek ang, I tihnat i phal
loh chung chuan Inthlak danglamna hi a tha a, a na
hunah chuan i tihhlawhtlin theih loh chuan
hrehawmna thlentu tur duhnate chu thlahthlam turin
vaukhâna hna a thawk a ni**

***** .**

**Khawvel thil zawng zawng hi inzawmkhawm leh
inzawm tlat a ni Pathianin mihring finna min pek dik
taka hmanna hmang hian nunna zawng zawng hi Rilru
chungnung ber nen a inzawm tih kan hre thei a ni**

***** .**

**Mihring rilru tibuaitsu taksa thilsiam zawng zawng
hian khawvel thilmak mak tak takte chu ngaihnawm
tak tak a pe chauh a ni**

***** .**

**Thlipui tleh ang maia rilru buai leh buai tak nen
hna engmah tih tum tur a ni lo, chu ai chuan hna
zawng zawng chu chhungril leh pawn lam remna nen,
thlamuanna leh insumtheihna nen, finna leh
ngaihtuahna seng nasa tak nen hlen chhuah a ngai a
ni**

***** .**

**Pathian chungchâng thuk taka ngaihtuah leh A
hnêna dîlna atân ni tin hun engemaw chen i hlan
chuan, a let lehin thlamuanna nasa tak leh hlimna dik
tak i dawng ang**

***** .**

**Ni tin hi nunna thilpekte chungaw lawmthu sawina
ni a ni tur a ni: ni eng, tui, thei leh thlai tui tak tak,
chu chu thilpek petu ropui ber: Pathian hnen atanga
thilpek indirect a ni**

***** .**

**Ka chungaw lal ka ni a, thil neih lal ka ni lo Engmah
ka nei lo, chuti chung pawh chuan ka remna ram chu
ka awp a, chatuan lungawina lallukhum khum ka ni**

***** .**

**I rilru a hahdam chuan i chhungah hlimna khawvel
a rawn thawk chhuak tih i hria**

***** .**

**Mihring hmangaihna chu thuhmun nei lo Pathian
hmangaihnaa zung kai a nih loh chuan awmzia a nei lo
Nula leh tlangval chu an inhmangaih tawn mai thei a,
mahse hun engemaw chen hnuah chuan inrem lohna
leh inhuatnain a thlak a Mihring inngaihzawna hi a
famkim lo a, Pathian hmangaihna erawh chu a famkim
a, chatuan a ni thung**

***** .**

Pathian hmangaihna tawn theihna awmchhun chu Pathian ti lawm turin engkim tih hi a ni a, i beisei loh zawngin Pathian chu i hnenah a lo kal tih i hmu ang a, a lawmna chuan a hneh ang che a, a êngin a eng ang che

Ka duhthusam chu mite thlarauah Pathian tan temple din a, an hmelah a malsawmna nuihzatthlak tak lo eng chhuak hmuh hi a ni Nunna hlawhtlinna ropui ber chu mi pakhatin a thlarauah Pathian tan biak in a hlan hi a ni a, chu chu awlsam taka tih theih a ni

***** .**

Mi tam tak chuan an lungkhamnate sawi turin ka hnenah an lo kal a, thlamuanna leh thlarau lama thlamuanna an neih hma loh chuan rilru hahdam taka ngaihtuah a, chinfel dan dang ngaihtuah lo turin ka ngen a, Rilru a thlamuang a, Pathian rinna a nghet chuan harsatna chinfelna a lo chhuak ngei ang Harsatnate ngaihthah hian an bo ngei ang tih a tichiang lo va, chutiang bawka lungkhamna chuan rah tha a chhuah lo tih ngaihtuah la, chutah chuan i harsatna chu ngaihtuah la, Pathian hnenah \ hahnemngai takin \awng\ai rawh, Buaina chu ngaihtuah la, lungkhamna leh thawhrimna tel lovin a chinfelna i hmu ang

***** .**

Aw Lalpa, I hla thi thei lote chu ka nun flute-ah play la, I hla thianghlim vibration-in malsawmna ka dawn theih nan

***** .**

Hlimna leh rilru thlamuanna atan rilru put hmang thunun hi a pawimawh hle a ni Chuti a nih chuan tumahin an tithinur thei lo vang che a, itsikna an tiharh thei lo vang che a, i chhungril takah chuan ding

**nghet leh chhuang takin i awm reng ang a, tumahin
an dodal thei lo vang che a, i thlamuanna pawh an
tibuai thei lo vang che**

***** .**

**Inngaihtlawmna hi Pathian khawngaihna ruah
dawnna kawng chiang ber a ni**

***** .**

**A chang chuan miten Pathian chu an hlat, khawvel
hmun hla takah a awm niin an ngai a, chuvangin
Amah chu an ko lo nain Amah ngaihtuahtu leh
anmahni hnaih taka ngaitute tan chuan hnai zawk leh
hmangaih ai chuan a hnaih zawk a, a hmangaih zawk
a ni**

thlarau lam thil



Thlarau chu tihharh a ngai a ni

Chak lohna mutthilh leh lungngaihna kawrfual atang
chuan

Tin, finna, êng leh remna ramah a lo chhuak bawk

Chutianga tih theih dan kawng hrang hrang a awm

Chûng zîngah chuan insûmtheihna a tel

Ei leh in dik tak ei

Huaisenna leh thu bulte zawm tlat

Psychological state nghet tak a ni

Tin, harsatna hmachhawn kawngah huaisenna

Tin, hriatna (sensory distractions) atanga hriatna
(consciousness) chhanchhuah nan

Thil \ha lam hawia rilru lam ngaihtuah

Nun beihnaah hneh loh a duh lo

A chhan chu chak lohna pawm hian thutlukna siam a
tichak lo a ni

Thlarau thiltihtheihna tawp nei lote tihchak

Chu chu Siamtuin mihringte hnenah a hlan a ni

Tin, Pathian awmna a khawih thlenga ngaihtuah

Pathian awmzia tilangtu dik berte

Chu chu ngaihtuah laia hlimna lo thang lian chu a ni

Rilru a zalen hunah

Hriatthiam lohna, bias leh dik lohna a\angin

Tin, ngaihtuahna zim tak a bo chuan

Midangte kan lainat hian

Pathian biak in, an chi hrang hrang zawng zawngah

Pathian in an ni

Nun hi beihpui thlakna leh tih tur a ni tih kan hriat chian

hian

Tin, chutih rual chuan mumang rei lo te pawh a awm
bawk

Hmangaihna nena Pathian kan ngaihtuah hian

Midangte tihlim turin kan thawk a

Thu ngilnei tak leh mahni hmasial lo rawngbawlina nen

Tichuan Pathian chu kan hnenah a awm tih kan
hrechhuak ang

Tin, amah nen pawh kan inzawm tlat bawk

Cosmic Routine: Thuneihna leh Thiamna Inkârah

Mi thenkhat chuan an hre lo

Chakna leh finna hi a danglamna a awm

Electric chu power a ni

Mahse lamp-a dah a nih loh chuan

Kan hman theih êng chu a pe chhuak lo vang

Light bulb chhunga electric dahtu chu intelligence a ni

Thilsiam chakna zawng zawng hian an ti thei vek lo

Mahni chauhva lungawithlak taka hnathawh tur

Anmahni kaihruaitu leh inzawmkhawmtu tur finna nei lo

Chutiang chuan kan hmu a, chu chu cosmic intelligence

factory a ni

Inrual takin hna a thawk a ni

Steam hian thil sawn theihna thiltihtheihna a nei a

Mei hian tui chu steam-ah a chantir thin

Hengte hi chakna pahnih chauh a ni

Thilsiam chakna a\angin

Mahse an pianpui, untamed state-ah chuan

Hlawkna lian tham engmah an siam chhuak lo

Mahse fing taka hman an nih chuan

Tin, dik takin kaihruai bawk ang che

Mihringte tan rawngbawlina ropui tak an pe a ni

Heta tang hian kan deduce a ni

Leilung leh khawvel pum pui hi a ni tih
Routine khauh tak an paltlang thin
Chu chuan mihring nun a tithei a ni
He cosmic routine hi a ni
."A nih loh leh "van lam thilte rhythm
Pathian rilru chungnung ber rah chhuah a ni
Amah tel lo chuan universe hi a awm lo vang
Tin, mihring rilru tlemte hian thiltihtheihna a nei lo
A thuruk leh thurukte hriat chian nan
Invocation neih a ni
Aw Pathian Eng
!Matter-a atom permeating te chu
I inthup a, hmuh theih loh i ni
Senses te hian an hre thei lo che
Ni engah pawh nise
lum rangkachak a ni
A nih loh leh thlaa tangkarua hrui lum takah pawh
Van lam êng hian thilsiam a pholang a ni
Mahse, a lantir lo che
Matter khawvel hmuh theih
Light nasa tak avang hian
Ka mit tan chuan thim mai a ni
I ropuina thup chu hrethiam turin ka hriatna chu zirtir
rawh
Thilsiam zawng zawngah a lang chhuak
Cerebral region-ah chuan
Mihring thluak, a huam tel
Topography leh folds atang hian
Arterial channel a awm a
Tin, thisen kalna lui thim tak takte pawh
Ram lian tak miniature version a ni
?Hei hi extravagant area a ni em
?Pathian cheng a awm lo em ni
?Hla phuahtu tel lo chuan hla a awm thei ang em
?A nih loh leh, siamtu nei lo darthlalang

?A nih loh leh designer nei lo rose
No absolutely a ni lo
Chutiang bawkin cerebral region pawh
Mawina thup
Thil siam hmanga siam a ni
Thiamna mak leh mak tak mai
He hall ropui takah hian tute nge cheng tih ka ngaihtuah
thin

A bangte chu a siam a ni
ruh tissue inzawmkhawm (adhering bone tissues) te
Tin, a thil tel mak tak tak te pawh
?Engin nge entawn tur a dodal
A chhan chu luruh hnuaiah hian hmun pakhat a awm a
ni

Cell maktaduai tam takin a khat a ni
Vibrant leh intelligent tak a ni
Tin, darkar tin a buai bawh
Thiltih hahthlak leh buaithlak tak tak nen
thluaka thil chi hrang hrang te te
Non-stop-in hna a thawh
Function hrang hrang neiin
Banquet buatsaih
Microscopic hmanga enfiah a ni
Khualzin lo lut turte lo hmuak
Hriatthiamna kawngkhar atang chuan
Lei leh hralh ang chi hi a awm a
Operation kalpui mek a ni
Absorption leh drainage atang hian
Tin, lawng te tak te ang maiin
Thisen cell te chu an che a
Arterial ducts lai takah a awm
Thil pawimawh tak tak nen a khat
A chi hrang hrang leh chi hrang hrang
Ngilneihna Siamtu atanga infuih tharna
Chapona hian thlarau lam mitdelna a thlen thin

Thlarau atanga hnawhchhuah a nih vang a ni
Vision zau tak a ni
Thlarau ropui tak takah chengtu
Mi ropui tak takte chuan an hre chiang hle
An thiltihtheihnate chu loan lak a ni
Pathian Engkimtitheia hnen atangin
Inngaitlawmte hmangaihtu
Tin, hriatna, kaihhruaina leh chaknaah a tipung baw
Chu mi chu a ni emaw
sumdawng hlawhtling tak a ni
A nih loh leh politician fing tak a ni
A nih loh leh dictator rorelna (tyrannical dictator) a ni
emaw, siam\hatna siamtu ropui tak emaw pawh ni se
A thiltihtheihna chu engmah a ni lo
Pathian thiltihtheihna tawp nei lo nena khaikhin chuan
Inngaitlawmna chu kawngkhar inhawng a ni
Chuta tang chuan khawngaihna tam tak a luang chhuak
thin
Hmangaihna leh inrintawkna
Thlarau ngilnei tak takte hnenah
Thil tha hmangaihtu
Tin, êngte pawh pawm thiam baw
Tin, van atangin malsawmna pawh
Thim a awm reng theih loh ang bawkin
Khawi hmunah pawh êng a eng
Hetiang hian natna thim chu a bo tur a ni
Taksa cell-a Pathian êng a lo eng chuan
He thudik hre chiangtu hi an tlem hle
Miten dam duhna nasa tak an neih hian
Thinlung buai takin an tawngtai thin
A nih loh leh beidawnna rilru pu chungin
Pathianin an tawngtaina a ngaithla lovang tih
ngaihtuahin
A nih loh leh an tawngtai a, an nghak lo

An \awng\aina chu Pathian hnenah a thleng em tih an
hriat theih nan
Ngaithla theih loh ang bawkin
Airways-a music tihchhuah te hnenah
Receiver dik lo hmanga siam
Chutiang chuan vibrations chu hriat theih a ni lo
Pathian atanga lo chhuak hriselna, chakna leh finna
Hlauhna leh lungkhamna avanga psyche malfunctioning
nen
Lungkhamna, rinhlelhna leh rinhlelhna chi hrang hrang
I hre reng ang u, lawmthu i sawi ang u, Lalpa
Retheihna leh hausaknaah
Natna leh damna kawngah
Thim leh engah
Thil awmdan zawng zawngah
Hriselna nite chu lawmthu sawiin i hre reng ang u
Chu chu min pe a ni
Rinna mit tivar turin min pui ang che
I malsawmna êng chu i hmu ang u
Natna leh natna zawng zawng Tidamtu
Chhungril hlimna vawi khat chu an tem leh ang
Law of motion hi cause and effect, a nih loh leh action
leh reaction danah a innghat a ni
He damchhunga piang \ha chu tisa lo piang hmasa
zawkah pawh {an kut a phar chhuah avang khan} chutiang
chu a ni a, thil \ha tih an tum chuan thil \ha tehfung chu an
duh zawngin a tip zual zel ang - "A neitu hnenah chuan tam
zawh pek a ni ang a, tam tak a nei ang
Mize \ha tlemte chauh neitute chuan chu tlemte pawh
chu an hloh thei a, "a awm lo chu an hnen atangin laksak a
ni ang," anmahni beitu leh hnehtu rilru sual chak tak takte
awang chuan
Thil tha lo lam hawi mi chuan a nun hmasaah khan chu
rilru sual chu a nei tawh ngei ang a, heng rilru sualte hian a
tizual thei a, a thunun thei bawh. Thil dik lo tih duhna

engemaw zat neitute chu a hmain chutiang chu an ni a, a
thain a tha lo zawk a hneh chuan mizia tha tak takte chuan
an thlarau a\angin thil dik lo tih duhna chu a hnawtchhuak
ang

Hei hi a chhan leh a rah chhuah dan (karma) dan
pianphung hnathawh a ni Mahse, mi pakhatin a tihbo duh
thil tih dan duh loh tak tak a neih palh chuan tanpui theih loh
leh tang tlat anga inhriat loh tur a ni Tunah hi chu chu tih
dan phungte hneh theihna hun remchang tak a ni a, chu chu
hun kal tawha thutlukna siam leh ngaihtuahna dik tak neih a
ni

Mi chu nungchang tha lo man ata a chhuah zalen thei a,
ngaihtuahna leh thiltihah nungchang tha a siam thei a, chu
chuan duhthusam rah a chhuah ang

Mi pakhatah hian engtiang chiahin nungchang \ha lo
zung kai mah se, anmahni ngeiin chutiang tih dan chu
ngaihtuahna leh thiltih bikte tih nawn lehna hmanga siam an
nih thu leh chu nungchang \ha lo chu ngaihtuahna \ha leh
siam\hatna hmangin an thlak thei tih an hre reng tur a ni
Ngaihtuahna \ha leh \ha lo hi mihring hriatna dinhmun
inthlau tak a ni A nihna takah chuan mumang hlauhawm tak
tak tuar ai chuan mumang nuam tak neih hi a tha zawk
Consciousness hi a flexible leh sensitive a a duh state chu a
la thei a, a duhthusam mumangte chu a mumang a ni thei
bawk

Mahse mite buaina chu an hriatna ram—anmahni
duhthlanna leh duhthlanna hmanga—chutih hun kal tawha lo
piang rilru put hmang dik lo leh rilru put hmang dik lo
hmanga thunun an phalsak hi a ni Chutiang chuan, an hriat
theihna thiltihtheihna chu tlanchhia leh inthlak danglamin a
awm reng a, chutiang bawkin hriatthiamna leh hriatna
kulhpui hnung lama inngat metaphysical guardianship
pawh chutiang bawk chu a ni

Nungchang \ha lo zu ruihte chuan pianpui lo nun
hrehawm tak chu an tem hunah, an nungchang \ha lote chu

eng ang pawhin zung kai leh zung kaih thûk mah se,
chhandamna zawngin hriatthiamna leh nun dikna êng lam an
hawi ang

Tichuan, nunphung inrem taka nunpui hmanga
nungchang \ha siam leh enkawl tura an thawh chuan,
chhungril hlimna chu an hmuchhuak leh ang a, mahni
inthununna leh nungchang \ha neih a\anga lo chhuak pianpui
angin remna an nei ang

Thian nihna dik tak
Positive exchange tih awmzia chu
rilru lama inzawmna (emotional engagement) a ni
Thiante rilru hahdam tir tihna a ni
Harsatna hunah
Tin, anmahni lainat baw
An lungngaihna leh hrehawmnaah
Tin, anmahni thurawn pe baw
Thil awmdan khirh takah chuan
leh sum leh paia tanpuina pek a ni baw
Mamawh tak tak hunah
Miin amah leh amah a rinawm hian
leh midangte tana thian rinawm tak a ni baw
A tling thei tawh dawn a ni
Pathian thian nihna nectar tem turin
Midangte'n kan hmangaihna an hriat hian
Chu hmangaihna chu a zau zel ang a, engkim huapzo
hmangaihna a lo ni ang
Thinlung tinah a luang chhuak thin
Nunna malsawmna pulse nen inmil takin
Thianpa rilru put hmang sawi chhuah loh
Chumi awmzia chu mahni inzarpah dan ngaihthah
tihna a ni
Chumi hmang chuan thlarau hriatnate chu a zau chho
zel a ni
Pathian awmna khawih turin

Rinna kan din hunah
Midang pawmtute thinlungah
Tin, kan hmangaihna ramri pawh kan tizau thei bawk
Mipui zinga segment lian zawkte pawh huam tel turin
Chumi hnuah chuan kan hriatna zau zawk kan tizau thei
dawn a ni
Tin, cosmic consciousness threshold lam pan tura a
thlawhchhuahna pawh
Mi zawng zawngin kan duhzawng thil pahnih chu a
danglam bik lo
Mihringte hi pawn lam a\angin an rilru leh rilru lama an
insiam danah te, nunah an chanvo te, an hnathawhnaah te,
leh an chhungril lama tibwaitu duhna-ah te kan danglam a
Mahse heng danglamna zawng zawng hnuaiah hian thil
pahnih a awm a, chu chu mi zawng zawngin—a danglam bik
lo—an duh zawng leh mamawh nia an hriat pawh a ni
Hêng thil pahnih hi hrehawm tawrhna leh tlachhamna
chi hrang hrang laka zalêna leh, thuhnuairawlh taka hlimna
nghet tak neih hi a ni a; emaw, remna te, hmangaihna te,
finna te, leh hlimna te pawh telna lungawina famkim a ni
Mite chuan an thinlungin a duh em em leh kawng
tinrenga an beih thin lungawina chu an thlen hma loh chuan
remna an hmu lo vang Hei hi mihring dinhmun hriatthiamna
atana thil pawimawh tak a ni
Vanduaithlak takin miten hmun dik lovah lungawina an
zawng a, an hmu lo
Khawvel leh khawvel thila thil neih leh pawn lam
dinhmunah te, hriatthiamna dik leh lungphum nghet takah
innghat lo inlaichinnaah te an zawng thin
Chuvangin, thilsiam nihna tak tak ngaihtuah chuan eng
dinhmun atang emaw, khawvela mi tu emaw hnen atangin
mi pakhatin hlimna thianghlim a hmuh theih loh
Thilsiam hi duality principle-ah a innghat Entir nan,
rawng pakhat chauha lem i nei thei lo; you need contrast or

difference Chutiang bawkin, he khawvelah hian dualities hi a
awm lo thei lo
Mihring duhzawngte ngaihtuah chuan thil tha - thil
duhawm, mawi, leh thil \ha chauh kan duh vek a,
bawlhhlawh, thinrimna, leh thil duhawm lo dangte
hmachhawn ngai lovin Mahse chu chu thil theih a ni lo
He khawvel pahnihna khawvelah hian hrehawmna tel lo
chuan hlimna a awm lo va, thim tel lovin êng a awm lo va,
sualna tel lo chuan êng a awm lo va, thihna tel lovin nunna a
awm lo Tangka pakhat chu a sir dang tel lovin hmuh theih a
ni lo Kan chhungril thuk taka kan duh chu khawvelin a pek
theih reng rengah hmuh tur a awm lo
Duhthlan tur chu mimal kutah a ni An thil zawn chu
hmun dik lovah an zawng chhunzawm zel ang em,
?lungngaihna hnuah lungngaihna an tawh ang em
Mite chuan an chakna leh duhzawng zawng zawngin an
zawng a, mahse an thil zawn chu an hmu lo va, lungawi
lohna leh beidawnna a thlen bawh Chu bâkah, thinrimna
nasa tak a thlen a, chu chuan thinrimna nasa takah a chantir
a, a tawpah chuan tharum thawhna thiltihah a chang a
Chuvangin, zawn dan dik lo chuan hlimna duhthusam chu a
thlen lo
Siamtu Chungnungber chuan kan tan hlimna famkim leh
famkim, thlarau thuk taka hmuh theih chauh a duh avangin
Pathianin he khawvel hi a siam a, a chhunga thil awm reng
reng hian mihring thinlung a tihlawhtling thei lo va, a
duhzawng a tihlawhtling thei lo a, chu chu hlimna, hlimna leh
lungawina bulpui, a bulpui ber pawh a ni
Dik tak chuan van ram chu mihring chhungah a awm a
ni

Scale-a balance awm

Balance hi ngaihtuahna inzawmkhawmna ideal a ni
Thiltih lam, rilru lam, rilru lam, leh thlarau lam thil
Inlungual taka inpumkhatnaah chuan a pianphungah
chuan hmantlak tak a ni

Thil siam chhuah ngaihtuahna a tichak a, hnathawh

hlawk tak a fuih bawh

Mi tin hian taksa hrisel neih kan duh vek a
Hrisel leh harsatna leh chak lohna chi hrang hrang laka

fihlum

Kan rilru pawh fimkhur turin kan duh bawh
Tin, kan rilru put hmang leh kan rilru put hmang hian

kan dodal lo va, kan tan hna a thawk tih pawh

Kan chhehvela mite nena kan inlaichinna tha zawh

siamna tura thawhhlawk turin kan duh a ni

Harmonious leh satisfying, kan duh ang ngeiin

Kan nihna thlarau lam lam nena inzawm tlat

Hun hi a harsa thei hle

Pressure tam tak a awm

Tension a sang chho zel a

Chutiang dinhmunah chuan balance neih theih nan

Thawhrimna, hun leh ngaihvenna investment a ngai a ni

Duhthusam hmanga balance a awm lo

Chu ai chuan ruahmanna tak tak leh thawhrimna nasa

tak hmanga tihhlawhtlin a ngai a ni

Kan nunah hian balance mamawh element tam tak a

awm a

Mi tam tak chu an inrem lo niin a lang

Entirnan, chhungkaw chungaw mawhphurhna

Eizawna hlawn chhuah leh hriselna vawn nun

Tin, literary leh moral principle zawm bawh

Tin, thu pawimawh tam tak hmachhawn pawh a ni

Khawtlang laka duty

Kan hun leh chakna mamawh inpekna dang tam tak

bakah

Hun hi kan zavaia tan a tawi

Mahse kan harsatna tihziaawmna turin kan nun kan ti

awlsam a ngai a ni

?Thil neih zawngin hun hlu engzat nge hmanral

A thar leh tih loh theih loh a nih avangin a tha ber kan ti

Mahse he obsession hian man a nei a, chu chu Buddha
chuan a sawina hmangin a sawi chhuak a ni
."Bawng nei duh chuan a enkawl ngei ngei tur a ni"
Kan nun kan chhui chian chuan "doll" hi kan ngaihsak
.em em tih kan hmu ang
Chu chu media leh advertisement-te chuan min tithinur
hle

Kan thlamuanna leh hlimna atan a pawimawh hle
Thil mak tak mai chu hun tikhawtlai thei thil thar an tih
te hi a ni

Tunlai mihring hi rukbo a ni tawh
Hun awl hahdamna lamah a hlimpui thin kha
Kan nunah thil inhnialna awmte inthlahna tur atan
Point of reference nghet tak kan mamawh a ni
Hun, hmun leh dinhmun a zirin a danglam lo
Nun hi a buaithlak poh leh hriatthiamna kan mamawh
zual sauh a ni
Chu chu lungphum nghet leh rinchhan theih awmchhun
a ni

Ani chu Pathian Engkimtitheia, nunna thil thleng leh a
lan chhuahna zawng zawnga hnung lama awmtu a ni
Nunna tuipui râpthlâk tak, buai tak kara nunna lawng
chu a ni
Nunna vuakna leh tlakchhiatna hrehawm tak takte laka
inhumhimna

Mite chuan mahni inrintawkna an nei a
Pathian an rinna aiin a tam zawk
An hre chiang hle nachungin
Anni chuan a tawpah chuan
An thaw thei lo
A nih loh leh kal emaw, che emaw
Pathian khalth leh direct power tel lo chuan
Thluak, thinlung leh taksa cell-ah te dahkhawm a ni
A chhan chu ei tur rinchhan an thiam tawh vang a ni

boruak leh ni eng
Heng pawn lam thilte hi an ring ta a ni
A thlawp a, nunna a pe bawk
Mahse hetiang a ngaihtuah hi thil dik lo (illusion) a ni
A chhan chu mihring hi chakna pakhat a direct-in a
inngat a ni

Chu thiltihtheihna chu Pathian a ni
Pathian chu Chungnungbera leh Ropui ber a nih avangin
Tin, awm tawh zinga sang ber pawh
Mite chu a hlauhna a rawn man ta a ni
Hmangaihna, ngilneihna, khawngaihna leh thlamuanna
thlarau ni mah se
Mi rilruah hremhmun, mei alh kang chu tuh ka duh lo
A chhan chu Pathian hi thinlung leh thlarau hnaih ber a
nih vang a ni
A mawina chu thil dang nena tehkhin theih loh hmeltha
tak a ni

Hetianga kan ngaihtuah chuan
Amah kan hnaih tih kan inhria ang a, Ani pawhin min
hnaih hle ang
Tin, thinlung takin kan beih chuan
Khawngaihna leh lainatna nen a kut min hawnsak ang
Tin, thinlung zawng zawnga kan dil chuan
Amah chu kan duh zual sauh sauh a
Kan hnenah a lo kal ang
Ni chiah e

. -
Kawng chhiar sen lohah
Logic hian min hmuhtir a
Pathian hi he awm chhan leh chhan a ni
Mahse Pathian a awm tih finfiahna tak tak chu
Hmuh theih loh
Rational deduction hmang chauhvinn
Pathian zawn kan duh chuan
. - Chu chu kan awmna chhan awmchhun a ni -

Chu aia hla zawkah kan kal a ngai a ni
Ngaihtuahna pangngai (normal thinking process) a ni
A chhan chu Pathian chu hriatna rilru hriatthiam phak
bak a nih vang a ni

A thupui ber chu kan hrethiam thei lo
Ka ngaihtuahnaah hian ka buai reng a, ka buai reng
bawk

Thil neih duhna nen
Chutah chuan nuam tihna leh hrehawmna thlipuiin a
rawn vawrh kual vel a ni

Emotion buaithlak takin a ti hrehawm a ni

Sublime state kan thlen duh chuan
Consciousness leh perception sang zawk atang hian

Ngaihtuahna chu hnukkir a ngai a ni

A frenzied, raging activity atang chuan

Rilru dah pawimawh a, Pathian ngaihtuah chungin

Vawikhat chu ngaihtuahna thlipui chu a reh ta

Thlarau chungah thlamuanna thlum leh malsawmna a lo

chhuk theih nan

Chutah zirtir chuan thlamuanna leh rinhlelhna a nei ta a

ni

Experience pangngai huam chhung pawnah

A hriatna a inhawng a, a thlarau lam thiltihtheihna a

harh chhuah rualin

A perceive nghal vek a ni

Hriatthiamna nei lovin

Pathian awmna malsawmna chu

Kan hnaih ber thilte hi kan hmu thei lo fo thin

Ro hlu tak takte kan paltlang a, chawlhsan lovin kan kal

pel thin

Tin, suangtuahna kan zawn chhunzawm zel bawk

A nih loh leh rainbow man kan tum thin

Thim zingah himna kan zawng thin

Kan thlarau hian êng hi duh tak zet mah se

Kan tuihalna tireh thei lo mumang kan in thin

Kan thlarauin thutak tawp ber a duh laiin
Mirage awm lo pawh kan umzui mek a ni
A thlamuannaah chawlhna hmuh tumin
Nunna lum leh a thlasik kang tak atang chuan
Kan duh tak tak hunah
Remna leh muanna hmun (oasis) a ni
kan thlarauah thup a ni
Inrem lo chi hrang hrang
Khawvelin a luah khatna chu
Eng thilin nge min thlem a, min hip thin
Thil neih lama kan ngaihtuahna kan dah theih nan
Pale shadow mai a ni
Thu dik lo sawi thei ro hlu tlemte tan
Lei hnuaia lungflu laihchhuahna hmunah te
Rilru lungkham tak chu tihrehawm turin kan thawk tur a

ni

Khawvel thilte hnung zui reng reng
Tin, a kalna tur chu chhung lam hawiin a kaihruai baw
Kan ngaihtuahna leh duhzawngte kan inremtir tur a ni
Damna thudik tling tak nen
Mahni chhungril takah hmuh a ni
Tichuan inremna kan hmu ang
Kan nunah leh kan pianphungah
Kan beiseina leh beisei dan kan inremtir chuan
Kan chhunga pianpui inremna nen
Nunna tuipuah hian him takin kan lawng ang
Tui pil hlau lovin
A chhan chu kan mahni inlungualna a ni
Life jacket a ni ang
Tin, Pathian rinna thla neiin
Remna boruakah chuan sang takin kan thlawk ang
Thenkhat chuan an ngaihtuah mai thei
".Duhthlanna zalenna kan neih phawt chuan"
Chuti a nih chuan engvangin nge result hi kan beisei

?nen a inkalh

:A chhanna chu hetiang hi a ni
Mihring chuan a duhzawng a ti chak lo
Thlarau thiltihtheihna hriatna a hloh ta a ni
a hriatnaah awm tawh
Mahse a duhzawng tihchakna tura a thawh chuan
Mahni inthununna nunphung hmangin
Tin, a chhunga Pathian êng chu ngaihtuah chungin
A duhzawng chu zalen a ni
Tin, a duhzawng a chhuah hunah
Mahni chanvo neitu a lo ni ta a ni
Mahse a dam tih a hmuh chuan
A chhia leh tha hriatnain a duh loh zawngin
A chhuah zalen dawn lo va, a chho thei dawn lo baw
Hmasawna ladder-ah chuan
Hun kan hmang tur a ni
Chutiang thil tih tur chuan
Chu chuan kan hlimna a tipung a ni
Tin, hlawkna leh thatna min thlen baw
Kan kawng zawh hi tumahin an titawp thei lo
Kan thutlukna chu a nget tlat chung chuan
Hma lam pan zel
Mihring hian a inkhung hran a
Cell tawi tak chhungah
A limited horizon atang chuan
ngaihtuahna tenau te
mood a inthlak danglam thin
tih dan hrisel lo tak takte
Chuvang chuan a inzirtir a ngai a ni
Flexible, inhawng leh pawm thiam zawk nih theih nan
Kan duhzawngte chu thunun theih nan kan thawh a ngai
a ni
Tin, kan duhzawng chu kawng dik zawh tura zirtir baw
Nunnaah thil tha ber ber tih hmangin
Tin, Pathian chungchang hi kan ngaihtuah tam zawk tur
a ni tih te

Hmangaihna te, remna te, unau nihna te kan theh darh

a

Khawvel kil tinah

Rilru fing tak nei te

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

Khawvela kan lo kalna hmun hriat loh a\anga lo kal kan nih avangin nun bul leh thiltum ngaihtuah hi thil awmdan pangngai a ni He khawvel siamtu pakhat chanchin kan hre leh chhiar a, mahse A hnena thlen dan tur kan hre lo Kan hriat zawng zawng chu khawvel pum pui hian A Pathian finna awmzia a puang chhuak tih hi a ni Darthlalang a thil chi hrang hrang te tak te, chiang tak tak te hian darkar siamtu chu min ngaihsan tir ang bawkin, chutiang bawkin machine lian leh buaithlak tak takte pawh hi of a factory amaze and inspire admiration for their inventor, chutiang bawkin thilsiam mak tak takte kan hmuh hian an hnung lama finna thup chu mak kan ti hle a, kan zawt thin:

"Tunge pangpar chu a nungchang, ni lam hawia a pianzia chu pe?"

Khawi atanga lo chhuak nge a rimmtui leh a mawina?

Tin, engtin nge a par chu chutiang taka chiang taka siam a nih a, chutiang rawng mak tak tak, hlimawm tak tak hmanga chei a nih?

Zanah chuan arsi leh thla te hian kan chhehvela tangkarua êng an theh darh a, hmun thuk takah heng van lam thilte kaihruaitu hriatna hi ngaihtuah turin min fuih a ni

Thla bial êng nem tak chu nitin hnathawhna atan a tawk lo va, chuangin rilru fing leh dawhthei tak chuan zanah chawlh hahdam turin min fuih a Tichuan ni a lo chhuak a, a êng êng tak chuan kan chhehvel khawvel chu chiang tak leh thlamuang takin min hmu thei a, chu chuan kan hmaa inlan hnate chu kan thawk thei ta a ni

Kan mamawh puhruk dan kawng hnih a awm a: taksa lam leh thlarau lam Kan hriselna a chhiat hunah, entirnan, Doctor hnenah enkawl turin kan kal thei a Mahse, doctor emaw, midang emaw tanpui theih loh hun a lo thleng a, chu chu kawng hnihna lam kan hawi a: kan taksa, rilru leh thlarau siamtu thlarau lam thiltihtheihna lam kan hawi thin Taksa chakna hi a tawp a, a hlawhchham chuan Pathian thiltihtheihna tawp nei lo lam kan hawi thin Hei hi kan sum leh pai lamah pawh a huam tel a ni mamawh Kan theihtawp kan chhuah a, kan la hmu tlem hian chu thiltihtheihna lam chu kan hawi thin

Mi zawng zawngin an harsatna chu a chhe ber niin an ngai Thenkhat chuan an dodalna a chak loh avangin midang aiin nawrna an nei nasa zawk a, mi rilru chakna inang lo tak takte ngaihtuah chuan chakna chi hrang hrang an hmang Miin harsatna nasa tak a tawk a, a rilru a chak lo a nih chuan an hneh thei lo vang Rilru chak tak neitute chuan an harsatnate chu daltu tichhiain an lungphum ti nghingin an hneh thei a ni Mahse, mi chak ber berte pawhin an nei a ni a châng chuan hlawhchhamna kan hmachhawn tshin Tisa lam, finna lam leh thlarau lam harsatna leh harsatna tam tak leh nasa tak kan hmachhawn hian, he tisa khawvêlah hian nunna thiltihtheihna chu a tlem hle tih kan hre chhuak a ni

**Kan thawhrimna hi hriselna \ha leh sum leh pai
lama himna neihna atan chauh ni lovin, nun awmzia
zawn chhuahnaah pawh a ni tur a ni Nun thiltum chu
eng nge ni? Harsatnain min hneh chuan kan chhehvel
lam kan hawi hmasa a, hahdamna pe thei tura kan rin
thila insiamremna zawng zawng kan tum a Mahse,
kawng thim tak kan thlen a, "Ka tum zawng zawng
chu a hlawhchham vek a; eng nge ka tih belh theih
ang?" kan harsatna chinfelna \ha tak zawn chu uluk
tak in kan ngaihtuah \an a Tin, kan ngaihtuahna a thuk
tawh chuan kan chungah chhanna kan hmu \hin Hei
hi, a takah chuan, \awng\aina chhanna chi khat a ni**

Tawngtai: Thlarau lam mamawh a ni

**Tawngtaina hi thlarau lam mamawh a ni Pathianin
diltu angin min siam lo, a anpuin min siam si a,
Pathian Leikha Thu Thianghlamin he thu hi a puang
Mi hausa ina kal a, thilpek diltu diltu chuan diltu
chanvo a dawng a Mahse fapa chuan a pa hausa hnen
atengin engkim a hmu thei a, chuvangin diltu angin
kan che tur a ni lo**

**Mi thenkhat chuan engkim neiin luxury leh
comfort-ah an piang niin a lang a, thenkhat erawh
chuan buaina leh hlawhchhamna hiptu angin an lang
Khawiah nge Pathian anpu chu anmahniah a awm?
Pathian thlarau thiltihtheihna chu kan chungah a
awm vek a Mahse engtin nge chu thiltihtheihna chu
kan neih theih ang? Tun hma pawhin i tawngtaina
chhan a nih loh avangin i beidawng tawh pawh a ni
mai thei, mahse beiseina leh rinna chu hloh suh I
tawngtainate chu a hlawhtling em tih hriat nan chuan
i chhuntril thuk takah tawngtaina thiltihtheihna hi
rinna bulpui i neih a ngai a ni**

Mi thenkhat tawngtaina chu dil duh an thlan avangin chhan lohvin a awm mai thei Chutiang bawkin, mi pakhat chuan Pathian hnena dil tur a hriat a ngai Leilung leh a chung a thil awm zawng zawng hi nei turin i thinlung zawng zawng leh i theihna zawng zawngin i tawngtai thei a, mahse i tawngtaina chu pawm a ni lovang a chhan chu thil nunna nena inzawm tawngtaina zawng zawng hi a pianphungah a tawp vek a, a dik tak chuan, a tlem tur a ni Mahse tawngtai dan dik tak a awm tih sawi a ni sawmkua leh pakua nunna! "Harsatna ui" tihbo dan tur kawng tha tak i zawng tur a ni Tawngtaina hlawhtling tak thuruk chu diltu dinhmun atanga dikna nei mi dinhmun thlak danglam hi a ni Chutiang thlarau lam thil chu Pathian hnenah i dil chuan i tawngtaina chuan thiltihtheihna leh finna a nei vek ang

Hlawhtlinna chi chu duhthlannaah a awm a ni

Mi tam zawk chuan an tana thil pawimawh tak tihhlawhtlin an tum hian an hlauthawng hle a, an lungkham hle thin Lungngaihna leh hlauthawng taka che hian Pathian thiltihtheihna a hip lo va, mahse duhthlanna muang tak leh ngeth taka hman hian khawvel chaknate chu a ti nging a, tawp nei lo atanga chhanna a rawn keng tel a ni Absolute The seeds of success for everything you intend to achieve lie within your will A will that is broken and crushed by harsatnate chu rei lo te chhung atan a paralyzed ta a Mahse, mi tumruh leh tumruh tak, "Ka taksa chu a chhe vek thei a, mahse ka duhzawng lu chu a sang reng ang a, thutlukna siamin a hruai ang," titu chuan duhthlanna sang ber a lantir a ni

Duhthlanna leh a kaihhruaina dik tak hi mi dinhmun chawisangtu leh chawisangtu a ni Miin

duhthlanna hman a bansan hian mi pangngai,
thilthleng kal zelah a hlawhtling lo Mi tam tak chuan
kan duhthlanna hi thil awmdan thlak danglam nan
kan hmang lo tur a ni an ti a, Pathian ruahmanna
tibuaitu hlauhna avangin Mahse engvangin nge
Pathianin duhthlanna hi min hman duh loh chuan min
pek? Vawikhat chu mi rigid pakhat ka hmu a, chu
chuan duhthlanna hman hi a ring lo tih a sawi a, a
chhan chu mahni inngaihsakna a chawm a ni tiin ka
chhang a, "Tun dinhmunah hian i duhthlanna hi i
hmang a, nasa takin, min dodal nan I hmang a, thu
sawi nan, ding turin, kal nan, ei tur atan, movie en
nan, leh mut nan pawh I hmang I duh zawng zawng i
duh Duhna nei lovin, robot i ni ta" It is a person's duty
to harmonize their will, governed by duhzawng,
Pathian duhzawng nen Chuvangin, tawngtaina dik tak
chu a taka hlan a nih chuan a takin duhthlanna a lo ni
ta a ni

I tawngtai chu i hmuh theihna tur i ring tur a ni In
nei turin i tawngtai a, chutih rual chuan i rilruin,
"Engtin nge in i lei theih ang, mi â?" you are
weakening your will with such thinking I rilru atanga
"Ka ti thei lo" tih thumal i hnawhchhuah hunah chuan
thiltihtheihna sang zawk i nei tih chu a Chiang a, in te
hi van atangin a tla lo va, in neih theih nan chuan
duhthlanna i hmang a ngai a, i thil tum tihhlawhtlin
nan thil siam\hatna i nei tur a ni I chhel a,
hlawhchhamna i pawm duh loh chuan i duhthusam
chu i lantir thei ang A, chu duhthlanna chu i hman
reng hunah chuan i ngaihtuahna leh thiltih hmangin i
duhzawngte chu a thleng famkim ang a, i duhthusam
leh duhthusam zawng zawng chu i hnenah a lo thleng
ang Tumruhna leh chhelna nena i beih chhunzawm zel
chuan, i duhzawng chu he khawvelah hian a awm tak

tak lo a nih pawhin, eng emaw ti takin rah chhuah chu a lo lang ang

Ngaihtuahna tha lo chi chu hal rawh

Duhthlanna chak lo chu mihring duhzawng chak lo tak a ni Fiahna leh hlawhchhamnain a tihchhiat leh a tihchhiat hunah chuan Generator tawp nei lo nen a inzawmna a hloh a Mahse mihring duhzawng hnung lamah chuan Pathian duhzawng a awm a, chu chuan beidawnna leh hnehna pawh a hre lo Thihna pawhin, a chakna zawng zawngin, Pathian duhzawng chu a titawp thei lo va, a tikhawlo thei lo va, chu tawngtaina chu Pathianin chu tawngtaina chu a chhang ngei ang, chu chu tumruhna leh chhelna duhnain a hruai a ni

Mi tam zawk chu an rilru a hah a, an rilru a hah a, taksa lamah emaw, rilru lamah emaw, an pahnih emaw pawhin Ngaihtuah duh mahse mut chauh an ngaihtuah Mutthilh chuan muthilh thuk takah an tlu ta a, chu chu tawngtaina tawp a ni ta! Hetiang dinhmunah hian duhthlanna chu a phum Mi pangngai thluak chu "Ka ti thei lo" tih chiin a khat a ni Chhungkaw pakhata piang, mizia leh tih dan thenkhat neia piang, hengte hian a nghawng a, hei hi an ti thei lo tih emaw, chutiang emaw chu an ti thei lo tih an ring tlat a ni duhdan

Duhthlanna neih duhte chuan company \ha an mamawh Mathematics thiam ropui nih i tum a, i classmate-te'n Mathematics an duh loh chuan i thahnemngaihna a reh ngei ang tih rinhlelh rual lohvin Mathematics thiam tak takte nena in inpawh hunah chuan i duhthlanna chu a lo chak ang a, "Midangte an hlawhtlin theih chuan kei pawhin ka hlawhtling thei ang" i ti thei ang.

I duhthlanna siam chhuah mai mai tur thil lianah hmanhmawh suh Hlawhtling tur chuan i tih theih loh nia i ngaih thil tenawm tak tak hmangin i duhna chu i test hmasa tur a ni I thawhrimna i thawh chuan hlawhtlinna a zui ang

Ka thiante leh midangte'n ka tihhlawhtlin ngai loh tur min hrilh zawng zawng chu ka la hre reng a, chuti chung chuan ka ti ve tho Hêng mi tum ̣tha tak takte hian an ngaih dân hmangin harsatna nasa tak an thlen thei a ni Pathianin min vêngnim rawh se, an thurawnte Inpawlna hian duhthlannaah nghawng lian ber a nei Zu leh music ri nasa tak nena zai tûra kal chuan, ngawi renga hmun thianghlma ngaihtuahna a neih ai chuan, khawvêl nungchang leivutin rilru a tibawlhhlawh a, chu chuan a tibawlhhlawh êm êm a ni it's difficult to shake them off Mi pakhat duhthlanna chu a thiante nghawng avang hian a chak lo emaw a chak lo emaw tih loh theih loh Mahni thawhrimna hmang chauha duhthlanna siam chu a harsa hle I entawn tur entawn tur tha tak I mamawh a ni Lemziak thiam nih i duh chuan lemziak tha tak takin a hual vel a, lemziak thiamte nen inkawp reng rawh Thlarau lam mi nih i duh chuan thlarau lam mi, mizia tha tak nei te nen inpawl reng ang che

Rinna leh tawnhriat inthlauhna nasa tak a awm Rinna hi thudik bulpui anga i hriat emaw i chhiar emaw i pawm tawh thil a\anga lo chhuak a ni Experience erawh chu mimal taka i hmuh leh hriatthiam tak tak a ni Pathian tawng tawhte rinna chu a nghing lo thei chu a tem a, a hre Chiang hle baw

I rinna tichaktu te nena inpawlna zawng rawh

Pathian chungchanga ngaihdan te, hlawhtlinna te, tihdamna te, leh a dangte chu i rilruah hian rilru lam capsule ang maiin an awm vek a, chu chu enchhin rawh I ngaihtuahnate fiah turin i duhna chakna hmangin nunna pe rawh Duhthusam chakna tul tak nei tur chuan duhthusam chak tak nei mite nen in pawl a ngai a ni Pathian duhzawng hmanga tihdam i duh chuan i rinna tichaktu leh i duhzawng tichaktu te pawlna zawng rawh

Pathian hretu dik tak zawngin India ram zau zawng leh zau zawng ka fang kual a, mahse an tlem hle Zirtirtu ka hmuh apiangin an mimal rinna an sawi chhuak a Mahse thlarau lam thilah chuan Pathian chungchang thu mai maia lungawi lo turin ka inpeih reng Amah hi tawn ka duh a, a awmna dik tak ka hre duh Ka hriih chu mimal thil tawn hmanga ka hriatthiam loh chuan awmzia a nei lo

Vawikhat chu, ka thianpa pakhat nen India ram mithianghlimte chungchang kan sawi dun lai khan Ka thianpa chu broker a ni a, ka thahnemngaihna chu a tawmpui lo a, chu ai chuan, "Mi thianghlim i tih zawng zawngte hi a takah chuan Pathian hre lo charlatan an ni" a ti a, ka inhnial lo va, mahse thupui ka thlak a, brokerage profession chungchang chu kan sawi tan ta a, hemi chungchang tam tak min hriih hnu chuan zaidam takin, "Chu chu i hria em" ka ti a Calcutta-ah hian broker rintlak pakhat mah an awm lo va, an vai hian dawthei an ni tih pawh?" A thinrim hle a, thinrim takin, "A nih leh broker chungchang eng nge i hriat?" Kei chuan, "Chu chu ka sawi tum tak chu a ni Tin, mi thianghlimte chungchang eng nge i hriat?" A tawng thei lo a, muangchang tak leh ngilnei takin ka chhunzawm a, "Brokerage chungchang engmah ka hre

lo, nang pawhin mi thianghlim chungchang engmah i hre lo".

Sakhaw nunphung hian mi tam takin an thlarau lam ngaihtuahnate chu nun tawn tawhah an letling thei tawh lo tihna hmun a thleng ta Hetah hian mimal thil tawn a\angin ka sawi duh lo Ka hriat chian thilte chauh sawi ka duh lo Mi tam zawk chuan thutak chungchang lehkhabu tlemte chhiarin mahni inrintawkna nei loin thutak hnung lama thutak awm chu man tumin theihtawp chhuah a ngai lo The empty pronouncements and hollow pronouncements of spiritual truths are of no benefit to us and leave no positive impression Mi pakhat sermon leh a nun chanchin kan thliar hrang tur a ni Mi tupawh mi dang zirtir duh chuan an thil zir chu a tawng tak tak tawh tih leh a thusawi chu tawnhriat neia a hrethiam tih a lantir hmasa tur a ni

(Tin, mihring chu a thawhrimna rah chhuah chauh a ni tih ka hmu bawk)

Tupawh nasa zawka beitu chu chawimawi tlak a ni zawk

Ambition sang tak nen chuan sang takah a kai chho thin

Duhthusam sang ber neitu chu a langsar ber a ni

Hmasawnna duhtute chuan an tlai ngai lo

Tin, tlai duhtu pawh a rawn lang lo

Remna awm rawh se

Initiative leh thil siam chhuah rilru put hmang

He khawvel thil thleng chhiar sen loh leh tawp nei
lote thlir hian, nun kawng hrang hranga mihring tam
tak lu nghak chung a tlan chhuakte hi kan en a, mak
tihnain kan khat a, he thil mak tak hnuaia thuruk hi
kan inzawt a, kan zinkawng thil tum ber chu eng nge
ni?...?...?...?...?...?...?...?...?...?...?...?...?...?...?...?...
?...?...?...?...?...?...?...?...?...?...?...?...?...?...?...?...
?...?...?...?...?...?...?...?...?...?...?...?...?...?...?...?... Tin, a thlen theihna tur
kawng tha ber chu eng nge ni?

Mi tam zawk chu tum nei lovin, tum leh kawng
awm lovin, engmah lo lam pana lirthei tlan ang maiin
kan tlan kual a, fimkhur lo tak leh ngaihtuahna fim lo
taka nun kawng kan zawh lai hian kan zinkawng thil
tum kan hrethiam lo Kan kalna tur kawng hrual,
khawiah mah kal lo, emaw, kan duhna hmun lam
panna kawng dik tak kan zawh em tih emaw, kan
tumna hmun lam pan nghal mai tur kawng dik tak kan
zawh em tih pawh kan hre tlem hle a, engtin nge kan
thil tum hi kan ngaihtuah ngai lo a nih chuan kan
hmuh theih ang chumi?

Mi tam zawk chuan—nun tum hre lo mah se—an
thil tumte sawifah leh zawm tur leh an chhehvel leh
dinhmun dik taka hmachhawn turin hmalakna tling an
nei a, hmalakna chu eng nge ni? Thil siam theihna,
kan chhunga awm, Siamtu tawp nei lo meialh (spark)
a ni

Mi tam zawk rilru chu horsepower pakhat engine
ang mai a ni! Mihring rilru tinte chhunga
thiltihtheihna nasa tak awm mah se, chu
thiltihtheihna hman loh chu hmangtu tlemte chauh an
awm Mihringte ngaihvenna chu a tlangpuin ei leh in,
hnathawh, intihhlamna, mut leh a dangte ang chi
nunna atana thil tulteah chauh a innghat a ni

**Psychologist-te chuan mihring leh rannung
inthlauhna pawimawh tak pakhat a awm an ti:
thilsiam zawng zawng zingah mihring chauh hi
nuihzatthlak kan ni (sakeibaknei leh hyena
bengchheng tak takte tih loh chu) Nuih hi a
hlawkthlak a, he thilpek hi hmang lo se chuan mihring
hmasawnna kawng pawimawh ber pakhat chu a hloh a
ni We shouldn't be like those who view life with a
rigid, serious outlook, nuih emaw, nuih emaw pawh ni
lovin, chuvang chuan nun nuam tak tak ngai lo**

**Mihringin nuih theihna danglam tak bakah hian
mihringte hian theihna mak tak dang kan nei a: a
ropui ber zinga mi, thil siam chhuah emaw thil thar
siam theihna emaw He thiltihtheihna thuruk, thuruk
tak hi eng nge ni? Khawthlang ram hi practical,
industrial, leh applied scientific innovation ram a ni
Khawchhak hi enlightenment leh thlarau lam thil siam
chhuahna ram a ni Chuvangin, hmalakna thlarau chu
thil siam chhuah theihna—a hmaa tumahin an la tih
ngai loh thil, thil thar siamna kawnga tih theihna a ni**

**Thil siam chhuah thlarau chu Siamtu atanga lo
chhuak thil siam chhuah theihna a ni**

**He thilpek thianghlim hmang hian miten eng nge
an tih? Mi engzat nge an thil siam chhuah theihna
hmang tangkai tak tak? Kar te, thla te, kum tam tak a
liam tawh a, a liam zel a, a danglam lo va, kum
chauhina danglam a, thil siamtu mimal chu space-a
meteor êng tak, boruak atanga rawn tlan chhuak ang
maiin a eng a, engmah lo a\angin thil a siam a,
thlarau sang zawk thil siam theihna hmangin thil
theih loh chu a ti thei ta a ni**

Siamtu hi chi thum a awm a, chungte chu:

Category danglam bik, outstanding leh extraordinary tak tak a awm a; category hrang hrang (average category) te; leh category pangngai te Tin, chutah chuan engmah lo anga classified theih za tam tak leh sang tam tak an awm baw

He zawhna hi inzawt rawh: "Midang la tih ngai loh thil tih ka tum tawh em?"

Chu chu hmalakna rilru tihchak leh thil siam chhuah thup (latent creativity) chhuahna bul tanna a ni

Mi pangngai leh hriat lar tak takte aia thil danglam thei lo nia ringtute angin ni suh Muhil thei ang mai an ni An subconscious atanga rawtna an dawnte chuan an vai hian ilk inang vek an ni tih a ring tlat a ni

Mihringin a hriat lohna leh mak tihna dinhmun ata a harh chhuah a, mihring thilpek ropui ber: thil siam chhuah thlarau a nei tih a inhriat chian a hun tawh hle

Mihring tin hian thiltihtheihna mak tak mai (spark of extraordinary potential) an nei a, chu chuan thil hmuh tur awm lo tak a siam thei a Vanduaithlak takin mihringte hi an chhehvel magnetic influence hnuaiah kan awm fo va, a pull chak tak atanga chhuah tumin theihtawp an chhuah lo Mi pakhatin, "There's no point in trying, it's already been done," a tih chuan, duhthlanna leh beidawnna nei lo khawvel hriatna pakhata tlu turin an phal a ni ambition Hei vang hian mi tam tak nunah an hlawhchham thin

Hei hi thlarau lam lamah pawh a hman theih An dam chung zawnga danglam lo tam tak an awm An rilru zim leh tawnhriat tlemte avanga lungawi lohna

nei mah se, an lo seilian dan aiin ngaihtuahna danglam tak an hlau Mi pakhat chuan a chhia leh tha hriatna thupek leh a thinlung fuihna angin nun fiahnaah a insiamrem tur a ni a, hriatthiamna nei lovin mitdel ang maiin a che tur a ni lo

Ka zirtirtu zah tak, Sri Yuktswarji chuan heti hian min hrilh a:

"Pathian i ring tak tak a, eng thil pawh i duh chuan Pathianin chu thil chu universe-ah a awm tak tak lo a nih pawhin a pe ang che".

Chu Pathian leh keimah duhzâwngah chu rinna nghet tak chu ka nei a, ka duhzâwng thilte ka hmuh theih nân hun remchâng thar siam a ni tih ka hmu fo thîn

Mihring chhunga thil siam theihna chu a muhil a, a lo thanglian lo va, hman lohvin a awm reng He thiltihtheihna hi pianpui leh pianpui a ni a, mihring tinah hian a awm lo a, chuti chung pawh chuan miten an hmang tangkai thei lo a ni Chuti a nih chuan, engtin nge he thil siam chhuah rilru hi a tiharh theih ang?

Mahni kawng siam turin creative thinking skills i la nei lo a nih chuan mi dangin a hmaa a lo tih tawh chu tihchangtlun i tum thei ang The effort to improve upon upon others' innovations is the most common approach

Thil thar siamtu emaw, thil thar siamtu emaw, mahse pawimawhna lian tham nei lote zingah hian thil siam chhuah rilru chi hnihna emaw, a lai tak emaw chu a langsar hle

Thil siam chhuahna thlarau mizia mak tak chu a
neitu chu khawvel hmaah eng eng mawi tak nen a
ding thei a, khawvel tana thil thar leh \angkai tak tak
rawn chhuahtu mi ropui tak takte ang bawkin, a hmaa
tumahin an la tih ngai loh thilte Hêng mi fing danglam
tak takte hian thil siam chhuah rilru hneh theih loh an
nei a, an thil tum tihhlawhtlin duhna nghet takin a
thlawp Pathianin heng mi ropui tak takte hi a duhsak
em, chutiang ropuina danglam tak chu a pe
em?.....
.....
..... Pathian duhthlanna chuan mi dang
zawng zawng aia chutiang ropuina chang turin a
thlang em? Tih tak zetin an thil siam thilpekte chu
mihring tinte rochan ropuina leh ropuina lantir nan an
hmang mai a, thil siam leh thil thar siam zawng zawng
bulpui Pathian anpuia siam an nih avangin

Mahni chawimawi duhtute chu ropui tak tak an ni lo Inflated with Pride, vanity, and self-importance, they receive no support from God Thilpek ngainatute, midangte chu an theihna phochhuak tura fuihtu, an theihna tipungtu leh mahni inrintawkna tipungtu te hi an ropui tak zet a ni

**Mi ropui lo ni ta tam zawk chu an hriat lohvin
kaihhruaina hnuaiah an awm a: an nun in sakna
lungphum bulpui ber ni thei khawpa ropuina touch an
nei a, an thil siam chhuahna kawngah hian mi
danglam bik leh ropui takin an lo chang ta a ni**

**Ropuina mizia i neih chuan rilru thiltihtheihnain
subconsciously-in a kaihruai che tihna a ni a, chu
thiltihtheihna chuan i thlarau chhunga kawng thup
(latent channels) hawn a, originality leh creativity
zawng zawng bulpui ber, total consciousness nena**

inzawm tir a, i thil siam chaknate chu a tipung thei a ni

Ropuina pawh hi siam theih a ni a, chu chu mahni thiamna tihhmasawn leh a thanlenna ti chakna hmanga tihhmasawn theih a ni tihna a ni He thiltihtheihna mak tak, mak tak mai hi a neih avang hian mi pakhatin ropui a nih theihna tur kawng a awm Fing taka thil tih leh zirtirna dik tak hmangin thil siam chhuah rilru chu a chawm thei a, a theihna chu a chhuah chhuak thei a ni Hun rei tak chhunga theihtawp chhuahna nasa tak thawk tawhte chu tunah chuan an tihhlawhtlinna nuam ti tak takte an ni beiseina leh an mumang tihhlawhtlinna Chhungril lama thiltihtheihna muhilde chu an laihchhuah a ngai a, harsa leh hneh theih loh anga lang chu hneh turin thawhrimna an hmang tur a ni

Mimal thil tum nei tak chuan eng kawng pawha hlawhtlinna a chan theih nan khawvel ngaihndan khauh tak tak leh sawiselna rilru na tak takte tuar chhuak turin a inpeih reng tur a ni a, chu chu thil tha lam emaw, finna lam emaw pawh ni se Mi pakhat chuan original, creative, leh innovative nih a duh a nih chuan, mi pakhatin original, creative, leh innovative nih a duh a nih chuan, leh ngaihtuahna leh thusawi danglam tak, tlemte pawh nise, mi pakhat thahnemngaihna chu inthlahdah lo, phal ngai lo a ni tur a ni a domain-a luh theihna tura boredom emaw apathy emaw

Thil siam chhuah rilru mak tak neitute chuan harsatna, harsatna leh daltu zawng zawng chu an ei vek a, an chhungril takah chuan an dik tih an ring tlat a ni

Thilsiam chakna tawp nei lo chuan i kut a la ang a, kawngpuiah a thlawp ang che tih hriain Pathian malsawmna chu kalpui rawh

Pakhatnaah chuan, thiltihtheihna tawp nei lo chu hriatna neia khawih a ngai a ni He thiltihtheihna malsawmna hi thil siam leh thil thar siamna zawng zawng bul a ni Chutiang chu a lo thlen veleh chuan hriatna leh hriatna hnuai lam rilru chu thiltihtheihna leh duhnain a khat vek a ni

Kum tam tak chhung chu dinhmun khirh tak leh fiahna harsa tak karah ka chhunga thil siam chhuah thlarau ka lo neih tawh chu hloh ka hlau a Mahse tunah chuan dan tawp ber, tawp nei lo chu ka thlarau chhungah a awm tih ka hrechhuak ta Chu dan thianghlim chu science, art leh hriatna zawng zawng lungphum a ni Tin, chu Pathian thlawpnain min chhawm nung a nih chuan ka hlawhchham theih loh

Thil mak leh mak tak siam i duh hunah, ngawi reengin thu la, i chhungah chuan thil siam theihna tawp nei lo, thil siam chhuah theihna chu a awm tih i hriat hma loh chuan thuk takin ngaihtuah la, thil thar tih tum la Mahse, i thawhrimna chu thil siam chhuah theihna element lian ber awm tawhin a thlawp tih Chiang reng ang che, he malsawmna element hi i thil tih zawng zawng hnuaiah a awm tih leh, chu chuan i beiseina a hlen chhuak ang a, i hmalaknate chu hlawhtlinna lallukhum a khum ang

Pathian Engkimtitheia chuan Pathian thlarau thil siam chakna tawp nei loin min kaihruai turin min duh a Mite chuan ngaihsak lohna leh rilru hahna hmangin an thlarau chhunga thil siam theihna tuikhuah chu an dang a, tui thianghlim chu kawng tinrenga zalen taka luang chhuak lo tura daltu leh chhe zawng zawng chu

an paih vek tur a ni Anni chuan thutlukna nghet lo leh thil tha tih duhna active tak an nei tur a ni a, chutah chuan mumangte chu a thleng dik ang a, duhthusam ropui tak a ni ang a rah chhuah a ni ang

Mi tam zawk chu midangte ngaihdan hrual mai maiah an lungawi a, ngaihtuahna bulpui pakhat chauh an rawn siam chhuak tlem hle Midang ngaihdan tha atanga hlawkna hmuh hi a tha a, mahse khawvel ro hluah thil thar, finna lam emaw, thil neih emaw pawh ni se, belh a, mihring hriatna ro hlu tihhausak hi mi tinte mawhphurhna a ni Mi tin hian mizia danglam bik leh theihna thuk tak tak, hmuhchhuah leh tihchak nghaktu a nei a ni

A tirah chuan zirtirtu nih ka hreh hle Inpekna chu a pawh hle a, mawhphurhna pawh a lian hle Zirtirtu chu shock absorber a ni tur a ni a, a chhan chu a buai leh buai lai tak hian a tanpuina zawngtute chu a pui thei lo

Zirtirtu dik tak chuan mi zawng zawng a hmangaih a, a rawng a bawl a ngai a, mihringte hi a hrethiam tur a ni a, Pathian a hriat a ngai bawka zirtirtu, Seri Yokstuargi-i'n he nunah hian ka chanvo chu thlarau lam zirtirtu a nih thu min hrilh khan Pathian lam ka hawi a, Amah ka rinchhan a, A tanpuina leh kaihhruaina ka dil a

Lecture ka pek tan tirh khan ka lecture te hi lehkhahu leh theoretical hriatna atanga lak chhuah ni lovin, chhungril lama infuih tharna leh mimal thil tawn atanga lak chhuah a ni ang tih hi ka tum ber atan ka siam a, a bul chu a hring ngai lo leh a luang chhuak tawp ngai lo thil siam chhuah chakna chu ka ngaihtuahna leh thusawi hnuaiah a awm tih chiang takin ka hre chiang hle

**Chu thiltihtheihna chu kawng tam takah midangte
hnathawhna leh kawng hrang hranga tanpui nan
hman a ni bawk**

"Lalpa, ka tan ti rawh" ka ti lo.

**Chu ai chuan: "Aw Lalpa, hei hi tih ka duh a,
mahse I kaihhruaina leh malsawmna chauhvin min
fuih turin ka ngen che a, ka kutah min vuan ang che"
ka ti zawk a ni.**

**Thil tenau te chu a danglam bik takin i ti thei I
field-ah a tha ber i ni thei Kawng tha tak tak kan zawh
reng tur a ni lo; keimahni leh mi dangte tân thil thar
kan siam tûr a ni Mi pakhat chuan mi dangin an la tih
ngai loh thil a ti thei a—rilru mantu leh khawvêl
tibuaitsu thil**

**Siamtu Pathian thlarau chu i chhungah a awm a,
nangmah kaltlangin hna a thawk tih i finfiah thei Hun
kal tawh chu a bo tawh a, tunah chuan history a ni ta I
tihsualte chu tuifinriat ang maia thuk tak ni mahse,
thlarau bulpui chu a chak lutuk a, an ei zo lo Mahse,
he thutak hi mi pakhatin a kalna tur siamthat leh
insiamthat tumna nasa tak nei lovin a ngaihtuahna
dik lo leh thiltih dik lo taka a tih chhunzawm zel
chuan awmzia a nei lo**

**Mahse, duhthusam thinlung tak tak leh serious
tak takte chu, hun kal tawha tihsualte chuan
hmasawmna a tikhawlo emaw, ngaihtuahna tlemte
chauhvin duhthlanna chu a khintir lo emaw, kawng
zawh zel turin thutlukna nghet leh tumruhna nghet
tak nei turin kan ngen a ni**

**Nun chu a thim thei a, boruak pawh a thim thei
bawk; harsatna a lo chhuak thei a, hun remchangte**

**pawh hriat lohvin a tlanbo mai thei Mahse
hlawhchhamna pawm emaw, "Ka tan chuan a tawp
vek tawh, Pathianin min kalsan ta" tih emaw, i rilruah
fimkhur rawh A chhan chu chutianga i tih chuan
nangmah i tichhe vek ang a, chutih hunah chuan
tumahin an pui thei lo vang che**

**I chhungte chuan an hnawl thei che a,
vanneihnain a kalsan thei che a, thiante chuan an
kalsan thei che a, mihring leh thilsiam chaknate
chuan an lo inrawlh thei che a ni Mahse, Pathian rinna
leh duhthlanna nghet tak i neih chhung chuan, chanvo
beihna chu i do let thei a, harsatnate chu lungpui
nghet tak, tuipui lian tak takte'n an tihchhiat ang
maiini ding thei a, ke pen nghet tak leh lu chawi
sangin, mipa leh hmeichhia ropui tak takte in fit angin
i kal thei a ni**

**Vawi za zet hnehna chang mah la, harsatnate
hnehin ropuina lallukhum i chang ang tih hi tum leh
la, thutlukna siam rawh Beidawnna hi a awm reng lo
va, lungngaihna pawh hi hun rei lote chhunga fiahna a
ni Pathianin hnehtu leh hneh theih loh ni turin a duh
che a, i chhunga thiltihtheihna famkim lo chhuak turin
a duh che a, chutiang chuan nun stage-ah i chanvo
ropui tak i hlen chhuak thei ang Beiseina nei la,
tichuan thil tha i hmu ang, leh hre reng ang che, "Dik
tak chuan harsatna nen hian awlsamna a lo thleng
thin".**

Pathian rinna nei la, a malsawmna beisei rawh

**Zan thim ber hnuah chuan zing leh eng a lo thleng
thin si a**

**Mahse, engtin nge nunah i duhzawng chanvo chu i
hmuh ang? Mi zawng zawngin lal leh president nih**

duh ta se, chhiahhlawh leh rawngbawltu chu tute nge ni ang? He play-ah hian a changtute hian hlawhtling taka an chanvo an hlen chhuah phawt chuan lai chanvo leh chhiahhlawh chanvo hi a pawimawh vek a ni

Tin, hei vang hian he khawvelah hian danglamna danglam bik, duhna, leh thil tum hrang hrang leh hobby lam hawia rilru put hmang nen kan lo kal a, Pathianin he khawvel hi kan vanram chenna hmun atanga kan hlat lai hian kan intihtmlimna atan cosmic stage ni turin a tum a Mahse, he stage-a divine director leh orchestrator ruahmanna hi kan theihnghilh a, kan chanvo hi kan tih angin kan chanvo kan duh a, Pathian duh angin kan thawk duh lo a ni Hei hi he chaos hi a ni ensues, khawvel pumah buaina leh buaina a darh ta a ni

Mite chu nun stage-ah an hlawhchham a, a chhan chu a tir lama an tana ruahman aia danglam bik chanvo khelh an tum A chang chuan, clown hian lai aiin ngaihven leh ngaihsan a hip zawk thin Chuvangin, i chanvo chu eng ang pawhin pawimawh lo angin lang mah se, i theihna zawng zawng leh chhia leh tha hriatna thianghlim takin ti la, Pathian mithmuhah chuan hlawhtling zingah i tel ve ang

Pathianin kan tan thil tha a tum Kan chanvote hi lungchhiatthlak emaw, lungchhiatthlak emaw a nih chuan Nunna lakah hel lovin Pathian kan rinna kan tichak zawk tur a ni (Tin, hemi chungchangah hian Zawlnei, a chungah remna awm rawh se, a ti:)

"Pathianin natna a tihdamna pawh thlah lovin a tir ngai lo Chuvangin hrehawmna chu dilna nen tawh rawh".

(Aw thlarau, Harsatna nasa tak avangin beidawng suh)

Tin, Siamtu, thilsiam zawng zawng Pathian lakah pawh chhanchhuahna ka nei tih ka chiang bawh

Harsatna engzat nge lo thleng a, a liam a, chumi hnuah a liam ta?

Sum leh pai leh nunna a nghawng hnuah)

Thlarau lam Symphony te
Thusawi, hla, thurawn leh nemnghehna
Hotu



Altruism hi kan zir a ngai a, midangte hlimna hmanga
hlimna hmuh hi Pathian hmangaihtu zawng zawng, Amah
ringtu zawng zawngte thil tum dik tak a ni si a
Midangte tana hlimna thlen hi keimahni hlimna kan neih
theih nan thil mak tak leh pawimawh tak a ni a, amah ngei
pawh hi thil lawmawm tak a ni
Mi thenkhat chuan anmahni chauh an ngaihtuah a, "Ka
tan chuan a pawimawh ber chu hlim hi a ni" an ti a, mahse
vanduaithlak takin chutiang mite chu hlimna hmu ngai lo an
ni

Midangte hlimna leh \hatna ngaihthah chungin mimal
hlimna zawng hi a \ha lo

Ngaihtuah lo taka mi dangte eizawnna ruksaktu chu a
hausa thei a, mahse a hlim lo vang, a chhan chu a chung
midangte thinrimna chu rimchhia thihna thlentu aiin a
thihpui zawk dawn a ni
:Pathian dan chuan a hnuaia mi hi a thupek a ni

Miin midangte tihchhiat a nuam taka khawsak a tum
chuan, chu mi dangte chuan an nun hrehawm taka siam an
tum ang Mahse, midangte tihlim an tum a nih chuan,
anmahni tihchhiat a nih pawhin, midangte chuan an damna
leh hlimna an ngaihtuah ang Mahni mamawh pawimawh tak
takte kan ngaihtuah hian midangte mamawh pawh kan
ngaihtuah tur a ni Tin, an ngaihsakna kan lantir hunah chuan
an tan damna leh hlimna kan duhsak ang
Mi ngaihsaktu chu an chhungte leh an chhehvel khawvel
nen inrem takin an khawsa a Mahni hmasialtu erawh chuan
harsatna a tawk fo thin a, a tlu fo thin a, rilru thlamuanna a
hloh fo thin

Pathian chu i chhungah remna a ni tih i hriat chian
hunah chuan thilsiam thil tha zawng zawngah remna leh
muanna a ni tih i hrechhuak ang a, thilsiam mawi takah
Amah chu i hmu ang a, inṭhianṭhatna dik takah a inhnaihzia i
hre ang a, duhthusam ropui tak tak leh thiltum zahawm tak
takah chuan a malsawmnate chu mahni hmasial tumna laka
fihlim lovah I hre thei ang
Kawngkhar chu taima takin kik la, puan chu a la chhuak
ang a, a ropuina leh ropuina zawng zawngah hmel ropui ber i
hmu ang

Pathian i hmangaih chuan a hmangaihna chu i hre mai
ang a, thil dangin a bum thei lo ang che
Thlarau lam hlimna i tem loh avangin thil tawn lamah i
hip a, i tem hunah chuan a danglamna chu i hre mai ang
Zalen takin duhthlanna nei rawh Engmahin khap che
suh la, tumahin thunun che emaw, i hlimna tibulaitu emaw
phal suh

I self hi cosmic whole-a a hranpaa awm a ni a, chu
perfect whole chu i zawng chhuak tur a ni a, chu chu blissful
consciousness i tawn theih nan leh Pathian hmangaihna
lawmnate i tem theih nan a ni
Mi tam zawk chuan an nun hmantlak leh thlarau nun
inkara inthlauhna tul tak siam thei lo an ni

Thlarau mi chuan sum a mamawh a, khawvel mi chu
Pathian tel lo chuan hlim takin a nung thei lo
Thlarau lam mi chuan hna a thawk a, a sawi loh thute
chuan: Pathianin chakna min pe a, tumruhna min pe a,
chuvangin chakna a tipung a, Pathianin a thawhrimna chu
mal a sawm a ni

Khawvel mi pawh hian hna a thawk a, mahse heti hian a
sawi: Keimah hi keimah ngeiin heng zawng zawng hi keimah
ka ni a, tumahin ka chungah duhsakna an nei lo va,
chuvangin beisei loh rah chu a chungah a thlen a,
hlauhawmah a tlu lut thin

Thil tih theih zawng zawng, tisa lam emaw, thlarau lam
thil emaw atân pawh ni se, thu bul dik takah innghat leh
chhia leh ṭha hriatna thununna leh ngaihtuahna inthlauhna
hnuaia awm a ni tûr a ni

Pathian lam hawi la, Amah hre reng la, i nun laipuiah
siam rawh Amah ko la, a kaihruai che a, a dante hnathawh
dan a kawhhmuh che hma loh chuan tawngtai rawh Pathian
ngaihtuah leh a awmna hriat hi a tha zawk tih hre reng ang
che, thlirletna leh hrihfhahna maktaduai khat ai chuan i
harsatnate chu nangmah chauhin i chinfel theih loh thu hrih
la, ngaihtuahna tluklehdingawn khat i ngaihtuah pawhin,
mahse a kuta i dah chuan a chinfel theih a ni tih hrih rawh
kaihhruaina hmasa la, chutah chuan kawng hrang hrang a\
angin ngaihtuah la, chinfelna \ha zawng turin Pathianin
mahni \anpuitute chu a \anpui \hin I rilru a thlamuang a,
Pathian hnena i \awng\ai hnua rinnain a khat hunah chuan
Pathian \anpuina leh kaihhruainain i harsatna chinfelna dik
tak chu i hmu thei ang

Miin thlarau lam thutak leh thil awm thei a rinna chu
hriatna tak takah a inthlak chuan, chu mi chu leia mithiam
zawng zawng aiin a hlawhtlingin a hre chiang zawk a,
Pathian hre chiang tawh Mi ropui tak takte chu Thutak,
Pathian chu an tawn avangin an buai lo va, rinhlelnain a
tibuai lo

Aw Lalpa, mitdel ka nih lai khan I lam panna kawngkhar
engmah ka hmu lo Ka mit i tidam a, tunah chuan hmun tinah
kawngkhar inhawng zau tak ka hmuchhuak ta a ni—pangpar
thinlungah te, thiante aw-ah te, leh fiahna ropui leh
hmangaih tak takte hriatrengnaah te Ka tawngtaina thawk
apiang hian I awmna hmun engkim huapzo biak in lam
panna kawng thar a hawng a ni
Ka hriatna chu hriat lohna cork-a sealed taksa bottle te
tak teeth chauh a inngat tawh lo I cosmic sea lai takah
chuan tuifinriat tui khawih lovin ka kal tawh lo I chhungah ka
muhil tawh lo, Aw Lalpa, i hriat loh emaw, i awmna hre lovin
Ka nihna zawng zawng chu tunah chuan i awmna pum puiah
a inhnim pil tawh a ni

I thiltih zawng zawngte chu Pathian nêna i inrem a,
nungchang tha dante i zawm chuan i hlawhchham lo vang
emaw, i bo lo vang Pathian hmangaihna chuan sual tam tak
ngaihdamna a tanpui tih hre reng ang che Pathian
hmangaihna i neih tak tak chuan—rilru rilru chauh ni lovin,
hmangaihna dik tak—i chhuah zalen ang
Thinlung hring leh ngaihtuahna vakvai nen Pathian
hnenah kan dil tur a ni lo, dilna lum tak takte chu Pathian
chhanna siam turin a tawh lo a ni Chu chhanna chu thinlung
thuk tak a\anga lo chhuak \awng\aina nasa tak, thinlung taka
\awng\aina hmanga hmuh theih a ni
Miin a nunah Pathian a rawn luhtir a, inthlauhna \ha tak
a siam loh chuan a nunphung eng pawh ni se, harsatna a lo
thleng ang

Aw Lalpa, nun fiahna leh fiahnate hlawhtling taka ka
paltlang hunah chuan I thilmak tawp nei lo fak leh hla satu
paradis sava ka nihzia leh ka thlarau nun hian awmna atom
tinreng a tuam vek tih ka hrechhuak ang
Ka hmangaihna tlemte chu ka harh chhuak a, ka tizau a,
chu chu thil awm zawng zawng nung leh chetna khawvel
pum huap hmangaihna thlarau nen a inzawm tlat a ni

Midangte hlawhtlinna tura tanpuiin keimah tan hian
thanlenna leh hausakna ka nei a, midangte hausakna leh
damna kawngah hian ka hlimna ka hmu thin
Scientist-te chuan vawi khat chu tui hi element
pakhatah an ngai a, mahse experiment-ah chuan hmuh theih
loh element pahnih, hydrogen leh oxygen te chu an inzawm
khawm a, compound water an siam tih an finfiah a Chutiang
bawkin thlarau lam thil tawn hmanga hriat theih thudik mak
tak tak a awm a, ngawi renga kan thut a, kan ngaihtuahna
chu chhungril lam a hawi chuan, direct-in Pathian awmna
chu kan tawng a, hei hi a mak a ni, a chhan chu a rah
chhuah chu pawn lam ni lovin chhungril lam a nih vang a ni
Ni eng a lo darh zel ang hian mi rethei leh kalsan tawhte
thinlungah beiseina eng ka theh darh ang a, hlawhchham nia
inngai te thinlungah chuan tumruhna leh mahni inrintawkna
khawnvar ka êng ang

Zan muang leh ngawi renga thuk takah te, hriatna
huangah te leh hriatnate man theihna hmun hla takah te,
Pathian Hmangaih tak nen chuan duhthusam thuk tak nen
inpawh rawh Amah chu ngaihtuah fo la, thinlung leh thlarau
tawngin biak la Tin, i thinlung chu A hnena i hlan hunah
chuan i hnen atanga Amah thuptu puanzar zawng zawng chu
a inthen vek ang a, hlahna leh ngaihtuahna fim tak takte
chu a inpek vek ang bo, A êng leh A hlimna nasa ber chauh
kalsan

Mi tam tak chuan Pathian ram chu space kil khatah a
awm a, Leilung hnim bawlhhlawh tak tak a\anga hla takah a
awm niin an ngai a, sual leh bawhchhiatna vibrations-in a
charge Thlarau ram zau tak takte chu a hnai hle tih an
theihnghilh Thlarau lama hmasawn tawhte chuan an mit an
khar a, dimensional Earth leh a tangible, perceptible matter
an bo a, chutih laiin chatuan dimension-te chu an chhungril
hmaah infinite vision-ah a lang thung thilhmuh
Technology-in hun a humhim chu nun thuk zawka zir
chiannaah hman tur a ni Practical activities leh sum hi

hamthatna thlenna hmanrua a ni a, mahse thil neihte bum
emaw, mitdel duhâmnain nun hlimna a tihbo phal loh emaw
a ni tur a ni

Duhthlanna pickaxe leh tumruhna hoe ka hmang a,
hriatna leilung ka lai chhuak a, nunna chakna tuikhuah ka
hmuchhuak a, cosmic energy nen pakhat ka ni tih ka
hrechhuak ta a ni I am not the body, but the celestial charge
of electricity that permeates the body

Lalpa, hriatna tuifinriat thuk taka thlarau ro hlute
hmuchhuak turin hun hlu tak ka nei tih ka hrechhuak Lei lam
inzawmnate chu thlarau lam hawi zawngin ka thlak ang a,
nun tum tihhlawhtlin nan ka duhna leh chakna ka tichak ang
a, thil dik ti turin min pui ang a, min fuih reng ang tih ka ring
tlat ang

He khawvel hian min thunun emaw, min thunun emaw
kan phal tur a ni lo va, Pathian tih loh chu engmah a tak tak
leh awm reng tur a awm lo tih kan theihnghilh tur a ni lo va,
hlimna dik tak chu Amah nena kan thil tawnah a awm tih kan
theihnghilh tur a ni lo

Ngaihtuahna hmun thianghlimah chuan meialh pahnih
ka hal a: zing khawvar leh ka harh chhuahna meialh
Ka duhthusam lum tak pangpar mak tak takte chuan i
awmna zawng zawng ke chu a hual vel a
Ka thinlung bêl chhunga hmangaihna pangpar atanga lo
chhuak i rimtui chuan ka nun kil tin a tuam vek a ni
Ka hlauhthawwna leh ka inbuatsaihna thlalakte chu I êng
eng mawi tak avang chauhvin a bo ta a ni, Aw Pathian, thi
thei awmna mumang atanga chatuan atana min tiharhtu
Fimkhur reng leh mit languid tak nen, i hmel tawp nei lo
chu chawlhsan lovin ka en ang a, a hmel leh a hmel thlum
!tak tak, a sawi nawn leh ngai lohte chu ngaihtuah chungin
Nunna leh thihna lam chu a awm reng a, mahse ka
thlarau lam thil awmzia chu ka la let leh a, chatuan atan ka
inzalên ang Tin, ka chhehvela thlipui a lo tleh a, fiahnain min

hmachhawn hunah chuan ka lawng chu nunna lui kalin
Pathian tuipui kamah ka kal ang
Harsatna leh chhiatna a lo thlen hunah chuan ka
tumruhna ka tichak ang a, hneh ka duhna ka tichak ang Tin,
midangte ngilnei taka ka enkawl chhung chuan Pathianin
chakna, finna leh rorelna dik min pe ang
Pathian hriat hi nunna atana mamawh hmasa ber leh
pawimawh ber a ni a, a chhan chu thlarau tan thlamuanna
leh thinlungah thlamuanna a thlen avangin Pathian chu kan
hrehawmna leh manganna zawng zawng tidamtu, kan
harsatna zawng zawng chinfelna, leh kan mamawh zawng
zawng tihhlawhtlinna a ni Kan thinlungin a duh em em thilte
—hmangaihna, hmingthanna, finna leh tamna—chung zawng
zawng chu Pathianah kan hmu vek a, thatna leh malsawmna
zawng zawng bul a ni
Thil tawn zawng zawng hi pawm leh hriatthiam theihna
hmanga teh a ni a, chuvangin ka thil tawn zawng zawngte
chu ngaihtuahna chakna hmanga hriatthiamna neia
tihchakna hmangin ka hmasawmna ka ti chak ang
Ka ngaihtuahna thuk takah ka hre che a, ka rilru thuk
ber ah i awmna ka hre bawh a, ka hmangaihna huana par i
par ka hmu bawh
I awmna rimtuiin min tikhat la, i rimtui malsawmna ka
hlim theih nan
Vanram piaah lam a\angin ka hnenah lo kal la, arsi te,
ngaihtuahna leh rilru put hmang te I hmel thianghlim ber
min hmuhtir la, ka thlarauah te, ka chhehvelah te, leh hmun
tinah te i awmna hi ka hrethiam ang che
Kum leh hun kal tawh zawng zawngah, duhna leh
duhthusam kawngah ka zawng tawh che a, tunah chuan ka
thlarau chhungah i awm a, ka rilru thianghlim ber berte i
chawh tho tih ka hrechhuak ta
Hriatna, ngaihtuahna leh thlarau rilru natna pangpar
hnuaiah hian ka lakah inthup tawh suh

Ka thlarau chu I finna lunghlu hmangin chei la, I hlimna
thli chu ka chhungah thawk la, ka mit leh ka hriatna atanga I
khuh tu thim chu ka hnen atangin la bo rawh
Aw Nang arsi leh van dum piah lama awm, leh boruak
leh thil nung zawng zawng leh awm zawng zawng layer piah
lama awm, ka hmangaihna thusawi ri chu pawm la, I
hmangaihna, I êng leh I thlamuannain ka nihna chu thunluh
rawh

Nun dan chu hetiang hi a ni: a sir khatah chuan hriat
lohna ruam thim a awm a, a lehlamah chuan finna chatuan
êng a awm bawk

Thlarau lama thanlenna daltu chu mahni hmasialna,
chapona, duhâmna, thinrimna leh a dangte hi a ni Hêng
mizia thim tak takte hian mi chu a neih tawh aia hriat lohna
thuk zâwkah a hruai emaw, a nawr emaw a ni
Mahse, Pathian duhzawng nena inmilna chuan zalenna a
thlen a, mihringin a chhungah awm mah se, a pawn lama a
zawn hlimna chu a pe bawk

Hun remchang \ha tak takte ni chu ka kawngah a eng lo
mai thei a, kawng chu a thim a, a thim a, fiahna leh
hrehawmnain a khat a ni thei a, chuti chung pawh chuan
harsatnate hmachhawn tur leh harsatna thim tak a\anga
chhuak turin theihtawp ka chhuah ang a, Pathian êngin min
kaihruai ang a, ka kawngah pawh a eng chhuak ang tih ka
thinlungah ka hria a ni

Ka chakna zawng zawng hi Nangmah lak a ni, Lalpa, I
finna leh thiltihtheihna tel lo chuan ka nun hian hlutna leh
!awmzia a nei lo I va ropui tak em, ka va tlem em
Mihring anga inchhuang chhan tur kan nei ngai lova,
chuti chung pawh chuan kan tihsualte hian min ti beidawng
tur a ni lo Kan fiahna êng lam kan thlir reng tur a ni a, kan
tihsual atanga zir chhuak tur a ni a, eng thil pawh thleng se
Pathian lam hawi tur a ni

Pathian chu famkimna awmchhun a nih avangin hriat
lohnaah finna hi enfiah ka tum ang a, chak lohna karah

hriselna ka hmu ang a, buaina karah pawh thlamuanna ka
nei ang

Pathian chu ka thlarauah leh ka chhehvelah a awm a,
min vengtu leh min enkawltu a ni a, chuvangin ka nun
kawngkhar-a A kaihhruaina êng êng tichhetu hlauhna
chhumte chu ka paih bo ang

Lalpa, ka thiante hi khauh takin ka sawisel lo mai ang
Mahse, anmahni insiamthat turin ka thurawn an zawng a nih
chuan, I kaihhruaina leh fuihna atanga inngaitlawm tak
rawtna ka rawn pe ang che Nunnem tak leh hmangaihna
nen, nawr luihna leh nawr luihna laka fihlim takin, I hnena
tlutute hruai turin min pui ang che, chutiang chuan mize
thim tawhte chu I finna êng tilangtu zirtir êng takah ka
chantir thei ang

Vawiin hian ka nun huanah finna, hriselna, hausakna leh
hlimna chi ka phun ang a, ka thinlung duhthusam a lo thlen
hunah Pathian hnenah lawmthu ka sawi ang
Ka thiltih apiang chu Pathianin a kaihruai tih ngaihtuahin
ka rilru ka tithianghlim ang

Vawiin hian ka ngaihtuahna, thusawi leh thiltih hmanga
ka nunah remna leh inthlauhna lantir turin ka thawk ang a,
Pathian duhzawng nena inremna neih theihna turin ka
chakna leh duhna zawng zawng ka dah vek ang

Aw Kan thinlung lalthutphah chungalal, I hmangaihnaa
inpumkhat, kan duhthusam leh kan thlarau duhzawngte
pawmtu, min zavaiin Malsawm la, kan kawng ata daltu te
paih bo la, kan chhungril ata hriat lohna thim chu paih bo
rawh

I kaihruaitu êng chu kan kawngteah eng rawh se Kan
rilru tiharh la, i hnaih avangin min ti lawm la, kan hnenah i
awm reng tih i hriat theih nan

Mahniah rinawm rawh Khawvel hian inngaihluhna a
hmangaih avangin a rinawm lo che Mahni in rinawm chuan
chhungril thlamuanna kawng i hmu ang

Nakinah ni lovin, tunlai hunah chauh nung rawh Vawiin
hian theihtawp chhuah la, naktuk lam ngaihtuah suh
Lalpa, mihringin thil tum a tum zawng zawng hian a tan
hlimna tlemte chauh a thlen a, hlawhtlinna lallukhum khum
vek ni mahse Nangmah ka hmuh hian Lalpa, hlimna famkim
leh nghet tak bul chu ka hmu ang
Hlimna pe thei thil neihte chu ngaihtuahna pawnah a
awm reng a; an thilpek hlimnate nen chuan ngaihtuahnaah
luh theihna chu thil awm lo leh suangtuahna hmangin an
hmu a ni
Kan thlarau bulpui ber, hlimna thianghlim chungchang
erawh chu, ngaihtuahna inrem tak hmanga hmuh theih a ni
a, kan hnaih a, kan thlen theihna hmunah a awm bawh
Hriatthiamna hlimna thlentu pawn lam thilte a bo chuan,
chuta tang chuan hun rei lote chhunga hlimna lo chhuak chu
anmahni nen a bo vek a, mahse thlarau chhungril hlimna
chu mi pakhatin a inrem dan a hriat chuan a bo lo va, emaw,
chu mi chuan tumruh taka a ngaihtuahna chu thil danglam
thei thil danglam takah a khung loh chuan a bo lo va,
chutiang chuan a hlim lo ta a ni
Thlarau hlimna, Pathian hlimna chu a tharin a awm reng
a, chatuan atan a awm reng a ni
Vawiin hian ka chhungrilah thlamuanna leh hlimna ka dil
ang a, ka finna kulhpui chu duhthlanna, remna leh
hmangaihna ka vawng reng ang a, Pathian hnenah
lawmthu ka sawi ang a, ka thlarau lawmthu sawina leh ka
thinlung duhthusam tharte chu A hnenah ka chawisang ang
Khawvela ka hloh chu ka thlarau tan hlohna a ni lovang
Ka nun vanah a tlak ngai loh kaihhruaina Pathian arsi
chu rinna leh rinna nen ka en reng ang
Aw Lalpa, kan ngaihtuahnate hi I hlimna min hriat nawn
tir theih nan malsawm la, I hmangaihna an hriat theih nan
kan rilru put hmangte malsawm la, I duhzawng an duhsakna
turin kan duhzawngte malsawm la, thil tha leh ropui zawng
zawng zawm tura min fuih theih nan kan thil tumte malsawm

la, kan thinlungin a duh em em leh kan thlarauin a zawn
hlimna tawp ber chu Nang hi i ni tih i hrechiang ang u
Ka ngaihtuahna hian hlawhchhamna emaw, hlawhtlinna
emaw min thlen dawn tih ka hria a, chu chu ka rilruah eng
ngaihtuahna nge a nghet ber tih a zirin Chuvangin Pathian
chu ka hnenah a awm a, chiang taka ngaihtuah turin min pui
a, min fuih thin tih hriat reng nan theihtawp ka chhuah ang
Aw Lalpa, muanna darthlalangah hian nitin thlamuanna
hmel ka hmu a, i hmel leh nitin thinlung thenkhatah i
hmangaihna leh thlamuanna tiharh turin ka thawk ang
Aw cosmic mother, zan huan a\angin arsi te chu ka la
chhuak ang a, hmangaihna thilpek atan ka hlan ang che Thla
bial chhunga i hmel eng tak ka en apiangin i nuihzatthlak tak
takte chuan ka lungkhamna a ti bo a, ka lungngaihnate chu
a silfai vek ang
:tih chian nan

Hriat lohna chu ka hnawtchhuak ang a, ngaihdan dik
lote chu ka paih chhuak ang a, hmangaihna leh mihring
lainatna zalenna lam pan chuan boruak zau tak leh thlirna
tlemtte cellar atang chuan ka tho chhuak ang
Pathian awmna chu thinlung ngilnei leh thlarau lam
duhna nei, Amah hmangaih leh theihnghilh ngai lote zingah
a lang chiang ber a, Thlipui a tleh a, harsatna thlipui a lo tleh
hian an nun lawng chu Pathian venhimna tuipui kam him
takah an khalh thei a ni

Thil siam thlarau thiltihtheihna ka nei a, khawvel pum
huap rilru nen pawh kan inzawm a, Pathianin min kaihruai a,
thil leh harsatna zawng zawng chinfelna kawngah min pui
thin tih ka hria

Aw ka Pathian duh tak, mit meng leh ka rilru mit nen ka
hmu ang che a, duhthusam leh inpekna zawng zawng nen
chibai ka buk ang che a, ka tih tur ka hlen lai hian ka
ngaihtuah ang che, thinlung tawng leh thlarau tawngkam
hmangin ka ko ang che

Natna hlauh emaw, dam leh tawh lo tura rin emaw chu
mi pianphungah a ni thei Hetih lai hian taksa leh nungchang
lama hriselna kawnga nungchang hrisel tak takte chu an nei
tur a ni a, Pathian tihdam theihnaah rinna nasa zawk an dil
bawk tur a ni

Pathian hmangaihtute nena inpawh leh inbiakpawhna
hian kan duhzawng a chawm a, kan thinlung a ti thlamuang
a, kan hriatna level a tisang bawk
Mahni thutlukna siam

Vawiin hian nunna min petu Pathian hi ka ngaihtuah
dawn a ni, a chhan chu Pathian ngaihthah vek chungin tisa
lam thila rilru put hmang hian tisa lama hrehawmna leh
thlarau lama hlim lohna chauh a thlen dawn a ni
:tih chian nan

Vawiin hian Pathianin thiltihtheihna min pekte hi a tha
thei ang bera ka hman theih nan keimah ka in tanpui ang a,
Pathian hnenah min pui turin ka ngen ang a, ka thawhrimna
malsawm a, hlawhtlinna ka pe ang

Mihring duhzawng chu tihsualin min kaihruai hian min
bum a, min hruai sual a; mahse finnain min kaihruai chuan
Pathian duhzawng nên min thlunzawm thên Vawi tam tak chu
mihring duhzâwng chu Pathian thiltumte nên a inkalh a, chu
chuan hrehawm tawrhna khur leh hrehawmna thangtea tlu
lo tûra min tanpuitu thlarau lam kaihhruaina chu min hloh
phah a ni

Ka theihna emaw, ka talent neih zawng zawng emaw
chu Pathian lawm zawng leh mihringte rawngbawlina zawng
zawng tihnaah ka hmang vek ang
Hriatna famkim lo chu a hlauhawm hle a, a zawngtu chu
chapo leh mahni inrintawkna nei turin a hruai thei a, thlarau
chhunga zawn nasat leh thuk taka inhnim pilna chu a titawp
thei a ni Mahni pawimawhna inhriatna nei lote chauhvin
Pathian hnaih an neih hma loh chuan khawngaihna leh
thlarau lamah an pung Dik tak zet a ni Dik tak chuan chibai

buktu thinlung tak takte chu engmah lo a\angin an fihlim a,
chaponah leh inlanna a\angin an hla hle
Miin amah a inhriat a, a thlarau lam thil a khawih hian
nun tawn zawng zawngah leh dinhmun zawng zawngah
pawh a zuitu chhungril hlimna a nei a ni

Vawiin hian thil siam chakna zawng zawng bul leh
hriatna zawng zawng tuikhuah chu ka hnenah a awm reng
tih hriain, hmalakna rilru ka tiharh ang a, tihhlawhtlin
theihna chu ka tichak ang

Pathian thiltihtheihna chu tawp chin nei lo a ni tih ka hre
chiang a, nun harsatna ka tawhte hneh thei tur leh ka kawng
daltu zawng zawng paltlang turin chakna min pe a ni tih ka
hre chiang hle

A tawpah chuan lungkhamna laka chawlh hahdamna leh
hrehawmna laka zalenna kan hmuhna vanram in kan thlen
theih nan kan thinlung leh rilru Pathian lam hawi a hun tawh
hle

Pathian thilpek nunna, ni eng, ei leh in leh a malsawmna
dang zawng zawng dawng turin kan kut kan phar a, mahse a
khawngaihna tam tak min pekte karah pawh hian, Amah hre
!rengtu hi an va tlem em

Aw universal law Pathian, chhijatna atanga lo piang ka
hliamte hi I dikna kut malsawm atanga badge tling angin ka
ha ang che

Nitin ka harsatnate hian thil dik lo (illusions) dotu atan
hna thawk la, khawvel hlimna nghet tak neih beiseina chu
min tibo rawh se

Midang tihduhdahna avanga ka mittui tla hian ka rilru a\
anga bawlhhlawh thup \henkhat chu silfai se ka duh khawp
mai

Disturbance pickaxes atanga sharp blow apiang hian ka
chhungah thuk tak thar a hawng se ka duh khawp mai
Pathian duhthusam chu tuifinriat thuk taka chhuitu,
thlarau lam hriatna tuifinriata pil ang mai a ni tur a

ni.Ngaihtuahna hmanga an chhungril hmuhna hawnsak
tawhte chuan an thinlungah Pathian awmna chu an hre thin
Lalpa, ka hriatna chu tihkhawtlai leh ngaihtuahna chak

lo a\angin ka hnenah i awm reng a, min thlawp a,
ngaihtuahna mawi tak tak leh hriatna sang tak tak hmangin
min fuih tih hriatna chiang takah min chantir theih nan min
pui ang che

Lalpa, ka hriatna chu tihkhawtlai leh ngaihtuahna chak

lo a\angin ka hnenah i awm reng a, min thlawp a,
ngaihtuahna mawi tak tak leh hriatna sang tak tak hmangin
min fuih tih hriatna chiang takah min chantir theih nan min
pui ang che

Ka hre reng ang che, Lalpa - intluktlangin - harsatna leh
awlsamnaah te, natna leh hriselnaah te, hriat lohna leh finna
lamah te

Pathian ka hmangaihna leh Amah ka duhna hriatrengna
chu chatuan atan ka ti eng ang, chutiang êngah chuan A
hmel mawi ber ber chu ka hmu thei ang

Hmai nuihzatna chu thinlunga nuihzatna nen a inmil
famkim chuan thlarau nuihzatna chu a eng chhuak thin
Aw ka Pathian duh tak, harh chhuah zingah te, chawhnu
lam hnathawhnaah te, kum upa lam tlai lamah te, a tawp
bera inhmuhna zanah te ka chibai buk ang che

Ka chhungril hriatna khawih hmangin vawiin hian ka
thlarau lam radio chu cosmic broadcasting frequency-ah ka
tune ang a, lungkhamna thawm chu paih bovin Pathian
hmangaihna hla ka ngaithla ang

Mi rinawm berte pawhin Pathianin an tawngtaina a
chhang lo niin an ngai \hin a, mahse ngawi rengin a chhang \
hin a, thlarau dan ang chuan \awng\aina chu malsawmna
dawng tur chuan thinlung tak, tum thianghlim leh tum nei
tak a ni tur a ni

Lalpa, thinlung na tak takte tan thlamuanna balm ka
hlan ang, Nangmahah thlamuanna thlum tak an hmuh theih
nan Thlarau lungngai zawng zawng tan ni êng rang tak, rilru

ro tawhte tan nunna pe thei ruah min siamsak la, tihduhdah
tuarte tan ngilneihna thilpek min siamsak bawk ang che
Hlimna lam hawia bul tanna hlawhtling tur chuan nun
dan dik, ngaihtuahna fim tak, thlarau lam hawi zawng, leh
Pathian rinna thuk tak a ngai a ni
Thlarau lam hlimna nei lo nun chu nun dull, eng mawi lo
a ni a, a phurritte chu hahthlak leh rit tak a ni
Khawvel thawm leh buaina atang hian i theih phawt
chuan inthiarfihlim la, mahni chauha awm theihna tur leh
Pathian ngaihtuah theihna hmun reh tak tak zawng rawh
Inhriatthiam lohna leh inrem lohna thim a awmna
apiangah chuan ka hmangaihna leh remna êng chu ka theh
darh ang
He khawvel hi a mak a, a chhunga thil awm zawng
zawng hi inthlak danglam leh inthlak danglam theih a nih
avangin, chuvang chuan mi chuan a hlimna lawng chu he
khawvel kamah hian a nghat tur a ni lo
Khawvel mak takah kan cheng Nun tum awmchhun ei
leh in, hlim leh mut mai mai te hian mihring nun makzia hi
an hre chiang lo
Aw Lalpa, kan hlimna luite chu hun rei lote chhunga tisa
hlimna sands-a an bo loh nan kaihruai ang che
Kan lainatna luite chu mahni hmasialna thlaler hring dup
takah chuan a vawt a, a vawt tir suh ang che
Kan emotion channel te hi i hmangaihna lui tawp nei lo
nen hian inzawm tir rawh se
Kan nun luite chu I malsawmna ruah tam tak nen chuan
zau zel se, an tui level pawh sang zel rawh se, midangte rilru
put hmang ngaihsakna, inpekna leh ngaihsakna hmun zau
tak takte chu paltlang se, a tawpah chuan - thianghlim leh
thianghlim takin - I malsawm tuipuah an luang lut thei ang
Hlawhtlinna dila tawngtai a, chutih rual chuan a rilruin,
“Ka hlawhtlin ka ring lo,” a ti a, a hlawhtling lovang

Pathian êngte a eng theih nan leh van malsawmna a lo
chhuk theih nan rinna nghet tak leh thinlung inngaitlawm tak
nen tawngtai a ngai a ni

Telephone chhe tak hmanga thu sawi theih a nih loh ang
bawkin, mi pakhat tan chuan lungkhamna, lungkhamna,
lungawi lohna leh thil rei lote chhunga innghahna hammer-in
a tihbuai tawh rilru hmanrua hmanga a tawngtaina chu \ha
taka a puan chhuah theih a ni lo

Refined, constructive vibrations nena inremna thuk tak
leh refined, constructive vibrations nen chuan mental
apparatus chu siamthat leh calibrate theih a ni a, chutiang
chuan a thlarau lam dawngsawng chakna chu a tipung thei
a, chutiang chuan thinlung atanga thuchahte chu Pathian
hnenah tha tak leh tangkai takin a thlen thei a, All-Hearing,
the Responsive hnen atangin malsawmna dawng thei a ni ta
a ni

I chhungril lama mumang piah lama thlamuanna leh
hlimna tuifinriat tawp nei loah chuan tui chawi la, tui chawi
rawh

Aw Siamtu Chungnungber

Van lama arsi eng mawi tak takte, tlangte, leh ni meialh
alh tak takte chu i awmna pumhlum lantîrna leh lantîrna
ṭhenkhat a ni

Amah ngaihtuah rengna, Amah hriat duhna thinlung tak
tak leh thinlung taka dilna hmanga Pathian hmuh chu a awl
hle a ni Amah hi thlarau lunghlu laihchhuahna hmuna zawn
leh chhui tlak ro ropui ber a ni

Thlarau duhthusam bang chungah chuan duhthusam
kang matchstick chu an vawm chuan, a zawngtu thinlungah
chuan Pathian hmangaihna meialh a lo piang ta a ni

Aw Lalpa, thil mawi tak takte hi I mawina a\angin
mawina an lo boral avangin a mawi a, chu chu thilsiamah
emaw, mihring zingah emaw, hmuh theih zawng zawng aiin
teh theih loh khawpin a mawi zawk a ni

Pathian hmangaih leh a chhiahhlawhte hmangaih hi a
mak a ni Amah kan hmuh hian mi tinah a hmangaihna kan
hre thin Khawvel pumah hian hmangaihna thiltihtheihna aia
thiltihtheihna ropui a awm lo

Mi pahnih emaw a aia tam emaw dam chhung ðhian an
nih chuan hmangaihna thianghlim lantirna emaw, thlarau
ðhian nihna emaw a ni

Lalpa, chu hlimna ropui ber chu mi zawng zawng hnena
ka chan theih nan I hnaih hlimna chu min pe la, I êng chu ka
hmu ang, chu chu ka hmuh chuan thinlung a tidam a,
lungkhamna thlalak a ti bo a ni

Ka sava duh tak chu mahni inkharkhipna khur atang
chuan tlanhhuakin zalenna ramah chuan thlawk rawh se,
thlarau hla sa se, a ri chu hmangaihna thinlung leh rilru
inrem zawng zawngah a ri chhuak thin

Kan thlarau lam hriatna thlipui chuan kan dilna rimtui
leh Nangmah kan duhna lo pung zel rimtui chu phur rawh se,
Aw Lalpa

Thil ka duh lai chuan ka hmuh chuan ka lawm a, midang
hnena ka pek chuan ka lawm leh thin

Pathian chuan ðawngðaina hlimthla chu a chhâng lo va,
mahse, Amah chu thûk tak leh tih tak zeta dîltu leh rinnain a
khat thinlung pu chungah Amah autute hnênah a lo kal ngei
ang

Dan \ha zawm tur chu ngilneihna te, thinlung tak tak te,
rinawmna te, mi dangte hmangaihna te, thil tumte enfiahna
te, leh mahni inthununna te hi a ni

Aw Lalpa, kan thinlung hnahte chu hawng la, kan
thinlunga hmangaihna rimtui dahkhawm chu Nangmah hmu
duhna thla chungah chuan thlawk rawh se

Aw Lalpa, I finna ni êng chu ka hlim taka ka hlawhtlinna
ni-a min kaihruai turin min tir la, lungngaihna zan thim tak
ka zawh apiangin I khawngaihna thla êng min tir bawk ang
che

Ngaihtuahna rimtui tak tak, par chhuak chu thinlung
taka dilna chi a\angin a lo thang lian a, a lo lang chhuak a,
ngaihtuahna rilru tiharhtu vur chuan a tui a ni
Thian rawngbawlina inthlengna hmanga mahni tenau tak
kan theihnghilh hunah chuan kan hriatna a zau ang a, mahni
ropui tak pakhat chu kan kaltlangin hna a thawk tih kan hmu
ang

Thian nihna dik tak chu nun kawng hrang hranga kan
in\anpui tawn theihna êng a ni
He khawvelah hian tihduhdahna, khauhna leh rilru put
hmang ngaihsak lohna tam tak ka hmu a, chutiang
nungchangte chu belhchhahna tur dikna ka hmu lo
I ngaihtuahna lawng chu rilru buai leh hriatna lama
harsatna nei tui buai tak chungah chuan chuang rawh
Lungngaihna hian lungngaihna a tipung a, lungngaihna
damdawi tha ber chu thlarau thlamuantu leh rilru ti lawmtu
Pathian awmna khawih hi a ni

Aw Pathian Damdawi thiam, kan taksa a\angin natna
hnawt chhuak la, kan rilru thlirna (horizons) zau la, chak
lohna leh chak lohna a\angin chhuah zalen la, I awmna êng
êng tak hmangin kan thlarau a\angin thim chu paih bo rawh
Pathian lam panna kawng chu thutak, rinawmna,
nghetna, chhelna, ngaihtuahna seng, hmangaihna,
duhthusam, tumruhna leh rinna hmanga siam a ni
Mihringte hmanraw hman dan chu a tling tawk lo va, a
hlawhtling lo tih a hriat chuan Pathian Engkimtitheia hnenah
kan hawi a, A tanpuina kan dil a ngai a ni

Ka thiltih leh nungchangah hian keimah chauh hian
mawhphurtu ka ni a, a chhan chu midang tumah zawhna leh
chhanna an dawn loh vang a ni
Pathian khawngaihna ni chu kan nun boruak zau takah a
lo eng chuan malsawmna a tam a, tikhawtlai a bo thin
Ngawi renga tuikhuah atang chuan ka thlarau tuihalna
tihreh nan Pathian finna tui thianghlim leh thianghlim tak
chu ka la chhuak ang

Remna hi thlarau lam thil chhinchhiahna a ni Chuvangin
ka thlarau nun hi ka chhungril lama thlamuanna ka neih zat
atang hian ka teh ang
Lalpa, I finna hian ka hriatthiamna a chhawm nung a,
hmun tina I awmna hian ka nunah a tuam tih ka hrechiang
ang

:tih chian nan

Ka hriselna leh chakna ka vawng reng a, nungchang
lama hlutna ka zawm hian ka nunphung hmangin mihringte
ka pui thin

Ka mitdel lai khan i lam panna kawngkhar pakhat mah
ka hmu lo va, mahse tunah chuan ka mit i lo meng tawh a,
khawi hmunah pawh kawngkhar ka hmu ta

I hmel êng tak zing takah chuan ka duhthusam roses
chu ka thinlung huanah chuan a par ang a, chu roses atang
chuan pangpar ka hrual ang a, i malsawmna kawngka bulah
ka dah ang

Aw Lalpa, I hmangaihna êng chu ka thlarau hmuna a
rawn eng angin, hriat lohna vur chu a bo vek a, rinhlelhna
chhum chu a bo ta vek a ni

Aw êng tuikhuah, cosmic rays bang hnuaiah i inthup a,
hmun tinah i lan chhuah ka hmuh theih nan ka hmuhna
kawngkhar chu hawng rawh

Pathian venhimna hnuaiah ka awm reng tih ngaihtuah
reng chungin a hmasa berah leh engtik lai pawhin himna leh
himna ka dil ang

Ka Pathian duh tak, kawng dik atanga ka kal bo chuan
ka kut chu la la, chu lamah min kaihruai leh rawh Ka
hlawhchham a nih chuan hlawhtlinna min neihpui rawh Tin, a
chung berah chuan ka hriat loh chuan finna ka neih theih
nan min pui ang che

Hlim taka awm tura thutlukna nghet tak siam hian a pui
ang che Thil awmdan inthlak hun nghak suh la, i harsatnate
chu chutah chuan a awm tih ngaihtuah suh Tin, hlim lohna
chu i nunah thil tih dan pangngaiah dah suh, chuti lo chuan

nangmah leh i chhehvela mite a nghawng tha lo ang I hlim a
nih chuan nangmah leh midangte tan malsawmna a ni
hlimna i neih chuan engkim i nei a, i hlimna chuan Pathian
nen in inrem tihna a ni
Nizan lama kan thil tihte hian kan tunlai hun awm dan
tur a hril a, kan tunlai thiltih hian kan naktuk chu eng ang
nge a nih dawn tih a hril dawn a ni
Kan chhungril atangin hriat lohna hi tihbo hmasak a ngai
a, chumi hnuah chuan a awmna chu kan pawn atangin a bo
vek ang
Hlimna rei lo te leh hun rei lote chhunga thil tum zawng
zawngte chu Pathian hriatna chatuan meialh tihalh nan
thingpui lumna atan ka hmang vek a ni
Pathian chuan Amah chungchanga ka ngaihtuahna chu
ngaihtuahna inrawlhtu leh rilru tibuaithu zawng zawng aiin a
chak zawk chuan ka hnenah a inpuang ang
Thlarau thlipui ri bengchheng tak takte chuan ka
thinlung chu ka luah khat ang a, thlarau tuihalte no-ah chuan
duhthusam tui hahdam tak, eng tak chu ka theh lut ang
Thlipui chuan a thlawptu tuifinriat zau tak khawih chu a
hre ngei tur a ni Ka hriatna chu a thuk zawng zawng huapzo
thlarau tuifinriat chu ka hre ta a ni
Chumi thup tu mask hnung lama thudik thup chu zawn
chhuah tumin theihtawp ka chhuah ang a, chutah chuan
pawn lam thiltihtheihna khawngaihna hnuaiah ka awm tawh
lo vang
Tanpuina chu a mamawh ber hunah a lo thleng ngei ang
tih ka ring, Pathian danin a thawk \angkai si a
Harsatna kan hmachhawn leh kan hmachhawn tur
harsatna awm lo a nih chuan nun awmzia chu eng nge ni
?ang
Lungngaihna a khuh leh beidawnnain a khuh lai hian i
:aw chu a rawn ri chhuak ta ka hre ta a

Ka venhimna ni chu i nun chhunga darkar eng ber leh
thim ber berte pawhin a êng vek Ring la, nui la, ka damna
êng chu i nuihzatna langtlang tak hmangin eng rawh se
Aw Lalpa, I awmna sang ber chu a ropuina leh ropuina
zawng zawng nen a eng chhuahna Pathian hmangaihna biak
inah hian kan thinlungte chu inzawmkhawm rawh
Kan tum ber chu nangmah chauh i ni tih i hria ang u Kan
theihnghilh che pawhin min theihnghilh suh la, kan hre reng
lo che a nih pawhin min hre reng ang u
Kan duhsakna che chu a lo kal a, a kal a, a eng thei a, a
bo thei bawk a, mahse nang chu thuthlung chu chatuan atan
i ding reng a, Aw ngilnei leh hmangaihtu
Kan thlarau duhsakna leh kan thinlung hmangaihna hi
pawm la, Aw Lalpa
Ka hmangaihna net chu hriatna tuifinriatah ka paih a,
man hlu tak ka man ta a ni
Lalpa, ka thlarau êng chu i êng lian zâwk nêh a inhmeh
theih nân leh ka thinlung chu i Pathian hmangaihna nêh a
hruah theih nân ka ngen a che, chutiang chuan i êng leh
hmangaihna chu thlarau inrem zawng zawngah ka theh darh
thei ang
Vawiin hian Pathian bula awm turin hun ka hlan ang a,
ngaihtuahna âthlâk tak takte ngaihthah a, inbumna dik lote
hnawl a ni ang
Ka thlamuanna van boruak luah khat hlimna êng chuan i
lo thlenna malsawmna chu a puang chhuak a, Tunah emaw,
nakinah emaw i inpuang emaw, ni khat chu ka thinlungin a
hmangaih leh ka thlarauin a duh em em che hi ka hmu ngei
ang che
Environment hi chi hnih a awm a, chungte chu:
chhungril boruak leh pawn lam boruak a ni a, nghawng tha lo
lakah ka inveng ang a, thutak leh dikna ka bei ang
Khawvelah hian thil tha lo aiin thil tha a tam zawk tih ka
hrechhuak a, a chhan chu Pathian hi thil awm zawng zawnga
thiltihtheihna ropui ber a nih vang a ni

:ruangam siam

Nitin rilru leh taksa lamah pawh ka thawkrim ang, rilru

lama dinhmun nghet lo leh taksa tihchak lohna hi thlarau

lama hmasawnna a tichhe vek a ni

Aw ka Pathian duh tak, Nang chauh lo awm zawng

zawng hmu lo, I mawina ropui ber tih loh chu mawina zawng

zawnga engmah hre lo mit kha min hawng ang che

Leilung nun hun rei lote chhunga ramsa mantu chuan

min bum a, himna leh himna dik lo tui thuk lo leh thuk lo

takah kan inphah lai chuan, hriat lohna thihna thlen thei net

chuan min khar a ni

Aw Khawngaihna neitu, khawvel duhzawng leh thil

tumte web hlauhawm tak ata chu min chhanchhuak la,

Pathian inpawlna thuk tak reh takah min luhchilh theih nan

min pui ang che, chutiang chuan inbumna leh bumna thang

ata chatuan atan chhandam kan ni ang

Pathian êng aura-in min hual vel tih ka hria a, chutah

chuan thlamuanna, remna leh thlarau lam hlimna a awm a ni

Thlarau êng thianghlim chuan keimah a lo eng theih nan

hriat lohna hnim hring chu ka silfai ang

Mi tu emaw chu taksa lamah te, nungchang lamah te,

leh thlarau lamah te a hlawhchham mai thei a, chuti chung

pawh chuan a thawhrimna chu a let hnih a tihpun a, Pathian

êng a êng tih a nemnghet chuan Pathian hnaih zawkin a

inhria ang a, an dinhmun chuan Pathianin thinlung taka

ṭawngṭaina leh ngaihtuahna \ha tak takte a chhâng \ha ang

a, hei hi hlawhtlinna daltu hnehna kawng \ha tak a ni

Miin thil a tih hmain duhthlanna zalen a nei a, mahse a

thiltih zawhah chuan a rah chhuah chu a zui zel ang, a duh

emaw duh lo emaw; hei hi karma dan a ni Chuvangin, thil tih

hmaa ngaihtuah hmasak hi a finthlak hle

Remna duhtu leh Pathian thlum tak tak tem duhtute

chuan a man an pe tur a ni a, chu man chu thlamuanna chin

leh remna siamna atana hun tul tak hlan hi a ni Stress hneh

theihna kawng tha ber chu chhungril thlamuanna, hlimna leh
thlamuanna nena inmil hi a ni
Lalpa, ka kut hian hna a thawk che He khawvelah hian
chanvo min ruat a, ka thil tih zawng zawng hi i chawimawi
nan ka ti thin
Pathian hnena kan nun kan hlan hian nun hi symphony
mawi takah a inthlak tih kan hmu a Tin, kan hna zawng
zawng kan thawh lai hian Pathian awmna hriat kan tum
chuan nitin kan tan hna bik a thlang a, chu tihlawhtling turin
min pui thin tih kan hmu ang
Thlarau thatna lantîrnaah hian thlamuang taka nun
theihna kawng awmchhun chu kan chhûngah hian in chu
paradis-a chantîr theihna thiltihtheihna a awm a ni
Inngaihtlawmnain chapona ka hneh ang a, huatna chu
hmangaihna ka hneh ang a, phurna chu thlamuannain ka
hneh ang a, mahni hmasialna chu midangte tana
ngaihsaknain ka hneh ang a, sualna chu thil hain ka hneh
ang a, hriat lohna chu hriatnain ka hneh ang a, lungkhamna
chu Pathian ngaihtuah leh ngaihtuah thlamuanna hmangin
ka hneh ang
Kan thiltih zawng zawng hi thlarau lam hriatna chhungril
aw hian a kaihruai tur a ni
Kan nun hi awlsam zawka siam a tha zawk Mi êng nei,
an ei leh in lama sum khawl thiam, dinhmun uluk taka
khawsa, chutih rualin taksa thiltih leh chakna tam tak nei ka
hmuh tawhte, a chhan chu an rilru chu pawn lam hriselna leh
lungawina chhuahna hmuna innghat vek lo turin an zirtir a ni
Finna sâng ber berte chungah thlamuanna thlawhna chu
thlawk la, chatuan mawina leh hlimna thar ram chu vak kual
rawh
Aw Lalpa, soal lakah min hlat la, thil tha lo ka hriat loh
nan, thil tha lo ka hmuh loh nan, thil tha lo ka sawi loh nan,
tha lo ka thaw chhuak lo ang a, soal ka khawih loh nan, soal
ka dahkhawm loh nan, thil tha lo ka ngaihtuah loh nan mal
min sawm ang che

Nitin kan hnenah awm la, Lalpa, thlarau lungawi tak leh
 I awmna thianghlim rimtui tak thinlung pu chung a kan hnate
 kan hlen chhuah theih nan
 Kan hrehawm tawrhna laka zalen kan duh avangin
 thlarau lam zirtirna lam kan hawi Khawvel kalphung leh
 hmalak dante hi a chinfelna a ni lo Pathian chu a chinfelna
 Mihringte tan finna eng hmanga hriat lohna thim tiharh leh
 tihbo a hun tawh Nunna atana thil ropui ber chu chhia leh
 tha hriatna thianghlim hmun thianghlima awm hi a ni
 Mi zawng zawng deuhthaw hian thlarau lamah hma an
 sawn lo tih an hria a, chu chu an beih nasat lai pawhin an
 inthlak danglam lo emaw, an hmasawn lo emaw tih hi thil
 tam takin kan hmasawna a tikhawlo thei a, heng thilte hi
 hriatchhuah a, hmachhawn dan leh hneh dan zir hi nun hi
 thil tum nei tak, ngaihtuah chian leh thlirletna neia thlir hi
 kan mawhpurhna a ni
 Mi dangte rilru lam leh thil lama tanpuina petu leh a
 thinlung ngilneihna leh lainatnain a khat chuan a thilpek chu
 a hnenah a lo let leh tih a hmu ang
 ?Duhthusam Thing Eng Nge Tihlawhtling



Hun rei tak kal ta khan ram pakhatat mi rinawm tak,
 ram pakhatat a awm a, kum tam tak chhung chu tlang inkar
 ah thing hmuh tur awm lo tak, Wishing Tree an tih zawngin a
 zin kual a
 Thufing chuan heng thing mak tak takte hi Paradis-a
 nymph-te phun a ni a, thlarau lam discipline khauh tak an tih

avanga lawmman atan ascetics-te chauhvin an hmu niin an sawi Heng thingte hian an hnah hnuaia thu apiang duhzawng leh duhzawng tihhlawhtlin theihna an nei niin an sawi

He hermit hian a rilru chhungril takah chuan a

thawhrimna avang te, a duhthusamin harsatna a pawm avang te, leh a tan a ruat discipline khauh tak a zawm avang te chuan chu thing chu hmuh a phu tih a hria a Mahse heng thiltih leh exercise zawng zawng te karah hian zir tur a la nei a While he did desire enlightenment, he also harbored other, less significant desires

Chu duhzawngte zingah chuan Duhthusam Thing hmuh

duhna chu Tlâng kawng hrual hrual tak takte chuan a thinlung duhzâwng thil tum leh a duhthusam thuk ber tihhlawhtlinna kawnga a kekawr bul hrual chu a tichhe vek tawh A chhungril rilru put hmang chuan a duhzawng chu tihhlawhtlin a nih dân tih a tichiang reng a, chu thing chuan a thlarau lam thawhrimna lâwmman pianpui angin a nghak reng a, chu chuan a theihna leh a pel a ni mi pangngai tuar thiamna

Kan thianpa chuan a intuition-ah a dik a ni Tlâng sang

tak ruam pakhatah chuan thing hnah zau tak nei a hmu a, chu chu a zawn leh hmuh duh reng ro hlu chu a ni tih a hriatna hmangin a hre nghal a ni

Duhthusam tak leh rang takin thing hnah lawmawm tak

takte chu a pan hnai a, a hnuaiah chuan a thu a He thing danglam tak thiltihtheihna mak tak takte tawn tumin a mit a chhing a, a rilruin, "Hei hi duhthusam thing a nih tak tak"!chuan ka tan kulhpui nghet tak ni rawh se

Chu ngaihtuahna chu a rilruah a lo kal meuh chuan thing bulah chuan lal in ropui tak a lo lang a, chu chu huan mawi tak tak, roses thar, basil rimmtui tak tak leh thing sang tak takin a hual vel a ni

He thilmak hi a lawm hle a, a duhthusam ber tihhlawhtlinna hlimna chuan a hneh ta a, a tawpah chuan a zawn fo thin thing chu a hmu ta a ni A duhthusam leh tur

chu a sawi chhuah hmain rei tak a nghak lo va, heti hian a sawi: "Ka chhehvelah hian nula zaipawl pakhatin rangkachak plate-a chaw tha ber ber leh tui ber ber min hlan a, in tur ai chuan tui zawk minrawn pe tih hmuh ka duh a ni," a ti rangkachak eng ang maia eng goblets chhunga tangkarua .bawm

Mit khap chhungin a duhthusam chu a thleng famkim ta a, a hmaah chuan rangkachak plate-a thil tui chi hrang hrang dahna dawhkan a hmu a, nula hmeltha tak takte pawhin lal leh lalte nena inmil ei leh in chi hrang hrang an hlan baw Castle thar leh a chhehvela huan leh thei huante chuan himna leh venhimna an mamawh tih a hriat chuan, thing chu amah leh a ro hlu tharte humhim turin sipai chak takah a insiam theih nan a ngen nghal a, chuta tang chuan sipai lian tak an lo lang a, kulh bulah chuan riahhmun an siam a, chutih lai chuan venhimna mamawh pe turin lal in kawtah chuan vengtu hmanraw kimchang tak takte chu an ding a ni Banquet ropui leh hlimawm tak a hman hnu chuan a lal in thar chu a enfiah tan ta a Marble staircase polished takah chuan a chho a, jewel-encrusted chambers of dazzling brilliance-ah chuan a kal kual a A tawpah chuan kan hermit vannei tak chu kea kal chu a chau ta hle a, leihnuai pindan pakhatat chuan thlamuanna leh chawlhna a zawng ta a Chu pindan kawngkhar hniam tak takte chu Wishing Tree ropui tak hnah sei tak takte chuan a khuh vek a Tukverh bula khum pakhata a mut lai chuan duhthusam thing hnah sei tak takte chuan êng chu a lo dang tih a hmu a, amah chauhvin a awm tih a hria a, a thinlungah hlauhna arawn lut a, ngawi reng chu thawm tlemte chauhvin a tichhia a, huan atanga lo kal nge lal in bang piah lama zalen taka vakvai ramngaw ramsa atanga lo chhuak nge an nih tih a ngaihtuah a A lungkhamna a lo zual zel a, ngaihtuahna chak tak pakhatin a rilru arawn luah ta a, a rilruin: "Hetah hian min

humhim turin sipai chak tak an awm tih hi a dik a, mahse he
tukverh bulah hian sipai pakhat mah ding ka hmu lo va,
tukverh pawh thir zungbun hmanga ven a ni lo va, ramngaw
atanga sakei pakhatin tukverh atanga a luh theih chuan
engtin nge ni ang? Chutiang a nih chuan min ei zo vek ang,
.chu chu ka tan chuan a tawp ber a ni ang" a ti a
Chu hlauhna ngaihtuahna chuan a rilru a rawn luah
meuh chuan sakeibaknei râpthlâk tak mai chu tukverh
aṭangin a rawn chhuak a, hlauthawng tak hermit chu a rawn
.man a, (a ei zo tûrin) a chhuak ta a ni
Vanduaithlak takin, Hermit chuan Wishing Tree hian
ngaihtuahna tha leh tha lo a thliar hrang lo tih a hre lo A tum
ber chu chu ngaihtuahna humhalhtute thinlunga
ngaihtuahna tibwaitu chu hlen chhuah a ni Dik tak chuan
Wishing Tree hian hermit rilru lem chak tak chu a keng tel a,
chu chu a duhthusam hnahnung ber a ni
Mi tinte chu an duhzawng zawng zawng pe theitu
duhthusam thing mak tak hnuaiah an khawsa a Chu thing
chu duhthlanna a ni
A duhzawng, duhzawng leh ngaihtuahna thununna la
thiam lo chuan a Lalpa hnenah lawmthu a sawi tur a ni, a
chhan chu a ngaihtuahna thunun loh chu a hlawhtling nghal
lo va, chuti lo chuan chu duhna ramhuai chuan an neitu leh
midangte chungah sakeibaknei vanduai tak takte chu
automatic-in a rawn lantir ang
Thuziak moral chu mihring duhzawng leh finna chak tak
mai ni lo Wishing Tree hnah hnuaia ṭhu chungah thil ṭha leh
ṭha lam ngaihtuah a pawimawhzia hi a ni
Hlauhna, hlawhchhamna, natna leh hriat lohna lama
ngaihtuahna dah hian hmuh theih loh ngaihtuahna khawvel
a\angin ramhuai lo chhuakin, harsatna tawp nei lo a siam
thei a, duh loh thil hmangin mak a ti thei bawk
Baramhani-ho finna aṭanga thu lak chhuah

Mi ropui tak takte hi entawn tlak an ni

An taksa chu a tlem hle nachungin
Mahse tuifinriat tawp nei lo zinga mi an ni tih an
hrechhuak ta a ni
Tin, chu chu mimal form zawng zawng
Cosmic sea hnute chung a thlipui (wave) an ni
He khawvelah hian kan inkharkhip a, kan inkhap tlat
bawk
Chhungkaw tlemte huam chhungah
Mahse kan thenawmte kan hmangaih hian kan lo puitlin
thin
Kan ram kan hmangaih hian kan ropui leh zual thin
Hnam tin leh hnam zawng zawng kan hmangaih hian
kan ropui zual sauh thin
Tin, kan hriatna chu thih hnua Pathiana a inhnim pil
chuan
A nih loh leh he khawvelah hian ngaihtuahna thuk tak
hmangin
Taksa tak saa kan awm lai pawhin
A tak tak chu kan hrethiam tak zet a ni
Tuipui chu thlipui a ni
Tin, tuifinriat atanga thlipui a lo chhuak tih pawh
Kan archive library atang hian: Leikha thawn
Thian duh takte u, kan archive library-ah hian a awm
Chhiartute leikha thawn sang tam tak atanga thu lak
chhuah atanga lak chhuah a ni
Ram hrang hrang atangin an thil tawn an sawi chhuak a
Master Paramhansa Yogananda zirtirna nen
Hetah hian chu leikhate sample chu ka letling a ni
A chhan chu i comment leh message tam tak nen a
inmil em em a ni
Hei hi mihring tawnhriat chu pakhat a nihzia finfiahna a
ni
Tin, chu chuan thinlung leh ngaihtuahna inrem tak a
hawng bawk
An inhma a, khawi hmunah pawh awm se

Hmangaihna, thatna leh thlamuanna nen
Heng message tam zawk i duh chuan
Chu aia tam pawh ka rawn pe thei se ka lawm hle ang
Hmangaihna thinlung tak tak leh duhsakna sang ber nen
Mahmoud Abbas Masoud chuan a sawi
Tunah chuan message thenkhat hi lo chhiar ve teh
Chûng zirtîrnate chuan chhui thar tûrin min tanpui a
Kan thinlung zawng zawng chhunga awm thlamuanna
tawp nei lo chu
Nakin hun turah rinna thuk zawk min pe a ni
Tin, Pathian leh Amah hretute ka hmangaihna ka tipung
bawk

Eng leh malsawmna a keng tel tak zet a ni
* * *

Pathian chungah lawmthu sawina nasa tak ka nei a
Hêng thlarau lam zirtîrnate hi min kaihruaitu
Lawmthu sawina leh ngaihhlutna rilruin min hneh hle
Tanpuina ka dawn avangin Pathian hnenah lawmthu ka
sawi a ni

Tin, mi fing Paramahansa thusawi te pawh
Adventure ropui tak ka tan tawh ang maiin ka inhria
bawk

Ka nun lungphun chhunga thlarau ro hlu thup te
hmuchhuak turin
* * *

Master Paramahansa zirtirnaah chuan
Remna, chakna leh chakna tuikhuah luang chhuak reng
ka hmu a
Hlawkna luang chhuak zawng zawng list chhuah a harsa
khawp mai
A ngaihtuahna sang tak atang chuan ka nitin nunah
* * *

Heng lecture te hi ka chhiar nawn fo thin
Thil thar ka hmuh apiangin, ang maiin
Tun hmain ka la chhiar ngai lo

Ka tan chuan budding, abundant source of energy a ni
Pathian hriatna, fuihna leh hmangaihna a\angin

* * *

Heng zirtirnate hi ngaihtuahna leh ngaihtuahna senga
ka chhiar tam poh leh

Ka nunah hmasawnna langsar tak ka hriat apiangin
Thiltih lam, rilru lam leh thlarau lam level-ah te
Magnetic property a nei a ni

Thil \ha leh thil \ha zawng zawng hip turin

* * *

Heng lecture te ka chhiar lai hian
Upward trajectory-a awm ang maiin ka inhria tan ta
Intellectual leh spiritual sang takah ka lawn thin

Tun hma chuan ka hre lo

Ka nunah hmasawnna tam tak a thlen niin ka hria bawk

Tin, a hausa zawk leh chi hrang hrang a siam bawk

Tun hma chuan ka harh chanve vel a ni

Tin, tunah chuan heightened awareness ka nei ta

Tin, hriatnaah pawh sensitivity a awm bawk

Ka duhthusam chu heng ngaihtuahnate hi thehdarh tura

puih hi a ni

Kei pawhin ka hlawkpui ang bawkin midangte pawhin an

hlawkpui theih nan

* * *

.tih hi ka chhiar zo chauh a ni "

Zirtirtu Paramhansa hnenah, thlamuanna tam tak ka nei

bawk

Pathian hmangaihna chuan ka nihna zawng zawng a

luah khat vek a ni

. -

Inngaihtlawmna leh chapona tehkhin thu

Inngaihtlawmna hi hriatna ruam hring tak a ni

Pathian ruah nasa takin a sur a, a pungkhawmna hmun

Tin, tlang chhip chungah ruah sur khawlkhawm theih a

ni lo bawk

[illegible]

Mi chapo chu tin can hrui hring, tap a nih chuan thawm
a siam ang mai a ni
Mi inngaitlawm chu finna malsawmna in tur bêl khat ang
a ni
Inngaihtlawmna hi a hmuhnawm a; a chhehvelah hlimna
a thehdarh thin
Thian thinlung tak tak leh thlarau ngilnei tak takte a hip
thin
Mi inngaitlawm chuan an nunah thatna leh malsawmna
a rawn thlen thin
A inngaihtlawmna nen chuan, rose thar, rimtui tak ang
maiin
Pathianin i nun chu hlimna leh lawmnain tikhat rawh se
Ambition leh delinquency tih a ni
Mi hausa nih tumna
Hausakna hmangaihna leh flattery duhâmna
Hlimna dik tehfung dik lo a ni
?Tin, hetiang hian tu nge millionaire nih duh
Mahni inhliam mai mai a ni lo
Midangte a tichhe baw
A chhan chu hrehawmna leh lungngaihna thlentu
kawngpuiah a hruai thla a ni
Entirnan, hotel-a hnathawk awlsam tak
Mi maktaduai tam tak, thawmhnaw man to tak tak ha lai
hmutu
Luxury car atang chuan chhuang tak leh chapona nen a
chhuak a
Private driver-in a khalh a ni
Malsawmna a dawn nia lang chu a huat em em a ni
A nunphung entawn a tum thin
Pawisa loan lak leh car lei a hmang a, car hman tawh
pawh a ni mai thei
Enkawlna man to tak a ngai a ni
Tin, luxury dang a lei baw
Chu chu a ring sual a ni

A hmel chu a pe ang
Pomp hlimthla leh hausakna lem (illusory wealth) atang
hian
A thil neih tlemte hmanga khelh thin thlarau rethei tak a
ni

Awlsam taka a pumpelh theih harsatnate chu a
hmachhawn a ni
A hrechiangtu chu an tlem hle
A hriselna leh hlimna hlantu chu
Hlauhna leh hnathawh hahthlak tak takte maicham
chungah
Nervous breakdown leh thinlung lama harsatna nei
Millionaire nih theihna turin
A takah chuan rilru awlsam leh fing lote chu a hruai sual
thin

Kawng hnim hring chungka kal tur
Nunna hi bumna hmel lan dan hmanga tehna hmun
Hlim taka inlan
Standard dik lo chungchang erawh chu
Hausakna hi nun tum ber a ni a, chu piah lamah chuan
tum dang a awm lo
Hei hian mite chu bumna leh bumna lamah a hruai lut a
ni

Mi awlsamte bum a, an eizawwna rukbo nan
Nunphung tihchakna (extravagant lifestyle habits) te
Pawisa siam dan pawh ngaihtuah lovin
Fakna leh fakna lama hlim taka awm hi naivety
chhinchhiahna a ni
Inchhuanna hmuhsit tak leh inlanna tenawm tak avang
hian

Heng zawng zawng hian hausakna zawngtu chu
duhâmna nasa zawkah a hruai a ni
Tin, hmanraw dik lo tak tak ruahman bawh
A nih loh leh blackmail leh nungchang mawi lo taka thil
tih hmanga inrawlh

Luxuries tam zawk neih theih nan
Chu chu hnim hring hring ang mai a ni
Chu chuan a chelhtu kut chu a hliam a ni
Tin, a chungah innghat suh
luxurious taka nun dan
Engti kawng pawhin sum neih duhna
Tin, in tlemtea awm chungchangah pawh hlauhna
Tin, sum leh pai lama dinhmun hloh hlauhna pawh
Chhungkaw leh khawtlang mithmuhah
Mahni hmasialna bakah
Chûng zawng zawng chu thil dik lo hriltu vek an ni
Adventures chhut chhuah loh
Mi harsa zawkte chungah lainatna hloh
Mi zawng zawng nun awlsam leh inchei awlsam tak ni ta

se

Luxurious living fashion chu a tawp ta
Chu chuan a hruai tam ber
Hrehawmna leh lungngaihna tam takah
Tin, mite chuan thlarau lam miziate neih an tum baw
Tin, noble vinegar chu a aiah
Mahni hmasialna hi tihbo a ngai a ni
Nun awlsam tak leh ngaihtuahna thianghlim tak a siam

a

Standard leh test criterion a ni
Inzawmna emaw thawhhona emaw a ngai lo
Hausakna khawlkhawm neitute nen
Midangte rilru anga hre lote
An unau rethei tak takte chungah chuan an thinlung a
nêm lo
Puan hring hring leh riltam takin an hmu a nih pawhin
Hausakna ngei pawh hi sual a ni lo
Chu ai chuan mi \ha leh thilphalte kuta malsawmna a ni
thei zawk
Pathianin a khawngaihna tam tak ata a tihausa te
Midang tanpui nuam ti thinte

Lal chuan, "Min hrilh teh, Pathian hriatna hi khawiah nge
.a awm? " tiin a zawt a
Chu pa chuan lal hnenah a chhanna rawn thlen turin kar
hnih chhung khawngaihna hun a dil a, lal chuan a dilna chu a
pawmsak ta a ni

Chutah chuan lungngai takin a hnathawhna hmunah a
kir leh a, a hnathawhna hmuna lal zawhna chu kar hnih
chhunga a chhan loh chuan a nunnain a pe ang tih a hrilh a
Huaisen leh fing taka hriat lar user chuan a hnenah a ti
a

I aiawhin min kal tir la keimah ngeiin zawhna chu ka "
. " chhang ang

User chuan lal hnenah a kal a, a hnenah chuan a ti a
A hmasa berin i lalthutthlengah hian ka thut tir ang "
che, a chhan chu i hriat loh thil ka sawi lai hian kei hi i pu ka
"." ni

Lal chuan a lalthutphah chu a hmangtu hnenah a hlan a,
a ti a

" ?Min hrilh teh, khawiah nge Pathian hriatna hi a awm "

Lalthutphaha thu hmangtu chuan: "Bawng min rawn
.hruai rawh " tiin a chhang a

Bawng chu an rawn hruai lut a, a hmangtu chuan,
."Khawiah nge bawngnhute chu? " tiin a zawt a

.Lal chuan: "In the udder " tiin a chhang a

A hmangtu chuan: "Chutiang chu a ni lo, bawngnhute hi
bawngnhuteah chauh ni lovin, bawng taksa peng zawng
zawngah a awm a, a chhan chu bawngnhute hi bawng bulpui
." ber a nih avangin

Tichuan a hmangtu chuan bawngnhute bawm khat a dil
a, chu bawm chu a hnena an rawn ken chuan lal hnenah
.chuan: "Khawiah nge butter chu? " tiin a zawt a

.Lal chuan, "Butter ka hmu lo " tiin a chhang a

A hmangtu chuan: "Butter chu a awm a, mahse
bawngnhute chhung zawngah a sem darh vek a,

bawnghnute chu churn la, butter chu a inthen ang a, a chung
.lamah a float ang" a ti

Bawng taksa peng tinah bawnghnute a awm a,
bawnghnute molecule zawng zawngah butter a insem darh
ang bawkin, Pathian hriatna chu awmna atom tinah a awm a
ni

Chutiang chuan a hmangtu finna chuan a hnathawhna
hmuna nunna a chhanhim a, lal chuan a zawhna chhanna dik
tak a dawn angin

Pathian hriatna hi êng neite tan chauh a ni lo va; it
exists in the souls and hearts of all Ngaihtuahna thuk taka
luhchilh tu pawhin an thinlung kawngkhar a hawng ang a,
Pathian hriatna awmna chu a hre ang a, nunna lehkhahu a
chhiar ang He hriatna tak tak tel lo chuan zawhna chu chhan
lohvin a awm ang

Mi fingte chuan an ti thin
Mihring nunah a tangkai theih nan
Thil tha lo zawng zawng lak ata a zalen a ngai a ni
rilru natna leh phuba lak duhna
Lungawi lohna dik tak pawh
Hmangaihna hi lal̈thutthleng aṭanga paihthlak tur a ni lo
Hmangaihna hian rilru put hmang a hneh tur a ni
Mite inkara inpawhna bulpui a siam a ni
Nunnaah hian teh theih loh khawpa tha zawk thil leh
ngaihven a awm a

Huatna leh thinrimna rilru tiharh a\angin
Midangte tihnat leh man tumna
Tin, hremhmun mei a surtir baw
Kawng khata awmte pawhin
Mihring dinhmun ropui tak nen chuan a inhmeh lo
Mihringte hian thil tha lo tihalh leh tihpun hi bansan ta

se

Chu ai chuan lungawina mit a hmang zawk a ni
Chu chu Siamtu Engkimtitheia chuan a pe a ni
Mahni leh midangte tana thil tha tihnaah rilru pe turin

Ngaihtuahna leh rilru natna chu huatnaah tihtlem a nih
avangin
Thil tha hmanrua te tihtawp
Chu chu Pathianin mihringte an hman theih nan a pe a
ni

He rama a zin rei lo te chhung hian
Misguided focus hian thinlung khauh tak a thlen thin
Tin, rinhlelhna natna leh hmêlma rilru tiharh tûrin
Thinlungah a zung kai a nih chuan paih bo a har khawp
mai

Chu chu dinhmun hrehawm tak a ni a, chutah chuan
beiseina beidawng tak chu jaundiced-ah a chang ta a ni
Thil mawi zawng zawng chu a mawi lo vek a, thil mawi
zawng zawng chu base a lo ni ta vek a ni
Hriselna hmanrua pawh hi thil siam chhuahna
hmanruaah a chang ta a ni
Toxins leh natna hlauhawm tak
Chu chu hremhmun a ni
Pathianin keimahni leh nangmah min hlat tir rawh se
Tin, a sualna leh a sualna chungchang pawh
Remna awm rawh se
Hmangaihna a hual vel che reng rawh se

Ni chu cosmic consciousness a ni

He thuziak hi kum 1925-a East and West magazine issue
hmasa berah a chhuak a He magazine hi a hnua Self-
Knowledge magazine tia hriat a ni ta hi thil tum pakhat neia
din a ni a, chu chu hnam hrang hrangte inhnaih tir leh hnam
hrang hrangte thil danglam bik leh mizia tha ber berte
pholan a ni a, chu chuan he planet Leilung-a mihring in ropui
tak siamnaah hian a thawhhlawk a, a thawh chhunzawm zel
bawk a ni

Zirtirtu ropui hian kum tam tak chhung chu mihringte
inkara hmangaihna leh unau nihna rilru chawm turin hna a

thawk a, nun mak leh mawi zawk leh awmze nei zawka siam
turin thil tawn leh hriatna inthlengna a fuih a Hemi
chungchangah hian: "Hriatna kan riltamna hian kan
danglamna tenau te hi theihnghilh turin min fuih tur a ni a,
midangte thutak lawm taka pawm turin min fuih tur a ni Let
East and West prepare to exchange the best that their
peoples possess, for all people are brothers and unaunu te,
."khawvel pum huap ram pakhata fate kan ni vek bawk
Tlâng tê tak têah chuan ka mit chhing chungin ka thu a,
min tuamtu thim dum hring dup chu ka en reng a A tirah
chuan thim tih loh chu engmah ka hmu thei lo va, chuti
chung chuan thil hriat loh mahse hriat hlawh leh hriat lar tak
chu a rualin ka zawng a ni

Ka mit ka meng a, khawvel ropui tak, hlim tak, hmun
zau takah thla êng leh arsi eng mawi tak tak tawp nei lo,
velvet ang maia nê̄m emerald-green thlai hring hring,
tlangram eng mawi tak tak, tuifinriat buai tak chung a tuipui
lian tak tak, leh mihringte hlawhtlinna leh thil siam chhuah
chhiar sen lohte chhuangtu khawpui te chu ka en a Mahse,
ka thil hmuh zawng zawng chuan ngaihtuahnaa ka hun
khawhral a, mumang neitu, fantasy khawvela bo nia min puh
avangin min sawisel niin a lang
Khawvel hian ka hnenah, "Engvangin nge i mit i chhing
a, ka mawina hi i hmuh ata i hawisan a, thim ruak leh thim
"?ruak ah i awm

Ka ti leh a: "Aw daring intruder, chhungril mawina ni lo
"!se chuan i mawina hian ropuina leh eng pawh a nei lo ang
He ngaihtuahna hian ka rilru a rawn luah meuh chuan ka
thlarau chhung kil thuk tak atang chuan kohna thup tak ka
hre ta a, ka hriatnate chu a khur a, ka taksa cell te chu a lo
harh chhuak ta a

Ka mit ka chhing leh a, thim tuifinriat ka en leh a, thim
dum hring dup chhungril lam chu ngun takin ka en a, êng
êng pakhat ka zawng a—eng pakhat chu a awm tih ka hriat,
ka hmuh hma loh chuan zawn mai a ngai a ni Vawikhatmah,

chu pindan thuk tak, thuruk kil khat aṭanga ngaihtuahna
hlim lo tak, eng tak mai lo chhuak chu ka hmu ta a, chu
ngaihtuahna hlim lo takah chuan ka ngaihtuahna ka dah a,
chu chu a ropuina thup chu a lantir thlengin a eng zual sauh
a

.Tin

Tin leh ka chung a an ngaihsak lohna Hêng chhungte hi
hun rei tak kal ta aṭanga ka awmna thuk takah, pindan thim
takah, ka chanvo ruahmantu, inremna siamtu leh siamtute hi
chuti chung pawh chuan an awm reng a, an inngaitlawm a,
an inthup reng a, awmna leh awm loh ang maiin an awm
reng a ni

Eng hna ropui tak nge in thawh, chhungte leh ṭhian
thurukte u! Engvangin nge hetiang taka chiang tak leh tlang
?taka i inlan loh

Mihring rilru mitmeng râpthlâk tak, râpthlâk tak takte
hian i hlau em? A nih loh leh, ngaihtuahna thianghlim, nalh
tak tak nei thei lo rilru put hmang, thim hring dup kara lo
lang chu i hlau mai thei bawk! A nih loh leh, dense matter
vibration nasa tak avanga thawk hahtdam i hlau mai thei
!bawk

Mahse, pindan thim tak aṭanga rûk chhuakin, van sang
tak tak, kawngpui lian tak tak, leh thil neih theihna chi hrang
hrang siam tûra i thiam êm êm êm a, chutah tumahin an
hriat loh emaw, lawmna emaw nei lovin i lo kir leh
... ..!ṭhin

... ..

Zan thim tak kara rel tlan chak tak te, thlawhna ri
bengchheng tak tak te, tuiptui kama khaw ang maia lawng
chak tak tak te, kutchhuak ropui tak tak te, Virgin Athena
biak in te, Parthenon te, leh Taj Mahal te hi mihring siam
thilmak a ni vek a, chung zawng zawng hian nangmah leh
ngaihtuahna chak tak atanga infuih tharna i thiltihtheihnate
!min hriatchhuah tir vek a ni

Mahse, lui chu a tui êng tak takte chuan ka tuihalna
tihreh tûra min rawn koh lai ka hmuh chuan, leh chhum dum
chuan lui leh ruahtui tlate chu lo leh thing rah thlum leh tui
tak takte chawm tûra a chhuahtîr ka hmuh chuan tin, thla
bial êng chu zanlai a lo eng chhuak ka hmuh chuan, leh
hunbi hrang hranga inher chhuak ka hmuh chuan, leh leilung
chu thlai carpet thuk takah a khuh a, leh chhum sen hringte
chu horizon's curtain-a êngin a lem a siam ka hmuh hian
heng lem mawi tak tak, entawn theih loh zawnz zawnz hi ka
hmu vek a, chu cosmic kut chuan hmun tina thiltihtheihna
leh finna nena thawk chu ka ngaihtuah
... ..!thin

... ..

Tin

Kawngpui thup, tawp chin leh tawp nei lo, ngaihtuahna
êng tak takte chu thup bovin, tumah hriat lohvin universe-ah
?hian an thawk a ni em
Hriatrengna kawngkhar atang chuan ka en a, ka naupan
lai bul tanna chu ka hrechhuak a, chutih lai chuan ka hriatna
ni chu ka nun vanah a lo chhuak a, chutih lai chuan
subconscious mind thim atang chuan zawi zawiin a lo chhuak
a, chu chuan ka rilru horizon hmun tlemte chauh a ti eng a,
chuvang chuan ka nu, ka infiamna te, leh candy chi hrang
hrang rawng hrang hranga siam tih loh chu engmah ka hmu
lo

A hnuah chuan ka hriatna a lo eng zual zel a, ka rilru
lam boruak zau zawk ka hmu ta a; a eng ta a, ka thiante, ka
chhungte, ka thenawmte, ka ram ka hmuh hmaa ka la hmuh
ngai loh thil tam tak ka hmu a—chu zawnz zawnz chu a lo
lang vek a, ka hmuh theihna field-ah chuan a tel ve ta vek a
ni

Ka rilru vanah chuan ka hriatna ni chu êng awm reng leh
chak takin a eng a, a hmaa thup zawnz zawnz chu a ti eng
vek a Mihring zawnz zawnz, hnam zawnz zawnz, thil nung
zawnz zawnz, thilsiam zawnz zawnz, planet, arsi zawnz

zawng, leh electron eng zawng zawng ka hmu vek a, cosmos
!leh space tawp nei lo pawh ka hmu vek
Tin, ka rilru thim zingah hian cosmic consciousness ni ka
!hmuchhuak dawn tih pawh ka hre lo
Thil tha lo tih duhna thunun

**Zu in tam lutuk chuan a ruihhlo a, he ruihhlo
ngawlvei hian thil tha lo leh inbumna a thlen thin An
zu in tihtawp tumin theihtawp an chhuah loh chuan zu
ruih hmang an lo ni thei a, zu duhna thunun theih loh
a tuar thei a ni Heng mimal vanduai tak takte hian zu
lei nan an sum an hmang fo thin Anni hian an ei tlem
a, zu ruih theih thil a\angin ei tur engemaw zat an
hmu chhuak niin a lang As this destructive habit
becomes zung kaih tawh avangin, anmahni hriselna
leh an in, khawtlang, leh khawvela an dinhmun
chungchangah mawhphurhna an hloh ta a ni**

**A hmaa zu ruih hmangte sawina hi "rilru zu ruih
hmang" ka tihte entirna mai a ni Hêng rilru lam emaw
rilru lama zu ruih hmangte hi an rilru lam dinhmun bik
a zirin thliar hran theih a ni a, chu chu thinrimna,
hlauhna, mipat hmeichhiatna lama duhna thunun
theih loh, mi dangte tihnat hlimna, khelh, rukruk,
inhuatna, huatna, duhâmna, thinrimna tha lo,
charlatanism, âtna, leh rilru natna**

**Miin a naupan lai ațanga thinrimna, hlauhna,
inhuatna, a nih loh leh a chungka kan sawi tak mizia
eng emaw zat a lantir chuan, a nun hmasaah heng
rilru lam thil tih dan pangngai lote hi a lo neih tawh
tih finfiahna a ni Nu leh pate chuan an fate zingah
heng rilru lam thil tha lo tak takte zinga pakhat tal an
hriat chuan, an naupan lai pawhin, chu thil chu uluk
takin an ngaihtuah tur a ni a, naupangin rilru lam thil
a neih loh nan hma an la tur a ni addiction, a tha ber**

**chu thlarau lam zirtirtu enkawlina hnuaia hmun
danglam takah dah a ni**

**Kum engemaw zât chhûnga ̣hian ̣ha leh ̣anpuitu
boruak neiin, rilru lama natna nei zu ruih hmang chu
an thil ̣ha lo neihte rilru natna (suffocating grip of
their acquired vices) a\angin chhuah zalen a ni thei
a, \anpuitu hmuna damdawi lam enkawlina \ha an
dawn laiin, rilru lama natna nei zu ruih hmangte chu
an thil tihsual sawisawm tak takte avanga thil thleng
rapthlak tak takte hriattir an ni tur a ni a, chu chu
ngaihtuah Chiang turin fuih a ngai a, heng thil
tenawm leh thil tenawm tak takte lantir lo turin
theihtawp chhuah tak tak turin fuih a ngai bawh eng
dinhmunah pawh tichhe thei thiltih (destructive
behaviors under any circumstances) Mihring lo piang
hmasa lama rilru natna neia inhmang zawng zawng
hian mimal chu thumal awmzia zawng zawnga a
saltanna a nih thlengin rilru hriatna (conscious mind)-
ah a tichak a, a nghet tlat a ni**

**Mi thinrim, duhâmna nei, a nih loh leh duhâm mi
chuan an hmun a theihnghilh a, khawtlâng nêna an
inlaichînna chu a ngaihthah a, mahni nun leh mi
dangte nun tichhe thei thil tihsual lian tak tak a ti
̣hîn Hêng rilru natna nei mi tam tak chuan an rilru
lam thil tih dân an sawi chhuah hmang hian an rilru
lam thil tih dân an sawi chhuah a, hahdamna
engemaw chen an hmu niin an ngai a, Amaherawhchu,
rilru ̣ha lo lama inhmang chu thil tihsual a ni a, a rah
chhuah râpthlâk tak a nei a, a chhan chu sawi nawn
lehna hmangin chutiang thiltih tenawm tak chu mi
chu rilru lam addict a ni a, midang mithmuhah, hmun
tinah leh engtik lai pawhin nuihzatthlak takah a
insiam ta a ni**

**Naupangte chu an rilru a lo thanglian zel a, a la
insiamrem theih laiin boruak tha lo takah an tawrh a**

nih chuan, nungchang tha lo tak tak an nei ang a, chu chu thunun loh chuan rilru natna nasa tak a thlen thei a ni Nu leh pate chuan an fate chung a inthlak danglamna rapthlak tak—a hmaa naupang rilru hahdam tak, lungawi lohna nei reng ang chi—chuan an lungawi lohna leh beidawnna chhante chu ngun takin an ngaihven a ngai a, an ngaihtuah a ngai a, thil thar, siam\hatna tur an zawng chhuak tur a ni an chakna chu hlawkna leh hlawk taka an hman theihna tur kawng hrang hrang

A chung a kan sawi tak mizia eng pawh lantir tute chu rilru lama zu ruih hmang an ni Anni chu ngaihtuahna fim lo tak leh mawhphurhna nei lo takin nungchang tha lo luang chhuak nasa takah chuan an chuang a, an duhzawng luang chhuakte hnena tanpui ngai lo, duhthusam taka an inpekna leh an mizia chhe ber berte pholanna hmangin an hlimna chu an tichhe vek a ni

Zu ruih hmangte chu an tharum thawh duhna avanga zilh, fuih emaw, mawhpuh emaw chu awmzia a nei lo An rilru dinhmun hi an thil tih \ha lo tih nawn fo avanga lo awm a ni Anni hi rilru lam natna enkawl theih loh vei rilru lam natna vei angin enkawl tur a ni

Mahni thiante thlak danglam hi rilru lama zu ruih na tak chi hrang hrang enkawl na \ha ber a ni a, a chhan chu rilru lama zu rui duhzawng chu tih danin sal a nih avangin sual laka do theihna an nei lo Enkawlna \ha ber chu an rilru natna rimchhiatna dotu hna thawktu boruakah direct-a sawn hi a ni Mi thinrim tak chu—a theih chuan—mi lo ni lo mi pakhat emaw, a aia tam emaw-ah dah tur a ni angry even under provocative and irritable circumstances Mi duhthusam chu mahni inthunun thei mite'n an hual vel tur a ni Professional thief chuan mi rinawm pawl a mamawh Mi zakzum leh hlauthawng tak chu mimal

**huaisen tak takte nena inpawh tur leh mi huaisen
chanchin chhiar tura fuih hian tanpui theih a ni Those
with thorny tempers and sour dispositions should
keep company with those of cheerful and naturally
affable nature**

**Rilru lama vei zu ruih hmangte chuan an rilru
natna emaw, a bik takin bawngnhnute leh vawk sa ei
hian an rilru natna a tizual ang a, an thluaka a nghet
zual ang tih an hre reng tur a ni thil tihsual tamna
hmuna awmte**

**Mipat hmeichhiatna hman tam lutuk hian nervous
system leh thluak cell a tichhe a, rilru lama natna nei
zu ruih hmangte thinrimna a tipung Chubakah, mipat
hmeichhiatna hman tam lutuk hian duhthlanna a
tichak lo Chuvangin, rilru lam natna nei zu ruih hmang
zawng zawngte chuan an nupa inlaichinnaah
insumdawn tawna an neih theih nan, pianphungin a
tih angin, an mipat hmeichhiatna hman duhna thunun
an zir a ngai a ni**

**Chhungkaw chhunga chawmtu emaw, enkawltu
emaw—pa emaw, fapa emaw, leh khawtlang
thenkhatah chuan nu emaw, fanu emaw—chuan zu in
duhna an lantir tih kan hmu fo thin a, chu chu an
dinhmun hian an duhzawng thunun leh tihkhawtlai
theihna a pe tih an hriat avangin heng dictator
tenawm tak takte hian an mamawh leh anmahni
chungah inngnat chungkaw member-te chungah an
thinrimna hi an chhuahtir tur a ni lo For if they do,
they will lose the respect and esteem an hmangaih
tak takte an ni**

**Chhungkaw dictator pakhatin in lama a duh duh a
tih theih a rin chuan chungkaw pawl pawnah pawh a
mizia duhawm lo leh sawisel theih lohte chu a lantir
tan thin A tawpah chuan he thil zahthlak tak hi a
thiam ta a, chutiang chuan a che thin, khawi hmunah**

pawh leh engtik lai pawhin Hêng rorêltute hian an hmangaih takte thunun duhna an thunun loh chuan, zawi zawiin rilru lama nghet lo tak, rilru natna nei lovin an che thin puitlinna leh an hnaih berte, a chang chuan anmahni nena inpawh tawntute tan leh anmahni tan pawh harsatna nasa tak thlentu a ni

Rilru natna nei nia ring apiangin enkawlina an zawng tur a ni A tlem berah chuan midang hri kai tumna chu an bansan tur a ni In lama ngawi rengin i thu a, meipui bulah lehkhahu i chhiar mai thei, chutih lai chuan rang takin i inah skunk rimchhia tak a rawn lut ta a ni! A nihna takah chuan buaina a chhuak ang a, nang leh i chhehvela mite chuan rinhlelh rual lohvin skunk chu hnawhchhuah tumin in bei ang a, chemical nuam lo takah chuan in inhnim pil ang Chumi avang chuan in chung leh skunk pawh a tichhe vek ang

Chutiang bawkin mihring skunk pawhin a awmna duh lo boruakah a luh hi a dik lo a, a chhan chu a chhehvela mi zawng zawngte chu a tithinur thei a, a tawpah chuan tihduhdahna a tawh thei a ni

Ka thiante u, mihring skunk hian a hmelah a lang chhuak a, a mitah pawh a lang Chiang hle a, chu chuan boruak muanawm, thlamuang leh muang takah chhiatna nasa tak a siam tih hre reng ang che He mihring hi khawiah mah lawmawm a ni lo

Mi rilru dinhmun thup hi mi zinga a nghawng hnuaia inpek ai chuan a tha zawk Mualpho taka inngaihsakna, emaw, mahni duhzawng leh duhzawngte zalenna pek hi nau neih hma leh nau neih hnua rilru put hmangte lo thanglian leh lo thanglian zelna hmun tha tak a ni Chuvangin, he hrehawmna tuar tu pawh hian nungchang tha lo emaw, pianpui rilru chi (innate psychological seeds) enkawltu boruak a awm loh nan a fimkhur hle tur a ni aggressive tendencies te a awm thin

Dik tak chuan, mi pakhat, feigned flattery hmanga enkawl che a, artificial smile hmanga biak che, "Long time no see!" a rilruin, "Pathianin min hruai khawmtu darkar chu chibai buk rawh se," a tih laiin a rilru put hmang chu i hre a, a chungah huatna i nei a, a thusawi dik lo tak takte chu i huat phah baw

Keimahni lam chuan mite nen hian khawiah nge ka din tih hriat ka duh a, dik lo taka inlanna aiin rinawmna, eng ang pawhin hrehawm emaw, rilru na emaw pawh ni se, tumahin rosy nuihzatthlak tak tak hnuaiah emaw, honeyed, flattering words hnunglam atang emawa inngaihluhna rul chu an lam hawia kawhhmuh an duh lo

Chutiang zawng zawng sawi tawh chung chuan rilru lama natna nei zu ruih hmang chuan a mizia chhiatthlak tak rimchhiain a kai ai chuan, midangte chu inlanna leh inlanna atan chauh pawh ni se, midangte nena inpawh taka awm hi a tha zawk

Ni tin thil tenawm tak takah pawh insumtheihna neihna chuan rilru lama natna nei zu ruih hmang chu nungchang tha lo lama a inhmangna lungchhiatthlak tak chu zawi zawiin a pumpelh theih nân a tanpui ang Remna awm rawh se

Thiltihtheihna (power of concentration) a nei

Thil zawngtu chu pawm thiam a nih theih nan, an rilru leh ngaihtuahna chu chu ngaihtuahnain a luah khat vek hma loh chuan ngawi rengin an thu a, an ngaihtuahna chu ngaihtuahna seng tlak duhna-ah an dah a ngai a ni Mihring duhzawng chu engkim hretu leh thiltitheih zawng zawng nei Pathian duhzawng nen a inmil chuan, chu chu thil tum duhthusam tihhlawhtlin nan hlawhtling taka hman theih a ni Mi pakhat chu a thut mai thei lo va, hlawhtlinna chu an

kawngah a tlak hun nghah mai mai a ni thei lo I
kawng i siam a, hmalam pan tura i rilru i siam hunah
chuan, nang must activate your will and exert
practical effort, and you will find that all the elements
of success will come to you from where you least
expect it I will, charged with the divine current, lies
the answer to your prayers Chu duhdan chu i hman
chuan, i tawngtaina chhanna i dawnna window chu i
hawng a Hei hi keimah ngeiin ka tawn tawh a ni Tun
hma chuan, ka duhzawng fiahna tur chauhvinn thil
thenkhat tih ka tum a, mahse tunah chuan chutiang
chu ka ti lo a ni, a chhan chu a chhuah dan ka hre
tawh a ni: engkim ka duhna chu a lo thleng dik ta a ni

Vawikhat chu, kum tam tak kalta khan ka zirtir
pakhat chu a kal bo ka hmu a, a thiltih avanga a rah
chhuah pumpelh theih loh leh hrehawm tak chu ka
hmu lawk a, a kawng a\anga hawi let turin kawng
awmze zawng zawng hmangin ka fuih ka tum a
Mahse, ka pui thei lo tih ka hmuchhuak a, sualna
kawng zawh chhonzawm zel a tum tlat avangin A
tawpah chuan, "Hei hi tih a duh avangin ka kalsan
ang" Mahse, ka hmangaihna leh ka ngaihsakna chu ka
ti ta a ni a lo kir leh nghal vat a, banyan thing hnuaiah
chuan ka thu a, ka mitthlaah chuan Thahnemngaihna
nasa tak nen chuan hetiang rilru thuchah hi ka thawm
chhonzawm zel a: "Lo kir leh turin ka ngen che a ni"
Zan lamah chuan, taksa leh rilruah pawh, a lo kir leh
tak zet tih hriatna chak tak, intuitive tak chuan a
rawn nuai ta thut mai a, "fapa raltlante" chu a rawn
lang ta a, a lo haw tawh chuan thahnemngai takin min
lo hmuak a, a ti a, "Nilengin, ka kalna apiangah leh
eng thil pawh ti ila, i hmel ka hmu a Hei hian eng nge
a awmzia?" Kei chuan, "Pathianin keimah kaltlangin a
ko che a ni A kohna a ni a, keimah ni lovin Ka

duhthusam chu mahni hmasialna a ni lo, mahse i lo haw hma loh chuan he hmun hi chhuahsan lo turin ka inpeih reng a ni" Hetiang tumruhna hian khawvelah inthlak danglamna ropui tak a thlen thei a ni Dik tak chuan thiltihtheihna mak leh mak tak a ni!

Chuvangin, tawngtaina thuk tak hian nghawng chak tak leh thuk tak a nei a Tawngtai hun tha ber chu zanah a ni a, chutih lai chuan thil tibwaitu a tlem ber a ni Zan lamah mut tlem a ngai tih i hriat chuan, zan lama tawngtai laiin i rilru fimkhur leh ngaihtuahna fim tak neih theih nan ti rawh Hei hi a tir lamah chuan harsa tak angin a lang thei a, mahse theihtawp chhuah chhunzawm zel chuan a awlsam zawk ang, tin, i hlawhtlinna ropui tak chu mak i ti hle ang When you possess a unique, dynamic will, God begins to respond And when the infinite Absolute breaks its silence, you will be overwhelmed with joy Mahse mi pakhatin a tawngtaina thiltihtheihna chu midangte hnena finfiah tura mahni hmasialna duhna pakhat chauh a neih chung chuan, emaw, hlawkna tur thila a chantir chuan, chu thiltihtheihna chu an hloh ang a, Pathian chuan a chhang tawh lo vang, a chhan chu anmahni leh Pathian inkara daltu an siam tawh ang a, anmahni leh anmahni inhlal takin Amah Pathian chu zawngtu hnenah a lo kal ang a, an thinlung tak leh dik tak an nih hunah chauh a lo kal ang a, Amah avanga Amah an hmangaih hunah chauh a lo kal ang Miin mahni inngaihtlawm a, chaponah leh inchhuanna lam a pan hunah chuan Pathianin an duh lo va, mahni inchhuanna chawimawi an tum zawk tih a hria a, an sawmna chu A pawm lo vang

Pathianin a chhân hma loh chuan tute nge tumruhna leh chhelna nêna tuar chhuak ang?

**Pathian chu hmangaihna bulpui ber leh
hmangaihna bulpui ber a ni Amah nena inzawmna
siam tumna neia ngaihtuahna i hriat chuan
hmangaihna nena i ngennate chu a chhang ang A
hna thlen turin ngen a ngai lo Mahse, hun tul chu
tuin nge pe ang? Tin, A chhanna dawng turin rilru lam
ngaihtuahna meipui alh tak an nih hma loh chuan tuin
nge chhel ang?**

**Leiba i pek theih loh i neih chuan, a nih loh leh
hna i duh chuan, ngaihtuah hmasa rawh Ngaihtuahna
thuk tak hnuaia awm muang takah chuan, i rilru chu
thutlukna nget tak nen i mamawhnaah dah la,
mahse a rah chhuah chu enkawl reng suh Leiah thlai
chi i phun a, a lo thang lian em tih en turin i laih
chhonzawm zel a nih chuan, a lo chhuak ngai lovang
Chutiang bawkin, i en chuan—i tawngtai apiangin—
Pathianin i duhthusam, i duh chu i hmu lo vang
Tawngtai lovin tawngtai chhonzawm la, a bak chu
Pathian hnenah dah la I hna chu Pathian ngaihvenna
hip a, i beiseina hlen chhuahna tura Amah tanpuina
kawnga i chanvo hlen chhuah hi a ni Natna khirh tak a
nih chuan, entirnan, damna tihhmasawn nan i tih
theih zawng zawng ti rawh Mahse, a damdawi
hnunung ber chu Pathian kutah a awm tih chiang
takin hria la, he ngaihtuahna hian zan tin i
ngaihtuahnaah hian nasa takin tawngtai rawh
tumruhna leh rinna famkim neiin, ni khat chu natna
chu a bo nghal tih i hmu ang**

**Rilru chuan rawtna a dawng hmasa a, chutah
Pathian chuan rilru chu a thiltihtheihnain a charge A A
tawpah chuan thluak chuan damna thlen turin nunna
chakna a chhuah tir I rilru chhunga Pathian
thiltihtheihna dahkhawm zau zawng i hre lo Taksa
hnathawh zawng zawng a thunun thei He rilru chakna**

hmang hian taksa dinhmun eng pawh i enkawl thei Ngaihtuah dan dik tak hriat hmasak a pawimawh a, chumi hnuah chuan ngaihtuahna chakna, Pathian thiltihtheihna hmanga tihchak chu i hmang thei ang. taksa tihdam emaw, natna dang hmachhawn emaw

Nitin thil harsa tih tum rawh Bei chhunzawm zel rawh, vawi nga i hlawhchham pawhin I Hlawhtlin hunah chuan i duhthusam (focused willpower) hmang la, thil dang tihlawhtling turin hmang rawh Chutiang chuan thil ropui tak tak chu chak zawkin i tihlawhtling thei ang Duhthusam hi i chhunga Pathian lem lantir nung tak a ni Duhthusamnaah hian thiltihtheihna tawp nei lo a awm a: thiltihtheihna ang chiah chu thilsiam chakna zawng zawng thunun theitu a ni Tin, Pathian anpuia siam i nih avangin chu thiltihtheihna chu a ni i kutah i duh apiang tihlawhtling turin: hausakna leh tamna i siam thei a, huatna chu hmangaihnaah i chantir thei a, taksa leh rilru zawng zawng thunun turin Pathian hnenah dil rawh, tichuan Pathian chhanna i dawng ang Ka duhthusam sang berte chu a lo thleng tawh tih ka hmu fo thin

Kan mamawh ber chu Pathian a ni

Hmaiah, mitmeng inkar ah hian vanram kawngkhar a awm He thluak lairil hi duhthlanna thutthleng a ni He lairilah hian i rilru i dah a, i duh ang chu muangchangin i duh apiang chu a thleng famkim ang Chuvangin, i duhzawng chu thil tha lo atan i hmang ngai lovang Mi dang tihnat duhna, emaw, chu mi chunga harsatna thlen duhna chu, Pathianin thiltihtheihna a pek che kha i hmansualna rapthlak tak a ni I hmu a nih chuan will leading you astray, you must stop immediately Chu lam pan chuan chakna thianghlim khawhralna mai a ni lo va, chu

**thiltihtheihna chu i hloh phah bawh ang a, thil \ha
atan pawh i hmang thei tawh lo vang**

**A hmasa ber leh pawimawh ber chu ṭawngṭaina
chu a dik leh dik lo a ni tur a ni Nunphung pangngai
chhunga thil theih loh emaw, ngaihtuah theih loh
emaw Pathian hnenah kan dil tur a ni lo Kan mamawh
pawimawh tak takte chauh kan dil tur a ni "mamawh
pawimawh tak tak" leh "mamawh pawimawh lo" tihte
pawh hi thliar hran a ngai a ni "mamawh pawimawh
lo" tihdam theihna kawng tha ber chu chutiang
mamawh chu logic leh reason hmanga enfiah leh ngun
taka zir chian hi a ni Building ropui tak tak mumang hi
ka thil tih duh ber pakhat a ni thin a, mahse chu
duhna chu tunah chuan a bo tawh a, chutiang in sak
tam tak chu ka nei tawh a, siamthat leh enkawl
kawngah harsatna awm zawng zawng nen Ownership
is a burdensome responsibility The desire to possess
sterile things must be relinquished, and one must
focus solely on actual needs**

**Mihringin a mamawh ber chu Pathian a ni Amah a
hriat chian hunah chuan a "mamawh tul" chauh ni
lovin, a "mamawh ngai lo" pawh a pe dawn a ni! A
thinlung duhzawng zawng zawng a tihlawhtling ang a,
a beiseina leh a duhthusam duh ber a hlen chhuak
ang**

**India rama naupangpa ka nih lai khan pony neih
duhna nasa tak ka nei a, mahse ka nu chuan min phal
lo Kum tam tak hnuah, Ranchi-a ka tlangvalte sikul ka
din khan, kan hman tur sakawr ka rawn keng a Zing
khat chu, ka naupan lai atanga ka duh ang ngeiin
sakawr no a hring tih ka hmu a! Chutiang fiahna chu
vawi tam tak ka chungah a thleng tawh Hun rei tak
kal ta khan Kashmir-a ka zin laiin he building (mahni**

**inhriatthiamna hmunpui) hi inlarnaah ka hmu Kum
tam tak hnuah he hmun hi ka hmu a, inlarnaa ka
hmuh tawh building ang chiah kha a ni tih ka hre
nghal a, Pathianin ka ta ni turin a tum tih ka
hrechhuak ta a ni**

**Thuk tak leh nghet taka i tawngtai hian i thinlung
leh i nihna chu hlimna nasa takin a luah khat tih i hria
ang**

**Chu lawmna chu i hriat hma loh chuan lungawi
emaw, rintlak emaw suh, a chhan chu i thinlunga chu
lawmna nasa tak chu i hriat hunah chuan i tawngtaina
chuan Pathian a thleng tawh tih leh a rilruah i awm
tih i hre tawh ang a, i Lalpan a pe ang che a, i lungawi
ang**

**Pathianin hlawhtlinna pe che rawh se Remna awm
rawh se**

Thiltih dan pawimawh pali



Thlarau lam mahni leh taksa leh rilru inzawmna hi kan
hrehawmna zawng zawng bulpui ber a ni a, kan tlin lohna
zawng zawng, kan tlin lohna te, kan tihkhawtlai te, kan tlin
lohna te, leh kan tlakchhamna te hi a bulpui ber a ni He
inzawmna avang hian lungngaihna leh nawmna ang maiin
phurna kan tawng a, chu chu Pathian hlimna emaw, hriatna
emaw kan tawng thei lo khawp mai Sakhaw chuan, a bulpui

berah chuan, hrehawmna pumpelh rengna leh thianghlimna
thlenna a huam a ni hlimna, emaw Pathian emaw
Tui buai tak chungah ni lem dik tak chu chiang taka
hmuh theih a nih loh ang bawkin, thlarau lam thlarau
(thlarau pumpui inlanna) nihna dik tak, hlim tak chu thlarau
leh taksa leh rilru dinhmun inthlak danglam leh inthlak
danglam zel nena inhriatthiamna atanga lo chhuak buaina
leh lungkhamna thlipui chuan a hrethiam thei lo va, a man
thei lo bawk a, chutiang bawkin tui buai tak chuan taksa lem
dik tak chu a tichhe vek a ni ni, chutiang bawkin rilru buai
tak chuan he hriatna emaw, inzawmna emaw hmang hian
chhungril thlarau chatuan hlimna chu a tidanglam thin
He bung hian a tum ber chu mi zawng zawngin an tih
theih dan awlsam ber, dik ber leh tangkai ber berte chhui
chhuah a ni a, chu chuan chatuan hlimna thlarau lam mi chu
rilru leh taksa nena a inzawmna hrehawm tak a\angin a
chhuah zalen ang a, chutiang chuan hrehawmna leh
hrehawmna a\angin chatuan atan a chhanhim ang a, sakhaw
bulpui ber thlarau lam hlimnaah a chawisang ang
:Khawchhak finna lehkhabuah chuan
Taksa chunglamah tho la, thlarau i nihzia i hrechhuak"
thei a nih chuan chatuan hlimna i nei ang a, hrehawmna
."zawng zawng lakah i zalen ang
Sakhaw kawng bulpui, khawvel pum huap pali a awm a,
nitin nunphung chuan thlarau lam mahni chu taksa leh rilru
tihkhawtlai ata chhuah zalenna a pui a Hêng kawng pali hian
zâwlneite, mi thianghlimte leh mi fing êng tak takte zirtîr
emaw, rawtna emaw sakhaw thiltih dik tak zawng zawng a
huam vek a ni
Sakhaw thiltih chu zâwlneite'n thurin hrang hranga an
din leh an zirtîrte a ni a, hriatna tlemte neite chuan heng
thurin awmzia dik tak hi an hrethiam lo va, a chunglam
awmzia chu pawmin, zawi zawiin ritual, ceremonies, forms,
customs, traditions, leh rigid practices level-ah an chhuk

chho ta a ni Hei hi party leh sect-te chung a fanaticism bulpui
ber a ni

Dan leh dan tur atana siam kan ni lo va, kan tan a awm
tih kan hriat a ngai A ni Kan inthlak danglam leh hmasawn
zel ang zelin an inthlak a, chu dan chu a pawn lam lan dan ni
lovin, a thupui ber zawm hi kan mawhphurhna a ni, hriat
lohna leh fanaticism avanga
Thiltih dan leh biak dan chi hrang hrang a zirin a inang
lo hle a, mahse zawlneite ngaihtuahna sikul hrang hranga
thupui thianghlim tak chu a bulpuiah pakhat a ni a, mahse
!chu chu mi tam zawkin an hrethiam lo

Ngaihtuahtu ropui tak takte chuan an rilru chakna
hmangin thudik tawp ber chu hriatchhuah an tum a, mahse
an hmalaknaah an hlawhchham a, a chhan chu rilru hriatna
hmang chauha thudik tawp ber chu hriat theih a nih loh vang
a ni

Hriatna chu hriatthiamna mai a\angin a danglam It is
unreasonable to rationally comprehend the sweetness of
sweetness if one has never tasted it chhungril, thlarau lam
thil tawn hmangin heng thilte hi hriat kan tum tam lo hle
Natural sciences leh hriatna kawng dang thutakte
phochhuahna atana an rilru hmanga finna thiamna neitute
chuan sakhaw lam leh nungchang lama thudik sang ber
berte chu sensory reason chauh hmangin an man thei tih an
ring fo thin hi a vanduaithlak hle a ni Lungchhiatthlak takin,
tanpuina dawngtu ni lovin, an rilru leh finna chaknate chu
daltu angin an che fo thin a, thutak awmzia an hriatthiamna
chu a tikhawlo fo thin

Tûnah chuan thlarau lama ðhanlenna tilangtu sakhaw
:lam kawng pali i lo en ang u

Pakhatna: Rilru lam kalphung – thil awm dan pangngai,
pianpui, mahse hriatna chak lutuk lam hawia hmantlak loh
Rilru lama hmasawanna leh thanlenna hi thil awmze nei leh
hriatna nei zawng zawngte tan chuan thil awmze nei tak a ni
Kan mahni inhriatthiamna hi rannung hnuai zawk, hriatna

degree hrang hrang nei mahse mahni inhriatthiamna nei lo
rannungte aiin min danglamna a ni
Hmasawnna leh evolution stage leh process-ah hian he
hriatna hi zawi zawiin mahni inhriatthiamna a lo ni ta tih kan
hmu a Rannung hriatna atang hian mahni inhriatna a lo
chhuak a, zawi zawiin hriatna chuan mahni inzalenna leh
mahni kaltlangin inhriatchhuah a tum a Chutiang chuan
mahni inhriatthiamnaah a inthlak a this transition is due to
the natural order of development Mihring rilru, taksa leh rilru
dinhmun tam tak nena inzawm hian zawi zawiin leh a
pianphungah amah ngeiin a nihna dik takah kir leh a tum
thin

Ngaihtuahna hriatna (conscious thought) tihhmasawn hi
thlarau lam miin a chawisang a, taksa leh rilru lama harsatna
ata a zalenna kawng khat a ni Thlarau miin ngaihtuahna leh
ngaihtuahna tihhmasawn hmanga a nihna dik takah kir leh
tura a beihna hi thil awmdan pangngai a ni Hei hi khawvel
kalphung a ni

Khawvel pum huap thlarau chu a lo thanlen dan hrang
hrangah a inlan chhuak a: a hnuai ber atanga sang ber
thlengin Lung leh leia kan hmuh angin hriatna emaw nunna
emaw a awm lo va, thingah erawh chuan vegetative growth
a awm a, chu chu nunna lam panna a ni Mahse, zalenna,
tihbuai loh nun emaw, hriatna ngaihtuahna kalphung
engmah a awm lo Rannungah chuan nunna leh nun hriatna a
awm Mihringah hian—the pinnacle—there is life with
awareness of it, in addition to self-awareness within the soul
Chuvangin mihringte hian ngaihtuahna, thlirletna leh
ngaihtuahna hmanga, lehkhabu zir chianna thuk tak
hmanga, leh thilsiam khawvela thil awm chhan leh rah
chhuah lo chhuahna hmun thlen tumna hmanga zir chianna,
chhui chhuah, enfiahna, enchhinna hmanga hmasawn hi thil
awmdan pangngai a ni

Miin ngaihtuahna a thuk poh leh cosmic ascension kal
zelah a level tuna a thlen dan chu a hmang tangkai zawk a,
Thlarau Chungnung ber a hnaih zawk thin
Taksa leh a mamawh aia rilru hmanga kan in chawisang
avangin, he rilru hmanraw hman dik leh tumruh taka hman
hian rah chhuah bik leh engemaw zat a chhuah ang thudik
India ramah chuan rilru lam kalphung sang ber chu
Jnana Yoga an ti a, chu chu hriatrengna leh hriatthiamna
hmanga finna dik tak neih tihna a ni a; miin a inhriat nawn fo
thin angin: "Kei hi taksa ka ni lo va, leia awmna lem rei lo te
."hian min nghawng thei lo kei chu thlarau ka ni
Mahse, he hmanraw chhياتna pakhat chu mahni
inhriatchhuahna kawng zawi zawia kalpui a nih vang a ni a,
hun rei tak a mamawh thei a, Thlarau lam mi nihna chuan
mahni inhriatthiamna a neih tan lai hian, rilru ngaihtuahna
inzawm lo, rei lo te chhunga awm, inzawm lo hrang hrangah
a buai reng a ni The tranquility of the soul, on the other
hand, transcends reason and rises above physical
sensations, though—when realized—it pervades and
chutiang hriatnate chu a hneh ta a ni
Pahnihna: Devotional method - chu chu ngaihtuahna chi
hrang hrang leh thil chi hrang hrang (rilru kalphung ang
bawkin) ngaihtuah lovin ngaihtuahna pakhatah kan rilru dah
.tumna a ni
Devotional method hian biakna chi hrang hrang a huam
vek a, chu chu tawngtai (khawvel ngaihtuahna zawng zawng
atanga chhuah zalen a ngai) ang chi hi a ni He method-ah
hian thlarau lam mi chuan a rilru chu thuk tak leh zah takin a
ngaihtuah duh apiangah a dah a ngai a ni: Pathian nihna
ngaihdan bik emaw, absolute, all-encompassing existence
emaw-ah pawh ni se
Thupui ber chu, a zawngtu chuan an rilru chu
thahnemngaihna leh thahnemngaihna nasa tak nen
devotional idea pakhatah an dah tlat tur a ni He process
hmang hian thlarau lam mi chu rilru lama thil tihbuai tam tak

a\angin zawi zawiin a chhuak a, a thupui chungchangah
introspective reflection neihna atana hun leh remchang
mamawh chu a hmu chhuak \hin Kan thinlung thuk tak a\
anga rinawmna famkim nen kan tawngtai hian taksa hriatna
zawng zawng chu kan theihnghilh a, kan tum zawng zawng
ngaihtuahna inrawlhna zawng zawng chu kan paih bo vek a
ni kan ngaihtuahna man leh kan rilru luah turin
Kan tawngtaina a thuk poh leh kan lungawina a nasa
zawh Hei hi himna sang ber Pathian nena kan inhnaihzia kan
tehma tehfung a lo ni ta a ni Taksa duhnate dah bo a,
ngaihtuahna tibwaitu, inrem lo tak takte thunun hian he
hmanraw hi a hmaa hman tawh aiin a chungnung zawh tih a
chiang ta a ni
Mahse, he hmanrua hian thlarau lam mahni taksa nena
hun rei tak leh a inngahna chhunzawm zel leh a bawih a
nihna atanga lo chhuak tlin lohna leh harsatna a nei a, taksa
leh rilru lama hriatna ram a\anga a rilru tihhlat tumin a bei
hlawhtling lo
Miin thinlung takin tawngtai emaw, biakna chi khata
inhnim kim emaw chu a duh hle chung pawhin, an rilru chu
hriatrengnain a rawn thlen leh a ennawn thin taksa lama
hriatna thunun theih loh leh ngaihtuahna rei lo tete rawn
beihna lakah a hlauhawm reng a ni Tawngtainaah hian
tawngtaina atan dinhmun dik siam emaw, taksa lama
harsatnate tihbo chu duhthusam taka nghah emaw chu kan
ngaihtuah lutuk fo thin
Kan hriatna neia theihtawp chhuah zawng zawng pawh
ni se, kan nunphung hrisel lo, kan tana second nature lo ni
tawhte chuan thlarau duhzawngte chu a thunun a, a
theihnate chu a tikhawtlai a, kan duhthusam tak tak chung
pawhin, rilru chu a buai a, a buai reng a, chutiang khawpa "i
rilru awmnaah chuan, chutah chuan i thinlung pawh a awm"
tih thumal hi a hman theih a ni Kan thinlung zawng zawnga
Pathian hnenah tawngtai turin kan ngen a, mahse kan

thinlung zawng zawngin kan tawngtai tlangpui a
ngaihtuahna leh hriatna lama thlipui tlehte hmangin
Pathumna: The Meditational Method – He method leh a
hnuaia mi hi purely practical and involve applied training
Anni hi an nunah thudik hre tawh mi fing ropui tak takte'n an
rawt a ni Keimah ngei pawhin heng method pahnih hi heng
thlarau lam hotu ropui tak tak zinga pakhat hnen atangin ka
zir a ni

Thiltih dan nghet tak a nih hma loh chuan ngaihtuahna
kan tih hian, hriatna neia muthilhna dinhmun kan siam thei a
He dinhmun muang leh nuam tak hi mut thuk taka kan awm
a, hriat lohna kan hnaih lai emaw, chuta harh chhuah a,
hriatna dinhmun kan hnaih lai emaw hian kan tawng fo thin
Hetiang hriatna muthilhna dinhmunah hian pawn lam
ngaihtuahna leh taksa hriatna zawng zawng a\angin kan
zalen a, thlarau chuan a hun hunah amah leh amah a
inngaihtuah thiam a, a hun hunah hlimna dinhmun chu a
hnaih thei a, chu chu ngaihtuahna thuk leh practice chak dan
azirin a ni

Hetiang dinhmunah hian rilru luahtu taksa leh rilru lama
harsatna awmte chu kan hre lo va, kan fihlim a ni Hetiang
ngaihtuahna hmang hian pawn lam leh hriatna pengte chu
mut dinhmun ang bawkin, duhthusam nerve-te tihrehawmin
kan thunun a ni

He meditative state hi ngaihtuahna tak tak stage hmasa
ber a ni a, mahse a hnuing ber erawh a ni lo (conscious
sleep) ah hian pawn lam senses chauh control kan zir a A
danglamna chu mut pangngaiah chuan senses te chu
automatic in control a ni a, meditation ah erawh chuan
conscious effort hmanga control a ni thung Mahse, he
meditation stage hmasa berah hian thlarau lam mahni chu
duh loh zawnga internal bodily functions, lung, thinlung, leh
taksa peng dangte atanga inrawlh awlsam takin a awm reng
a ni tihsual kan rin chu kan thunun theih loh a ni

Chuvangin, hei aia kawng tha zawk kan zawng tur a ni, a
chhan chu thlarau lam mahni hian duhthusam hmanga taksa
hriatnate a titawp thei lo a nih loh chuan, chutiang bawkin
ngaihtuahna lo chhuak theitu chhungril hriatnate pawh a
titawp thei lo a nih chuan, heng buainate hi thunun leh
tihtawp beiseina nei lovin, a nih loh leh mahni inhriat theihna
hun remchang nei lovin a awm reng a ni

Palina: Yoga Scientific Method – Mithianghlim Paula
chuan, “Nitin ka thi thin” a ti a, he thu hian a sawi tum chu a
chhungril taksa pengte thunun dan leh a thlarau lam nihna
chu taksa leh rilru atanga duhthlanna hmanga chhuah dan
Mi pangngai, zirtir lote chuan thihna hnaih dinhmun ang
chiah hi an tawng a, chu chu thlarau lam nihna chu taksa
chhe mek atanga chhuah zalen a nih hian a ni
Training dik tak leh hmanraw tangkai leh mumal tak
hman a nih chuan, a hmangtu chuan thihna hnahnung ber
tawh lovin taksa atanga thlarau lam inthenna chu a hre thei
a ni

Hetah hian a hman dan tlangpui leh a inngahna
scientific theory dik tak ka rawn tarlang ang Ka thilpek hi ka
mimal thil tawn atanga lo chhuak a ni a, khawvel pum huapa
a dik tih theih a ni Ka sawi thei bawh a, ka nemngnet thei
bawh a, chu hlimna, kan thil tum ber—ka sawifiah tawh
angin—he method hmannaah hian nasa takin a lang chhuak
a ni Indeed, the practice itself is extremely pleasurable I can
affirm that it is immeasurably more delightful than the
greatest sensory pleasure attainable through the five senses
or the intellect He method hi a hmangtuin a tawn tur tih loh
chu a dikzia finfiahna engmah hlan ka duh lo
Thiltih \ha lo chu a rilru a na em em a, a zung kaih thuk
em em bawh a, taksa hriatna chu a chang chuan a harh
chhuak a, chu thlamuanna dinhmun chu a hriatrengna
hriatrengna zawng zawng nen a bei a Mahse, tih dan
pangngai leh rei tak kan tih chuan, thlarau lam hlimna ropui
tak dinhmunah an inhma hun tur a lo thleng dawn tih kan

tiam thei a, Mahse, chu hmanrua chuan a rah chhuah tur chu
ngaihtuah chhuah kan tum tur a ni lo.. practice
after a brief trial Hlawhtlinna dik tak leh hmasawinna Chiang
tak chuan a hnuaia thil pawimawh tak takte hi zawm a ngai
a ni

Pakhatna: I zir duh thupui chu ngun takin ngaihven rawh
Pahnihna: Zawhna rilru fim tak nena zir duhna dik tak
Pathumna: Tum duh tak a thlen hma loh chuan chhelna
A chanve vel kal a, practice awlsam tak hnua method
kan ngaihthah chuan kan beisei ang result kan hmu dawn lo
Mite chuan an hun tam zawk chu thil mamawh neihna
atan emaw, theoretical discussion leh intellectual debate-ah
emaw an hmang a, mahse nun tihausa leh tichaktu thlarau
lam thutakte chu anmahni ngeiin hmuchhuak leh tawn an
tum tam lo hle a, awmzia a pe tak zet a ni An rilru chu thil
tenawm tak tak, thil pawimawh lo tak tak, leh duhna rilru na
tak takah a buai zawk a, chu chu a vanduaithlak tak zet a ni
he thiltum lam hawia dik taka kaihhruai a nih
Kum tam tak chhung chu a chung a kan sawi tawh ang
khan ka lo hmang tawh a, ka practice apiangin hlimna nasa
tak emaw, hlimna awm reng emaw, a chakna a tlahniam lo
va, a luang pawh a tawp lo emaw ka nei thin
Thlarau thlarau chu kum tam tak leh hun rei tak chhung
taksain a khung tawh tih kan hre reng tur a ni a, ni khat
chhungin a chhuah zalen lo thei tih kan hre reng tur a ni
Thianghlimna tawi, inthlak danglam fo hian a titu hnenah
thlarau lam hlimna sang tak chu a pe thei lo va, chhungril
taksa pengte chung a thuneihna a tichiang thei lo Hei hian
hun rei tak chhunga tih nasat leh tumruh taka tih a ngai a ni
Mahse, heng hmanrua te hi uluk taka hman hian hlimna
thianghlim tak hriatna a thlen thei a ni He hlimna hi a hnaih
poh leh a practice nasa zawk He dinhmun hi mihring tumah
siam leh siam chhuah a ni lo pianphungah a awm a, kan
chhungah chauh kan phochhuah a ngai a ni

Duhthlanna leh boruak nghawng dan

Buaina leh thinrimna chu mi pakhatin a thil tih tawh, hun leh hmun bik a tih tawhte a hriat lohna a\ angin a lo chhuak \hin Tuna an hrehawm tawrhna hi an thusawi leh thiltih a\anga lo chhuak a ni a, chu chu hriatna leiah zung a kai a, thingah a lo chhuak a, a thil tih ngaihtuahna leh thiltih tak takte ang chiah a rah a chhuah a ni

Fiahna leh hrehawmnate hi mi tihchhiat tur leh a duhzawng tichhe turin a lo thleng lo va, Pathianin a phu tak tak anga ngaihlu turin leh hlimna dik tak an chan theihna tur A dante zah tir turin a lo thleng zawk a ni

Pathian chuan chutiang fiahna khirh tak chu a tir lo a, a chhan chu mihring siam a nih ber vang a ni Mihringte hian an hriatna chu an hriat lohna muthilh ata kaihthawh a, hriat lohna thim ata hriatna êng lama tho leh chu an kutah a awm a ni

Thlarau lam hriatna ramah

Zirtirtu chuan thlarau lam kawnga a kaihhruaina zawngtu zirtir pakhat hnenah chuan:

Nangmah leh i thlarau lama i hlawhtlinnate miten an hriatpuina chu duhsak suh la, Pathian chauh zawng rawh

Remna chu i chhungah a awm tih i hriat chian hunah chuan thilsiam thil tha zawng zawngah remna leh muanna chu a awm tih i hrechhuak ang a, chu chu thilsiam mawinaah i hmu ang a, ðhian nihna dik takah a inhnaihzia i hre ang a, mahni hmasial tumna laka fihlim duhthusam ropui tak tak leh thiltum zahawm takah a malsawmnate chu i khawih ang

**Kawngkhar chu taima takin kik la, puan chu a la
chhuak ang a, a ropuina leh ropuina zawng zawngah
hmel ropui ber i hmu ang**

**Pathian i hmangaih chuan A hmangaihna chu i
hria ang a, thil dangin a bum thei lovang che Material
experiences appeal to you because you haven't
tested spiritual happiness I tem chuan a danglamna
chu i hre chiang ang**

**Zalen takin duhthlanna nei rawh Engmahin khap
che suh la, tumahin thunun che emaw, i hlimna
tibuaitu emaw phal suh**

**I self hi cosmic whole-a a hranpaa awm a ni a, chu
perfect whole chu i zawng chhuak tur a ni a, chu chu
blissful consciousness i tawn theih nan leh Pathian
hmangaihna lawmnate i tem theih nan a ni**

**Huatna leh thinrimna lung ina hmangaihna hruai
chhuah**

**Lalpa, kan thlarau chungah i êng êng turin kan
ngen che a ni**

**Tin, i hmangaihte leh i tanpuina zawngtute chu i
malsawmna tam tak hmangin tui pe rawh**

**Tin, indona, tharum thawhna leh thihna ramhuai
te chu min hlat tir rawh se**

**Tin, remna chu kan tum ber ni turin min fuih baw
k ang che**

Tin, hmangaihna hi kan ruahmanna a ni

**Kan tum ber chu khap tlat (restrictive constraints)
atanga zalenna hi a ni**

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**Miin sum khawlkhawm leh taksa duhzawng hlen
chhuah mai mai a tum chuan**

**A hlawkna a hmuh chu a tlem a, a pawimawh lo
hle baw**

**A chhan chu khawvel hlawkna zawng zawng a
hnutchhiah hun a lo thleng dawn a ni**

**Mahse Pathian zara a hausak chuan
Khawvela lal zawng zawng leh mi hausa zawng
zawng aiin a hausa zawk ang
Chu ro hlu malsawmte chu Pathian hmangaihtute
kutah a awm a ni
Thlarau hausakna tih loh thil danga lungawi lote
An thlarau lam duhzawng tihhmasawn tumin an
thawh lai hian
Tin, an nun bul an duhna chawm turin
Tin, huatna leh sualna thuk tak atanga
hmangaihna thawhlehna pawh
Khawvel ngaihtuahna zim tak aiin an hriatna chu
an chawisang zawk thin
Zalenna, remna, êng leh hlimna hmun (horizons)
thlengin
An ramri nei lo zauzia chu an hre chiang hle
Hriatthiamna leh hriatna thar an tawng thin
Tin, ngaihtuahna tha leh thiltih tha chi an tuh ang
bawkin
An hriatna hmun hrang hrangah
An hriatnate chu a inhawng a ni
Tin, an cognitive powers te pawh a activate baw
Philamson, an nihna dik tak
Anmahni chhungah Pathian ram an hmu chhuak
thin
Kan inthar thar leh theih nan Pathian
Engkimtitheia min kaihruai turin kan ngen a ni
Tin, kan thlarau nun chu thim lung in ata kan
hruai chhuak baw
Zalenna, thlamuanna leh hriatna êng awmna
hmunte hnenah
Thei leh thlai thar hi ei tur pawimawh tak a ni
Nutrition chungchanga thusawi atang hian
Encinitas, California-ah - June 1940 khan a rawn
thawn a ni**

Sa protein chauh hi chakna petu pawimawh tak a ni lo

Thlai leh thei hmin loha mineral salt awm thenkhat pawh hi thil pawimawh tak a ni

Sa tam tak hian chakna nasa tak a pe ve tho nain, sain hun rei tak chhung ei leh in a thunun chuan chu chakna chu a pe tawh lovang Chu bâkah, protein ei tam lutuk hian protein toxicity a thlen thei a, chu chu hahna leh natna thlentu a ni A tawi zawngin, protein tam lutuk hi a tlem lutuk ang bawkin a hlauhawm a ni

Chauhna tihbo i duh chuan a damdawi pakhat chu ei leh in dik takah a awm Sa hian hun eng emaw chen atan chakna a pe thei a, mahse taksaah hian toxin tam tak a luhtir Chaw raw, tui lo tam zawk ei hian hahna rilru a tiziaawm ang a, chakna a pe ang che

Juices hian chakna nasa tak a pe a, mahse thei leh thlai pum pui hian nutritional value nasa zawk a pe a Mahse, mi thenkhat chuan he form-a ei tur hian hun an hmang duh lo mai mai a ni

Digestive system hian chemical substance te chu a la chhuak a, taksa pum puiah cell chi hrang hrangah a sem darh thin

Taksa hi chemical element tam tak atanga siam a ni a, ei leh in hian nitin chutiang element tlakchhamna chu a tihpun a ngai a ni

Nitin ei tur hian protein, vitamin, mineral, thau leh oil thenkhat, leh natural carbohydrates tling tawh te a tel tur a ni a, chutih rualin refined starch leh refined sugar a theih ang anga tihtlem tur a ni

Energy petu ropui tak chu orange tui leh ground almond inzawmkhawm hi a ni a, almond hi orange tui nena chawhpawh a nih chuan a hmin tha zawk a ni

Fluid tam tak in a pawimawh bawh Tui quality tha a awm loh chuan thei tui thar, coconut tui, leh

**watermelon te hi supplement tha tak leh tui
thianghlim aiah a then a ni**

**Nakin lawkah chuan heng juice-te hian hriselna
atana thatna a pek avangin miten thei tui leh thlai tui
an ei tam zawk dawn a ni**

**Inferiority complex leh superiority complex
pahnih hi a chhe vek**

**Inferiority complex chu superiority complex ang
bawkin a chhe a, a chhan chu mi pakhatin a
hnuaihning zawka inhria chuan an chhunga awm
superiority chu a lantir thei dawn lo a ni**

**Mihring hi thlarau lam mi a nih avangin meialh
thianghlim pek a ni a, mi hnuaihning anga ngaih
emaw, mi zawng zawng aia chungnung zawka ngaih
emaw, zahawmna leh bul tanna nei lo ang maia che
chu thil dik lo leh dik lo tak a ni**

**Miin chapona a lantir hian chapona thlalak thim
tak chuan thlarau chhunga Pathian êng chu a khuh bo
thin**

**Chuvangin, knot pahnih hi kan pumpelh tur a ni a,
a chhan chu a pahnih hian thlarau lama hmasawanna
daltu an nih vang a ni**

**Pathian chu kan hnenah a awm a, min fuih a, min
kaihruai a, kan nuna hmangaihna ropui ber a ni tih i
hria ang u**

**Pathian hretute chuan mi tin rawngbawltuah an
inngai a, midang aia tha zawkah an inngai lo**

**Inferiority complex hi ngaihtuahna chak lo leh
subconscious chak lo nei te nen a inzawm a,
superiority complex erawh chu huatna inchhuanna leh
inngaihluhna dik lo atanga lo piang a ni thung**

**Hêng knot pahnihte hi thlarau lam thanlenna
tichhe thei an ni a, hriatthiamna dik leh rorelna dik
takah ni lovin, thudik ngaihthah leh ngaihthahnaah an
inngat a ni**

**Mahni inrintawkna hi mihring chak lohna rochun
hnehin a tuh tur a ni A duhtute chuan an nunah
hlawhtlinna tak tak hmanga a thlumzia tawn tumin an
bei tur a ni a, chu chuan inngaihtlawmna leh
inngaihluhna buaithlak tak ata chu Pathian tanpuinain
an chhuah zalen tur a ni**

Vitality thuruk leh a bulpui ber

**Taksa hian chaw chu chaknaah a chantir theih nan
darkar engemaw zat a mamawh a Mahse duhthlanna
tichaktu leh tichaktu eng thil pawh hian chakna a
siam nghal vek a ni**

**Duhthlanna hian taksa cell atanga chakna a la a,
ei tur atanga chakna lakchhuah te dahkhawmna
thluaka chakna dahkhawmna atang hian chakna a la
chhuak thin**

**Will hian cosmic source atanga taksa chhungah
spinal cord kaltlangin activity thar a hip lut bawk**

**Chuvangin, chakna thuruk chu miin chakna a
neihte humhalh a, duhthlanna hmanga taksa chhunga
chakna thar rawn luhtir hi a ni**

Engtin nge chu chu tih a nih?

**Pakhatnaah chuan, duhthusam leh duhthusam
taka thil tih a ngai Tih tur a awm a nih chuan
duhthlanna leh duhthlanna hmanga tih tur a ni**

**Duh taka i hnathawh hian chakna nasa zawk i nei
a, a chhan chu thluaka nerve atanga chakna i lak
chhuah mai bakah taksa chhunga cosmic energy
luang chhuak nasa tak i hip lut a ni**

**Hmeichhiain a hmangaih tan chaw tui tak a
buatsaih thin chu hlimna leh chaknain a khat a,
mahse a duh loh zawnga chaw siam tir a nih chuan a
tir atangin a chau tih a inhria**

**Chuvangin duhthlanna hian chakna a rawn keng
tel a ni**

thawnthu tawi:

Vawikhat chu, ka thianpa pakhat nen mi
thianghlimte chungchang kan sawi dun a Ka thianpa
chu broker a ni a, ka thahnemngaihna chu a tawmpui
lo a, chu ai chuan, "Mithianghlim i tih zawng zawngte
hi a takah chuan Pathian hre lo charlatan an ni" a ti a,
ka inhnial lo va, mahse thupui ka thlak a, brokerage
profession chungchang chu kan sawi tan ta a, hemi
chungchang tam tak min hrih hnu chuan zawi te hian,
"Chuti chu chutah chuan i hria em" ka ti a broker
rintlak pakhat mah an ni vek lo em ni?" A thinrim hle
a, thinrim takin, "A nih leh broker chungchang eng
nge i hriat?" Kei chuan, "Chu chu ka sawi tum tak chu
a ni Tin, mi thianghlimte chungchang eng nge i hriat?"
A tawng thei lo a, muangchang tak leh ngilnei takin
ka chhonzawm a, "Brokerage chungchang engmah ka
hre lo, nang pawhin mi thianghlim chungchang
engmah i hre lo".

Vantirhkoh chakna nei
Pathianin chakna vantirhkoh angin min siam a
Tin, taksa taksaah kan dah baw
Kan ngaihtuahna zawng zawng chu taksa chak lo
tak takah kan dah vek a

Tin, cosmic nun chakna hmanga charged thlarau
thlarau chu kan theihnghilh ta a ni

Tunah chuan ngaihtuahna seng turin theihtawp
kan chhuah tak tak a ngai a ni

Total awareness hriatna neih leh theih nan
Hlawhtlinna bul chu thlarau lam hriatna lo pung
zelah a awm a ni

Chumi hmang chuan kan taksa nei lo nihna kan
hre thei ta a ni

Tin, Pathian anpui chu kan chhungah a awm tih
pawh

Thlarau lam huana pangpar hmasa ber chu rinna
leh beiseina pangpar a ni

**Mahse, a rah chu mahni infiamna hmanga hriatna
tak tak hmuh a ni**

**Beiseina nei la, nun thil tha leh malsawmnate
chuan a nghak reng che tih hria ang che**

**Thinlung tak leh inpekna nena i thawh chhung
chuan**

**Pathian ro hlu bo tawh chu siam\hat leh turin
Thlarau mi dik tak chu mi inthlau tak a ni
Mi lungawina nei, hriselna tha tak nei, leh
hriatthiamna pung zel nei mi**

**Thlarau hausakna leh finna ro hlute a nei a ni
Pathian tanpuina a lo thleng dawn tih a ring tlat a
ni**

**Eng anga nun khauh tak angin lang mah se, eng
ang dinhmun chhe tak pawh ni se**

**Pathian hmel chu thilsiam mawinaah hian a lang
chhuak thin**

**Tin, a aw hian hla nalh tak tak, thianghlim tak tak
hmangin min bia bawh**

**Tin, hmangaihtute aw thlum leh nem tak atang
pawhin**

**Tin, duty aw ri bengchheng tak hmangin
Thil \ha leh remna lam min hruaitu incentive
Hlimna leh hriatna hi Pathian aw a ni
Chu chuan malsawmna in lama kir leh turin min ko
a ni**

**Thlamuanna leh rilru thlamuanna in
Tin, a awmna thlum tak chu hlim taka hman theih
nan**

**Tin, a mawina danglam bik, chungnung zawh
pawh**

**Khawvel hi a bumna mak tak mai a ni a, chutiang
chuan kan hnaih a ngai a ni A bumna leh inbumnate
kan hneh hmasak loh chuan midang kan pui thei dawn
lo**

**Kan hriat reng tur chu rilru fimkhur tak pakhat
chauhna hmunah hian hlawhtlinna ropui zawng zawng
factory a awm a Tin, he factory mak takah hian,
dinhmun tha lo zawng zawng hneh emaw, \ha taka
hmachhawn emaw theih nan kan duhzawng pattern te
chu kan hrual chhonzawm zel tur a ni**

**Will chu training leh exercise reng reng a ngai a ni
Mihring hian a hun a khawhral loh chhung leh a
chaknate a thlawna a hmanral loh chhung chuan he
leia factory-ah hian hnathawh theihna hun remchang
tam tak a nei a ni**

**Zanah chuan khawvel thil phut atang hian ka
inhnukdawka, keimah leh keimah ka bula awm turin
ka inhnukdawka thin**

**Khawvel atanga hla tak, hla takah
Ka thlarau lam mahni chauha ka duhzawng nen
chauh**

**Ka ngaihtuahna chu ka duh lam hawia ka hraina
hmun**

**Thutlukna chu ka chhungril thuk takah ka siam ta
a ni**

**Thil hrisel leh hlawkthlak tak tak ti tura ka duhna
ka fuih hian ka tan hlawhtlinna a siam thin Hetiang
hian vawi tam tak ka duhzawng chu tangkai takin ka
hmang tawh a Mahse, hei hi duhthusam hman dan
pangngai hmang chauhvin a thleng thei a ni**

**"Pathian duhzawng nena charged ka duhna chuan
ka duhzawng chu ka tan a tihlawhtling ang," tih leh i
nemngheh theih hunah chuan rilru natna mak tak i
nei ang!**

**Mi chu Pathianin a duhzawng a pek hmang lovin
Pathian duhzawngah engkim a hlan a nih chuan a
zawn ang result chu a hmu lovang**

**Pathian thiltihtheihna chuan a duhthusamin a
puih duh che a ni**

**Pathian chu a chakna leh a thiltihtheihna mak tak
takte nen kan hnen ata hla tak leh vanram hla takah a
inthup tih ngaihtuahna chu kan rilru atangin kan
hnawtchhuak tur a ni a, Pathian duhzawng chu kan
mihring duhzawng hnung lamah a awm tih kan
theihnghilh tur a ni lo va, mahse thiltihtheihna chak
tak, tuifinriat a tui lian leh a zau zawngin a luang khat
ang maiin, rilru a inhawng a, thinlung a pawm theih
loh chuan a lo thleng lo vang**

Dilna dilna

Aw Universal Nu

Kan thinlunga meialh awmchhun ni turin

Tin, kan thlarau thim tihbo nan

Tin, nangmah kan hmangaihna mittuiah pawh

Khawvel thil kan hmangaihna chu silfai rawh

**Tin, i thusawi kan pawm thei hi kan lawm hle
bawh**

**Kan lungngaihna leh lungngaihnate vawi khat
atan tibo rawh**

**Kan thinlung te te hi thinlung lian takah siam
rawh**

I awmna zawng zawng a huam vek a ni

Tin, i Pathian nihna darthlalangah pawh

Mi famkim leh thianghlim takah i inngai ang u

**Kan hmangaihna meialh chu sang takin lo sang
rawh se**

Leilung duhna meialh chungah

**Thlemna maktaduai tam tak chuan nangmah
angin an insiam a**

Tin, min bum reng bawh

*** * ***

**Aw Pathian hlimna thianghlim leh famkim, lo kal
rawh!**

**Nangmah kan duh em emna temple-ah hian lut
rawh**

**Planet hi thlamuang takin awm rawh se
Kan tlangah te, hriat lohna zan thim takah te
Min kaihruai a, him takin min hruai kir leh rawh se
I hmun him leh him takah!**

**Chatuan atanga thusawi ri
Khayyam-a quatrain hmasa ber
Edward Fitzgerald-a lehlin niin Master
Paramahansa-a sawifah a ni**

**Khawthlang lama Omar Khayyam-a hmingthanna
hi kum zabi sawm leh kua laihawl vela Fitzgerald-a'n
a quatrains a lehlinnaah a inngat a, chu chu English
tawnga lehlin tawh zawng zawng zingah chuan a tha
ber nia ngaih a ni**

**Zirtirtu Paramhansa chuan Omar Khayyam chu
thuruk thiam ropui tak tak zinga mi leh mahni
inhriatthiamna sang tak neiah a ngai a, a thlarau lam
leh thil tawn atanga a thil tawn sawina atan
symbolism a hmang a, chu chu crude takin a
hriatthiam loh thu a sawi a, zirchiangtute chuan a
thlarau lam philosophy quatrain-a a dah chu
hriatthiam tumin thuk takin an chhui lo tih a sawi
baw**

**Harh! Zan Bowl-a Zing atan
Stars te Flight tura dahtu Lung chu a vawrh
chhuak ta**

**Tin, lo! Khawchhak lam Hunter chuan a man ta a
ni**

**Sultan-a Turret chu Noose of Light-ah a awm
Arabic tawng atanga lehlin:
Harh rawh u, zîng hian zan bêlah lung a paih tawh
si a**

**Arsi te chu a darh vek
Tin, hetah hian Khawchhak lam ramsa mantu chu
a awm baw**

Sultan kulh chu a man ta a

Eng noose nen

Hrilhfiahna leh hrilhfiahna:

A awmzia sawifiahna: 1.1.

Zing: Leilung awm dan lem (illusory earthly existence) atanga harh chhuahna zing a ni

Zan bungrua: hriat lohna thim chuan thlarau thi thei lo chu mihring hriatna thui tak, tikhawtlai takah a khung a ni

Lung: Thlarau lam tihthianghlimna

Stars: Thil neih duhna rilru hneh thei tak

Hunter of the East: Khawchhak finna chak tak, illusions la awmte tichhe thei

Eng noose: finna malsawmna êng, thlarau lung ina khungtu leh hremtu thim tihduhdahna chu tichhetu

Hrilhfiahna: 1.1.

Chhungril lama ngawi renga awm chuan:

"Harh rawh! Hriat lohna mutthilh chu kalsan rawh, finna zing a lo chhe tawh si a, Hriat loh bêl thim chu thlarau lam tihthianghlimna lungin paih la, chu chu tikehsawm turin leh thil duhna dull arsi thim leh eng tak takte chu tidarh rawh".

"Khawchhak finna êng, thil dik lo zawngtu leh tichhetu chu en teh u, thlarau kulh sang tak chu êng kawrfual hmangin a man a, a khap tlat thil thim chu a tibo a, a tibo vek a ni."

"Aw suangtuahna khawpuia chengte u, mut hi kalsan rawh u! Chhungril finna thlarau lam thuchah ni eng a lo lang ta si a".

Thlarau lam tihthianghlimna lung nghet tak hmanga hriat lohna bêl thim tak chu tihchhiat a, chuta tâng chuan hun eng emaw chen chhûnga thil nuam tihna duhna chu hnawhchhuah dân zir rawh

"Finna zawngtu, êng duh leh thutak zawng rengtu thlarau a\angin zirlai la la, chatuan zalenna ropuina ropuina ropuina aura hmanga hual vel rawh

Fapa Tlan Loh lehna

Vawikhat chu kum tam tak kal ta khan ka zirlai pakhat chu a lehlamah a kal ka hmu a

A thiltih avanga a rah chhuah pumpelh theih loh chu ka hrechhuak a, a thiltih dan tur chu kalsan turin kawng dik zawng zawng hmangin ka fuih a, mahse ka pui thei lo tih ka hmuchhuak ta a ni

A chhan chu sual kawng zawh zel a tum vang a ni

A tawpah chuan ka rilruin:

"Chu chu a duh avangin ka kalsan mai ang".

Mahse ka hmangaihna leh ngaihsakna chu a lo let leh thuai a, theipui kung hnuaiah chuan ka thu a, ka mitthla ta a ni

Thahnemngai takin a hnuaia mi fîng thuchah hi ka thawn chhunzawm zel a:

"Pathianin i tih tum chungchangah i rilru thlak danglam turin min ngen a ni".

Zan lamah chuan ka taksa leh rilruah intuitive feeling chak tak ka neih chuan a rawn kir leh tak tak dawn tih ka ring ta a

Vawikhatmah "fapa tlanbo" chu a rawn lang a, in lamah a lo haw tawh a, thalngul chungin a lo hmuak a, a ti a:

"Nilengin, ka kalna apiangah leh eng thil pawh ti ila, i hmel ka hmu a Chu chu eng nge a awmzia?"

Kei chuan: "Pathianin keimah kaltlangin a ko che a ni Chu chu A kohna a ni a, ka ta ni lovin" tiin ka chhang a.

Ka duhzawng chu mahni hmasialna avanga chêt a ni lo va, kalsan loh ka tum tlat a ni

He hmun hi i lo haw hma loh chuan hawn reng a ni ang

**Hetiang design chi hian inthlak danglamna nasa
tak a thlen thei It's truly an amazing force!**

**I kawng i siam a, i kawng zawh chhunzawm zel
tura i rilru i siam hunah chuan i duhzawng chu i
activate a ngai a, practical effort i siam a ngai a,
chutah chuan hlawhtlinna element zawng zawng chu i
hriatna leh i hriat lohna hmun atang hian i hnenah a
lo thleng vek dawn tih i hmu ang**

**Pathian chakna hmanga charged i duhthlannaah
chuan i tawngtaina chhanna chu a awm a ni**

**Chu will i hman chuan i tawngtaina chhanna i
hmuh theihna window chu i hawng a ni**

**Chu chu keimah ngeiin ka thil tawn a ni Tun hma
chuan ka duhzawng fiah nan chauh thil engemaw tih
ka tum a, mahse tunah chuan chutiang chu ka ti lo a,
a chhan chu a rah chhuah ka hriat lawk vang a ni: ka
duh zawng zawng chu Pathian Engkimtithia zarah
tihlawhtlin a ni**

**"Mihring Tum Hnuhnung Ber" tih lehkhahu atang
hian.**

**Pathian hi kan thlarau vengtuah i siam ang u
Tin, Pathian êng chu scout a ni
Nunna kawng thim takah chuan
Zan buaina kaihruaitu êng a ni
Tin, harh hun chungin chiang taka ni
Tin, leia awmna thim tuipuah kaihruaitu arsi
pawh**

**A tanpuina i dil ang u, a fuihna i zawng ang u
A chhan chu khawvel hian a sang leh hniam a
chhunzawm zel dawn a ni**

**A thilthlengte chu tuipui lian tak ang maiin a buai
hle**

**Khawi a\angin nge kaihhruaina kan hmuh ang?
Kan fickle, biased habits-ah a awm lo
Influence hnuaia awm kan chhehvel atang pawhin**

**Kan ram atang emaw, kan khawvel atang pawhin
Chu ai chuan kaihruaitu thutak aw a ni zawk
Thlarau thuk tak atanga lo chhuak
Hun tin hian Pathian chauh ka ngaihtuah thin
Ka thlarau chu a hnenah ka hlan ta a
Ka thinlung chu a kutah ka hlan a
Ka hmangaihna leh duhthusam chu a lam hawiin
ka kawhhmuh a**

**Pathian bak chu engmah kan rinchhan tur a ni lo
Tin, A êng tilangtu turte kan rinchhan tur thu
pawh**

**Chu êng chu ka kaihruaitu a ni
Ka finna leh ka hmangaihna a ni
Hneh theih loh chakna
Tin, tluk rual loh thutak pawh
Tunah leh chatuan atan**

**Mihring ngaihtuahnaah hian a extreme em em a,
nunah hlawhtlinna chang tur chuan machine ang maia
chawlhsan lovin hna thawh a ngai tih ringtu an awm**

**Kawng lehlamah chuan anmahni aia extreme tlem
lo mi an awm a, vawi khat thlarau lam thil an
ngaihven tawh chuan thil dang zawng zawng duhna
an hloh tawh a, chu chu dinhmun dik lo a ni**

**Entirnan, ngaihtuahna seng nasa tak leh taksa
thawhrimna ngai thil tih a ngai lo tih an ring a,
asceticism leh thil neih zawng zawng bânsan turin an
fuih a Mahse he rilru put hmang hian rilru lama
dinhmun nghet lo chu a khuh bo a ni**

Thlarau lam thil dik lo puan hnuaiah

**Zirtirtu ropui tak takte hian khawvel hi an
ngaihven hle a, mahse engmah inzawmna nei lovin Ka
zirtirtu chu thil mawi tak tak pek a nih chuan a enkawl
a, a venghim thin a, mahse a chhe emaw, a chhiat
palh emaw a nih chuan nui chungin, "Ka ngaihvenna**

**chu a tawp ta a, a chhan chu ka ngaihtuahna a luah
lutuk vang a ni," a ti thin**

**Pathianin min pekte ka ngaihlu dan ang chiah
hian ka inhria a, mahse ka hloh chuan ka tlai lo**

**Vawikhat chu mi pakhatin kawrfual mawi tak,
lukhum nen min pe a, chu chu set man to tak a ni a,
ka enkawl a, a hrual leh a bawlhhlawh loh nan ka
humhim a, ka rilru a hah hma loh chuan ka hlim hle a,
ka rilru a buai em em a: "Aw Pathian, he buaina hi ka
mamawh lo!"**

**Ni khat chu Los Angeles-a hall pakhatah lecture
pe turin ka kal a, ka thlen chuan ka coat ka phelh tan
meuh chuan Pathian aw chuan, "Coat pocket-a thil
awm zawng zawng kha keng vek rawh u" a tih ka hre
ta a, Chuvang chuan ka ti ta a ni**

**Lecture zawhah coat dahna pindana ka kir leh a,
coat - Pathianin a humhim che u - a bo tawh tih ka
hmuchhuak a**

**Chu chu ka lungawi lo hle a, chuvang chuan mi
pakhatin, "I lungawi lo suh, kawr dang kan lei sak ang
che" a ti a, kei chuan, "Ka kawr ka hloh vang ni lovin,
kawr latu khan kawr nena inmil tak kawr pawh a lak
loh vang a ni zawk" ka ti a.**

**Kan rilru put hmang hian min thunun kan phal tur
a ni lo Miin a ngaih pawimawh ber chu a thawmhnaw
leh thil neih dangte chauh a nih chuan engtin nge a
hlim theih ang?**

**Hei hian thawmhnaw thianghlim leh felfai ha lo
emaw, in tihfai leh tihfai loh emaw a kawk lo va, heng
thilte hi innghah lutuk emaw, inngaihtuah lutuk emaw
tihna a ni zawk**

**Vawikhat chu zanriah eikhawmnaah min sawm a,
engkim a mawi em em a, a inrem tha hle bawk a,
zanriah chu ka ei tha hle a, mahse kan mikhualte chu
an hlauthawng hle a, engkim chu ruahmanna angin a**

**kal lo mai thei tih an hlau a, chuvang chuan an
lungkhamna hmangin boruak chu an tichhe ta a ni**

**Mi rilru na lutukte chuan mi dangte lungkhamna
leh lungngaihna chu an hre fo thin Engvangin nge
hlauhna leh hlauhna chu? Kan theihtawp kan chhuah
tur a ni a, chutah chuan chawlh hahdam la, midangte
chawlh tir tur a ni Thilte chu nawr luih lovin a
pianphung kawng zawh turin kan phal tur a ni a,
chutah chuan kan chhehvela mite pawhin thlamuanna
an hmu ang**

Parmenidean atanga lak chhuah a ni

**Mihring duhzawng hnuaiah hian Pathian
duhzawng leh khawvel chakna (cosmic energy) luang
chhuak tawp nei lo thiltum a awm a ni**

**Nunna atana thil \ha leh \angkai zawng zawng
lantir a ni**

**Hemi avang hian, duhthlanna sang zawk nena
inmil leh nghet taka awm reng chu Pathian tanpuinain
hlawhtlinna pek a ni ang**

**Duhthlanna chu thil tum bik tihhlawhtlinna tura
chakna leh duhna a ni**

**Duhthlanna tel lo chuan engmah tih theih a ni lo;
dik tak chuan, duhthlanna hmang lovin nitin nunah
hian chetna awlsam tak pawh siam theih a ni lo**

**Mi tam zawk chuan thil pawimawh lo tak tak an ti
a, an thawhrimna chu siam\hatna kawngah an dah lo**

**Duhthusam hi duhthlanna nen a danglam a,
duhthusam chu duhthlanna thlentu (catalyst) angin a
thawk thei a ni**

**Duhthlanna siam chhuahnaah chuan a hmasa
berah chuan tumruhna a nei tur a ni a, hriatna,
hriatthiamna leh finna a hmang tur a ni**

**Chumi hnuaah chuan training leh duhthusam chu
hriat rengna hmanga thil tum duhthusam
tihhlawhtlinna a ni**

**Tum a thlen hma loh chuan zinkawng leh
thawhrimna chu a kal zel tur a ni**

**Mi pakhatin thiltum ropui tak tihhlawhtlin a tum
chuan, beih tawh loh chu thil dik lo a lo ni ta a ni**

**A nih loh leh, dinhmun tha lo takah a inpe mai
thei baw**

**Consciousness chu duhna leh ngaihtuahna sang
zaw** nen a inmil a, duhthlanna chu tihtawp lohvin
ngaihtuahna pakhat a inngat a nih chuan,
duhthlanna chu ramri nei lo leh tawp thei lo cosmic
activity-in a saturate ang

**Mihring duhzawng hriat lohna leh duhnain a
thunun chuan a neitu chungah hrehawmna leh
harsatna a thlen thin**

**Hlimna dik tak tem tur chuan duhthusam \ha
chuan thil \ha lote a hneh a ngai a, duhthlanna chu
thutak bul leh thil \ha awm zawng zawng lo chhuahna
lam hawiin kawng dik a kawhhmuh a ngai a ni**

**Engvângin nge miin thu dik lo hrilh chu a pumpelh
ang? A chhan chu thu dik lo chuan inbumna leh
bumna a chawm a ni**

**Pathian mithmuah phatsan hi soal lian ber
pakhat a ni Mimal hlawkna tur emaw, phuba lak
duhna avanga mi pakhat dik lo taka puh chu thu dik lo
sawina chi khat a ni Mi zawng zawngin he thil tih hi
zawm ta se, mipui zingah buaina leh buaina a lo awm
ang**

**Mi dang chungah thu dik lo sawi ngaihthlak chu
thuhretu dik lo thlawpna leh a thiltih zahthlak takah a
telna a ni a, chu ngaihthlak leh thlawpna chu thlarau
thlamuanna tichhetu leh nun muanna tibuaitsu
chhungril rilru lama inhnialnaah a chang ngei ang**

**Hun engemaw chen atan a dik a nih pawhin, chu
thiltih chuan a tawpah chuan nasa takin a hnungtawlh
ang a, lungngaihna leh rilru lam natna a siam ang a,**

chu chuan hriatna a tibuai a, chhia leh tha hriatna a tibuitu a ni

**Itsikna hian rah tha lo leh rapthlak tak a nei baw
a, miin a chhuahsan thin ngaihtuahna leh rilru put
hmang chu a chungah a lo let leh dawn avangin mi
huattu tan mimal hrehawmna a thlen thin avangin**

**Hmangaihna leh midangte tana thilpek petu
chuan hmangaihna leh midangte tana ngaihsakna a
dawn let leh ang a, duhâmna, mahni hmasialna leh
inhuatna ngaihtuahna thaw chhuaktu chuan heng
thilte hi a chungah a inang tlangin a rawn thlen ang**

Engvangin nge miin a ruk loh ang?

**Mi zawng zawng hi rukru, rukbo leh sum laksakna
hmanga nung ta se, khawvel hi eng ang nge ni ang?
Chutiang a nih chuan thil sual tenawm leh rapthlak
ber berte chu tih a ni ang Thil humhalh leh thil ruk lak
let lehna tur indona nasa tak a awm ang**

**Rukruk hi khawtlang nunphung kalh zawnga
midangte dikna chanvo laksaktu thiltih a ni a,
chuvangin awm dan kalh a ni a, khawtlangte hian thil
tisualtute hmachhawn tur hian facility leh hmanraw
tang kai tak tak an nei lo**

**Rukrute chu lung inah an khung chuan an thil tih
hlui chu a zung kaih belh thei a, misual dangte nena
inpawh lain nungchang tha lo thar an nei thei baw
Chutiang a nih chuan, an chhuah hunah chuan lung
ina an luh hma aiin an dinhmun a chhe zawk daih ang**

**Sual kan hriat loh nan, sual kan hmuh loh nan,
kan sawi sual loh nan, kan thaw tha lo turin Lalpa mal
min sawm turin kan ngen a che**

**Sual kan khawih lo va, sual kan hre lo va, sual kan
ngaihtuah hek lo va, sual kan mumang pawh kan nei
lo**

Nitin kan hman chakna te hi:

Kan hriatna (sensory perceptions) te

- leh kan rilru put hmang te

- leh kan finna te

A zawng zawng hi Pathian hnen a\anga puan
chhuah a ni a, a tel lo chuan second khat pawh kan
nung thei lo

Amaherawhchu, a thilpekte kan hman lai hian kan
ngaihtuah tur angin kan ngaihtuah lo va, a phu anga
ngaihsakna kan pe hek lo

Chu ai chuan, tisa khawvêl nêna inmil tak leh
inzawmna pumhlum neiin, tisa lam hlimna leh
khawvêl thil tumte chu kan zawm zâwk a ni

Hei hi kan hrehawmna leh hrehawmna zawng
zawng bulpui ber a ni

Pathianin a anpuin min siam a, chuingin kan
chhunga a awmna kan hmuchhuak a, kan thlarauah a
hlimna nectar kan tem loh chuan hlimna dik tak thlum
chu kan hre thei lo

Nitin kan mamawh, duhthlanna hmanga kan hmuh
theihna tura mamawh thiltihtheihna malsawmna
pawh kan nei thei lo bawh

Chu chakna bul chu Pathian a ni tih kan hriat
phawt loh chuan Amah kan rinchhan a, a lam kan hawi
a ngai a ni

Tui luang chhuak chhonzawm zel karah
malsawmna minrawn luahtir zawng zawngte chungah
lawmthu thinlung takin

I lawm chuan ka tipung ngei ang che [in favor].

Kan thinlungte chu thilpek petu chungah lawmthu
sawinain a luang khat chuan, a ropuina awmna tur
biak in thianghlim a lo ni ta a, chu chu miin a
tihhlawhtlin theih ropui ber a ni, nunna thiltum chu
mihringin a Siamtu nena inrem taka awm a, Amah
hnaih a, Amah hriat chian hi a ni si a

{Pathian ram leh a felna zawng hmasa phawt ula,
chung zawng zawng chu belhchhah a ni ang che}

**Pathian hriat reng leh ngilnei taka ngaihtuah reng
hian, Amah chu kan hmangaih a ni tih kan hre chhuak
ang a, a thlante kan ni tih leh a thilpekah hian chanvo
kan nei tih kan hre thei ang**

Hlimna, hmangaihna, êng leh thatna ram

**Pathian malsawmna tam tak kan ngaihtuah hian,
a ropui ber chu thiltum sang zawk nena inmilna leh
thlarau lam hlimna thlentu kawng dik zawh kawngah
duhthlanna zalenna hman theihna hi a ni a, ni tin
chhungril hlimna tharin a khat a, kan nunah
malsawmna tuifinriat a luang lut tih kan hria a,
chuvangin lawmthu sawina chuan kan thinlung a luah
khat a, nun hian duhthusam leh awmzia a nei ta a ni**

**Ngaihtuahna hmanga thil mak taka thawk Pathian
dan hmu theitu chuan hmangaihna, fakna leh
lawmthu sawina zawng zawng pek tur A hmaah chuan
fak, lawmthu sawi leh inngaitlawm chu a bansan ngai
lo**

**Thil tha awm zawng zawng bulpui Pathian hi i hre
reng ang u, kan hriatrengna chu kan thinlung
chhungril atanga lo chhuak hmangaihna dik tak nen i
pawlh ang u**

**Nunna lo luang chhuaktu Pathian hnenah chuan
hmangaihna a lo chhuak a, malsawmnate chu tawp
lovin a luang chhuak thin**

**Mihringte tana meialh tichhetu, emaw, khawvel
leia thlai tha tuhtu, emaw, ngaihtuahna êng tak
thehdarhtute, emaw, thiltih \ha leh nungchang ropui
tak ti tura fuihtu zawng zawngte chu duat takin i hre
reng ang u**

**Hmangaihna kawngah kan thinlung i hawng ang
u, kan rilru chu êng pe thei tura infuih tharna
dawngtuah siam ila, Pathian hnenah tanpuina leh
kaihhruaina i dil ang u**

Kan ngaihtuah leh tihnaah

Hlahna hian thinlung a tichhe thin

Mihring rilru hi chakna emaw, thil pawimawh tak tak emaw dahkhawmna hmun zau tak a ni

He hnathawh hi taksa peng hrang hrang, thinlung, lung leh diaphragm hnathawhnaah te, cellular metabolism-ah te, thisen chemical reaction-ah te, motor sensory organs (nerves) hnathawhnaah te hman a ni fo thin .

Chu bâkah, chakna pawimawh tak tam tak chu ngaihtuahna, rilru put hmang, leh duhthlannaah hman a ni

Hlahna hian thiltih pawimawh tak takte chu a tichak lo va, active will hmêlma nasa berte zînga mi a ni

Hlahna hian nerve lam hawia luang chhuak fo thin nunna hnathawh chu a tikhawlo a, a tikhawlo a, chu chuan paralyze ang maiin a lang a, taksa chu a rilru a hah a, a chakna pawh a tlahniam hle a, nasa takin a tlahniam bawh (hlahna hi nerve blocker a ni!)

Hlahna hian hlahna thlentuh tihbo a pui lo Duhna a tichak lo va, thluak chu taksa peng hrang hrangte hnena daltu signal thawh turin a fuih Hlahna hian thinlung a tichhe a, chaw ei a tichhe a, taksa natna tam tak a thlen bawh

Awareness chu Pathianah a innghat reng chuan engmah i hlau lo vang a, harsatna leh daltu zawng zawng chu i hneh thei ang

Huaisenna leh rinna nen "Duhthusam" chu chakna tlachham duhna a ni a, "tum" erawh chu thil tih tumna a ni: duhthusam emaw duhthusam tihhlawhtlin tumna Mahse "duh" tih hi hetiang hian sawi theih a ni: "Ka duhzawng ka tihhlawhtlin hma loh chuan hahchawlh lovin ka thawh a ni".

I duhthlanna i zirtîr hian, thil pakhat hmuh theihna tûra thil tûl ti lovin duhsak ai chuan, thiltih

pawimawh tak chaknate chu i chhuah chhuak thei a, i kaihruai thei a ni

Beiseina kan hloh tur a ni lo va, Pathianin kan dinhmun siam\hatna tur te, kan ngaihtuahnate chawisang tur te, keimahni leh midangte tana nunah thil thar leh \angkai tak tak siam turin hun remchang hnuhnung ber min pe \hin tih hi kan hre chiang zawk tur a ni

Kan nunphungah kan hlim lo a nih chuan lungawina leh rilru lama thlamuanna engemaw chen min pe thei tur kawng leh hmanraw thar kan dap chhuak tur a ni

Kan dinhmun siam\hatna tur leh kan nun awmze nei leh hlu tak siam thei tur thil tih hi kan ngaihtuah a, chu chu a taka hman tur a ni

Hmanhmawh taka mamawh chu hriatna tihdanglam emaw, a kalphung tihdanglam emaw hi a ni

Harsatnain min nghawng a, kan inthlauhna a tichhe lovang tih kan rel tur a ni a, thil lungkhamna hian kan nun a tichhe lo vang a, kan rilru a luah ang a, kan boruak a tichhe lo vang

Tin

Mite chu ding reng leh danglam lo taka awm reng a ngai lo Thlarau chu a thianghlimna leh chakna nena a eng theih nan, Pathianin mihringte chung a ropuina ropui tak a pek chu a lantir theih nan, a nihna takah chuan inbumna puan chu hlihsak a ngai a ni

Pathian chuan thawhrimna tha te, thil tum dik tak te, leh hlawhtlin tumna te chu mal a sawm a ni

Kan nun hnuaiah hian Thlarau Chungnungber thiltihtheihna a awm a, kan duhzawng hnuaiah hian Pathian Duhzawng cosmic ocean a awm baw

**Chu tuifinriat ramri nei loah chuan kan tel ve a,
kan thlen a, kan inbual hian kan hriatna a zau a, kan
zauzia kan hre ta a ni**

**Ngaihtuahna chuan min hnaih tir a, ngaihtuah
chuan chu lam min pan tir a ni**

**Chumi nena inmil tura beih chhunzawm zeln
chuan hriatna, tumruhna leh chakna min pe a ni**

**Nitin hriatna atana inbuatsaihna hian Pathian
hmangaihna leh van malsawmna a thlen thin**

**Kan hnenah tihtawp lohvin a luang a, tuifinriat ro
hlute chu tam tak min pe baw**

**Mihring tin chhungah hian Pathian hriatna thup a
awm a, chu chu a rilru put hmang lantir theihna hun
nghaktu hriatna a ni**

**Tin, ego cellar tawi leh khap tlat atanga chhuah
tur chuan**

**Miin a thil hmuh chu mumang mai a ni tih hre
turin mumang chhiatthlak tak atanga a harh ang
bawkin, Pathian hriatna pawhin mi chu mut leh
buaina mumang atanga harh chhuakin nun awmzia
leh thiltum hriatna thar leh hriatthiamna dik tak nei
turin a fuih a ni**

**Thlarau lam harh chhuahna zing tawn leh thil
chiang tak êngte hmuh kan duh chuan chhungril aw
chu kan ngaithla tur a ni**

**A fuihna chu kan chhang let a, Thlarau
hmasawmna tikhawlotu leh a kalna tikhawlotu, thil
awm lo lung leh hriat lohna lungte chu kawng a\angin
kan paih chhuak tur a ni**

**Tin, ngaihsak lohna muthilh atanga harh
chhuahna kawngkhar chu duhthusam kut hmangin i
kik ang u, chutiang chuan hlimna thlipui chu kan
thawk chhuak thei ang a, kan ngaihtuahna tin leh kan
rilru put hmang zawng zawngah van lam electric kan
rawn thlen thei ang**

Tin, kan hnathawh zawng zawng pawh

Pathian Engkimtitheia chu kan hriatnaah hriatna kawngkhar hawnsak turin kan ngen a, finna êngin min luah khat turin, a hmangaihna min hual vel a, a chatuan lainatnain min hual vel turin kan ngen a ni

Ka hnena lo kalte zingah hian a tir atang khan, chiang takin, an thil tum chu a dik lo tih ka hrilh thin mi an awm a, chu thil tum chu thlak danglam turin ka ngen bawh

Tlemte chuan ka thusawi hi an duh lo hle a, mahse midangte chuan an chhang let a, a tha zawngin an inthlak ta a ni

Inngaihluhna hian rah tha a chhuah lo va, mi fing ber pawhin an mit a lan chhuah chu an thup thei lo

Mi pakhat chanchin zawng zawng hi an mitmengah a inziak vek a ni

Mi pakhat nihna dik tak hriat i duh chuan Pathian hnenah chu mi mizia dik tak chu i hnena hriattir turin dil rawh

Bum i duh loh avangin i thinlung chhungril takah a nihna dik tak i hre ang a, i intuition pawh a dik lo ang

Kan thianpa kan biak hian a mitmengah direct-in kan thlir tur a ni a, inrintawkna, rinhlelhna leh thutak nen kan sawi tur a ni

Mi kut kan thlak hian kan hmangaihna leh thinlung tak takte magnetism chu kan thlen tur a ni a, kan theih ang tawkin tanpui kan tum tur a ni

Hriatna zawngtu chu positive a ni tur a ni a, a thlarau lam magnetism tihhmasawn kawngah a thawk tur a ni; tichuan Pathianin midangte tanpui theihna leh malsawmna vibrations an hnena thlen theihna thiltihtheihna a pe ang

Planet leh arsi hla ber berte pawh ka zin chhuak thei a, mahse i ta ka ni reng ang I hnungzuitute chu

an lo kal leh chhuak mai thei, mahse kei chuan ka zui ang che a, i ta ka ni ang che chatuanin mihring lo piang chhiar sen loh thlipuiin min rawn vawrh kual mai thei a, mahni chauha awm leh mahni chauha awm ka ni mai thei, chuti chung chuan i ta ka ni reng ang

Khawvel hian i games-a buai tak hian a theihnghilh mai thei che a, mahse ka hre reng ang che Ka aw chu a bo mai thei a, ka hlawhchham mai thei bawk

Mahse ka thlarau thusawiah chuan: "I ta ka ni reng ang".

Fiahna te, natna te, leh thihna te hian min tikehsawm thei a, ka taksa a ti kang thei a, mahse ka hriatrengnaah beiseina êng a awm chhung chuan

Ka mit thi mek chu en rawh, anmahni hmang hian ka hrih ang che: "Chatuanin ka hmangaih ang che a, i chungah ka rinawm reng ang!"

Thudik takin ka hrih a che u, ka zawhna zawng zawng chhanna chu mi hnen atangin ni lovin, thilphalna zawng zawng bulpui Pathian hnen atangin ka dawng a ni

Tin, khawvel pum huap hriatna zawng zawng bulpui ber a ni bawk

Nunna atana ka fuihna awmchhun a ni a, ka thusawi hian ka thusawi chu a thiltihtheihna, a thutak, a hmangaihna leh a êng hmanga charge turin ka ngen a, a hmangaihna ropui ber chu ni lum takah thli nê̄m tak ang maiin thlarauah a luang lut a, a luang chhuak chu chak takin zan leh zan, kar tin, kar tin, kum tin, kum tin a chhunzawm zel avangin, a tawpna chu khawiah nge a awm tih i hre lo

Mihringte hian mihring atanga hmangaihna leh hausakna mamawh kan ti a, mahse hmangaihna tinreng hnung lamah leh hausakna tinreng hnung lamah

**Pathian hmangaihna danglam lo leh thlarau lam
hausakna leia hausakna hmanga teh theih loh Tupawh
Pathian chu hmangaihna, hlimna leh khawngaihna
zawng zawng bul a ni tih hre chiangtu chuan a hmu
ang a, a hlim hle ang**

Master Paramhansa Yogananda zirtirna leh ngaihtuahna

tam zawk

Thianghlimna hi thlarau lam kawng lungphum a ni
Chu ai chuan, thlarau leh a Siamtu inzawmna dinna

lungphum a ni zawk

Hei hian rinna famkim nen Pathian lam hawi tihna a ni

Amah chu chiang tak leh inpawh takin kan bia a

Ṭawng awlsam berah chuan thinlung ṭawngkam

Min pui turin kan ngen a ni

A lam pana kan beih theih nan leh amah kan rinchhan

theih nan

Kan thinlung tihreh nan

Tin, lungngaihna leh thinrimna ata min chhuah zalen

bawk

Tin, kan kawng daltu zawng zawng atang pawhin

Kan thlarau lam thiltum ata min hawisan a tum a

A tawpah chuan

Kan test leh experiment zawng zawngah hian tum

pakhat a awm a

Kan theihtawp chhuah turin min fuih a ni

Pathian hnenah thil kan hlan a ni

Tin, he hriatthiamna neitu hi a vannei tak em

Chumi tel lo chuan buaina leh inhnialnaah kan khawsa

thin

A chhan hre lovin

Mahse thlarau lam kawngah chuan

Harsatna kan tawhte chu kan hria

A tum ber chu Pathian hmaa inngaitlawm taka min siam

hi a ni

Kan ngaihtuahna leh rilru put hmang chu kan hring
chhuak thin
Chapona dik lo leh illusory grandeur atang hian
Pathianin a êng, finna leh hmangaihna min luah khat
theih nan
Chu Pathian hnena intukluhnaah chuan
Connection thlum tak chu a chhungah a awm a ni
Mahni" tih hriatna hian a thunun phawt chuan i hre"
reng ang u
Pathian laka inhlat duhna a awm
Chakna leh finna kan nei tling tih ringin
Mahni ke pahniha kan ding thei tur chuan tanpuina nei
lovin
Kan harsatnate chu keimahni ngeiin kan chingfel thin
Pathian duhzawng hnuaia kan intukluh chuan chu chu
kan hlau a ni
Pathianin min tirhah kan lawm lovang tih
Hei hi Pathian rin lohna finfiahna a ni
Mahse, a hma emaw, a hnu emaw chuan
Pathian lam kan hawi a ngai dawn a ni
Mi tin hian an nunah he thudik hi an hmuchhuak vek
ang
A hmuchhuak tawh a nih loh chuan
Hei hi beidawnna leh ngaihtuahna tha lo tak a ni lo
Thil awma nuam tihna thlum ber chu
A hmaah kan awm tih hriatna
Nunna mak tihna leh hun vuakna laka him leh him
Chu chu inngaihtlawmna nihna leh inngaitlawm mizia
chu a ni
Tin, chutah chuan thlarau lam chakna dik tak a awm
bawk
Tin, thinlung tak takna ropuizia pawh
Tin, hmangaihna thukzia pawh
Tin, lungawina leh thuhnuairawlhna mawina te pawh
{Ka ta ni lovin, Aw Lalpa, I duhzawng tih ni rawh se}

. (Pathianah kan rinna kan nghat a)
Kan thlarau mizia khawih theih nan
Kan nunah hian hriatna sang zawk lantir kan tum tur a

ni

Harsatna a lo thlen hian kan inhriat nawn tir tur a ni
Kan chak lo lo tih leh chu chu hmachhawn tur
hmanraw \ha tak tak kan nei tih
Mawhphurhna leh harsatnain kan remna a tibuai kan
phal tur a ni lo

Kan thlamuanna a la bo thin
Mahni hmasawn turin he khawvelah hian kan lo kal a ni
Kan thlarau lam theihna chhui chhuah
Illusion tuifinriat thim takah chuan inhnim pil lo turin
Chu chuan risk chhiar sen loh a keng tel a ni
Kan thlarau lam nihna hriat kan duh chuan
Pathian lakah leh keimahni lakah pawh kan rinawm tur a

ni

Tin, mite nena kan inbiak danah pawh thinlung takin
Tin, kan nunah duhthusam ber ni turin
Kan Pathian bul hriatna chungchang a ni
Amah atang hian kan lo piang a, A hnenah kan kir leh a
ngai a ni

Eng ang pawhin kan awm lohna khawvelah pawh nise
Boruak chu a thim leh hlim lo ang maiin lang mahse
Kan rinna hi kan vawng reng tur a ni
Ni a lo chhuak leh dawn tih
Tin, chu nunah chuan thatna chuan sual a hneh zawk

bawk

Hmangaihna hi huatna aiin a chak zawk
Tin, kawng dik zawh mekte pawh
Eng ang pawhin hlat zawng angin lang mahse, an kalna
tur hmun chu eng ang pawhin hla mahse an thleng ang
Tin, lungkhamna a pung zel a nih chuan
Pathian hmangaihna leh amah nena inbiakpawhna
hmanga tihbo a ngai a ni

Thinlung taka tawngtaina hmangin
Tin, kan thutlukna tichak turin kan ngen baw
Kan nun kawng siam\hat turin min pui \hin
Tawngtaina chu fuihna flash hmanga chhan a ni ang
Chhum a thianghlim ang a, horizon chu a thianghlim leh
ang

Nun nawrnate hmachhawn
Pathian chungchâng ngun taka zir chianna hlâwkna
pakhat

Relax theihna a ni
Tension a tlahniamna hmunah chuan hlauhna a
tlahniam a, lungkhamna a reh baw
Nun nuam tihna kan hloh hian
Hriselna lama intihhlimna lama tel
Kan nih tur aia serious leh nervous zawkin kan awm mek
a ni

Thlarau chuan a nihna thianghlim takah chuan tension
leh nervousness a nei lo

chutiang dinhmunte chu " ego " a ni zawk
Thil kan ngai pawimawh lutuk tur a ni lo
Chutiang chuan "ego" intensity a tlahniam a, a grip
pawh a lo loose ta a ni

Mite chuan pressure an neihte chu an sawi fo thîn
Tin, thil phut tam tak rit tak hnuaia an rilru hahna
(psychological stress) te pawh
Mahse, keimahni chu sakawlh kan nih kan phal tur a ni
lo

Harsatna chi hrang hrang tan
Pathianin chakna min pe tih i hre reng ang u
Kan hmachhawn tur harsatna zawng zawng hmachhawn
turin a taw
Thlarau tan chau leh chau anga inhriat chu thil theih a ni
lo

Taksa chu a chau tih a hriat theih

Mahse taksa chak lohna hi keimahniah kan inhriat tir
hian

Mahni (self scope) tlemte chhungah hian kan inkhung
tlat a ni

Harsatna kan hmachhawn hunah
Pathian tanpuina kan zawng tur a ni
Kan theihna - Pathian tanpuinain - kan hneh thei tih kan
inhriat chian tir

Tin, kan chakna muhilte tiharh turin catalyst angin a lo
kal tih te, chu chu harh chhuah a nih chuan a ti thei a ni
Harsatna leh harsatna chi hrang hrang hmachhawnin
Tin, kan nihna dik tak chu thlarau a ni tih pawh
A thupui ber chu remna, thlamuanna, muanna leh
muanna a ni

Tin, heng thil malsawmnate hi kan chhungah an awm tih
pawh

Kan thlarau lam nihna atana thil pawimawh tak a ni
Mihring hi thlarau a ni a, a thlarau chu hneh theih a ni lo
A chhan chu thil awm lo (immaterial nature) a nih vang
a ni

He awareness hi kan neih hian
Chu chaknate chu kan chhungah active takin kan hria
Hma kan sawn zel a, hma kan sawn zel niin kan hria
Pathian leh keimahni kan rinna chu a nghet zual sauh
sauh a

Harsatna nasatna a tlahniam
Kan hmachhawn theih nan
Inrintawkna, thlamuanna leh inthlauhna hmanga
innghahna siam\hatna
Kan nun van boruaka thil tawn apiang nen
He lei kan zin chhung hian
Kan ngaihtuahna leh kan hriatna zau zawka kan hriat a
ngai a ni

Tin, engtin nge kan chhehvêla dinhmunte emaw, kan
?tawn tawhte emaw chu kan hrethiam zâwk theih ang

Chutah chuan inrem takin kan khawsa thei dawn a ni
Tin, mi leh nun mumal zawk leh him zawka
inhmachhawn turin
Khawvel civilization hrang hrangte thuk zawka kan thlir
hian
Hmanlai civilization thuruk thup te kan chhui chhuak
thin
Hmanlai lem lian tak a lo chhuak a, line inzawm khawm
;(tangled line) a awm a
Season hrang hrang, chipchiar taka uluk taka siam
Mihring hi a rualin mimal leh khawtlang nun a ni tih kan
hmu a
Mihring tin hian mimal nun leh khawtlang nun duhna
kan nei vek a
Mimal ngaihdan (individualistic tendencies) a nei a, pawl
leh chi hrang hranga tel duhna a nei bawh
Hmanlai hunah pawh
Mihring hmasate tih finfiahna a awm
Pawl chhunga inpumkhatna ngaihtuahna a nei a ni
Nitin nunah chuan chu mi dangte nena inpawh lutuk chu
kan hmu thin
Hlimna nasa tak a thlen lo
Inhlat lutuk hian hlimna a thlen hek lo
Pathian chuan insum dawn tawna (moderation) practice
turin min duh a ni
Tin, kan mimal nun leh kan khawtlang nun inkara
inthlauhna siam turin
Mihringah hian mimal leh pawl thu bulte hi a sang zawk
atanga lo chhuak a ni
Pathian chu Pakhat, Chatuan Inhumhimna a ni
Arsi, khawvel leh mihring ngaihtuahna piah lamah
Hriatna leh mumang piah lamah
Sensory perception zawng zawng a phak lo
Amah chu Pakhat, A danglam bik, Amah ngeia awm a ni
A awmzia leh a nihnaah a famkim

Ni eng lohna hmun
Thla a chhuak lo
Mei a eng lo
Chu ai chuan a Pathian êng, tehkhin rual loh a ni zawk
Chutah chuan thim piah lamah chuan thim a awm lo
Tin, thawm nei lo ngawi renga awm chu
Tin, thil siam tih loh chu engmah dang a awm lo
Chatuan thil awmzia chu a awm a ni
Chu chu awmna bulpui ber a ni
Tin, thiltihtheihna leh thilsiam zawng zawng bul tanna a
ni bawk

Hmuh theih leh hmuh theih loh pawh
Pathianin he universe hi chutiang chuan a siam a ni
Dan mumal leh danglam ngai lo angin a thawk a ni
Khawvel pum huap dan eng pawh kan bawhchhiat
chuan kan in hrem thin
Building sang tak chung atanga zuang chhuak apiang
chu an ruh a tikehsawm ang
Chuvangin gravity dan hi kan ngaihthah thei lo
A rah chhuah chu tuar lovin
He khawvelah hian
Mihringte hian zalen takin kan che thei a
Mahse, a huam chin tlemte chhungah chauh
Tin, Pathian dan a bawhchhiat chuan
Mahni hrem emaw, a intihchhiat emaw ang
Pathianin chu dan danglam thei lote chu a din ta a ni
Kan duh zawnga thawk turin a duh a ni
A chhan chu a tel lo chuan he nunah hian kawng kan
hmu thei lo

Pathian pawhin duhthlanna zalenna min pe a, kan
chhungah chhia leh tha hriatna a dah bawk
Thil \ha leh \ha lo, \angkai leh \ha lo thliar hran tur
Miin sual kawng an thlan hian
Pathian khawvêl pum huap dânte an bawhchhia a ni
Cosmic force te chu an set in motion a ni

A rah chhuah pumpelh theih loh a ni
Chu dan bawhchhiatna avang chuan
Chutianga an tih chuan anmahni an hrem a ni
Tih tak zetin Allah hian mipuite a tisual lo tak zet a, }
{mahse mipuite hi anmahni tisualtu an ni
Mahse a dan zawmtute chuan
Tin, a rawtnate chu an zawm baw
Thlamuang takin an khawsa thin
Tin, anmahni hmang hian hriatna mit a lo inhawng baw
Inrintawkna nei tak, step engemaw zat nen an kal thin
Hrisel takin an kal niin an hria
Nunna kawng hrang hrangah
Ngaihtuahna hi i nunah chakna nasa tak a ni
Chu chakna chu i neih theih dan tur i hriat chuan
Tin, dik takin hmang baw ang che
I ngaihtuahnaah chak lohna a luang lut phal suh
Ngaihtuahna tha lo nei mite nêna inkawmnaah fimkhur
rawh
Tin, thlirna beidawng tak, an ngaihtuahna chak lo tak
takte chu i rilruah a rawn lut ang
I rilru hian chakna level engemaw chen a thlen tawh loh
chuan
Mi dangte ngaihtuahnain a tihchak loh nan
Chutiang ni lovin
Midangte ngaihtuahna a tichak thei a ni
Tin, mahni inrintawkna tihpun nan
Hlawhchhamte chuan hlawhtlingte nen inpawlna an nei
tur a ni
Mi chak lote chuan anmahni aia chak zawkte nen an
pawl tur a ni
Mahni inthununna tlachhamte erawh chu
Nungchang tha leh mahni inthununna nei ten an zui tur
a ni
Mi ei leh in ei thin chuan a ei tur a ni
An ei duhna thunun thei zawk nen

:Tichuan a sawi thei ang
."Kei pawhin ka ei duhna ka thunun thei"
Thutlukna i siam a, chu chu vawng tlat tura i intiam
hunah
I thu tlûkna kalh zawnga thil a lo thlen chuan i thutlukna
chu nghing suh
Mahni inrintawkna nei chhonzawm la, i mamawh chakna
zawng zawng i nei tih ring rawh
I duhthusam chu eng ang pawhin a rinawm loh hmel
viau pawh ni se, tihhlawhtlin tumin
.Pawn lam atanga "I am ready for her" i tih chuan
.Tin, i rilruin, "Ka thei lo" i ti bawk
Chutianga i tih chuan ngaihtuahna chakna i tihtlem
phah a ni
Duhthlanna (willpower) a tichak lo
I duhthlanna aia chak zawk i mamawh ang
A chakna pe tur leh tumruhna leh tumruhna nena fuih
turin
:Ka thurawn chu
Duhthlanna (willpower) siam rawh
Thil \ha ngaihtuah rawh
Chu chu i taksa, rilru leh thlarau lam thiltihtheihnate chu
i hmu ang
I nun kawng tinreng design leh siam tura thawhhona
I duh dan apiangin
Ant chuan a taksa chu a hre chiang hle
A mitmeng hrual chuan a chhehvel field tlemte chu a
hmu a
Miin a taksa, a chhehvel leh a chhungte a hre chiang hle
Tin, a hriat chian em em thil dang thenkhat pawh
Mihring universal chungchang erawh chu
A taksa chu mihring chhungkaw zinga mi a ni tih a hre
chiang hle
A ngaihtuahna hian khawvel pum pui hi a taksa leh rilru
lam a huam vek a ni

Thil awm zawng zawng chu a rilru chhungah a awm tih a
hre chiang hle
Mi pakhatin a hriatna chu thlarau lam hlimnaah a
chantir thei a nih chuan
A rilru a\angin universe chu a bo vek ang
A chhan chu mi pakhat ngaihtuahna a nih avangin
khawvel pum pui hi thil tak tak anga lang a ni
Ngaihtuahna tel lo chuan universe hian thil tak tak a nei
lovang
Mihringte hian fimkhur reng emaw, nun harsatnaah kan
buaipui emaw kan ching tawh a ni
A nih loh leh, mutnaah a inpe a, khawvel hi a theihnghilh
mai thei bawh
Mahse mihringte hian theihna nasa tak kan nei a, chu
chu a la activate thei lo
Tin, thlarau lam hlimna (spiritual ecstasy) chungchang i
zir chuan
Taksa hriatna leh duh loh vanga mut hriatna tihbo dan
Hriatna sang ber, malsawmnaah chuan a harh ang
Miin a harh theih hunah
A nih loh leh duhthusam anga mut nghal a\angin
Thil hriatna sang tak a thleng thei dawn a ni
A hlimna tur hian tawp chin a awm lo
Conscious, voluntary sleep hlimna chu a tawng ang
Engtik lai pawhin, khawi hmunah pawh
Thih theih lohna Butterfly chuan a ti a
Ka nihna ropui zawh
Thinlung tinah a nung
Ram zawng zawngah
leh ka duhzawng chak tak chu
Corner tinah a pulsate vek
Tin, muhilde chu a tiharh bawh
Ethereal rawtna tawp nei lo nen
Ka lesser self chungchang erawh chu
Timed body-a tantir a ni

Butterfly chu a leia cocoon-ah a la awm reng a
leilung adhesive
Kawngkhar chu a inkhar a
Thir hrui sangkhatin a phuar
Aw ka thlarau sal tang
Aw ni ênga inbual thin
Tin, nunna elixir chu i thawk chhuak baw
Tin, tui thianghlim i in baw
?Thil tha awm zawng zawng neih hi i mumang a ni em
Tin, i size pawh a tlem hle baw
?!Tin, i thinlung pawh a chak lo
!I muthilh atang khan harh rawh
Tilian
Stretch out rawh
Inthar leh rawh
I higher self nen inpumkhat rawh
Tin, i lo ni ang
Chatuan Butterfly a ni
Khap leh tihkhawtlai te do thei
Mahni Inhriatthiamna
Lehlin siam danglam: Mahmoud Abbas Masoud
Auditory leh visual Chiang taka hriat theih
Mit hmutu a ni lo
Thil siamtu chu rilru leh chakna a ni zaw
Miin beng ngaithla thei leh mit hmu thei a nei thei a
A nihna takah chuan khawvel hi mihringin a hmuh dan
nen a danglam vek a ni
A thawm hriatte chu range chhunga tlate an ni
Vibrations a hriat theih dan te
Clairvoyance hi intuitive hearing an ti baw
A nih loh leh hriatthiamna hmanga hriatna
A chhan chu beng pangngai hian a pick up thei lo
Aw hriat theih loh
Thlarauah hian hmuh leh hriat theihna (faculties) hi a
awm a

Thil hriatna zawng zawnga thiltihtheihna thup (latent
powers) te chu tiharh theih a ni
Rilru zirtirna leh a hriat theihna (cognitive abilities)
tihhmasawn hmangin
Kan mit a thiltihtheihna hi X-ray nen a inang a ni
Mahse, X-ray-in a luhchilh thilte chu kan hmu thei lo
A chhan chu chutiang level of vibrations nen chuan
harmony kan la siam lo
Kan hriatna sang tak takte chu rilru chaknate tihkhawtlai
a nih avangin a tichhe a ni
Clairvoyance hi nunna chakna chu element thenkhat
nena a inmil chuan a thleng thin
Transparent vibrations X-ray hian bang a luhchilh ang
bawkin
Mihring mit hian theihna a nei ve tho a, chutiang mit
hmuhna chi chu a nei bawkin
.Visual clarity" an ti a"
Visual clarity chakna chu test theih a ni
Mit hmuh theihna chakna chu a let hnih a tihpun chuan
A nih loh leh engkim tuamtu nunna chakna vibrations
level tihsan rawh
Clairvoyance tak tak hian thlarau lam hmasawnna a
tichhe lo
Chu ai chuan consciousness transfer emaw transform
emaw a pui a ni
Taksa level atanga thlarau lam level thlengin
Mahse subconscious mind atanga lo chhuak images te
hi
Illusion leh imagination atanga lo chhuak a ni a,
pumpelh a ngai a ni
Thlarau lam harh chhuahna dinhmun a thlen theih nan
zawngtu chuan mumang fiahna a paltlang a ngai a ni
Khawiah nge a hriat chian em em chu high level of
A awm a, a rilru, a thlarau leh taksaah hlimna tiharhtu
luang chhuak chu a nei a ni

Matter pumpui hi vibrational order danglam takah

intense activity a ni

Pathian Ram chu mihring chhungah a awm a

Mahse, thil siam\hatna leh ngaihtuahna dik tak hmangin

a lantir tur a ni

Kan hmasawnna daltu engmah kan phal tur a ni lo

Mahni nihna chu rilru tihthianghlina, nungchang siam\

hatna leh ngaihtuahna thuk tak hmanga lan chhuah a ngai a
ni

Pathian chuan thlarau kohna chu a ngaithla fo thin

Mahse a chhân lêtna chu a fiah lo va, a langtlang êm êm

a, a châng chuan hriat a harsa hle

?Tuin nge zawn chhonzawm zel

Thlarau lama a thahnemngaihna chu a vawng reng a ni

Pathian chu hmuh a ni ang

A chanvo chu a tam hle ang

A vanneihna hi khawvel leh khawvêlah a ropui a ni

Suida Yoga website leh Master Paramhansa Yogananda

Facebook page ah hian lo lut la

<http://wwwswaidayogacom> / ah hian a awm a

A rilru a hah lutuk chuan a rilru a buai em em a, a rilru a

hah lutuk chuan a rilru a buai em em baw k a

I ram chhunga tourist pakhat

Hlimna leh lawmna bulpui i ni

Hmangaihna bulpui leh chatuan huana finna lungflu

theh darh i ni

Thil dik lo zawng zawng atanga zalenna leh zalenna i ni

Inthenna hnuaia awm lo inpumkhatna famkim chu

nangmah hi i ni

Nang hi khawvel pum huap hriatna (universal

consciousness) i ni

Nang hi a bul leh a tawp i ni

Tin, tum ber, chu mi piah lamah chuan tum dang a awm

lo

I ramah khualzin ka ni a, in kawngpuiah pawh khualzin
ka ni

Ka kut chu la la, i panna kawng hnai ber thlengin ka ke
pen chu kaihruai rawh

Ka hriat chian theih che hi ka lawm hle
I thei huan malsawm tak, thei tui tak tak phur chu min
ko a

Tlawh a, a rah tam tak ei tur
Hriatna rahte chu a va thlum tak em a, a mystical nectar
!pawh a va lawmawm tak em
Thlarau rah tha tak, tiharhtu chu ka duh reng thei se ka
duh khawp mai

Tin, hmangaihna thianghlim luite atanga lo luang
thlamuang thlamuanna tui chu ka in thin
Thinlung thianghlimna leh thlarau thlamuanna min pe
rawh

Ka nihna chu i tui êng tak hmangin silfai la, bawlhhlawh
leh bawlhhlawh zawng zawng chu tifai rawh
I awmna hriat leh i hmel mawi tak hmuh chu ka duh
khawp mai

A mawina mawi tak chu ka mitthla fo a, ka thlarau
pawhin hmuh a duh em em a ni

I kut thilpek leh i duhsakna tam tak avangin lawmthu
sawina leh lawmthu sawinain ka nihna hi khat rawh

Arsi eng chhuak leh thinlung na tak a awm chung
chuan ka thinlung hi hmangaihnain che rawh se

Ka ngaihtuahnate chu nangmah ngeiin i lam a hawi
theih nan malsawm la, nangmah hmuh leh i mawina hmuh
mawinain malsawmna an dawng thei ang

Ether zau takah i undulating melodies te chu ka man
theihna min pe rawh

Vantirhkohte'n an hriat duh em em a van lam hlate
chuan min ti rui hle

Aw, ka nihna atom tinah i thlarau malsawmna hi ka hriat
theih ka va duh tak em

Tin, ka hriatnate chu I Pathian chaw, awmna chhang a ni
hmangin chawm rawh
Chutah chuan nunna elixir leh chatuan thlasik chu a
awm a ni
Aw, i awmna thli thlum tak chu thawk chhuak thei ila ka
va duh tak em
Duhthusam leh duhthusam oase-ah
Tin, i hmangaihna êng chu a eng chhuak ka hmu baw
Nangmah duhtu ka thlarau vanah chuan
Thâwk a reh chuan thlarau chuan thlamuanna a hmu
thin
Awareness level a sang chho zel a
Hei hi ngaihtuahna hmanga tih theih a ni
Tin, calming effects te chu vawng reng tum baw
Ngaihtuahna thlipui leh chhungril thlamuanna hriatna
atan
Pathian ngaihtuah leh thil tha beiseina nei
Thlarau chu Pathian thlarau thiltihtheihnain a khat tlat
theih nan an taw
Thlarau thiltihtheihna nei lo thute
Buh nei lo straw ang a ni
Chuvangin kan chhiar dawnin a awmzia thlarau kan
ngaihtuah a ngai a ni
Tin, a rawtna lam ngaihtuah turin
Awmze nei hnung lama ngaihtuahna awmna hmun thlen
Pathian chu thil mak leh hlâwkna zawng zawng bul
thianghlim a ni
Remna Lalpa, ngaihtuahna thlamuang taka
lalṭhutthlenga lal chu a ni
Mi thianghlim leh zahawm tak thiltih a kaihruai thin
Tin, a duhthusam dik tak chu a hlen chhuak baw
Thlarau muanna kawngkhar i hawng ang u
Ngawi renga vantirhkohte chu zawi zawiin lo lut rawh se
Kan sumdawnna leh hnathawh dan tur structure-ah
Kan hnate chu thlamuang takin i thawk ang u

Remna leh rilru thlamuanna thlarauvin a khat
Tin, kan thinlung na tak hnuaiah chuan Pathian
thlamuanna pulse kan hre dawn a ni
Experiment leh test concept hi thuk zawkin han chhui ila
Ngaihtuahna hmang pawh ni se, lehkhahu tangkai tak
takah kan chhiar thin

A nih loh leh harsatna kan hmachhawn ngai te
A nih loh leh philosophy, ngaihdan leh rinna te
A nih loh leh thlarau lam hlimna
Kan ngaihtuahna thuk ber hmun thianghlimah i lut ang u
Tin, thlamuanna luang chhuak chu kan hlim hle bawh
Thlamuanna tuikhuah atang chuan

Note: Mihring thawk chakna leh hriatna dinhmun*
inthlak danglamna inzawmna nghet tak lantir thei entirnan
tam tak pek theih a ni Mihring rilru lama inbiakna buaithlak
takah a inhnamhnawih emaw, taksa chakna dik leh hahthlak
tak tak tum emaw chuan automatic-in a thawk zawi zawi hle
ang Concentrating attention depends on slow breathing,
while rapid or irregular breathing depends on harmful
emotional states hlauhna, mipat hmeichhiatna lama duhna
thunun theih loh, leh thinrimna ang chi Sakeibaknei hian
minute khatah vawi 32 zet a thawk a, mihring tan minute
khatah vawi 18 chauh a thawk a, Sakeibaknei, rulhut, rulhut
leh rannung dangte dam rei tia hriatte hian mihring aiin
thawh an chak lo zawh hle Entirnan, kum za thum chung
dam thei rulhut lian tak chuan a thawh chakna rate chu a
thawh chak lo hle a ni Minute khatah vawi 4

Lehkhahu: Yogi nunah India Philosophy atanga lak a ni
Paramhansa Yogananda zia: Yogi pakhat chanchin
Thiltihtheihna engmah tihhlawhtlin theih a nih loh

avangin

A nih loh leh eng kawngah pawh hmasawmna eng pawh

siam

Thlarau lam zalenna tel lo chuan
A nih loh leh Pathian hnen atanga kaihhraina leh finna

I chawi sang ang u, a hmasa ber leh a hnukung ber leh
engtik lai pawhin
Pathian hnena lawmthu sawina leh lawmthu sawina
changte
Kan hnathawh tih famkim nan
Tin, kan theihna zawng zawnga tihfel turin
Tin, tihhlawhtlinna hlimna kan hriat theih nan
Thawhrimna leh thahnemngaihna thar nen
Ka lawmthu leh lawmthu sawina zawng zawng nen
Thil \ha zawng zawng bulpui hnenah
A malsawmna chhiar sen loh chungah
Chu chuan kan dam chhung nitin min hneh thin
Chu malsawmnate chu kan chanvoah kan ngai fo thin
He khawvelah hian mi maktaduai tam takin an hloh
tawh nachungin
Pathian malsawmna min pek avangin lawmthu kan sawi
apiangin
Thil \ha leh malsawmna kan dawng tam poh leh
.I lawm chuan ka tipung ngei ang che [in favor]
{Vawiin hian kan nitin chaw min pe rawh}
Nunnaah engkim latu a ni tih i hre reng ang u
Amaherawhchu, target miss tu chu amah hi a ni tih chu
thil dik tak a ni
Thinlung taka lawmthu sawina hian chhungril
thlamuanna a thlen thin
Hlimna leh thlamuanna a thlen thin
Pathian min hnaihza kan hria
Min ngaihsakna leh min lainatna
Hetiana kan nun chuan
Tin, he kawng hi kan zawh ta a ni
Sublime state kan thleng dawn a ni
Ngaihtuahna êng, thil \ha tak tak a\angin
Tin, Pathian hnaih anga inhriatna pawh
Chu chu case mak tak a ni

Thlamuanna te, hlimna te, leh hahdamna te a keng tel a
ni
Thlarau chuan chu thlarau lam inzawmna chu a hriat
chuan
Hlimna luite chu a lam pan chuan a luang chhuak a
Pathian awmna atanga lo chhuak
Chutah chuan Pathian chu kan nihnaah thutak langsar
ber a lo ni ta a ni
Thil awmdan leh hmasawmna tharte hmachhawn thiam
zawh kan lo ni ta a ni
Chutiang a nih chuan hmangaihna chu a tak takah a lo
chang ta a ni
Huatna hi thil tihsual (pure illusion) a ni
Pathian chu hmangaihna a nih vang a ni
Essential existence a awm lo
He awmnaah hian Amah chauh lo chu
Mumang leh illusion te
Lei beiseina puan hnuaiah chuan rei tak ka mu a
Lalthutthleng ropui leh mawi takah ka thut tih ka
mumang a ni
Ka hmai chu nuihzatthlak takin a rawn chei a
Mahse nuih leh lawmna hun te chu rei a daih lo
Chu ai chuan an vuai a, pakhat hnu pakhatin an darh ta
zawh a ni
Tichuan, puan hring hring (tattered rags)-a inkhuh ka
hmu ta a
Tin, retheihna lungpui khauh takah chuan a inzar pharh
bawk
Harsatna leh hrehawmna nasa tak karah
Ka tap nasa hle mai
Mahse ka mittui a luang chhuak
Tin, tumah en tur leh thlamuan tur an awm lo
Khawvel chu ka hmaah a kal a, nuihzatthlak takin ngawi
rengin min en a

Ka thinlung chu a au chhuak a, i tanpuina zawngin, Aw
!Pathian

Tin, ka dilna tawp lote chuan i thuk tak a thlen ang
bawkin

A tawpah chuan min kaitho ta a
Tin, hlimna nasa tak nen i hmaah chuan him leh him
takin ka inhmu ta a ni

Dichotomy buaithlak leh buaithlak tak takte kut atanga
hla takah

Aw Lalpa, mihring zawng zawng hi i tiharh vek se ka duh
khawp mai

Hausakna mumang nuihzatthlak tak tak leh retheihna
!tap chhuak khawvel atang hian

Aw Mumang siamtu, thihna mumang rapthlak tak tak
lakah chhanchhuak rawh

Tin, anmahni nen chatuan hriatna chu siam thar leh
rawh

Tin, an hriat theih nan malsawm rawh - remna nghet tak
. - hmangin

Lei bumna rapthlak tak takte

!Mumang leh thil dik lo tih loh chu engmah an ni lo

Infuih tharna sang ber berte

Aw Pathian Siamtu

Aw Khawvel Lalpa

**Aw Nang, planet, arsi leh galaxy te enkawltu leh
tichaktu**

**I rorelna dik chuan i mipuite chu duhthlanna zalen
leh duhthlanna zalenna pe turin a ti a, chu chuan
anmahni an insiamthat theih nan leh i thu bul
thianghlim leh i thil tumte hnaih zawk turin a pui ang**

**Chatuan zalenna min pe a, kan chungah hian
khawvel pum huap hriatna chi i tuh a Mahse
vanduaithlak takin kan khawvel pum huap hriatna chu
mahni hmasialna, huatna, rilru zim tak leh mitdel
fanaticism hnuaiah kan khin a ni**

Lalpa, kan leh midangte inkara artificial, icy
barrier leh daltu zawng zawngte chu - kan
hmangaihna lum tak leh unau inhriatthiamna nen -
min ti hmin thei ang

Mahni insûmtheihnaa chhia leh ṭha hriatna
fimkhur tak leh rorelna dik tak hmang tûr leh nun
kawng dik taka kal tûrin min ṭanpui ang che

Tin

Aw Khawvel Lalpa, zalenna piang mihring zawng
zawngte zalenna hi i zah ang u, i hlut ang u

Tin, khawvel inpumkhatna kan din theih nan leh
nunna atana kan thlarau lam hrulaitu atan kan thlan
theih nan mal min sawm ang che

Thlarau thuk tak a\angin

Aw Lalpa, ka duhthusam meialh chu eng chhuak
rawh se

I awmna thianghlim chu a awm reng a ni

Ka duhzawngte tan biak in ka sa ta

Ka ngaihtuahna zawng zawngah

Khawngaihin min rawn tlawh dawn em ni?

Tin, ka hmangaihna che lalṭhutthlengah khan i
thu bawk em?!

Ka ngaihtuahnate hian i kaihhruaina fing tak chu
zawm rawh se

Ka damchhunga hlimna ropui ber ni rawh se

Pathian ngaihtuah leh Amah ngaihtuah chhuahna
kawngkhar a\angin

Temple of Sustainable Peace-ah ka lut ang

Vawiin hian lungkhamna leh hlauhna entir nan
thingpui bundle ka hal dawn a ni

Ka thlarau chhunga Pathian biak in ti eng turin

Ka thlarau chauhvin Pathian ka zawng ang

Tin, a hmangaihnain ka thinlung a nat hma loh
chuan nasa takin ka tawngtai ang

Tin, ka tawngtaina a chhanna pawh ka hre bawk

**Aw, ka nun meialh chu Pathian ni nen hian
inhmeh thei se**

**Tin, thil \ha hmangaihtu mit zawng zawngah a eng
chhuak vek baw**

**Indonain a tihchhiat khawvel hi ka theh darh ang
Remna leh hmangaihna ngaihtuahna nen
Pathian hmun thianghlamah ka lut ang
Tin, cosmic consciousness pawh ka khawih baw
Ngaihtuahna hlimna leh Pathian hmangaihna
hmangin**

**Pathian venhimna chuan engtik lai pawhin leh
chatuan atan min hual vel a ni**

**Tin, Pathian êngin min zui a, ka chhehvela thim
chu a tibo vek baw**

**A kaihruaitu ênga ka kal chhung chuan ka tlu lo
vang**

Kawng dik ata ka bo lo vang

Emotion nung tak tak

Aw Nunna Thlarau leh Universes Master

**Ka mit hnung lamah i awm a, chuta tang chuan i
mawina langsar tak chu ka hmu a ni**

**Tin, ka beng hnung lamah pawh, chu chuan
leilung aw inzawmkhawm chu ka ngaithla thin**

**Ka khawih hnung lamah i awm a, chu chuan i lei
khawvelah thil ka hre thin**

**Tin, i hmel mawi tak thup tu nature puan piah
lamah pawh**

**Pangpar thlamuanthlak tak mitmengah hian ka
hmu che a ni**

**Tin, chaw tha tak thlum takah ka tem che baw
I Pathian nihna leh i chatuan thlumzia chu ka hre
chiang hle**

Thil tha leh thilmak awm zawng zawngah

**Lalpa i hnenah ka tawngtai a, ka aw khur hnung
lamah i awm a ni**

**Tin, ka rilru hnung lamah pawh, chu chu ka
tawngtaipui thin**

Ka rilru thuk ber piah lamah i awm

**Ka ngaihtuahna thianghlim leh duhthusam leh
nangmah ka duhna piah lamah**

**Ka ngaihtuahna piah lamah leh ka hmangaihna
ngilnei tak piah lamah i awm!**

**Aw, mihring rilru put hmang puan hnunglam
atang hian i rawn chhuak ta se**

**Tin, natural scenery hmuhnawm tak tak te pawh
Nangmah ang chiaha ka hmuh theih nan ka
thlarau mitte chu meng la!**

Pathian tel lo nun hi a famkim lo

**Pathian nena kan inzawmnaah chuan intuitive
understanding hian min fuih ang a, kan thiltih
apiangah min kaihruai ang**

**Chu thiltihtheihna malsawmna chu hre reengin kan
nei tur a ni Chu thiltihtheihna chu kan chhungah a
awm a; kan phochhuah mai a ngai a ni**

**He thiltihtheihna hi i dinhmun siam\hatna tur leh i
tana thil awlsam zawk siam turin engkimah hna a
thawk tih i hmu ang He thiltihtheihna nen hian i
inzawm chuan i hriselna chu khawvel chaknain a rawn
thawk chhuak ang a, i ngaihtuahnate chu a
thianghlim zawk ang a, a ngaihtuah ber ang a, a fiah
zawk ang a, a luhchilh zawk ang I thlarau chu Pathian
thutak nung leh a finna tawp thei lo tan chuan
bungrua a ni tih i hrechhuak ang**

**Pathian chu hriselna, hausakna, finna leh chatuan
hlimna bul a ni Amah nena kan inzawm hian kan nun
hi a famkim a, a famkim a ni**

**Pathian tel lo nun hi a famkim lo chu Nunna,
chakna leh finna min petu thiltihtheihna sang ber chu
kan ngaihtuah a ngai a ni**

**He thutak hi kan rilruah a luang lut a, he chakna
hi kan taksaah a luang lut ang a, he hlimna tawp nei
lo hi kan thlaraiah a luang lut se tih hi kan tawngtai a
ngai a ni**

**Mit khar thim hnuaiah chuan khawvel
thiltihtheihna mak tak takte chu a awm a, thlaraia
leh thlaraia ropui zawng zawngte pawh a awm bawk**

**Tin, thlaraia sphere hrang hrangte zau zawng
tawp nei lo pawh**

**I ngaihtuah chuan thutak famkim chu i hrechhuak
ang a, a hnathawh mak tak chu in nunah leh thil
siamah thil mak leh ropui zawng zawngah i hmu ang**

**Duhthusam kawngpuiah te
Pathianin min ko a ni
Thlaraia inhawng hmangin
Tin, hmangaihna avanga thinlung ngilnei tak
takte pawh**

**Tin, rinnain a khat bawk
Zirtir thil tha tih apiang
A hriatna chu step khatin a hnaih tawh hle
Cosmic consciousness threshold atang chuan
Inchhungah ka lut ang, Lalpa
I Pathian mawina en turin**

**Tin, i êng eng mawi tak takte ka hmuh hian
malsawmna ka dawng bawk**

**Ka nun hi I Pathian finnain a kaihruai a nih chuan
Chuvangin ka thawhrimna hi hlawhtlinna
lallukhum khum a ni ngei ang**

**Ka bo lo vang
Ka mit hmuh a fiah theih nan Lalpa, mal min
sawm ang che**

**Ka thlaraia a lo thianghlim tawh
Tichuan, ni Chiang tak chu a hmu ta a
Tin, thudik hriat hi ka hlim hle bawk**

**Vawiin hian ka harsatna tawhte ka theihnghilh
ang**

**Tunlai leh hmalam hun ka hmachhawn ang
Huaisen tak leh inrintawkna nen, Engkimtitheia
puihnain**

**Ka taksa chu cosmic energy hmangin ka charge
ang**

**Tin, ka nihna chu Pathian hriatna tihdamna êngin
ka sil bawk**

Cosmic nebula ang maiin

Remna chuan ka hriatna a luah khat a

Tin, Pathian awmna tawp nei lo chu a hre ta a ni

Aw Lalpa, ka hriatna hi ti eng ang che

Ka rilru bungrua chu luah khat rawh

Hriatthiamna leh hriatna nen

I hmangaihna êng chu eng chhuak rawh se

Ka nun kawng hrang hrangah

Blue Islands thliarkar-ah chuan

**Ka balcony atang chuan chhim lam ka hawi a,
suangtuahna thlawhnaah chuan boruak hla tak tuipui
kamah chuan ka thlawk thla a Ka dinglam leh vei
lamah chuan tlang pahnih, rei lo teah thuruk sen
hring hring lo inlet te chu ka hmu a**

**Ka han en leh chuan kut hmuh theih loh pakhat
chuan deep blue veil-in a khuh a Ka hnungah chuan
Guadalajara khawpui chu a mu a, thim zingah chuan a
inbual tawh a, tunah chuan khawchhak lam van chu
pink nem takin a rawn eng ta a, hmalam ka en chuan
ka mit chuan rangkachak luiah chuan thliarkar dum
khawpui mak tak mai chu a rawn inphah a**

**He thliarkar dum, magical blue islands awmna
archipelago-ah hian, blue limestone tlang lian tak a lo
chhuak a, chu chu grey-white volcanic clouds-in a
hual vel a, chu chuan meialh sen-rangkachak lava
geyser a rawn chhuah chhuak a, chu chu rainbow ang**

**maia inher chhuakin, lui reh tak lam pan chuan a rawn
inher chhuak a, rangkachak meialh nasa tak chuan
blue islands chu êng halos-ah a khuh a ni**

**Chu rangkachak lui reh tak chungah chuan blue
peak leh a lallukhum meialh chu twins ang maiin a
lang a, dinglamah chuan lui te tak te, reh tak mai chu
a eng chhuak a, chu chu blue island pakhat rilruah
chuan thla bial, chhum thlipui kara a inbual ang maiin
a innghat a ni**

**I wandered for a long time in the city of sunset
and mirage-like clouds, floating on the surface of the
lake with its delicate golden light And how
magnificent were those golden waters studded with
red ice clusters scattered in every direction to the
edge of eternity**

**Eng thilsiamte hi he leia thlarau tha tak tak an ni
tih ka ngaihtuah a, nun fiahna zawng zawng
hlawhtling taka an paltlang hnuah chuan hlim taka
awm theihna leh an duhthusam ang taka an
mumangte lantir phalsak an ni ta a ni**

**Nitin ni tlak dawnah chuan chu thilsiamte chuan
tuifinriat leh rangkachak luipuiin a hual vel khawpui
ethereal-ah chuan an van lam mumang chu an tizual
zel ang**

**Chutah leh lungngaihna man hnuaiah leh a piah
lamah he lei khawvel hian a lungngaihna leh
hrehawmna zawng zawng nen**

**Chutah chuan, thinrimna piah lamah chuan, chu
thilsiamte chuan êng sen an thawk a, orange êng an
in a, an insawn a, an hnaih a, an vak kual a, êng
rawng hrang hrang karah chuan an inbual a**

**Hetah hian chu thilsiamte chuan an mumang chu
an tihlawhtling nghal ang a, an duh angin an fantasy
te chu an rawn pholang ang a, chutah chuan an duh
angin an bo vek ang a, an bo vek ang**

**Hetah hian lungawina leh lungawina ro hlute chu
a hlim hle a, a khawvel mak tak, thilmak takah chuan
a tlawhtu zawng zawngte mumang chu thilphal takin
a pe a ni**

**Hetah hian a duhthusam a thlen theih nan leh a
duhthusam a thlen theih nan mihring anga nghah leh
duhsak a ngai lo va, a duh angin a mumang a nei a,
chu duhthusam leh duhthusam zawng zawng chu a
duhthusamin a tihlawhtling ta a ni**

**Islands of Dreams-a ni tlak khawpui chu ka
mumang pakhat, subconscious fold-a awm reng chu a
ni a, vawiinah chuan kawng engkimah a thleng dik ta!**

**Dik tak chuan ka thlarau ro hlu leh ro hlu thup te
chu ka hmu tawh a, an êngin min hneh a, an êng
chuan min ti mit a tidel bawk!**

**Paramehansiat: Pathian Hlimna Spectrums
Inngaihtlawmna, Aw Lalpa, kawng chiang ber a ni
I Pathian khawngaihna ruahtui dawng turin
I Pathian rorelna dik leh thutak thu bulteah ka
rinna ka ngat ang**

**Hmangaihna kohna leh thinlung duhzawngte chu i
chhang let tih hriatna**

**I duhthlanna pum pui nen thawhhona tha tak
neiin**

**Tin, nangmah ka rinna famkim nen pawh
I tanpuina ka dawng ang a, i hnaih hle ang
Vawiin hian nangmah lakah ka mawhphurhna ka
hlen ang**

**Khawvel chungka ka mawhphurhna ka hlen chhuah
ang bawkin**

**Aw Hmangaihtu Ropui ber
Thinlung hmun thianghlina ethereal echo ri
chhuak chu nangmah hi i ni**

Tin, bengin a lak theih loh rilru natna aw i ni bawk

**I hmangaihna malsawmna dawng hi teh theih loh
khawpin a ropui zawk**

**Khawvel ngaihtuahna zawng zawng a\angin
Tin, lei ropuina zawng zawng pawh
Nangmah ka rinna famkim nen
Natna thlalak chu a bo vek a, a lo kir leh tawh lo
tih ka hmu**

**Lalpa, thilsiam tukverh leh remna kawngkhar a\
angin ka hmu ang che**

**I malsawmna min rawn surtir rawh
Tin, I cosmic energy thlipuiah chuan min thun lut
bawk ang che**

**Mahni hmasialna hi kan lakah hlat rawh
Chu chuan thlaraute chu a hnaih thei lo
Tin, an inhmuhkhawmna chu thil \ha leh êng
hmangaihnaa innghat a ni**

**Ka dilna pangpar hi tui ka pe ang che
Nangmah ngaihtuah leh I ngaihtuahna tui nen, Aw
ka Pathian**

**Chutiang chuan pangpar thar, nung tak tak a lo
chhuak thei ang**

**Infuih tharna, remna leh hlimna a\angin
Thil dik lo pumpelh theihna awmchhun chu thil dik
lo tih hre chiang tura rorelna dik siam a, tih loh tura
thutlukna siam hi a ni**

**Thil dik lo pakhatin a dang a do chuan dikna a
siam lo Hriat lohna hi mihringte hmêlma dik tak a ni
a, he khawvel a\ang hian hnawhchhuah a ngai a ni
Hausakna, hlimna leh dikna famkim hun rawn thlen
turin khawvelah hian kan mamawh zawng zawng kan
nei a ni**

**Daltu awm chhun chu mihring mahni hmasialna a
ni a, chu chuan he thil theih loh hi a siam Tawrhna
rapthlak tak leh dik lo tak hi mihringte hmasialna leh**

midang ngaihsak lova mahni hmasialna zawn avanga lo awm a ni

Mi harsate chawm leh silhfen atana hman theih tur sum chu tihchhiatna leh tihchhiatna atan hman a ni zawk He mahni hmasialna, hriat lohna atanga lo piang hi khawvel buaina bulpui ber a ni

Mi zawng zawng hian thil dik tak ti niin an ngai a, mahse mahni mimal thil tum chauh an zawn hian karmic law of cause and effect an siam a, chu chuan anmahni hlimna leh midangte hlimna a tichhe vek dawn a ni

Mihring hriat lohna avanga khawvel lungngaihna ka hmuh tam poh leh kawthlerte chu rangkachak hmanga siam pawh ni se, hlimna hi a daih dawn lo tih ka hre chiang zual sauh a ni

Hlimna chu midangte tihlimnaah a awm a, chutiang chu mi zawng zawngin ti ta se, mi zawng zawng an hlim vek ang

Tin, mi tinin leilung thilpek a\ang hian an chanvo an hmu vek ang

Kan hriat lohna hmun atanga he khawvela lo kal kan nih a\ang hian nun lo pian chhuah leh thiltum ngaihtuah hi thil awmdan pangngai a ni

Khawvel siamtu chanchin kan hre leh chhiar a, mahse a hnena thlen dan tur kan hre lo Kan hriat zawng zawng chu khawvel pum pui hian a Pathian rilru awmzia a puang chhuak vek tih hi a ni

Darthlalang tê tak têa a pêng leh hmanrua te tê leh chiang tak takte chuan dârkâr siamtu chu min ngaihsantîr ang bawkin, factory-a machine lian leh râpthlâk tak takte'n an thil siamtu chungchâng min ti mak a, min tithinur ang bawkin, thilsiam mak tak takte kan hmuh hian an hnung lama finna thup chu mak kan ti hle a, heti hian kan zâwt a ni: “ Pangpar chu tuin nge ni lam hawia pianphung nung tak pe? lo

**chhuak?Tin, engtin nge a parhte chu chutiang taka
chiang taka siam a nih a, chutiang rawng mak tak tak,
hlimawm tak tak hmanga chei a nih?"**

**Zanah chuan arsi leh thla hian an tangkarua ang
maia êng chu kan chhehvelah an theh darh a, van
boruak zau takah hian heng van lam thilte kaihruaitu
hriatna hi ngaihtuah turin min fuih a Thla êng nê̄m tak
chu nitin hnathawhna atan a taw̄k lo va, chuvangin
rilru fing leh nê̄m tak chuan zan lama chawlh hahdam
a rawt a Tichuan ni chu a lo chhuak a, a êng êng tak
chuan kan chhehvela khawvel chu chiang tak leh
chiang taka hmuh theihna min pe a ni serenity, kan
mamawh phuhruk turin kan mawhphurhna kan la a ni**

**Kan mamawh phuhruk dan tur kawng hnih a awm
a: taksa lam kawng leh thlarau lam kawng Kan
hriselna a chhiat chuan entirnan, Doctor hnenah
inenkaw̄l turin kan kal thei a Mahse, doctor emaw,
midang emaw tanpui theih loh hun a lo thleng a,
kawng hnihna lam kan hawi a; kan taksa, rilru leh
thlarau siamtu thlarau thiltihtheihna hnenah**

**Material power hi a tlem a, kan hlawhchham
chuan Pathian thiltihtheihna tawp nei lo lam kan hawi
thin Hei hi kan sum leh pai mamawhnaah pawh a
hman theih Kan theihtawp kan chhuah a, kan la
dawng tlem hian chu thiltihtheihna lam chu kan pan
thin**

**Mi zawng zawngin an harsatna chu a paw̄i ber nia
an ngaih Mi thenkhat chuan an chhelna a chak loh
avangin midang aiin pressure an nei nasa zaw̄k Mite
rilru chakna inang lo avang hian chakna chi hrang
hrang an hmang thin Miin harsatna nasa tak a taw̄k a,
an rilru a chak lo a nih chuan an hneh thei dawn lo
Rilru chak tak nei te chuan an harsatnate chu daltu te
tichhiain an lungphum ti nghingin an hneh thei Yet,
the strongest pawh mite chuan hlawhchhamna an**

tawk fo ṭhîn Tisa lam, rilru lam, leh thlarau lam
harsatna leh harsatna nasa tak kan tawh hian, he
khawvêla nunna chakna hi a tlem hle tih kan hre
chhuak a ni

Kan thawhrimna hi hriselna tha leh taksa lama
himna neih mai ni lovin, nun awmzia zawn kawngah
pawh kan inpe tur a ni

Nun tum chu eng nge ni? Harsatnain min hneh
chuan kan chhehvel lam kan hawi hmasa a, hahdamna
pe thei tura kan rin thila insiamrem theih zawng
zawng kan tum a Mahse, kawng thim tak kan thlen a,
"Ka tum zawng zawng a hlawhchham vek a, eng nge
ka tih belh ang?" kan harsatna chinfelna \ha tak zawn
chu uluk takin kan ngaihtuah \an a Tin, kan
ngaihtuahna a thuk tawk chuan kan chhungah
chhanna kan hmu \hin Hei hi chhanna \awng\aina chi
khat a ni

Ka thlarau thlamuang takah chuan

Ka hmu ang che Lalpa!

Min luah la, i chatuan awmna chu ka hrethiam ang
che

Ka chhung leh ka chhehvel

Ka ngaihtuahna khawsakna hmunah chuan i aw
hriat ka duh khawp mai

Lei thawm ri nasa tak takte chu ka lakah hla
takah dah rawh

Ka hriatrengnaah thup a ni

I aw muang tak leh thlamuang tak chu ngaithla ka
duh khawp mai

Tin, hla phuahtu chu ka thlarau thlamuang takah
a awm reng bawk

Ka Pathian, I awmna hmun

I tel ve ngei ngei tur a ni

Ka nihna leh chhia leh tha hriatna chhungril takah

**A ðhen tlemte pawh ka lantîr theih nân min ðanpui
ang che**

**Ka thlarau lam lungphun chhunga ro hlu thup
atang hian!**

Aw êng êng chhuak

Ka thinlung a harh ta

Ka rilru hriselna

Ka thlarau biak in hi i ropuinain luah khat rawh

Aw chatuan North Star!

**Khawi hmunah pawh ka vakvai a, engtiang
pawhin ka hawi let leh thin**

**Ka rilru magnetic compass needle chuan i lam a
hawi reng a**

Vanduai thliin a rawn nuai che emaw

**A nih loh leh harsatna leh chhiatna ruah surin a
tuam bawk**

Ka rilru erawh chu a kaihruai a

I lam hawi reng turin

Ka sava duh tak, a thla a vuak lai

Buaina chhum zingah

leh buaina thlipui te pawh a ni

I lam panna kawng a zawng ngei ang

Hmanlai hunah chuan

Ether thinlungah chuan

Thlarau anga kan lo pian tirh khan

Kan zavaiin kan muhil vek a

Pathian hmangaihna puan hnuaiah

Tin, Pathianin min tiharh khan

A bulah chuan kan tlan bo ta a

Fapa tlanbo chanchin ang bawkin

**Kan inkara Pathian inzawmna (divine bonness of
kinship) chu kan theihnghilh ta a ni**

Kan inhmelhriat loh phah ta a

Tin, kan vanram kan kalsan tawh atang khan

He khawvelah hian kan lo ni ta

Lei kil hrang hranga khualzinte kal kual
Destiny kawngte kan zawh thin
Kan kal thui lutuk
Kan in bul atanga hla takah kan insawn tawh a ni
Mahse, a chang chuan
Hmun thenkhat, thil tawn leh hmel thenkhat
chuan min tiharh thin
Hriatrengna phum leh chhungril rilru thuk tak
Kan hnenah chuan a rawn ti sap sap a
Kan tawng thar vek ang maiin kan inhria
Thil kan hriat tawhte chu
Hmangaihte nen kan inhmu a, kan inzawm baw
Anmahni nen kan inhnaih hle a
Hun kal tawh hla takah
Aw khawvel zawng zawng siamtu
I êng chu mi ropuah a eng a
An Pathian hriatna hian kan hriatthiamna min
chawh tho ang u
I tum ber chu nangmah i ni tih i hrethiam ang u
Kan tum ber chu
Ambition ropui ber a ni
Chu chu tihhlawhtlin kan tum ber a ni
I awmna thli rimtui tak nen min tiharh rawh
I awmna ropui tak duhnain min tikhat ang che
Kan nihna hi I Pathian finnain chawm rawh se
I êng thianghlim hi i hre ve ang u
Kan nun kawng tinrengah a tuam chhuak vek a ni
Tin, kan tumruhna a tichak baw
Tin, kan thim chu a ti bo baw
Tin, remnain min tuam rawh se
leh beiseina sang tak a nei baw
Tin, thil tha tih duhna te pawh
Prince leh Enlightened Hermit inkarah
Vawikhat chu lal fapa roreltu pakhat chu a
chhiahhlawh leh a rawngbawltute nen ramsa man

turin an kal a, thuam tha leh ralthuam kengin an kal a, ramngaw thuk takah an lut a, ki an vawm a, khuang an vuak bawk

Sava, sakeibaknei leh sakeibaknei râpthlâk tak tak ðhenkhat an man hnu chuan lal fapa leh a ðhiante chuan kawng an bo tih an hre ta a ni

Chaw tam tak nei mahse tui an nei lo Ramngaw chhunga tui zawng hah lo mah se, engmah an hmu lo Zan lama sakawlh râpthlâk tak takte beihna lakah chuan inhumhimna an nei lo, thim a lo hnaih tawh hle

Ni chu a bo ta a, caravan kaihruaitu lal fapa chuan khum hlui, chhe tawh tak a rawn pan a, Sakawr atanga a chhuk hnu chuan kawngkhar khar loh chu a nawr hawng a, khum chhungah chuan a lut ta vek a, a kil khata êng êng rêng a awm tih loh chu a chhung zawng zawng chu a thim vek a, beidawng takin, "Kum pawh hi a thim tawh" tiin a ngaihtuah ta a.

Mahse beiseinain a hruai a, "Remna Hetah hian tu emaw an awm em?"

A mak tih em em chu aw muang tak hian muangchangin a chhang tih a hre ta a, "Ni e, hetah hian ka awm Tui i zawng em?"

Lal fapa chuan mihring thlarau a hmuh hma loh chuan thim chhungah chuan rei vak lo a en reng a, chu pa chuan a hmuh hma emaw, a hriat hma emaw pawha a ngaihtuahna a hriat chu mak a ti hle a ni

Lal fapa chuan a mikhual chu, "Tunge i nih?" Host chuan, "Pathian tana inpe ascetic rethei tak" tiin a chhang a.

Hermit chuan khawnvar a hal a, lal fapa chuan a pawlte chu a ko a, chu ramngaw hla takah tui leh thei an hmuh chuan lawmna nasa tak an nei a ni

Lal fapa chuan hermit chu, "Sakei leh rul i hlau lo em ni?"

Hermit sheikh chuan heti hian a chhang a: "Ni lo, sakei hi ka ran vulh ui an ni a, rul pawh hi ka tan chuan thlamuang takin Kan inhmelhriat a, he awmnaah hian engkim ti eng Pathian hmangaihna ni chhuahnaah hian kan inbual fo thin".

Lal fapa chuan hermit chu ngun zawka a en lai chuan, hermit kawr atanga cobras pahnih lo innghat a hmuh chuan hlauthawng takin a man ta a, a thil hmuh chu nemnghet turin a hnaih deuh deuh chuan rulte chu an ri chhuak a, an inhnim hrual a, an lu an ti hrual a, lal fapa thinlunga hlauhna khur leh phuba lak duhna rilru put hmang chu an hre ta a ni

Chubakah, chutih lai tak chuan ramngaw sakeibaknei pakhat chu khum chhungah chuan a lut a, ngawi reingin hermit ke bulah chuan a muhil a Pathian miin a thlamuan a, a lu a fawh hnu chuan sakei chu ngawi reingin a chhuak a, ramngaw chhungril lam pan chuan a kal ta a ni

Lal fapa chapo tak chuan a rilruin, "He putar hi mi fel leh thinlung ngilnei tak a ni tur a ni, ramsa leh tuihalna thihna lakah min humhim si a, a thiltih lawmman atan ka hausa ang" tiin, Hermit hnenah chuan a bia a, heti hian a ti a.

"Aw Sheikh, i hmel chu ngilneihna leh thinlung takin a eng a, kei leh ka puitute tana i thil tih zawng zawng hi ka lawmpui tak zet a ni Chuvangin, i hausa leh hausakna tur thuruk hi ka hlan duh che a ni He thuruk hi a vawi khatna atan ka puang chhuak a, nangmah chauh hnenah ka puang chhuak a ni".

Chung thu a sawi zawh meuh chuan lal fapa chuan a puan hnuai ata lung pakhat a la a, a sawi chhonzawm ta a, heti hian a sawi chhonzawm ta a ni.

"He chhungkaw ro hlu hi ka hlan che ka duh a ni Philosopher Lung a ni a, a hmang hian i hausa mai thei bawh He lung hian rangkachak a siam a, chu chu

ka pa hnenah alchemist ropui tak pakhatin a pek a ni
A khawih zawng zawng chu rangkachak thianghlimah
a chantir theihna a nei He lung hi kum khat pumpui i
hmang thei a, lungte chu rangkachak ah i chantir thei
a, chutah chuan i hralh theih nan rangkachak lal in lei
turin ka lo kal ang." kum khat hnuah i hnenah rawn
kir lehin ka lung, ka nunna aia hlu zawka ka ngaih chu
la let leh turin".

Hermit chuan chu mawhphurhna chu a pawm duh
lo va, mahse lal fapain a fuih chhunzawm zel avangin
philosopher lung chu dah reng a remti a lal fapa
chuan hermit chuan fimkhur lo takin lung chu a
kawrfual hnuaiah (miten an pawisa an dahna hmun!)
chu a dah a, chutah chuan lal fapa chu a kal ta a ni

Kum khat hnuah chuan lal fapa chu a pawlte nen
an lo kir leh a, khum chhe tawh tak ai chuan lal in
ropui tak hmuh beiseiin Mahse, chu khum chu a la
ding reng a, a hma aia a dinhmun a chhe zawk tih a
hmuh chuan a lungawi lo hle a Chuvangin a sakawr
atang chuan a chhuk a, kawngkhar chu a rawn nawr
hawng a, a aw chung berah chuan: "I la dam em,
hermit?"

Hermit chuan aw ring tak leh thuk takin a chhang
a: "Ni e, Pathian fakin awm rawh se, Aw Prince Ka in
inngaitlawm takah hian lo lawm rawh".

Chutah leh thuhmahruai awm lovin lal fapa chuan:
"Eng nge i tihsual, mipa? I hnena ka hnutchhiah
philosopher lung chu engtin nge i tih? Engvangin nge
hausakna atan i hman loh?"

Hermit chuan rei vak lo a ngaihtuah a, chutah
chuan: "He philosopher lung i sawi hi eng nge ni a,
hausak tur ka nih i tih hian eng nge i sawi tum? Dik
tak chuan kei aia hausa zawk hi ka duh lo" tiin a
chhang a.

Hlahna chuan lal fapa chu a man a, chu chu hermit upa tak chuan a lung chu a ngaihsak loh avangin a hloh ta niin a ngai a, ngenna nena inzawm aw chuan: "Kum khat kalta a i kawrfual hnuaia i dah philosopher lung man to tak kha ka sawina a ni? [Eddie, i kawrfual nen], chu chu engtin nge i tih min hrilh teh?".. tiin a sawi.

Hermit chuan a chhang a: "A dik e chu chu tunah hian i lung hlu tak hi ka hre reng Nikhat chu luia inbual tura ka kal lai khan Pathian ngaihtuahna thuk takah ka awm a, chu lung chu ka thawmhnaw atangin a tla thla a, tuiin a ei zo ta niin ka hria I him rawh se" a ti a.

Lal fapa chuan a aw chung berah chuan, "Aw, ka hlohna thlak theih loh! Engkim ka hloh vek tawh!" and nearly fainted from sheer astonishment Hermit chuan a hmaiah tui lum arawn theh a, a kaitho leh a, chutih lai chuan lal fapa hnungzuitute chuan sheikh chu anrawn pan hnai a, an mit chu sualnain a eng a, a tihnat tumin Mahse, hermit chuan a nui suk a, "Aw, Your Highness, of such high standing, I didn't know that you would riise such a fuss over a stone Come with me to the river, and I will i lung chu zawng la, zawn tum rawh".

Lal fapa chuan, "I rilru i hloh tawh em? Tunah hian kum khat kalta a i hnen atanga lung tla, current-in a nuai bo tawh chu zawn i duh em?"

Mahse, hermit chuan a thusawi chu a ngaihsak lo va, a au chhuak ta a, "Lalfa te, he buaina zawng zawng hi a ngai lo Luia lung kan zawn hma chu nghak rawh Ka hnenah lo kal rawh u, in zavaiin" a ti a.

Spell hnuaia awm ang maiin, lal fapa leh a hote chuan hermit-a magnetism langtlang tak chu an chhang let a, ngawi reengin lui lam pan chuan an zui ta a Chutah chuan, hermit chuan lal fapa chu a kawrfual

**chu a kawr atang chuan la chhuakin, a kil paliah a
chelh a, luiah chuan thun turin a ngen a, hetiang hian
a tawngtai a:**

**"Aw Lal Lalber, Lalte Lal, Philosopher Lung zawng
zawng siamtu, ka lung hi ka hnenah pe leh rawh".**

**Lalber chuan chutianga a tih a, tui atanga a
kutkawr a han phawrh meuh chuan a ringlo mitmeng
chuan philosopher lung sawmhnih chuang, a hloh
tawh nen a thil neih inang, a hmuh chuan mak a ti hle
a bundle chu luiah a lut ta a**

**Hermit leh a hote chuan, "Engvangin nge chutiang
chu i tih?" Mahse lalber chuan Pathian mi chu a en a,
zah takin a hmaah a bawkkhup a, a ti a.**

**"Ka duh, ka pu, rangkachak siamtu lungte chu
lunghlu hlutna nei lo anga ngaitu i neih ang kha neih
ka duh".**

**Tin, chutiang chuan lal fapa chuan putar fing tak
hnen atanga thlarau lalram , space-in a thunun loh leh
tihboralna hnuaia awm lo chu a hmuh theih dan tur zir
turin a lei lalram chu a kalsan ta a ni**

**Thuziak moral chu leia hausakna hi eng ang
pawhin hlu mah se, a rei lo hle a, taksa chu ruang
lum, nunna nei lo a nih hunah he khawvel hniam
takah hian hnutchhiah a ngai a ni**

**Heta hausakna rei lo te chauh khawlkhawm
theihna entîrtu philosopher lung hman ai chuan,
Pathian hausakna, boral theih loh leh boral theih loh
hmu tûra a hun leh theihna hmangtu ascetic ang kan
ni tûr a ni**

**Tupawh Pathian hretu chuan mumang piah lama
hausakna a nei ang a, a tul chuan thil neihte chu lung
ang maiin a bansan ang a, thlarau lam hausakna neih
leh hausakna dik tak hlim taka hman beiseina nen**

Mi dangte nena kan inlaichinnaah

Hriat chian leh ngaihlu a pawimawh hle

Mize danglam tak leh mizia ropui tak tak
Chu chu an thil tawn atang chuan an distilled a ni
Tin, anmahni nihna a\angin an siam a ni
Mi rilru zau tak pu chung a mi kan zir chian chuan
Anmahni chu kan hrethiam thei ang a, nuam takin
kan hmachhawn thei ang

Kan ti thei nghal bawh ang
Kan buaipui mek mizia hriat chian
Sakawr intlansiak chungchang hi philosopher nen
sawipui suh

Home organization chungchangah scientist nen
inhnial suh

Chu mi ngaihven leh ngaihven hlawh chu ka hria
Tin, chu thupui chu a hrih ta a ni
I ngaihven thilte chungchang a ni hauh lo
Midangte hriatthiam kan duh chuan
Anmahni sawisel leh sawisel kan pumpelh tur a ni
Mahni hriat thiamna dardhlalangah kan en zawh
tur a ni

Eng nge siamthat leh siamthat ngai tih hriat
tumin?

Chu psychological mirror chu a danglam hle
Zing tin kan en thin dardhlalang hriat lar tak
chungchang

Nitin chu self-mirror chu ka en thin
Ka duh loh zawng ka hmuh chuan
Ka mawhpuih a, siamthat tumin ka thawkrim hle
Chutiang chuan mi chuan a lem a hmu a
A thlarau dardhlalangah a pianphung dik takah a
lang chhuak

Tin, nitin a hmasawn zel bawh
Hlimna leh rilru thlamuanna kawngah
Pathianin malsawm che rawh se
Remna awm rawh se

**Network of Longings tih hi a ni
Hetah hian ka awm a, ka duhthusam net chu ka
paih a ni**

**Ka ngaihtuahna tuifinriat zau takah chuan
Ka hnen atangin i tlanchnhuak fo tawh a, Aw
Pathian thil hlu hlu tak!**

**Mahse, remna thuk takah chuan ka chhui
chhonzawm zel a ni**

**Tin, chawlhsan lovin ka hmangaihna net chu
nangmah lamah a hnungzuiin ka paih a**

**Ni khat chu ka duhthusam tawp lo che net-ah hian
ka man che a ngai a ni**

**He ka hmangaihna net hi hmun tinah ka paih
chhuak thin**

Nunna thlipui buai tak chungah

Tin, arsi eng mawi tak takte chungchang pawh

Tin, thlarau tha thuk takah pawh

Ka hriat chhun chu ramsa mantu ka ni tih hi a ni

Tin, man tumin ka bei chhonzawm zel ang che

Aw duhthusam leh ro hlu ber!

**Hriat lohna puanzar chu tichhiain, inbumna thim
chu tibo turin ka ngen a, i nunah thil tum lian ber leh i
duhzawng lal̄thutthlenga-a duhthusam chak ber ni
turin ka ngen a, leh hahdamna leh tihkhawtlai chu
hlimna, siam tharna leh thahnemngaihna nena
inzawm thlarau lam thiltihah i chantir theih nan ka
ngen a che u, i nih thlengin Pathian hmangaihna uain
in tur pe turin ka ngen a che zu rui chungin,
thlamuanna awmna tlawnha thianghlim nen rawn
tlawh che a, hmangaihna leh lawmthu sawina tuiin i
thinlung silfai tur che leh, i nihnaah rinhlelhna êngte
êng tur leh, A tuifinriat malsawm tak tak takah chuan
i mumangte tihlum tur leh, Amahah lungawina leh
lungawina i hmuh theih nan, i thlarauah thlamuanna a**

**awm theih nan leh van malsawmnate chu i chungah a
lo tla thla thei ang**

**Stillness tih awmzia chu ngaihtuahna tihrehawm
tihna a ni**

**Taksa tihlum leh a mamawh thunun
Chutiang ti thei chuan thlamuanna hahdam tak a
tawng ang**

**Khawvel thianghlim tak tak atanga sublime waves
leh impressions te chu a hre dawn a ni**

**Tin, tu pawhin ngawi renga thuk zawka luhchilh
chuan, chuti a nih chuan**

**A chhungah Pathian ram chu a hmuchhuak ang
Mi chu kawngpuiah a kal chhung chuan
A hun hman zawng zawng hi a hlu em em a ni
He ram (the passage house)-ah hian rei vak lo kan
awm a ni**

**Engkim hi hun rei lote chhung chauh a ni a, mahse
Pathian hriatna chu a awm reng a ni**

**Thinlung leh thlarau atangin engmahin a thai bo
thei lo**

**Khawvel thlemnate hian min tibwaitu kan phal tur
a ni lo**

**Kan thiltum ropui ber leh kan tum sang ber:
Pathian atanga min hawisan avangin**

**Pathian hriat chian theih a ni
Universe hrang hrangte hotu kan zawng chhuak
tur a ni**

**Tu êng atang hian arsi te chu an eng chhuak thin
Tin, A thiltihtheihna hmangin thinlungte chu a na
hle bawk**

**Temple of Silence-ah hian kan zawng tur a ni
Duhthusam leh duhthusam taka Pathian kan koh
hian**

**Tin, duhthusam kang tak nen kan ngaihtuah hian
Amah chu kan hmu ang**

Pathian hriat loh chungchang ka sawi lo
Lalpa ka hriat chian tawh chungchang a ni zawk
Tin, ka tan chuan a dik a ni
Taksa thil zawng zawng aiin a tak zawk a ni
Kan mihring nun thlipui chhawmdawltu leh
chhawm nungtu chu Pathian tuifinriat a ni
Engkim tel lovin kan ti thei
Pathian tih loh chu

{Chutiang chuan Pathian, Lalber, Thutak chu
chawimawiin a awm}

(Thinlung thianghlimte chu an eng a thawl e,
Pathian an hmu dawn si a)

Miin hmangaih leh hmangaih a ngai tih hi thil
awmdan pangngai a ni Mahse he thinlung duhthusam
hi a tawpah chuan chu hmangaihna bulpui ber a ni a,
chu chu Pathian a ni

Mihring hmangaihna hi beisei, chhut dan leh
subjective consideration tam takah a innghat a,
chuvangin a awm reng theihna tur guarantee a awm
lo a, a chhan chu condition-in a phuar a ni

Pathian hmangaihna erawh chu thuhmun nei lo,
awm reng leh nghet tak a ni I thinlung a khawih
chuan i hnenah i hmu reng ang

Thil awm dan zawng zawngah, harsatna leh
hrehawmna karah pawh venhimna leh inrintawkna
hnar angin i inhria ang

Hrehawm tawrhna leh fiahna khirh tak karah

Mi zawng zawngin an kalsan mai thei che a,
mahse chu hmangaihna thianghlim chuan a kalsan lo
vang che a, a ti beidawng lo vang che a, lungkhamna
leh suangtuahnate zingah pawh a hnutchhiah lo vang
che, a chhan chu nunna inher leh inher kara van
atanga kaihruaitu êng a nih vang a ni

Mihring hmangaihna chu Pathian hmangaihnaa
charge a nih chuan a thianghlim a, a fiah thin Mahse,

**luipui, mihring hmangaihna, tuikhuah, Pathian
hmangaihna atanga i then chuan a luang chhuak tawh
lo va, khawvel hnim hring zingah a bo ta a ni**

**Mihring hmangaihna chu Pathian hmangaihna
nena inzawm tlat a nih chhung chuan thinlung a ti
nem a, chhia leh tha hriatna a tiharh a, thlarau
huante chu nunna tuiin a tui a ni**

Hmangaihna: Duhna tichaktu a ni

**Ka thil tih apiang hi ka thinlunga hmangaihna
zawng zawng nen ka ti thin**

I enchhin chuan i chau lo tih i hmu ang

**A chhan chu hmangaihna hi duhthlanna tichaktu
ber a ni a, hmangaihna thununna hnuaia duhthlanna
chuan mi thenkhat tân thil theih loh anga lang thil tih
theihna thiltihtheihna mak tak a nei a ni**

Thlarau lam hriatna kawngteah

**Attraction leh mipa leh hmeichhia inkara
inhmangaihna**

**Mimal hmel chu fai, felfai leh felfai tak a ni tur a
ni**

Mihring hmel hmuhnawm hi a pawl lo

**Chu appeal chu good taste hnuaia a awm chhung
chuan**

**Mahse miin tumruh taka mipat hmeichhiatna
hman hi a dik lo**

Mipa leh hmeichhia hip nan

**Mipa leh hmeichhia inkara hipna chu thlarau
atanga lo chhuak tur a ni**

Mahni inthununna neitute

Sex symbol an nih thu an inchhuang lo

**Nunna kawppui dik tak hip theihna chance an nei
tha zawk**

Nupa inlaichinna hlawhtling takah chuan

Hmangaihna hi a hmasa ber a, sex ni lovin

Hei hi ideal leh standard a ni tur a ni

**Ram thenkhatah chuan infawh emaw, intihhlumna
emaw a awm lo**

**Nupui neih hmaa nula leh tlangval inkara
Mi pahnih chuan unconditional attraction an neih
hian**

**pakhat leh pakhat lam hawiin
An inpekna chu an inpeih ngei ang
Hmangaihna dik tak chu a dik a ni
Chumi hnuah chauh chuan nupa inkara inzawmna
nghet tak nei turin an tling thei ang**

**Possessiveness hi a tangkai lo
Nupa tuak khatin a dang thunun a tum hian
Hei hi hmangaihna tlakchhamna finfiahna a ni
Mahse an hmangaihna an sawi chhuah hian
Thinlung tak leh thian tha taka ngaihvenna nen
Tin, rilru put hmang uluk taka ngaihtuah baw
Tin, midangte tihlim duhna thinlung tak tak a ni
baw**

**Hmangaihna hian mizia ropui tak a nei a
Tin, chutiang inzawmnaah chuan
Pathian hmangaihna tlemte kan hmu a
Hriatthiamna nei lo nun hi thlarau lam leh taksa
lama mahni intihhlumna a ni**

**Hriatthiamna neitute chu an eng a thawl e
Thlarau lam kawnga mamawh ber a ni
Tin, nun kawngteah pawh
Hriatthiamna hi flashlight a ni
Mihring kawng a ti eng a, hlawhtlinna a thlen
baw**

**Mi pakhatin nun tum ber a thlen hmain
Chu theihna pawimawh leh pawimawh tak chu a
nei tur a ni**

**Chuvangin, hriatthiam lohnain a mit a tihdel phal
loh tur a ni**

**Thlarau lam leh tisa lama mahni intihhlum a nih
vang a ni**

**Hriatthiamna hi dinhmun tinrengah kaihruaitu a
ni tur a ni**

**Eng ang thil tawn harsa tak pawh paltlang mah ila
Hriatthiamna dik tak kan neih a ngai a ni
Pathian hian harsatna leh hrehawmna min thlen
lo**

**Mahni tanpuitu emaw, tichhe tu emaw kan ni
Kan hriatthiamna leh hriatthiamna hmangin
A nih loh leh kan inhriatthiam lohna leh kan
hriatthiam lohna**

**Hriatthiamna kan neih theih nan Pathian hnenah
kan tawngtai a ngai a ni**

**Kan hnena thil tawn rawn thlen chu eng pawh ni
se**

**A nih loh leh kan tawrh mek dinhmunte hi
Hriatthiamna chauhvin mihringte a humhim ang
Ka thil tawnte chu a nasa leh zual a, a na zual zel
chuan**

**Ka beih hmasak ber chu ka chhungril lama
hriatthiamna zawng chhuah hi a ni**

**Thil awmdan hi ka mawhpuh lo va, midang
siamthat ka tum lo**

**Mahse, ka lut hmasa ber
Ka thlarau kulhpui tihfai ka tum a ni
Tin, chu chhungril êng tibuai thei thil eng pawh
paih chhuah**

**A nih loh leh thlarau thiltihtheihnate a lan chhuah
loh nan a dal baw**

**A nih loh leh a rilru put hmang a sawi chhuah
theih loh phah baw**

**Chu chu hlawhtling taka nun dan tur chu a ni
Harsatna laka tlan chhuah chu a chinfelna awlsam
ber angin a lang thei**

**Mahse mi chuan a khingpui chak tak a beih hian
chakna a nei a ni**

**Harsatna nei lote chu an thang lian lo va, an
tumruhna pawh a chak lo**

**Hriatthiamna kan neih hian hlauhna a bo thin
Hriatthiamna hian himna leh venhimna a pe a ni
Nunnaah hian thil tawn tam tak ka hmachhawn
tawh a**

**Tin, chutiang thil tawn zinga harsa ber chu mite
nen a ni**

**Min rorel dik lo a ni
Ka hmangaih tawhte ka hmu tawh a
Ka thinlung ka hlan tawhte
Min hrethiam lo va, min dodal thin
Mahse chu chuan ka chhungah thinrimna a siam
lo**

**A chhan chu hrehawmna hian hriatthiamna a khuh
tlat vang a ni**

**Ka inhliam ka phal lovang
Midang min hriatthiam loh vang a ni
Chu ai chuan ka tum zawk a ni
An pawm thiam chuan tanpui rawh
Thil tum tha tak tak thawn rawh
Tin, duhsakna kan hlan bawh e
Ngawi renga i thut lai chuan
I rilru chu engmah nawrna lakah a fihlim ang
I ngaihtuahna nen nangmah chauhvin awm la,
khawvel leh a thil phut atang hian inthiarfihlim rawh
I rilru chu hun tinah constructive takin hmang
rawh**

**Thil ropui tak tak chu rilruah a lo chhuak hmasa
thin**

**Chuvang chuan ka rilru chu ka active reng thin
Hun remchang a lo awm veleh**

**A thil siam chhuah theihna chu ka activate nghal
a, a rah chhuah chu a lo chhuak ta a ni**

**Nitin thil siam chhuah thiam tak tak tih tum ang
che**

**I dinhmun siam\hat leh i chanvo thunun turin
A thunun che phal ai chuan
Hriselna siam that theih a ni
A nih loh leh, nungchang tha siam
A nih loh leh tisa leh thlarau lama hlawhtlinna
neih**

**A pakhat zel chu uluk taka ngaihtuah chungin
Hun khat chu
He nunah hian ka tihhlawhtlin duh zawng zawng
Ka tihlawhtling thei ta a ni
Matter hi rilru atanga lo chhuak a ni
Chuvangin rilru tan chuan psychological limitation
a awm lo**

**I rilru i thunun thei a nih chuan
Khawvel pum pui hian i lam a hip ang
Ka duh zawng zawng ka hmu vek
Ka duhthusam ber a ni a, a la ni reng baw
Thlarau lam hlimna chu Pathianah a awm
Ka duhthusam chu tihhlawhtlin a ni a, sawifiah
theih loh khawpin ka hlim hle**

**Mi chu hlawhchham, beiseina nei lo, lungngai ang
maiin a inhriat tur a ni lo**

**A ngaihtuahna thununin a chanvo a thunun thei a
ni**

**Thil \angkai leh \ha tih i tum chu ti rawh
Hrilhfiahna \ha tihhmasawn kawngah thutlukna
siamtu internal design a nei a ni**

**I chanvo i thlak thei dawn a ni
Tin, nunah i dinhmun siam\hat baw ang che
A tanpuinain chawimawiin awm rawh se
Paradis atanga thli tleh ang maiin ka lo kal a ni**

**Zirtîr chuan ni tin amah leh amah a inhriat chian a
ngai a ni**

**A duh ang hmasawinna a nei em tih hriat tumin
Bias nei lovin mahni inhriatthiamna kan zir hian
Keimahni leh midangte kan hre thei ang
Hriatthiamna nena khawvela cheng leh hriatna
nena kalsantu**

**Thih theih lohna a hmu ang
Ka zirtirte nun siam that ka tum thin
Tin, an ngaihtuahna chu hlimna bul leh êng
chhuahna lam hawiin an kaihruai baw
Chuvang chuan thlarau lam lam ka ngaihtuah
hmasa ber a ni**

**Nunna thil neih lam ngaihthah lovin
Tin, thinlung leh thlarauva Pathian hriat duhtute
hi ka duhsak a ni**

**A chhan chu Pathian chu intellectual debate
hmanga hriat theih a nih loh vang a ni**

**A nih loh leh, rilru na tak tak, rilru lama thuchah
ngaihthlakna hmangin**

**Chu chuan thlarauah chhungril lama buaina a
siam a ni**

**Ka thlaraua ka phurh hi ka tan chuan a thianghlim
hle**

**Random takin ka tawng thei lo
Ka test leh verified tawh chauh ka sawi a ni
Mahni inhriatthiamna leh nun tawinna hmangin
Hemi avang hian heng zirtirnate hi ka tan chuan a
dik a ni**

**Thuhril ka tum lo va, chu thudikte chu sawi
chhuah ka tum zawk a ni**

**Chu chu ka mimal thil tawn huan atanga ka khawn
khawm a ni**

**Paradis atanga thli tleh ang maiin ka lo kal a ni
Thutak rimtui phur**

**Chatuan Huan a\angin
Ka tan engmah ka dil lo
Ka duhthusam awm chhun chu pek che hi a ni
Chu van rimtui chu
Tin, chu mi hnuah chuan lei kamte chu ka
chhuahsan ta a ni
Cosmic thinlungah vawi khat kir leh turin
Tin, ka pek che u hi nangmahni ngeiin in tawn ve
ngei ka duh baw
Pathian nena in inremna hmangin
Chu chu ka duhthusam awmchhun a ni
Abundance neih theihna tur Chabi
Pathian tamna nena an ngaihtuahna inremtir duh
apiang
A rilru leilung ata tlakchhamna leh retheihna hnim
zawng zawng chu a hrual vek tur a ni
Khawvel pum rilru hi a famkim a, mamawhna leh
rilru natna pawh a hre lo
Tin, chu cosmic storehouse nen chuan inrem
duhtu chuan
A tamna leh hausakna hriatna a siam tur a ni
Chaw ei leh tur chu khawi atanga lo chhuak nge
dawn tih a hre lo a nih pawhin
Pathian tamna hi ruah hahdam leh ruah sur tam
tak angin kan ngaihtuah tur a ni
Mi zawng zawng chungah inang tlangin a tla
Miin no a han chawi chuan an no chu a khat ang
Tin, ruahsur hnuaiah bêl (or container) lian tak i
dah chuan
Ruah thianghlim leh malsawmna angin a
famkimna a dawng a ni
Vanram tamna dawng tur hian eng bungbel nge
kan hman?
Container i fill duh chuan chhiatna leh khur a nei
thei**

**Chuvangin, malsawmna luang chhuak dawng thei
tura buatsaih a, a remchan dan anga siam a ngai a ni**

Hei hi mihringah pawh a hman theih

**Van sum dahna lam hawia a chawisangtu rilru
bungrua chuan bawlhhlawh a tuar a nih chuan**

**Malsawmna tam tak a hip theih nan siam that leh
dawngsawng thei tura siam a ngai a ni**

**Chu awareness chu siamthat leh siamthat a ngai a
ni**

**Hlahuna leh rinhlelhna zawng zawng ata chhuah
zalenna hmangin**

**Inhuatna leh huatna chu tui thianghlim hmangin
silfai rawh**

**Remna, thlamuanna, thinlung tak tak leh Pathian
hmangaihna tui**

**Khawvel pum pui hian kawng siam tumin an ke a
pen chhuak ta a ni**

**Chu mi tan chuan a kalna tur hmun hre chiangtu
tan chuan**

**A zawngtu tumruhna nen chu lam pan chuan a kal
ta a ni**

Abundance neih theihna tur Chabi

Khawchhak-Chhim chhungril nunphung

Rilru chak tak i neih chuan

**Tin, a rilruah chuan thutlukna nghet tak a tuh ta a
ni**

I chanvo chu i thunun thei a ni

**I rilru chakna chu thil tenauah fiah hmasa phawt
ang che**

**I tana thil ropui tam tak a hlen chhuah theih nan
tihchak tumin thawk rawh**

**Hei hi ka nunah ka tawng tawh a, rintlak takin ka
sawi thin**

**Hlawhtlinna thlen theihna thiltihtheihna chu
rilruah a awm a ni**

I rinna i vawn tlat chuan he thudik hi i hre chiang
ang

Khawvel rinhlelhna leh mi beidawngtute
beidawnna hmaah

Mi dangte ngaihtuah loh tur hobby emaw project
emaw bik thlang rawh

Hlawhtling taka i tih theih thu
I hlen chhuah hma loh chuan chutiang chuan awm
reng rawh

Tum tlemte hmangin tan la rawh
I rilru chakna te chu a lo thang zauh zauh ang
I thil tum i hlen chhuah theih hma loh chuan
Khawvel leh i chhungte hian kawng engemaw
takin an categorize che a ni

Mahse finna leh chhel takin hna thawk rawh
Hrilhfiahna \ha tak chungchangah
Rilru thiltihtheihna hi a tawp chin a awm lo
He ngaihdan hi ngaihtuah ber rawh
I rilru chu thil tihhlawhtlin theihna tur drive nen
khat rawh

Tin, hna tha tak thawh tumna pawh a ni
I thil tum tihhlawhtlinna lam pan chuan
I ngaihtuahna chu hlawhtlinna sang zawk lam pan
zel ang che

Thlarau lam hausakna a lo thleng ta a ni
Tin, engkim hi hausakna leh hausakna a ni ang
I thupek angin leh i rawngbawlnaah
Chu chu ka nun hian a nemnghet a ni
Mi hlim tak takte chu tute nge ni?
Mihringte hian altruism hi kan zir a ngai a ni
Midangte tihlimna hmanga hlimna hmuh
Pathian hmangaihtute tan chuan tum dik leh
ropui tak a ni

Mi dangte hnêna hlimna pêk hi keimahni mimal
hlimna atân a pawimawh hle

**Mahni lungawina nena khat fiahna a ni
Mi thenkhat chuan an chhungte chauh an
ngaihtuah a, midang an ngaihsak lo**

**Mi dangte chuan mahni chauh an ngaihtuah a,
midang an ngaihtuah lo**

**Mahse heng mite hi hlimna tem lo an ni
Mimal hlimna zawng hi a dik lo
Tin, midangte hlimna pawh ngaihthah bawh ang
che**

**Mi pakhat, chhia leh tha hriatna hrehawmna nei
lova midang sum chu mahni tana laksaktu**

**A hausa mai thei a, mahse a nunah a hlim dawn lo
tih a chiang**

**A chhan chu an thinrimna leh lungawi lohna
ngaihtuahnain a hual vel ang a, rilru thlamuanna a
chhuhsak ang**

**Miin midangte tihchhiatna avanga mahni hlim
taka siam a tum hian**

**Mi zawng zawngin lungawi loh tir an tum ang
Mahse midang tihlim a tum chuan**

**Mahni thlamuanna senso pawh ni se
Mi zawng zawngin duat takin an hre reng ang a,
hlawhtlinna an duhsak ang**

**Mahni mamawh kan ngaihtuah hian
Mi dangte mamawh pawh kan ngaihtuah tel a
ngai a ni**

**An thil tih kan ngaihsak hian tanpui leh hlim taka
siam kan duh a ni**

**Mi inngaitlawmtu chu mahni inrem leh lungawi
takin a nung a ni**

**A chhungte nen leh a chhehvel khawvel nen
Mahni hmasialtu chu harsatna a tawh fo lain
A rilru thlamuanna a hloh ta a ni**

**Thlarau lam inthlak danglamna tawh tlangval nalh
tak chanchin**

India ram Ranchi-a ka sikul ka enkawl lai khan naupang kum zatve aia upa naupang pakhat min rawn hruai a, a rawn hruaitu nu leh pate hnenah chuan tlangval kum sawm leh pahnih hnuai lam ka pawm a, mahse a tha a nih chuan ka pawm ang tih ka hrih a

Chu naupang chu thinlung takin ka bia a, a hnenah chuan:

"I zu in a, mahse i nu leh pate'n meizuk an duh lo che I nu leh pate duhdan i bawhchhiat hlawhtling a, mahse i lungawi lohna chu i paih chhuak hlawhtling lo a, he thil pawt tak hi i chhonzawm zel chuan i lungawi lohna a zual zel ang".

Ka thusawi chuan a chhinchhiahna a rawn deng a, ani chuan, "Min vuak reng a ni" tiin a tap ta ringawt mai.

Chuvângin, a hnênah: "Nangmah i chung a i thil tih hi han ngaihtuah teh! Chuti chung pawh chuan, thudik pakhat zirtîr angin ka pawm ang che: i ðhian ka nih theih nân, i laka thu hriattîrtu ni lovin I tihsual siam ðhatnaah i rinawm phawt chuan ka ðanpui ang che, nimahsela dawt i sawi chuan engmah ka ti lo vang che a chhan chu dawt sawi hian ðhian nihna a tichhe a ni Thudik chu i thup thei a, mahse dawt sawi lakah fimkhur rawh"

Zirlai angin ka pawm a, "Zu i duh apiangin cigarette ka rawn keng ang che" ka ti a.

Vawikhat chu ka hnenah a rawn kal a, heti hian a sawi: Meizial zu duhna nasa tak ka nei (thihna thlenga duhthusam) .

Pawisa chu ka pe a, a mitmeng chu a ring thei lo a, "Pawisa chu vawng rawh," a ti a, a rilru a thlak tak zet a ni

Zawi zawiin zuk leh hmuam lei turin ka fuih a, mahse a lei lo Instead, he said:

"Min ring lo mai thei, mahse meizuk duhna chu ka hloh vek tawh".

Chuvang chuan, leh zirna leh tihthianghlimna a neih belh zel avangin mize tha tak a lo ni ta a, a thlarau lam pawh a chiang hle

A tawpah chuan a thlarau lam hriatna chu ka harh chhuak thei ta a ni

Thlarau lam hriatna chhinchhiahnate chu hlimna dik leh nghet tak lam pan tura kalna, nunphung dik lo tak takte kalh zawnga mahni inrintawkna hmangin hmuh leh hriat theih a ni

Thil engemaw zuitu leh a tâwp thlenga bei rengtu chanchin i chhiar emaw, i hre emaw pawh a ni thei a, mahse chutianga beih chhunzawm zeltu chu an tlem hle

Amaherawhchu, mi chuan a dinhmun a danglam hma loh chuan theihtawp a chhuah thei a, a tihsualte chu tuifinriat ang maia thuk pawh ni se

Keimah chauhin tuipui kam chu ka paltlang a Tin, tuipui lian tak takte chu au ri nasa tak ka hmu bawk

**I thlipui nun chu raging tide karah i lantir
A hlauhawm tak, tharum thawhna nasa tak inzarpharh chu**

Ka khur a, thilsiam thinurna rapthlak tak atang chuan ka inhnukdawk ta a ni

Ka han hawi kual vel chuan thing hring hring pakhat hian thian ang maiin min rawn kuah a, ka hmu a

**Mi ngilnei, sublime look hmanga thlamuanthlak
A hnah chu thli tleh ri angin a inher chhuak a
Thuchah ngilnei tak min thlen a, chu chu nangmah hnen atanga lo kal a ni tih ka hria**

Ka mit chu ramri nei lo van lam hawiin ka hawi a

**Tin, a thinlung thim takah chuan naupang ang
maiin nangmah mitmeng pakhat ruksak ka tum a**

**Chhum tam tak hnuaia i taksa thup chu ka zawng
hlawhtling lo**

**Tin, foam leh green leaves spray pawh, ka mit
hmuh theih loh khawpa nem a nih avangin**

**I aw chu ka beng hriat theih loh khawpin a
thianghlim a ni**

Mahse, in inhnaih hle tih ka hria

**Mahse nang, thlarau duh tak, i tlu chhuak ta a ni -
inthup leh zawn inkhelh ang bawkin - .**

Ka hnaih apiangin, man che ka tum thin

Ka zawng che a, i panna tur kawng ka zawng a

Hun ang bawka hriat lohna thup hmangin

**A tawpah chuan beidawnna leh beiseina nei loin
ka zawn che chu ka bansan ta a ni**

Aw nang i hnungzuitute tlanbo thiam tak kha!

Space labyrinth-ah chuan ka bo ta a ni

**I man emaw, i hmai en reng emaw beiseina awm
lohna hmun**

**Tin, hmanhmawh takin ka hawisan che a,
tuifinriat thlipui tleh atang chuan chhanna a awm lo!**

**Thing tha tak atang chuan a rawn ti chhuak mai
mai**

**Tin, hmun tawp nei lo atanga ngawi rengna
Ruam thuk tak tak leh tlang chhip atang te
Heng zawng zawng hian ka nihna thuk ber
thlengin min ti na hle**

**Naupang rilru na tak ang maiin ka bo a, ka zawn
che chu ka bansan ta a ni**

Mahse, rang tak leh beisei loh takin

**Kut hmuh loh pakhat chuan a rawn phar a, puan
thuk tak chu a la chhuak ta a**

**Kum tam tak chung ka lakah tuin nge thup che
Hlimna nasa ber nen**

**Ka hawi let a, tuifinriat nuihzatthlak tak mai chu
ka hmu a, thinrim thawm a ni lo**

Tin, khawvel hlim tak a ni bawk

**Tin, ethereal kawngkhar a inhawng a, chuta tang
chuan mumang vur chu a kal tlang thin**

**Tin, ka bulah chuan thil nung duh tak, hmuh theih
loh pakhat a ding bawk**

**Ka hnenah chuan thu thlum leh thianghlim ber
ber minrawn hrilh a:**

**"Welcome, welcome! Lo kal turin min duh a,
chuvang chuan hetah hian ka awm ta!"**

Chatuan atanga Thusawi

**A chhan chu Pathian hnenah lawmthu sawi tih
awmzia chu Amah hmangaih tihna a ni**

Amah hnaih leh hriat chian kan tum thin

**A chhan chu thilpek leh thilpek zawng zawng
zingah Pathian thilpek pe thei ber a nih vang a ni**

**Khawvel pum huap chhungkaw hmangaihna nei
tak anga inrem leh inrem taka nun tihna a ni**

**In rawngbawlina leh midangte ngaihsak tawinna
ngaihtuahnain min tichak a ni**

**Tin, Pathian chu he khawvel roreltu sang ber a ni
tih hriatchhuah nan**

**Tin, dense atanga subtle thlenga awareness
tihpun tumin kan thawk tih pawh**

**Tin, ngaihtuahna inkhung hran a\angin
duhthusam zim, mahni hmasialna thlengin**

Mihring lainatna circle tihzauh nan

**Tin, thil \ha hmangaihna leh midangte tana thil \
ha tihna rilruin a thunun khawvel siam tura thawk
turin**

**Hetiang hian Pathian chungah lawmthu kan sawi
thei a ni**

He nunna min pek avang hian

Tin, hun remchang min pek danah pawh

Mawina dik tak fiahna tur
Tin, remna tak tak pawh a awm bawh
thlarau lam hmangaihna
Tin, hlimna thianghlim tak a ni bawh
Kan thinlung, rilru leh thlarau hmanga Pathian
kan hmangaih chuan
Chutiang chuan thlarau lam ro hlu boral thei lo
chu kan tan kan khawlkhawm a ni
He nunah hian kan mamawh zawng zawng kan
neih theih nan kan enkawl \hin
Mi tam takin Pathian chungchang an sawi a
Mi tam tak chuan a kutchhuak ropui tak takte chu
mak an ti hle
Mi tam takin a chanchin hi an lo chhiar tawh a ni
Mahse a awmna tawngtute chuan
Tin, a thlum temtute pawh an tlem hle
Hengte hi amah hrechiantu an ni
Pathian kan hriat chuan nun hi a thlum thin
Nun hi hlimna leh beiseina eng tak nen a khat a ni
Pathian chungaw lawmthu sawinain thinlungte kha
khat rawh se
A khawngaihna nasa tak karah pawh
Tin, A malsawmna chhiar sen lohte pawh
Mihring zawng zawng hi palai kan ni thei
Chumi kal tlang chuan thlarau lam magnetism a
luang chhuak thin
Mahse mahni hmasial duhna
Tin, phuba lak duhna pawh
leh huatna te a ni
Compound tlakchhamna a awm
Chung zawng zawng chuan chu magnetism emaw
force emaw kal dan chu a tikhawtlai vek a ni
A luang chhuak tihbuai emaw, tihbuai emaw chu
tihsual a ni

**Psychological balance hian magnetism a pholang
thei a ni**

**Mi pakhat chu mi ngilnei leh ngilnei a nih chuan
Magnetism a lantir a ni**

**Meditation hi laboratory a ni a, chu chuan
Kan chhunga thiltihtheihna malsawmte chu kan
hmuchhuak thei a ni**

**Thinlung Pathian hmangaihna a khat hunah
Tin, mit pawh a êngin a khat a ni
Magnetism chu thlarau lam thil a lo ni ta a ni
Thlarau lam magnetism hi a danglamna lian tak a
awm**

**Of sublime influence a ni
Rannung magnetism a ni
Passion leh instinct hmanga hruai
Heng magnetism chi hnih hi thliar hran a
pawimawh hle**

**Thlarau lam magnetism hi altruism leh midangte
hlawkna tur a ni**

**Animal magnetism hi mahni hmasialna leh
midangte tihbuai vang a ni**

**Miin a hlau tur a ni lo
Hlahna ngei tih loh chu
Hlawhtlinna leh hriselna hmêlma lian ber a nih
vang a ni**

**Rilru a ti rimchhia a ni
Tin, mi pakhatin a hlauh tur thilte a rawn keng tel
baw**

**Natna chu a tizual sauh sauh a ni
Tin, thinlung a tichhe baw
Nervous system leh thluak a tichhia a ni
Chuvangin tihbo a ngai a ni
Pathian rinna hmangin
Thil tha leh thil siam chhuah thiam tak tak
ngaihtuahna**

**Optimism leh beiseina
Pathian venhimna chu ring rawh
Tin, Pathian hmangaih apiang chu
Tin, A êngah a kal zel bawk
Hlauhna thim chuan a hneh thei lo
A chhan chu Pathianin a hnenah a awm a ni
Tupawh Pathian hnena nei chu kut thaah a awm
nun inthlau tak
Finna neihnaah a innghat a ni
leh chhungril lama chakna siam chhuah te a ni
Concentration skills tihhmasawn hmangin
Tin, rilru lama zalenna nei bawk
Tin, nghawng tha lote hnawhchhuah theihna a nei
bawk
Tin, hriatna layer hrang hranga luh phal loh
Thlarau van leh hriatna êng chu a khuh loh nan
Moral leh ethical principle anga nun
Cause and effect dan hriatthiamna dik tak
Tin, thil tha lo chi chu halral rawh
Ngaihtuahna thuk tak leh dilna mei nen
Tin, thlarau lam hmalam hun hlimawm tak dinna
lungphum phum bawk
Tum tha tak nen
Thil tha tih
Thil ngaihtuah dik leh thianghlim tak
Zirtirte tan tawngtaina
Kum 70 kalta khan zirtirtu Paramahans hian he
tawngtaina hi a ziaak a
Chutah chuan a zawngtu zawng zawngte tan
Pathian khawngaihna, tanpuina leh kaihhruaina a dil
a ni
Thlarau lam harh chhuahna kawngteah
Lalpa, keimah ka hriatreng ai chuan Nangmah hre
reng turin min pui ang che**

**Tin, lai ropui ber, ka thinlunga laiṭhutthlenga ṭhu
chu ni rawh se**

**Ka hnena lo kal zawng zawngte malsawm rawh u
An tana ka duhthusam awm chhun chu i
malsawmna an hriat theih nan leh i hmangaihna an
tawn theih nan a ni**

Ka nunna i ni

Tin, nang hi ka hmangaih i ni

Ka ro hlu leh awmnaah ka inhumhimna i ni

**Tin, nangmah hnenah hian ka rinawmna nghet tak
ka tiam baw**

**I hmangaihna êng chu ka duhzawng maicham
chungah chuan eng rawh se**

**Tin, pawmtu thinlung zawng zawnga hmangaihna
tiharh turin**

Duhthlanna, tumruhna leh chakna min pe a ni

**Nangmahni duh zawng thlaraute ka rawn hruai
theih nan**

Ka unaute thlarau, an pianphung inang lo mah se

Mediator langtlang takah min siam rawh

**I hriatna êng chu an thinlungah luang chhuak
rawh se**

**Tin, lungngaihna, hlauhna leh lungkhamna
thlalakte chu a hnen atangin a paih bo baw**

**Ka thinlung chhungril atangin lawmthu leh
lawmthu ka sawi tak meuh meuh a ni**

**I awmna famkim hmangin ka nun i malsawm
avangin**

I thuchah thehdarh turin min pui ang che

Hmangaihna, remna leh thatna thuchah

**Mahni chawimawi ka duh lo va, nangmah
chawimawi ka duh zawk a ni**

**Ka thusawi leh ka thuziak hnung lamah hian
infuih tharna awm rawh se**

**Ka aw leh thusawi vibration te hian i inspiration a
thlen theih nan**

**Tin, ka duhzawng leh tumruhna atanga i chakna a
luang chhuah theih nan**

**Ka duhthusam ber chu i duhsakna malsawmna
dawng a, i duhzawng tihfel hi a ni**

**Ka hnena lo kal zirchiangtu zawng zawng
Thlarau tha zungbun angin ka hlan che u a ni
I khawngaihna anmahni chu rawn theh rawh
Tin, i thlamuanna luah khat rawh**

Tin, he ka nun bung hnunung berah hian

**Ka ke pen dan tur kaihruaitu awmchhun ni turin
ka ngen a che**

**Tin, ka ngaihtuahna atana infuih tharna
thianghlim ber pawh**

**Ka thil tum sang ber chu ni rawh se
Mite rilru leh thinlung i lam hawia hruai
Zirtirte hi harsatna zawng zawng laka humhim
turin ka ngen a che**

**Tin, i tui nung tuikhuah ata chu in turin pe baw
k ang che**

**Tin, a enkawl a, a humhim baw
Harhna, mut leh mumang ah te**

**Tin, i enkawl na hian an awmna apiangah zui zel
rawh se
tunah**

Hun leh hmun tinah

Mi fing Paramhansa Yogananda thusawi atang hian

**Mite chuan nunah thil engemaw bânsan tumna hi
an phunnawi a**

Thil hlu tam tak an bânsan tak tak nachungin

**An ngaihtuahna zingah chuan rilru thlamuanna hi
a tlem ber lo; a châng chuan an inthawi hial thin**

Sum chhe thei leh rei lo te chung atan

**Mi pakhat hnen atanga hausakna lak emaw,
khawvel chhuahsan avanga laksak emaw a ni thei**

A keng thei lo

**Sum hlutna dik tak awm chhun chu thil \angkaina
atana hman hi a ni**

**Tin, Pathian leh mahni chhia leh tha hriatna
lawmawm zawnga mahni leh midangte tana hlimna
thlennaah pawh**

**Mahni himna leh thlamuanna chauh ngaihtuah
thinte**

**Midangte mamawh theihnghilh emaw, ngaihthah
emaw**

**A nihna takah chuan retheihna nen an
inngaizawng a ni**

Chu chu ni khat chu an ta a ni ang

**Hnathawh thatna atana hmang lovin an hausakna
vuan tlat thinte**

An damchhungah hausakna an thlen lo

**Chu ai chuan rethei taka piang, mi hausa
duhzawng leh duhzawngte nen an ni zawk**

**An hausakna leh hausakna midangte hnena insem
thinte erawh chu**

**An kalna apiangah vanneihna leh tamna an hip
thin**

A phutute hnena duhsak taka i pek hunah

Pathian chu i hnenah a awm reng tih i hmu ang

A kalsan ngai lovang che

**A tanpuina leh a ngaihsaknain engmah i mamawh
tawh lovang**

**Pathianah i rinna nghat la, a tanpuina chu i
hnenah a lo thleng ang a, a enkawlnain a hual vek
ang che**

**Kan nun hi Pathian atanga lo chhuak direct a ni
tih hi kan theihnghilh tur a ni lo**

Kan rilru te, kan duhzawng te, leh kan thiltih te

**Pathianah an inngnat vek a, an chakna chu Amah
atangin an la chhuak vek a ni**

**Chumi hnuah chuan a hnên ațangin kaihhruaina
dik tak kan dawng ang**

**Kan nun hi A nun tawp nei lo nen chuan pumkhat
a ni tih kan hrechhuak ang**

**Khawvel hi thilsiam leh mihring siam thlipuiin a
khat a, Pathian chu he khawvel thlipui, thlipui leh
sualna laka hneh theih loh phaw leh himna a ni**

**Pathian awmna apiangah hlauhna leh
lungngaihna a awm lo Ringtu dik tak chu nun indona
leh thilthleng fiahnahte chuan nget tak leh tumruh
takin a ding a, Pathian chu a hnenah a awm tih a
chiang a, chhiatna laka a humhim a, rei lo te chhung
pawh a kalsan ngai lo Chutiang chuan hlauhna chu a
thinlung a\angin a bo a, humhimna rintlakna nget
tak chuan zung a kai ta a ni**

**Hlauh nei lo nih tih awmzia chu Pathian leh a
venhimna rinna neih a, a dikna te, a finna te, a
khawngaihna te, a hmangaihna te, leh hmun tinah a
awm tih rinna a ni**

**Hlauhna hian mi chu a rilru chakna a hloh a, rilru
a khuh a, thinlung pianpui rhythm a tichhe baw
Chubakah, hlauhna hian taksa tibuaite a siam a, rilru
lam natna a thlen thei baw**

**Mi chu lungkhamna leh rilru lama inkhunghranna
hnuaia tlu ai chuan Pathian, Engkim hmutu, Engkim
hretu, A kulhpui hneh theih loha him taka awm, a
khawngaihna leh ngaihsaknain a hual vel a nih thu a
inringtaw tur a ni**

**Mi chu Africa ramngaw-ah emaw, indona hmunah
emaw, natna emaw, retheihna emaw tuar emaw,
Pathian kut chu hlauhawm aiin a chak zawk a, Amah
inhumhimna zawngtute a humhim thei tih an inhriat
tir a ngai a ni**

Mahni invenna kawng \ha zawk a awm lo Dik tak chuan thilthlengte hmachhawn kawngah logic a hmang tur a ni a, chutih rual chuan Pathian \ anpuinaah rinna famkim a dah tur a ni Rinna hian thil awmdan karah pawh ngaihtuahna fim lo emaw, fing lo taka che emaw tihna a ni ngai lo Chu ai chuan, eng thil pawh thleng se, Pathian chauhvin hun harsa leh harsa takah pawh a tanpui thei tih a inhriat chian a ngai a, chu chu mi thinlung zawng zawng nen, thlarau zawng zawng nen, leh hriatna (senses) te

Nun hi thimah a khuh a, a chang chuan ke a tlahniam a, hmalam pan a hreh bawk Nunna kawng thim tak kan zawh lai hian Pathian êng chu min kaihruaitu êng ni turin kan phal a ngai a ni Ani chu hriat lohna leh thim zanah thla bial a ni a, harh hun darkar-ah chuan ni eng a ni a, kaihhruaina êng a ni a, leia tuifinriat kal tlanga tlanchiate tan chuan North Star a ni thim a ni

Khawvelah hian harsatna a awm reng dawn a, chuti a nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin mi pakhat chu a pan theih ang? Mahni ngaihtuahna, tih dan, ngaihdan dik lo, ngaihdan hmasa leh bias-in a nghawng chuan hlawkna a awm lo va, mahni chhehvel, chhungkua, ram, khawvel nghawng chuan kaihhruaina dik a pe thei lo

Chuvangin Pathian lam hawi a, thlarau thuk tak atanga lo chhuak, thutak nena inrem taka aw muang tak, thlamuang tak chu a ngaithla tur a ni

Rilru ngaihtuahna leh thlarau lam inhriatthiamna inthlahna

Mi pakhatin theoretical knowledge hmanga a programme a nih chuan

Portable recording device a lo ni tawh dawn a ni

**Thufing a sawi nawn leh a, thumal sang tak tak a
sawi chhuak baw**

**Mi dangte chuan mi thiam takah an ngai a
Mahse chutiang hriatna chu
Thutak hriatna dik tak hian a tichak lo
Tin, thlarau lama hlawhtlinna engmah chu
chutiang chuan tehkhin theih a ni lo
Hetiang zirna emaw intellectualization emaw hi a
ni**

**"Ego" chu sensory mind nen a inzawm tlat a ni
Chu chu a takin taksa hriatnain a tihkhawtlai a ni
Theoretical hriatna hian Pathian hriatna a nei thei
lo**

**Mahni hun hlu tak khawhral loh a tha
A tak takah hman theih loh theory-a innghat
Chutiang a nih loh chuan intellectual jungle zau
tak karah a inhmu ang**

**Theory-te huam chin paltlang thei lo
Hetiang kalphung hian thudik hriatna a thlen
dawn lo**

**A chhan chu thudik chu ngaihndan leh theory piah
lamah a awm a ni**

**Hetiang kalphung hmangtu tam tak
Anmahni subjective conclusion-ah an innghat ta a
ni**

**Miin a rilru chakna a hman chuan
Sum leh pai leh thil neihte hlawh chhuah tumin,
thil dang engmah a ni lo**

**A hriatna chu taksa khawvelah a hip lut ang
Thil buaithlak tawp nei loah a inhnamhnawih ta a
ni**

**Chuvangin, mi fingte chuan an ti thin
Miin a rilru theihna zawng zawng a hlan vek tur a
ni lo**

**Chu chu Pathianin thil rei lo te chauh zawng turin
a pe a ni**

**Chutiang a nih loh chuan matter labyrinth-ah a bo
mai ang**

**A mamawh loh khapna leh tihkhawtlai a siam
chhuak thin**

**Chuvangin a rilru chakna hmang zawk sela
Nunna atana thil tulte hmuh theihna kawngah
Tin, a nungchang lama a mizia tihhmasawn tumna
pawh a ni**

**Thil dik leh dik lo thliar hran theihna turin,
chhiatna leh hlawkthlak tak a ni**

**Tin, a thlarau lam hriatna a tihhmasawn hunah
pawh**

**A chhungah Pathian a hre thei ang
Tin, thlarau lam thutak chiang tak pawh
Dense matter veil hnuaiah thup a ni
He dinhmun hi thlarau lam inhriatthiamna
(spiritual introspection) an ti a**

**Thlarau lama thanlenna atana thil pawimawh ber
pakhat**

**Pathian hnena ngaihtuahna hril hram hram hram
thin dan a ni**

**Nangmah ngei pawhin inthlâk danglamna ṭha tak
mak tak chu i hmu ang**

**I hmangaih tak zet ang
Kan ngaihtuahna chu eng pawh ni se
Pathianin kan nunah hmun hmasa ber a chang tur
a ni**

**Miin show a en duh hunah
A nih loh leh thawmhnaw thar emaw, motor thar
emaw lei emaw**

A rilru a buai reng tih hi a dik lo em ni?

**Chutiang thilte chungchangah chuan leh engtin
nge kan tihhlawhtlin theih ang emaw, kan hmuh theih
ang?**

**A duhzawngte a thlen hma loh chuan a chawl
lovang**

**Chu ai chuan, chûng duhzâwngte tihlawhtling
tûrin hahchawlh lovin a thawk chhunzawm zêl a ni**

**Chutichuan mihring rilru chu Pathian ngaihtuahin
a buaipui tur a ni**

**Tin, chutah chuan duhthusam tenau zawk, tenau
zawk zawng zawng chu a danglam vek ang**

**Pathian hriat duhna leh Amah nena inbiak duhna
nasa takah**

**Rilruin Pathian hnenah thinlung tak tak, rilru na
tak tak a sawi chhuah hian**

**Thlarau duhthusam thuk tak atanga lo chhuak
Thlarau kohna chuan cosmic thinlung a khawih
ang**

**Tin, a chhanna chu a lo thleng ang a, chu chu
hlimna nasa tak nen**

**Intellectual whispering hian duhthlanna a tipung
a ni**

**Duhthusam tihhlawhtlinna tur chakna tling i neih
hma loh chuan**

**Mi rilru leh duhzawng chu Pathian nena a inrem
chuan**

**Thiltihtheihna tawp nei lo hmanga charge an ni
Chutiang chuan thil pakhat ngaihtuah mai mai chu
a tihhlawhtlin theih nan a tawk ta a ni**

**A chhan chu Pathian dan chuan duhthlanna
chungnung ber nena inremte tan hna a thawk a ni**

**Ka nunah hlawhtlinna langsar zawng zawng
Pathian nena inrem taka rilru thiltihtheihna
hmanga tihhlawhtlin**

Divine generator a kal lai hian

**Ka duhthusam zawng zawng chu a thleng dik vek
a, a danglam bik lo**

**Ethereal, hmuh theih loh design angin a rawn lang
hmasa ber a ni**

**Tichuan leia chakna do theih loh nen a lo takin a
lo thleng ta a ni**

Hmasawnna thuruk

**Kan tawn apiangah kan thang lian a, chuta tang
chuan zirlai hlu tak tak kan zir thei tih kan hriat
phawt chuan Kan tawn hrehawmna leh hrehawmna
zawng zawng hian awmzia leh tum a nei vek a ni**

**Fiahnate chu a khauh hle chung pawhin, thir
zungbun chu a hmin a, thir mawi tak, chhe thei lo, leh
hmanraw tam takah a chantirtu mei ang an ni**

Tin

**Thinrimnain a tihdanglam, tihduhdahna avanga
hliam tuar hmêl kan hmuh hian, an mit hmuhna chuan
kan thlarau aṭanga thil tenawm tak takte chu
hnawhchhuah kan duh hle a ni—kan chhunga Pathian
lem malsawm tak chu khuh botu thil tum sual leh
lungngaihna thuk tak tak tih loh chu engmahin a
khawih loh thlarau chu, meikhuin darthlalang a
tihchhiat ang bawkin Mi dangte thiltih hrehawm tak
takte chuan mahni nungchang siamṭhat leh thunun
duhna chu keimahniah a tiharh tur a ni keimahni ngei
pawh, kan duhzawng thunun theih lohte chung hotu
kan nih theih nan, an bawih ni lovin**

**Thu ngilnei tak hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia lang,
magnetic force neiin an thusawi tu tan malsawmna
leh hausakna tam tak a thlen a ni Thusawi thlamuang
leh nem tak hmangtute chuan an chhungah chuan
tuifinriat fiah lo tak chu tihtawp lohvin a luang chhuak
tih an hria a, an chhunga thlamuanna tam takin a
khat Hei hi chu current chu a source sang zawk nen a**

**inzawm tlat avangin a ni reaching souls in harmony
with it Chutah chuan he hlimna luang hi remna duhtu
thlaraute hnenah an thlen thei ang**

Nitin hian mi pakhat chuan mi dangte hmaa a
theihna zawng zawnga inlan a duh avangin a hmel
hmuh tumin dardhlalang a en thin a, chuti a nih
chuan, nitin mahni nena ding a, chhungril lam
thlirletna dardhlalang atanga thlir a, lei chunglam eng
mawi tak takte hnung lama thil awmte hmuchhuak
turin engtiang chiahin nge a pawimawh
zaw?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?
..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?
..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..?..? Pawn lam atanga
hmuhnawm zawng zawng hian a hipna chu chhungril
lam a\angin a hmu si a Tin, engmahin thlarau
dardhlalang a ti bawlhhlawh thei lo Thianghlimna chu
thinrimna, thinrimna, inhuatna leh huatna ang chi
rilru lam thil tihdanglamna ang a ni Tupawh thlarau
pianphung nena inmil lo heng compound atanga
chhuah tum chuan chhungril mawina êng chu a
chhungril atangin a rawn chhuah ang a, thlarau
thlamuang tak neituin a hriat chu a tem ang

Analysis hmangin mihring harsatna hi chi thum a ni tih kan hmuchhuak a, chungte chu mihring taksa beitu harsatna leh buaina a awm a, rilru beitu dang a awm a, thlarau kawng tikhawlotu category pathumna a awm bawh

**Natna te, tar chakna te, thihna te hi taksain
harsatna leh daltu a hmachhawn thinte hi Rilru lam
natna te erawh chuan lungngaihna te, hlahna te,
thinrimna te, duhna thunun, thinrimna te, huatna te,
rilru lama harsatna te, khawsik nervous agitation te,
leh rilru chakna tichhe thei rilru lam cancer te
hmangin rilru a rawn lut thin Natna hlahhawm ber
erawh chu a ni thlarau natna, hriat lohnaah a lang a,**

**chuta tang chuan natna dang zawng zawng a lo
chhuak a, a darh zel bawk**

Universal mihring

Master Paramhansa zirtirna atanga infuih tharna

Tuipui inthen darh zawng zawngah

Thil awm dan hmun hla takah

Cosmic human chu ka hnenah a rawn lang ta

Lavish radiance nen

Ni chhuah leh êng chu a entawn a ni

**A chenna in chu ramngaw thianghlim tak tak
chhungah a awm a**

**Finna rangkachak thlaiah chuan a vak kual ka
hmu a**

Thalai chakna nen

Tin, naupangte hlimna pawh

Thla thar magical radiance chu a mumang a ni

In chhiar sen loh inkarah a insawn thin

Lightness leh agility nen a rawn chhuak thin

**Kum zabi tam tak leh kum zabi tam tak kawtthler
atang khan**

**Rei vak lo chhung chu a pianzia mak tak chu a
rawn lang ta**

Tichuan a bo ta a

Tichuan a rawn chhuak leh ta a

Fading leh disappearance dodal

Van tawp nei lo ether ang maia lunghlu

**Tin, a hmai atang chuan meialh tam tak a lo eng
ta a**

**Duhthusam kang (burning longing) chanchin an
sawi thin**

Tin, a kang tih hriatna te pawh

Tin, tleirawl hmeltha

Tin, tleirawl hmangaihna thianghlim

**A mit atang chuan rinna êng tak meialh a lo
chhuak a**

**Tin, beiseina inrintawkna rosy glimmer a ni baw
Tin, mit tichhe thei lightning pawh
Firmness leh capability atan
Khawvel kil hrang hrang a ti eng a ni
A range hian arsi hla ber ber thlengin a thleng a
ni**

**A va ropui tak em!
I tuifinriat thinlung atanga lo chhuak, Aw cosmic
human**

**I hmel ropui tak, eng tak chu rei tak ka en tawh a
ni**

**Extension leh thuruk tawp nei lo ka hmu a
Mihring thlarau lo lang chhuak chu ka hmu ve ang
mai a ni**

**A ropuina leh ropuina zawng zawngah
Khawchhak-Chhim lam Magazine**

Khawvelah hian thil tha lo aiin thil tha a tam zawk

**Ringhlelna a lo luh hian mi ropuite nun kan hre
reng tur a ni Mihring kan ni tih hi a dik a, mahse
Pathianin thiltihtheihna mak tak tak, kan hman tam
loh tak takte min pe a, chuti a nih chuan engvangin
nge tar, natna leh lungngaihna hlauvin kan khur ang?**

**Taksa enkawl turin kan theih ang angin kan ti tur
a ni a, mahse hlauhnaah kan tlu tur a ni lo va, hriat
lohna pile hnuaiah kan in phum tur a ni lo Taksa hi mi
pum pui a ni lo**

**Khawvelah hian thatna hian sual a hneh zawk a
ni, a chhan chu Pathian chu thiltihtheihna tawp ber a
nih vang a ni Mahse, sualna min lo thlen hian thunun
theihna emaw, a man atanga tlanchnuah emaw
theihna kan nei lo niin kan inngai thin**

**Sual thlipui chuan a lo tleh ngei ang, mahse a
nghawng chu hnehin a chungah kan chho thei a ni**

**Chumiin a tihchhiat theih nan nunna pek kan ni lo
va, chatuan hriatna min tuh turin nunna pek kan ni a,
he thudik hi kan hre reng tur a ni**

**Ngaihtuahna zalenna tel lo chuan mi pakhatin a
rilru a sawi chhuak thei lo va, a thianghlim, mahni
inrintawkna leh pianphung angin a sawi chhuak thei
lo A bulpui berah chuan zalenna i ni tih hre reng ang
che Duhthusam thiltihtheihna chu a zalen reng a ni**

**I duhthlanna dik taka i hman chuan i tan karma
thar a siam ang a, mahse mi tam zawk chuan thlak
danglam emaw, theihtawp chhuah emaw an duh lo va,
harsatna karah pawh an tlu a, harsatna an
hmachhawn thei lo**

**Miin a duh duh a tih chu a duhnain a phuar tlat
avangin zalenna a ni lo va, chuvangin an thiltih chu
zalenna tia sawi theih a ni lo tak zet a ni**

**Zalenna dik tak chu finna kaihhruaina hnuaia
duhna neia engkim tih tihna a ni Mi pakhat chuan a
thil tih tawhte rah chhuah chu a thunun thei a, chu
chuan a zui ngei ngei ang, a duhzawng a tihchak a,
thil tha leh hlawkna tur atana a hman chuan**

**I thil tihte chu rilru leh duhthlanna nena i kalpui
chuan, i thil tihsual tawhte chakna chu a chak lo ang
a, i nungchang \hate pawh a lo nghet ang**

**Thuk taka zung kai nungchangte hian kawng
khatah sal min siam a, chuvangin zalenna dik takah
kan nung lo**

**Kan tlakchham chu kan duh reng a, thil pawimawh
lo tak takah kan innghat fo thin Thil pakhatin min
luah tawh chuan kan duhthlanna zalenna chu rei lo te
chhung atan kan hloh ta a ni Khawchhak mite chu
hmân lai nunphung bawih an nih ang bawkin
khawthlang mite pawh tunlai nunphung saltan an ni
Kan chanvo kan siam a, a bawih kan lo ni ta a ni**

**Engvangin nge fa pakhat chu chhungkaw sualah a
pian laiin pakhat chu chhungkaw tha takah a piang?
An zalenna chu hun kal tawh (nun hmasaah) engemaw
chen hmang turin an hmang theuh va, chutiang chuan
chu dinhmun chu he nunah hian anmahni chungah an
rawn thlen ta a ni**

**Pathian tel lo chuan zalenna dik tak a awm lo
Amah kan ngaihtuah reng tur a ni Kan ngaihtuahna
leh ngaihtuahna eng pawh ni se, Pathian hian kan
thinlungah hmun hmasa ber a luah tur a ni**

**Tin, Amah nena kan inrem tak tak hunah chuan,
engtik lai pawhin, A Pathian tanpuinain kan tih tur
chu hlen chhuah theihna pek kan ni ang**

Zirtîr tâna thurâwn

**Zirlai pakhat chuan zirtirtu Paramhansa chu a
zawt a**

**Mahni insiamthatna tur thurawn engemaw zat pe
turin a ti bawk**

Hmangaih i duh chuan

**I hmangaihna mamawh midangte hmangaihna
hmangin tan la rawh**

Tin, midang atanga i beisei chuan

I chung a rinawm leh rinawm taka awm turin

An chungah thinlung tak leh rinawm takin awm rawh

Tin, mi dangte'n thil tha lo leh fing taka thil ti lo se i duh chuan

Bumna chu i ngaihtuahnaah lutin phal suh

Midangte tichhe thei zawngin che suh

Midangte'n an khawngaih che i duh chuan

Anmahni lainatna lantîrin bul tan rawh

A bik takin i chhehvela mite lakah

Midangte zah che i duh chuan

An zînga naupang leh puitlingte pawh zahna i lantîr tûr a ni

Midang laka remna i duh chuan

Inlungrualna nun i hmang tur a ni

Mite sakhaw mi nih i duh chuan

Thlarau nei la, midangte pawhin an hriat theih nan hmang rawh

Role model tha tak i ni a, an ring thei che a, an ring thei bawh che

A tawi zawngin, midangte lantir tura i duh zawng zawng

Thil tha thatna pakhat

I nunah lantir hmasa phawt ang che

**Mite pawhin chutiang bawh chuan an chhân lêt
che tih i hmu ang**

A mamawhna hmunte i hriat theih chuan

I nun tihhmasawn leh tihchangtlun nan

**Beidawng lo emaw, inngaihtlawmna (inferiority
complex) nei lovin**

**Tin, i mizia tihchangtlunna tura i thawh
chhonzawm zel chuan**

**Tichuan i hun hman chu a hlawk zawkin a hlawk
zawh ang**

**Duhthusamnaah i hmang ta a nih chuan engtin
nge ni ang**

Mite chu an insiamthat theih nan

I entawn tur tha leh i kalphung dik tak

Midangte tihdanglam theihna nasa zawh

**I duhthusam mai mai, i thinrimna leh i thusawi
atang hian**

Kashmus hi chhiar sen loh a ni

Thil tha zawng zawng bulpui i ni

Tin, thiltihtheihna zawng zawng bulpui pawh a ni

Aw Lalpa malsawm rawh

Kan chung a I malsawmna kan hmuhtir theih nan

Kan hriselnaah

leh kan finna lama kan duhthusamte pawh a ni

Thlarau lam kan lantir danah

Arsi zinga êng chu nangmah hi i ni

Atom-a chakna (energy) a awm

Tin, thinlungah ngilneihna a awm baw

Mawina chu rinawmnaah a awm a ni

Ropuina chu rinawmnaah a awm a ni

Recharge turin min pui ang che

I thiltihtheihna sang ber hmangin

I finna tawp nei lo nen

Tin, i dikna tawp nei lo nen pawh

Hriselna tuikhuah i ni tih i hria ang u

leh nunna boruak te a ni

**Tin, hriatthiamna leh hriatna zawng zawng bulpui
ber a ni baw**

**Hriat lohna leh a nghawng lakah min chhuah zalen
rawh**

Hlahna leh lungkhamna chungchang

I finna tuilianin nuai bo rawh se

Kan nun chhe leh chhe zawng zawng

Kan laka i hmel thup tu puan te chu phelh rawh

Eng mawi tak nen kan hmu ang che

Kan nun boruak (horizon)-a ni chhiar sen loh

Thiltih thar rengtu angin i hria ang che

Kan ngaihtuahnate hian min tichak hle

Tin, kan thlarau chawm bawh ang che

Kan taksa hian chaw a chawm

Tin, kan duhthusam pawh a thleng dik ta a ni

Amen

Mi tam zawk chuan a chhan an hre lo

He leia an awmna atang hian

Nunna thiltum a ni tih an ring

Duhthusam tihhlawhtlinna a ni

Nunna atana thil tulte hmuh chhuah

Hlimna leh mihring hmangaihna zawng

Tin, a tawpah chuan final caller hnenah inpe rawh

Mite chuan an nun an tan thin

Programmer-te chu duhthusam bik nei an ni

Tin, tun hmaa tih famkim loh duhna te pawh

**Tin, an tum bawh - duhthlanna tlemte an neih
tawh nen - .**

Mi dang duhzawng leh thiltih entawn

Sumdawngte nen an inhmeh a nih chuan

Anmahni ang nih an duh a ni

Tin, artist te nen an inzawm chuan

Art hi an tan chuan engkim a lo ni ta a ni

**Pathian chuan he khawvelah hian practical turin
min duh a ni**

**riltam min pe a, chu chu tihreh tura thawh a ngai
a ni**

Mahse ei leh in leh chenna tur zawn chu

Sum leh pai leh thil neih, thil dang engmah a ni lo

Miin an hlimna bul a theihnghilh tihna a ni

Kan thawh a ngai tih hi a dik a ni

Kan mamawh kan hmuh theih nan

**Tin, kan thil tum dik tak tihhlawhtlin kan tum thu
pawh**

Mahse a hmasa ber leh pawimawh ber chu

Pathian hnena kan thinlung hawnsak turin

**Kan thiltih apiangah A kaihhruaina leh
pawmpuina kan dil a ni**

Tichuan nun sikulah kan hlawhtling tur a ni

A chhan chu kan thupekte kan dawng dawn a ni

Manager leh Disposer ropui tak hnen atangin

Kan mamawh hre chiangtu

Kan tan eng nge tha ber?

**Chuvang chuan amahah kan rinna kan nghat a
ngai a ni**

A duhzawng fing hnuaiah kan intulût a ni

**Zirtirtu Paramahans hnena a zirtirte hnen atanga
lehkha thawn**

**Ka tlawh che kha hriatrengna chu a la awm reng a
ni**

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**Ram hrang hrang atanga an ziaktute lehkha
thawn**

Chuta tang chuan a hnuaia mi hi kan quote a ni:

**Chu chu i zirtirnate ngaihtuahna senga ka
chhiarna hmangin ka hriattir duh che u a ni**

Thlarau lam hriatna ka dawng a

Ka zawn fo thin kha

**I zirtirnate hian hlimna kawngkhar min hawnsak a
ni**

*** * ***

**I thlarau lam affirmations te hi nitin ka practice
thin**

**Ngaihtuahna tha lote chu a tlahniam zauh zauh
tih ka hmu chhuak**

Hlahna chu a bo tawh

Ka nun chhung zawng zawng hi nuam ka ti hle

In tanpuina avangin lawmthu kan sawi e

*** * ***

Malsawmna tam tak ka dawng thin

I thlarau lam zirtirna a\angin

**I ngaihtuahna chhiar chu nghakhlel takin ka
nghak reng a ni**

**Ka nunah hmang tangkai turin theihtawp ka
chhuah thin**

I zirtirnate hi a mawiin a hlawkthlak hle

*** * ***

I philosophy mak takah hian ka hmu a ni

Ngaihhlutna leh infuih tharna thlentu

**Min pek zawng zawng chungah lawmthu ka sawi
tak meuh meuh a ni**

Ṭanpuina leh rilru lama thlamuanna aṭangin

*** * ***

**Kar tin ka dawng thin tih rilru natna
(overwhelming feeling) ka nei thin**

I zirtirna atanga zir tur thar chungchangah

Zirna tinah hian hlimna leh hriatna ka hmu thin

*** * ***

Ka thinlung chhungril atangin lawmthu ka sawi e

Ka chhungril lam ka hriatthiam theih nan

**Tin, ka chhunga thiltihtheihna thup awmte min
hriattir turin**

Tin, ka hriatnaah Pathian êng lantir turin

**Nangmahni hnen atanga zirtirna ka dawn
hmangin**

*** * ***

I hnena ka tlawh che kha ka la hre reng

**Kum li chhung zet chu ka ngaihtuahnaah a nung
tawh a ni**

**Pathian i rinna famkim kha ka la hre reng a ni
Tin, mihringte i hmangaihna pawh
Ka inhriat chian theih nan min pui a ni
Keimah chauh ka nih ka rin lai khan
Thian ka nei lo va, min khawngaihtu pawh ka nei
lo**

**Mahni inrintawkna min pe a, ka rilru a tichak
bawh**

**Nun dinhmun hmachhawn kawngah huaissen taka
awm turin min fuih a ni**

*** * ***

**Kum sawmli chhung zet chu
Science leh hriatna branch hrang hrang ka zir a
Mahse, chu lehkha zir zawng zawng atang chuan
engmah ka hmu lo**

**I zirtirna atanga ka zir chhuah nen tehkhin theih
thil chungchangah**

*** * ***

**I zirtirna ka chhiar hian ka hlawkpui hle
Mi tam zawk an awm chuan
I ngaihtuahnate chu an zir Chiang a, an kalpui
bawh**

**Kan khawvel hi a ni ngei ang
A nihna aiin a tha zawk**

*** * ***

Ka thinlung chhungril tak atangin lawmthu ka sawi tak meuh meuh a ni

Ka nunah malsawmna lo lutte avang hian

I zirtirnate chu ngaihtuahna seng tak leh ngaihven taka ka chhiar tan atang khan

Lawmthu kan sawi e, Pathianin i thawhrimna ropui tak hi malsawm rawh se

Tin, mihringte rawngbawlina atana in inpekna hnathawh pawh

*** * ***

Ka hlawhtlinna tur tawngtaipui turin ka ngen che atang khan

Ka dinhmun chu nasa takin a lo tha chho ta a ni

Ka lawmthu sawina thuk tak leh in tawngtai chhunzawm zel ka beisei

*** * ***

I message hnuehnung ber ka dawn khan

Ringhlelna ramngaw thim takah chuan ka la vakvai reng a

Tin, chu ramngaw atanga chhuahna kawng chu a hmu thei lo

Mahse Pathian chungah lawmthu kan sawi a, i tawngtaina bikte pawh

Kawng chu a fiah zual a, Pathian ka rinna chu a nghet zual sauh sauh a

**Ka dinhmun chu kawng engkimah a lo tha chho
zel a**

Tin, i tawngtaina chhannaah min hre reng ang che

*** * ***

I zirtirna hian nasa takin min pui a ni

**Tin, chuta tang chuan hlawkna nasa tak ka hmu
baw**

**Tin, finfiahna chiang tak nen ka hnenah finfiah a
ni baw**

**I thlarau lam affirmation leh ngaihtuahna tha tak
take hlawhtlinna**

Lawmthu sawinain min hneh hle

Hriselna, hlimna leh thlamuanna ka neih vang a ni

**Meditation lamah nitin hma ka sawn zel niin ka
hria**

*** * ***

**I zirtirna mak tak tak, rilru hneh thei tak take
kha ni lo se**

He lei level-a ka nun hi a tlem hle ang

**I ngaihven bik avangin lawmthu ka sawi tak meuh
meuh a ni**

Kum thum kalta chhunga min pek tawh chu

*** * ***

**Thlarau lam nunphung magazine min pek avangin
lawmthu kan sawi e**

**Chutah chuan nitin thlarau tan malsawmna leh
chawmna ka hmu thin**

**Nangmah leh i zirtirna min hriattirtu Pathian
hnenah lawmthu ka sawi e**

*** * ***

**Thla tin lehkha min thawn thin avangin lawmthu
ka sawi tak meuh meuh a ni**

**Thuchah hnuehnung ber chu infuih tharnain a khat
niin ka hmu**

**Literature class-a ka zirlai te hnena ka chhiarsak
theih nan**

A thu awmte chu tha takin an chhang let a ni

Kan zavaia tan chuan hun hlimawm tak a ni

**Lehkhaah hian ngaihtuahna i dah te hian min
tithinur hle**

**Chutiang khawpa nasa chuan ka zirlai te hnenah
pawh ka share duh ta a ni**

He thuchah hian ngaihtuahna thuk tak a siam a ni

**Tin, thlarau thurukte introspection pawh a awm
bawh**

**Harsatna chinfelna kawngah min pui dawn niin ka
hria**

**Tin, nun tawn tawhte chu fing tak leh tha taka
hmachhawn turin**

*** * ***

I zirtirna hi a hlu a ni

I zirlai pakhat mah ka tlai duh lo

Zirtirtu Paramahansa thusawi atang hian

Thlarau hlimna a sang chhoh chuan

Mahni thuk takah thup a ni

**Sensory pleasures rei lo te chhunga awm thei
layer thick tak**

Thlarau rangkachak eng chu a bo vek

Tin, thlarau langtlang theihna chu thup a ni

Material density hnung lamah

Mi rilru a hip chhuah hian

Inhuatna leh inhuatnaah

**Tin, hlauhna leh lungkhamna chhum chuan a khuh
bawk**

Mi rethei leh rethei tak a lo ni ta a ni

Tin, thiltihtheihna nei lo a ni bawk

**Mahse, chutiang bawka ngaihvenna a kaihruai lai
chuan**

Hmangaihna, remna leh inremna lam hawiin

A hlim hle tih a hria

Thlarau chuan hlim takin a inhria

Taksa duhzawng i hawisan hian

Hrehawmna leh hrehawmna nena inzawm

Thlarau langtlang tak hlawkna tur atan

Hlimna thianghlim tak tak nen a khat

Thlarau chu tuiah a pil kim vek a nih chuan

Khawvel nawmna rough tak tak nen

Research lam chu a ngaihven lo ta hle a ni

Hlimna sang ber chungchang

Tin, thlarau hlimna tem thei lo

Mi tam tak chuan an inhnial mai thei

chu chu thil neih nuam tihnate bân-san a ni

He khawvelah hian thil theih loh tluk a ni

A nih loh leh mite nena kan khawsa lai pawhin

An ngaihdan chu thil chi hrang hrang (purely material matters)-ah a innghat a ni

Mahse mi pangngai lakah a phut lo

Khawvel kalsan a, tlang leh ramngaw lama kal tur

Remna leh muanna kan hmuh theih nan

Chu ai chuan he khawvelah hian a awm ngei ngei tur a ni

A current chak tak takte chuan a rawn nuai bo phal lovin

Khawvel thlipui buai tak takte chuan a hneh loh nan

A chhehvelah negative takin a awm tur a ni lo

Chutih rual chuan

Thil neih duhnain a mit a tihdel a phal tur a ni lo

A thlarau mizia nena inzawmna a hloh loh nan

Hlimna hlimnate chu a tem thei lo ta a ni

Tin, Pathian êngte hriatpuitu a ni baw

Thlarau ro hlute

Mi fing Paramhansa Yogananda zirtirna a\angin

He khawvel hi mumang mai a ni

Cinematic presentation-ah pawh danglamna bulpui a

awm lo ang bawkin

Tuipui leh van inkar, light vibration degree hrang hrang

pahnih a ni

He khawvelah hian chutiang chu a ni

Lungngaihna te, lawmna te, hrehawmna te, nawmna te,

lumna te, vawt te hi khawvel mumang a ni

Vawiin hian hetah hian kan awm a, naktuk hian cosmic

dream-a chhum mai mai ang maiin kan chhuk ang

Mahse, he lem, rei lo te chhunga awm mai mai hnungah

hian chatuan thlarau a awm a ni

Kan thlarau hi a tel ve tlat a ni

Pathian chu thutak pakhat a ni Thlemnain a hneh loh

nan kan tawngtai fo tur a ni

Nun hi amah kan hriat reng theihna tikhawlotu rualbanlo
a ni
Hetiangka ka tawngtai hian hun dang zawng aiin result
ka hmu tam zawk
Tichuan, thil pawitak lo thleng ta se, chu chuan min
dang thei lovang
Amah ngaihtuah hian A hmaa thianghlimah him leh him
takin min awm tir thin
Heta nun hi himna tuipui kamah kan thlen hma loh
chuan a hring leh buaithlak ang maiin a lang
Chuvang chuan thutak chungnung ber pawimawhna leh
ropuina hriatpuitu tura lo kal ka nih thu ka sawi fo thin
Khawvêl thiltum rei lo tê leh thil neih lama inzawmna
chhe thei lote chungah kan beiseina kan ngat tûr a ni lo
Chutiang attachment flimsy tak takte chuan kan thil tum
ber a\angin hriat lohvin min hlat tir \hin
Kan nihna dik tak atanga min hlat tir bawkan bawkin
Environment hian mihringah illusion a siam a, ropui
anga inhriat tir a ni
Mi thil tum nei tak chu chu boruak chungchanga hriatna
rei lo te leh rei lo te chhunga awm mai mai chu a chungah a
kai chho tur a ni
A chhungril thutak chu a hrechian a, chutichuan he
thutak hi a chhehvel a lo ni ta a ni
Nature leh a nunah nghawng nei awmchhun
Pathian hnenah kaihhruaina pe turin kan ngen a, a
hnenamin kaihruai turin kan ngen a ni
Tin, he khawvel a chhuahsan hmaa amah zawng turin
Kan thil tawn leh kan tuar chhuah hrehawmna chu eng
ang chiah nge ni se
Pathian tanpuina a hnai tawh tih beiseina kan hloh tur a
ni lo
Tin, thinlung atanga lo chhuak tawngtaina zawng
zawng, duhthusamna nena khat chu A chhang thin

A hmangaihte chu a kalsan lo vang a, chanvo

khawngaihna hnuaiah a kalsan lo vang

Rangkachak aiin a hlu zawk

Ni khat chu tlang kara hermit pakhat a vak kual lai

chuan lui te tak te atanga in tur chuan a ding a, a mit chu lui

tui thianghlim hnuaia rangkachak thianghlim thianghlim

hring hring hring hring hring dup chungah a tla a A bawm

chu tuiin a khat a, rangkachak phek chu a bag-ah a dah a,

chutah chuan kawngpui sirah chawlh hahdam tumin a thu a

Chutih lai tak chuan kawngpuiah chuan tlangval pakhat

a lo lang a, hah lutuk avanga thaw halh chungin Hermit chu

arawn pan hnai a, a hnenah chuan, "Vawiin hian chaw ka ei

lo a, ka hmaah hian zinkawng thui tak ka la nei dawn em ni I

"?zin kawnga i thianpa chawm tur chhangphut i nei em

Hermit chuan, "Lawm leh chawimawina nen, chhang ka

neihte hi ka lo sem ve thei che hi ka lawm hle a ni" tiin a

chhang a, chutah chuan bag chu a kawhhmuh a,

."Khawngaihin a awm chu la rawh" a ti a

Tlangval chuan bag atanga chhang a lak chhuah lai

chuan rangkachak lung chu a tla a, chuvang chuan hermit

chuan a man a, a dah ta a

An ei lai chuan tlangval chuan rangkachak chu a en reng

a, chu chu ngaihsan takin a sawi a, hermit chu a vanneihna

leh a lung sen hian a hnena himna, himna leh rilru

thlamuanna a pek avangin lawmthu a sawi bawk

Tlangval chu kal tura a tho chuan hermit chu a nui suk

a, lung chu a kutah a dah ta a

Tlangval chuan he hausakna rang tak a kuta tla chu mak

a ti hle a, himna nasa tak nen a chhuak ta a, engmah a

ngaihven lo hle

Mahse chuti chung pawh chuan ngaihtuahna mak tak

tak a awm reng a, a tibuai a, a tibuai a, chu chu a ngawih bo

thei lo va, a inthiarfihlim thei lo bawk Vawikhatmah, kawng a

thlak a, hermit hnenah chuan a kir leh a, a ro hlu chu a mi \

angkaitu hmaah a dah a, lawmthu sawina leh zahna nena
:khat thalngul nen a lo hmuak hnu chuan a ti a
He lung min pek hi a hlut zia ka hre chiang hle a,"
mahse he rangkachak aia hlu zawk i nei niin ka hria a, chu
rangkachak min pek theihna tura i thlarau hausaa i phurh
chu ka chungah thilpek pe turin Pathian hnenah ka ngen che
.a ni!".. tiin a sawi

Hausakna hun lai hian miten Pathian hnenah lawmthu
an sawi thin

A malsawmna tam tak leh tam tak a dawn avangin
Mahse boruak a lo thim deuh chuan
Vanduai a lo thleng thin
Complain leh thinrimna a zui ang
Tin, a tam zawk chuan kan rinna nung kan hloh mek

bawk

A mit muhil ngai lovah
Chhiatna leh dinhmun khirh tak kan siam thin
Kan ngaihtuahna leh kan ngaihvenna hmunpui
Chhanchhuahna kawng tha tak kan zawn chuan
Beiseina êng kan hmu ngei ang
Pathian tanpuina kan rinchhan tur a ni
Tin, min siamtu chuan min thlahthlam dawn lo tih pawh
Thil awmdan harsa tak karah pawh
Nunna atana beihpui thlakna
Tin, scene pawh a thim hle bawk
Rinna famkim nena Pathian kaihhruaina kan zawn chuan
kan dawng ngei ang
Fate rinna leh rinna neitu chuan tanpuina a dawng ang
Existence element zawng zawng hi a inzawm khawm
vek ang

A mamawh tihhlawhtlin nan
Kan chhungril takah hian hmuh kan ni tih kan hre tur a

ni

Tin, chu Pathian tanpuina chu a hla vak lo

Optimism hian magnet ang maiin vanneihna a hip tih
kan hrethiam

Nun lam hawi lam ngaih pawimawh
Thil \ha chu a awm a, a hnai tawh tih rinna min pe a ni
Tin, chu hnehna chu êng ta a ni a, thim leh randomness
ta a ni lo

Pathian chu Pathian ðhian a ni
Amah rinchhantute ti beidawng lotu
Tin, min hnaihzia te, a venhimna te leh min tanpuina te
kan ngaihtuah lai hian
Nun hi a tha zawngin a danglam dawn a ni
Thinlung chu lawmthu sawina leh lawmthu sawinain a
khat ang

Malsawmna ro hlute kuta awmtu hnenah chuan
Tin, Paradis chabi te pawh a awm bawh
Kan thiltih rilru dik lo hmangin kan in hrem thin
Kan nungchang dik tak chu lawmman kan dawng a
Pathianin mihring hnena a pek rilru hman dik loh
Sualah a hruai a, chu chu hrehawmna leh hrehawmna
thlentu a ni

Rilru hman dan dik chungchang erawh chu
Hei hian thil \ha tihna a thlen a, chu chuan hlimna a
thlen bawh

Pathianin mihring hi rilru a pe a ni
leh chhia leh tha hriatna
duhthlanna zalen a ni
Van thupekte
Kawng dik a thlan chuan lawmman a dawng ang; chuti
lo chuan a thiltih rah chu a tuar ang
Hun eng emaw chen a awm chhunga a awm dan
chanchin a sawi tur a ni
He Pathian ramah hian
Mihring hian he Pathianin zalenna a pek hi a hmang sual
a ni

Chumi avang chuan hriat lohna leh taksa leh rilru natna
a rawn thlen ta a ni
A hun hmaa thihna leh natna dang
A tuh chu a seng a, a chhan leh a rah chhuah dan chu
mi zawng zawngah a hman theih
Mi pakhat tunlai hun hi a hun kal tawhah a inngnat a ni
A hmalam hun pawh a nun danah a inngnat a ni
Tin, tunlai hun hi chu nen chuan a hmang thin
Tin, a hriatna leilung a thlai chi a phun quality
chungchangah pawh
Chutiang chuan mihring chu Pathian anpuia siam ni mah
se
A thlarau chhungah hian Pathian thiltihtheihna thup a
nei a ni
Chu thiltihtheihnate hman theihna chu a tihsual vangin
a hloh ta a ni
Tin, amah leh amah a tihkhawtlai dan te pawh
Reason dan bawhchhiatna
Thlarau chu hun eng emaw chen atana taksa nena
inzawmna, chhe thei tur taksa nen
Tin, boruak, thlahtute, a nih loh leh khawvêl pum huap
nghawngte hnuaia tlu lut bawh
Mihring beidawnna, lungngaihna, hrehawmna leh
hlawhchhamna thlentu pakhat a ni
Chuvang chuan a kalna kawng a siam tha tur a ni
A hriatna compass chu a recalibrate leh a
Mahni inhriat a duh chuan
Tin, a bulpui ber nen pawh a inzawm leh ta a ni
A nun bêl chu thatna, êng leh hriatnain a khat a ni
Tuipui hi puak khat chhungin a thunun thei lo
Chutiang bawkin mihring hriatna tlemte hian cosmic
consciousness a keng tel thei lo
Mahse hei hi khapna atanga chhuah duh leh thawkrim
tan chuan a theih a ni

Tin, unlimited total consciousness threshold thleng pawh

a ni

Tin, A thilpek a\angin a tipung bawk a, Allah chuan a

duh apiang chu tehfung awm lovin a pe bawk

Dil la, pek a ni ang

Knock la, i tan hawn a ni ang

.I lawm chuan ka tipung ngei ang che [in favor]

Thumal hman dik loh hi ralthuam thattu leh tichhe thei

ber pakhat a ni

Hlahawmna thlentu lian ber chu thusawi khauh leh rilru

na tak hi a ni

Mi pakhat chuan thusawi emaw, thusawi uar lo emawa

inhmang chu a pumpelh tur a ni

Inhnialna leh inhnialna chu pumpelh la, tharum thawhna

rilru put hmang chu paih bo rawh

Pasal emaw nupui emaw a thinrim a, pakhatin a dang a

tihthinrim chuan

A tha ber chu midang kal zel hi a ni

Tin, thlipui a reh hma loh chuan chhan loh tur

Tin, an zinga pakhatin thu rilru na tak tak a sawi chuan

Mi dang tan chuan tawngkam inang lo hmanga chhan

loh a tha ber

Ngaihtuahna a reh hma leh rilru a lum hma loh chuan

rilru hahdam takin awm rawh

Nupuiin a pasal a au a, ani chuan nasa takin a chhang a

:nih chuan pasal chuan vawi hnih a tuar ang

A vawi khatna chu a thusawi rilru na tak atang khan a ni

a, a vawi hnihna chu a thutlukna siamtu thusawi atang khan

a ni

Chuvangin, a bul berah chuan amah leh amah a tichhe

thin

Chu chuan inthenna emaw, thil tha lo dang emaw a

thlen thei a ni

Mi rilru na tak emaw, mi dangte chu inngaitlawm taka

enkawl emaw pawh hi pumpelh tur a ni

Chutih rual chuan inhnialna leh insualnaah pawh a
inrawlh tur a ni lo
Chu ai chuan, rilru hahdamna leh rilru hahdamna a lo
awm leh hma chu nghah tur a ni
I thlamuanna chu tumahin ru suh
Mi dangte thlamuanna chu tawngkam (a nih loh leh
ziaka) sawichhiatna hmangin tibuai suh
Thumal hman dik loh hi ralthuam thattu leh tichhe thei
ber pakhat a ni
Miin thinrim chungin emaw, rilru natna a tlan chak lai
emaw pawhin chutiang thu chu a sawi thei a ni
Tawngkam mawi lo tak tak a hmang a, chu chu a sawi
duh tak tak lo a, chutah chuan a khawngaih ta a ni
Mi dang chuan chu thu chu kum sawmhnih chhung zet a
hre reng dawn laiin
(Lungngaihna hi awlsam taka theihnghilh a ni lo)
Hetiang atanga thlir chuan hriatrengna hi thil tha lo tak
a ni
Hriatrengna thiltihtheihna hi dik taka hman a nih chuan
malsawmna a ni
Mahse thil tha lo dahkhawmna atana hman a nih chuan
a pawh hle
Chu chu kan chungah thil tih a ni
Finna paradis luh tura inbuatsaihna atan
Mihring evolution kalphung zawng zawng hian hriat
lohna thlipui chu tihreh a tum a ni
Chutiang chuan tuipuah chuan thlipui chu a kir leh thei
ang a, chu chu a inzawm leh thei ang
Chu chu mihring nunna chakna chu thlarau lam ram
ropui zawk nen a inpumkhat theih nan a ni
Scientist-te, sumdawngte leh khawtlang nun siam\
hattute chuan khawvel pum huap inpumkhatna siamna
kawng hawn tumin, indirect takin an bei reng a ni
Science, philosophy, leh nungchang lama zirna in zawng
zawngte chuan finna huan a\anga thutak pangpar lakkhawm

a, mihring thlarau chu finna chatuan paradis-a an luh
theihna tura inbuatsaihna atana thil thianghlim, mak leh \
angkai zawng zawng hmanga chei chu \hahnemngai takin an
bei \hin

Rangkachak thil hmuhchhuah hmangin science chuan
mihring chu a mamawh leh thil mamawh pein direct-in a pui
a, indirect-in “thilmak” leh thil mak tak tak tam tak
chungchanga a ngaihdan thenkhat siamthat turin a pui baw
Science chuan tui hian khaw lum vanga a vibration
order a thlak chuan tui chungah a inhmeh lo emaw, solid
material dang angin a hnuaiah a awm emaw ai chuan tui
chung lamah a inphah ice-ah a chang tih min hrih
He thil thleng hian scientist-te hnenah Isua Krista tui
chunga a kal lai khan mi thianghlimte, zâwlneite leh mi
fingte hriat chhuah rilru lam hmanrua hmangin a taksa
riakna chu a thlak danglam a ni ngei ang tih a tilang a ni
Mihringte chu khawvel pum huap inpumkhatna leh
hlimna inah hruai luh tur chuan thil neih zawng zawng,
nungchang lama, sakhaw lam, industry, socio-political, leh
metaphysical activity zawng zawngte chu an inzawmkhawm
a ngai a, chumi atan chuan an hmalaknate chu an inzawm
khawm a ngai a ni

Khawvel pum huap dan, hriselna, remna, hamthatna,
zirna leh nungchang tha nena inzawm dan tur ruahmanna
felfai tak siamah inremna siam theih a ni a, thlarau lam, rilru
lam leh hmantlak dan tur tehfung siamin he planet Earth-a
mi maktaduai tam takte tan mihring civilized tak nena inmil
taka hmasawanna inzawmkhawm leh inthlau tak pe thei tur
leh hlimna leh rilru thlamuanna pe thei tur hian inremna
siam theih a ni

Khawvel pum huap mipui hi nun tenau leh taksa tenau
takah chauh inkhung hran tur a ni lo
Chu ai chuan mihring chhungkaw lian zawk, cosmic nun
kaihhruaina hnuaia awmah a inngai zawk a, "nunna

tuifinriatah hian thil pawimawh tak i ni" tih thudik chu a
.ngaihtuah let leh a ni

Awareness hi a tawp chin nei lo leh tawp nei lo a ni

Arsi hla ber thlengin a inzar pharh a ni

Universe chhunga atom zawng zawng a tuam vek a ni

Electron te ber pawh

Mi chuan cosmic consciousness tuifinriat nen hian

pumkhat an ni tih a inhriat a ngai a ni

Tin, chhungkua leh hnam nun paltlang turin

Mihring chhungkaw lian zawka tel ve a ni tih a hre

chiang hle

Monotony leh diversity inkara hlimna

Hlimna inang lutuk leh chi hrang hrang tlachham chu i

duh lo

Chu ai chuan, hlimna chak tak leh nung tak a duh zâwk

a ni

A danglamna avang hian ngaihven a hlawh hle

A ropuina hmangin rilru a hip lut thin

Tin, a thlumna chuan thinlung a tikhat bawh

A danglam bikna a thlum em em avang hian a ti lungawi

a, a ti lawm bawh

Hlimna a lo thleng fo thin

Rilru a tiharh a, duhthusam erawh a tihlawhtling lo

Tin, nuam tihna chu monotony-in a tihbawhlhlawh chuan

boredom a hring bawh

Tin, hlimna rei lo te chauh a awm bawh

Tichuan a bo ta a, duh loh hlimna ni thin pawh tihna a

hnutchhiah ta a ni

Tin, hlimna a eng chhuak a, a bo vek bawh

Buaina leh ngaihsak lohna dinhmunah kalsan che chu

hlimna rei lo te chhunga awm leh hrehawm tak a ni

Rhythmically a inthlak reng thin hlimna chungchang

erawh chu

Mahse, a thupui chu a danglam lo

Actor thiam tak, a entu te chu role leh movement hrang
hrang hmanga tihlimtu ang maiin
I thil zawn leh neih duh chu a ni
Chu hlimna chu Pathian thilmak tihte ngaihtuahin kan
hmu thei a ni
Tin, ngaihtuahna mumal leh thuk tak nen
Hlimna nghet leh thar siamna chhungril lam bul
Ani chauh hian hlimna i tuihalna chu a ti reh thei a ni
Thlarau lam hlimna chauh hi ecstasy dik tak a ni
Chu chuan a ti bo lo che a, thil dang lam a hawi lo baw
Mihring thil tih zawn zawn - a tha emaw a tha lo

. - emaw

Hlimna zawn ga beih reng, chhelna a ni
Sualna chuan hlimna a tiam a, mahse hrehawmna leh
lungngaihna a thlen thin
Thil \ha lam erawh chuan lungngaihna a pe niin a lang
mai thei
Discipline mamawhna leh duhthlanna activation avang
hian
Mahse, a tâwpah chuan hlimna nghet tak a thlen ngei
ang
Pathian chu chatuana awm reng leh tihthar \hin hlimna
chu a ni
Tin, i hmuh hunah chuan thil awm zawn zawn ga thil hlu
ber i hmu ta niin i inhria ang
.Chu thil dang" mirage chu i um zui a ngai tawh lo vang"
I thlen theih loh leh i hmuh theih loha i hnena lo lang
chu

.Thlarau lam hlimna chu "chu thil dang" a ni
Tin, i chhungril lama i hmuh apiangin
Hlimna i zawn a ngai tawh lo vang
Tin, chu hlimna tharah chuan i duhzawngte chu a thleng
famkim ang
A duhthusam zawn zawn chu a nei vek
Tin, ka thiante u, thil neihte chu hre rawh u

Chu chuan ngaihtuahna piah lama awm reng hlimna a
pe a ni

Tin, chu thilte chu, an pek chhuah nuam tihna te nen
Rilru lemchan hmangin rilruah a lut thin

Thlarau lam hlimna erawh chu thlarau hriatna a ni

Tu nihna chu hlimna tawp ber a ni

Ngaihtuahna hnaih takah a awm a ni

Ngaihtuahna a\anga lo piang pawh a ni a, chu chu
ngaihtuahna chu ngaihtuahna (meditation) lain chhungril
lam hawia a ni

Pawn lam thil a chhiat chuan

Chu ngaihtuahnaah chuan nuam tihna a inngnat

Chûng thilte chuan hlimna a pêk chu a chhe vek bawk

Mahse thlarau lam hlimna chu a tharin a awm fo thin

Thlarau chhungah a awm a, chhiatna do thei a ni

Tin, chu lawmna lantir chu tihbo theih a ni lo

Mi pakhatin tumruh taka an rilru dinhmun thlak danglam

a thlang a nih loh chuan

Depressed mood chawm hmangin depression-ah a

inhmang thin

Chu thil dang chu

?Chu "thil dang" chu man i tum tawh em

I rilruah mirage rawn lang a, i rilru put hmang hnung

lama zai ang maiin

Tin, i duhzawng tih famkim zawng zawng tawpna chu

?engtin nge ni ang

:Thil awmzia chu thlirlet rawh

Thil pakhat chu i hmuh theih loh chung chuan i duh em

em a ni

Mahse, i tan a lo awm tawh chuan - a hma emaw a hnu

emaw chuan - i bo mai ang

?Tin, thil dang i duh bawk a ni lawm ni

Nun hian vawi khatah i duh zawng zawng chu pe vek

:che mah se

Hausakna, thuneihna, leh thiante i neih hnuah chuan
lungawi lohna i nei ang
Tin, thil dang i duh Mahse thil pakhat chuan a tharna a
hloh ngai lo
A brilliance chu i tan a bo ngai lovang it is joy itself
I thil zawn zawnzawng
Tin, chu chu thlen leh hmuh a tum bawk
Direct emaw indirect emaw pawh nise
Hlimna i zawnzawng tak tak a ni
I duhzawnzawng tihhlawhtlinna hmangin
Lungngaihna thlentlu che thilte kha i duh lo
Tin, a tir lama hlimna tlemte pe thei che thilte kha i duh
lo bawk
Mahse a tawpah chuan pawh tihna leh simna thuk takah
a luhtir che a ni
Eng pawh ni se i zawn chu
Duhthusam, duhthusam, duhthusam leh thahnemngai
takin i zawnzawng a ni
A neih vele lungawina hmuh beiseiin
I ta a nih tak tak hunah chuan i hlim tur a ni
Chuti a nih chuan engvangin nge hlimna chu direct-a
?zawn a, a chhuahna a\anga lak chhuah loh vang
Engvangin nge taksa chakna hmanga tih theih loh
?hmanga zawn
!?Thianghlim, tihbuai loh, tlakchhamna nei lo pe turin
Miin hun rei lote chhunga thil neihte lainatna a dil hian
A hlimna chu hun rei lote chhunga nawmsaknaah a
inngat a ni
Tisa lam thil leh tisa lama duhthusam tihhlawhtlinna
atanga lungawina lo chhuak chu
Hun rei lote chhunga atan a ni a, chuvangin a hmanga
hlimna kan hmuh chu rei lo te chauh a ni
Hun eng emaw chen atan pawh a ni
Chaw ei te, rimtui rim te, leh music ngaihthlak te
Thil mawi tak tak hmuh leh thil nuam tak tak khawih

Hlimna rei lo te chhunga awm zawng zawng
A hun chhung hi a thlum leh rim hriatna hun chhung nen
a inzawm tlat a ni
Hriatna, hmuh leh khawih
A nih loh leh rilruin a chau hma loh chuan
Stimulant dang a duh hle
Hlimna rei lo te chhunga awm chu a duh lo
A paih chhuah hian lungngaihna a hnutchhiah thin
Chu ai chuan, hlimna chu rei lo te pawh a eng lo va, a bo
mai mai a duh zawk a ni
Tin, a hlimna chu a bo ngai lo tih ka duh baw
Radioactive radium thianghlim, awm reng
Chu hlimna chu Pathianah chauh a awm
Hlimna leh lawmna zawng zawng bul
Nitin vawi khat a chhuak thin
Mahse a awmna chu a eng reng a ni
Universe hi a chhe thei a, mahse
Chatuan nunna la awm chu a ni
In nunah hlimna chu siam thar leh zel rawh se
He ram malsawmna Pathianin min pek hi
A mawina hi hlim taka hmang turin min duh a ni
Tin, kan humhalh baw
Sumral leh hmansual loh tur malsawmnaah kan ngai a ni
!Thilmak leh thilmak tam tak a keng tel a ni
Peaks leh peaks te
Tin, layer hrang hrangah pawh a awm baw
tlangram leh ramngaw hmunah te
Tuipui leh luite
ramngaw leh thingtlang hmunte
Tin, thlalarte pawh kawng tinrenga tawp nei lovin a inzar
pharh baw
Cosmic theatre a ni
Tlangte muhil lai hmun
Tin, vur tlain a khuh lungpui te chu a lo awm baw
Thingkung sang tak takte chuan an kawr an crane a

Tlâng hnim hringte chuan an greenery leh lushness an
nei leh ta
Hun chhinchhiahna chu lung lian tak takah chuan a
inziak a ni

?Tuin nge thlirna ngaihnawm tak pe thei
Tin, he Pathian ram thlirna mak tak takte hi engtin nge
!ni ang, sawifiah tlak an ni em

Thinlung chu lawmnain a khat thin
Tin, rilru chu suangtuahna sangkhatin a ti eng baw
!Sawifiahna dodaltu chu sawi chhuah nan
Leilung mawinate ngaihtuah hian ngaihtuahtu rinna a
tichak a ni

Thilsiam dante chu a paltlang a, hriatna sang ber
(supreme consciousness) threshold thlengin a kal a ni
Thil siam chhuah thiamna a tawp ngai lohna hmun
Tin, a tawp berah a tawp lo baw
A tawp thei lo

:Vawikhat chu naupang pakhat chuan
Miin engmah lo anga inhriat hi eng nge a awmzia ka"
."hre lo

Hei hi Pathian thilmak ngaihtuah hian a hriat theih a ni
Chu chu tehkhin rual a ni lo, khawvel hmun hrang
hrangah

Mahse, mihring chuan engkim maiah a ngai a ni
Alif leh Ya
A bul leh a tawp

Tin, a sang zawk pawh peak sang zawk nei lo
Hmun sang tak tak mak tak tak a awm
Tin, thlarauah hlauhna thlen thei thuk tak takte pawh
Tin, entity chu a inthiarfihlimna hmun zau tak a ni baw
Tin, ni êng ang maiin a tam baw
Tin, chunglam hawi tura fuih thei light te pawh
Mihringte hian vision kimchang tak nei ta se
Kawng tinrengah i hmu thin

A chhehvel thil siam chhuah thiamna mak tak takte
hriatchhuah tir turin
Lunghlu theh darh ang maiin theh darh rawh
Pathian ram zau takah hian ngaihtuah mi an awm a
Dik tak chuan Siamtu thil siam zawng zawng hian mak
tihna a thlen a ni
Infuih tharna a ni
Khawchhak lam thil hlu - East-West Magazine
Chungnungbera Amah chu kan dil a ni
Hriatna meialh (sparks) tihbo nan
illusions thim tak a ni
Tin, thinlung leh rilru tikhat turin
Malsawmna leh hriatna tam tak nen
Tin, A awmna ropui ber chu thlarauah a lan chhuah
theih nan
Tin, a rintlakna chu A pe baw
Hmun him tak a ni
Tin, thlarau van a\angin buaina chhum chu a ti bo \hin
Tin, beidawnna rilru atanga min hlat tir baw
Tin, hlimna zing chu a chhe vek dawn tih rinna nen min
fuih baw
Tin, thlaraute pawh an lawm ang
Tin, chu chu remna leh lawmna savate an ni
Nunna thingpui huanah hla a sa ang
Hmangaihna chuan huatna a hneh ang
Tin, beiseina êng tak chuan beidawnna thim chu a ti bo
ang
Tin, thil tha zinkawng chu a la chhunzawm zel dawn tih
a sawi baw
Thutak banner chu a sang reng ang
Thian inhriatthiamna lungphun chungah
Tin, mihring rilru ropui tak tak te pawh
Aw Thinlung Damdawi thiam, Nangmah atang hian
tihtamna a lo chhuak thin
Thlaraute chu natnain a tuar a

I hnen atanga khawih chuan rulhut leh natna a ti bo thin
Thihna leh chhiatna hi pumpelh rawh se
I hming hi soal leh chhiatna laka charm a ni
Tin, vanten an ngaihthlak thin tawngtaina a ni baw
Inbuatsaihna leh
Enkawlna dik: hmanraw tangkai tak tak leh tih dan tur
Nu leh pa nih dan dik takah chuan hriatthiamna siam hi
a tel a ni
Tin, hriatna (intuitive knowledge) dahkhawmna hmuna
luh tum baw
Thlarau chhunga thup leh mihring hriatna leh a
inzawmna
Nun pakhat chauh a taw lo
Thlarau lam leh tisa lam thil zawng zawng hriat vek tur
Hmanlai hriatna hmanraw hmanga
Hriatthiamna chauh rinchhan
Mindfulness leh meditation tih dan
Intuitive ability tihmasawn leh tihpunna kawngah an
pui thin
Direct, certain perception hmangin
Hriatthiamna siam hi a theih chuan naupan lai atanga
tan tur a ni
Chu chu a theih loh chuan engtik lai pawhin tan theih a
ni
Chubakah chuan
Naupang leh thalai te hi a theih ang anga tanpui a ngai
a ni
Nu leh pa nih dan dik tak zirtirna hmangin, through
An ngaihtuahna chu ideal lam hawia hruai
Tin, an rilru put hmang chu rilru ropui tak hmanga
chawm baw
Tin, duty zah turin zirtirna pe baw
Tin, rinawm taka, mahni leh midangte nena zahawm leh
rinawm taka thil tih tur

Mahni inthununna kawnga thil pawimawh tak tak zingah
:hian
Kal leh thut, ruhro dinglam hawia
Taksa chhunga thil pawimawh tak takte tihbuai loha kal
awlsam zawk nan
Mahni finna tihhmasawn nan rilru lam ngaihtuahna zir
la, hmang rawh
Thil siam chhuah thiamna (creative thinking) practice
Duhthusam tak tak nena hna thawh
Rational leh irrational thliar hran
Thudik leh illusion
Tin, hmangaihna huam chin tihzauh bawh
Mahni inhmangaihna atanga chhungkaw hmangaihna
thlengin
Chhungkaw hmangaihna atanga khawtlang hmangaihna
thlengin
Khawtlang hmangaihna atanga ram hmangaihna
thlengin
Ram hmangaihna atanga khawvel hmangaihna thlengin
Khawvel hmangaihna a\angin Pathian hmangaihna
thlengin
Tin, thlarau lama an thanlenna nen pawh
Khawi hmunah pawh thatna leh thutak an theh darh thei
dawn a ni
Tin, an chhunga thil \ha êng lo eng chu a bo vek ang
Sual thim chuan a hual vel a
A tanpuinain chawimawiin awm rawh se
He khawvel chhuahsan tawh hmangaihte nena thlarau
lam inzawmna
He khawvel chhuahsan tawh i hmangaih tak takte hnena
i ngaihtuahna thawh i duh chuan
I room-ah ngawi reengin thu la, Pathian chu ngaihtuah
rawh
Tin, i thlarauah thlamuanna i neih hunah

Hma lam atanga thlarau lam hriatna lairil chu thuk takin
ngaihtuah rawh
Chu chu mitmeng inkar point-a will lairil ber a ni
I hmangaih tak kalsan tawhte hnenah chuan i
hmangaihna thawh rawh
Chu center-ah chuan i biak duh mi chu han mitthla teh
Tin, a thlarau hnenah hmangaihna, duhsakna leh fuihna
vibrations thawh rawh
Chutiang chu i tih fo chuan
Tin, chu mi duh tak chu i ngaihvenna i hloh lo bawh
I ngaihtuahna atang hian vibrations a hmu ngei ang
He leia an hmangaihte laka inthen tawhte chuan an
theihnghilh ngai lo
An hmangaihten an theihnghilh ngai loh ang bawkin
Tin, an hriatna chu a awm reng a, an hmangaih takte
hriatrengna chu a vawng reng bawh
He leia kalsantute kha
Tin, chu hmangaih tak takte hnen atanga chhanna i
hmuh duh hunah pawh
Thinlung lam ngaihtuah la, i ngaihtuahna chu thuk tawh
a thlen hunah
Mumangah an rawn lang hmasa thei che a, hei hi an tan
chuan a theih a ni
A châng chuan mumang khat chu i nei nawn leh thei
bawh
Mumang zawng zawng hi awmze nei lo a ni vek lo
I ngaihtuahna a reh a, a inrem a nih chuan
Mi pakhatin mumang hmanga inbiak pawhna a tum tih i
hre mai ang
Thlarau lama hmasawnna i neih chuan, i hmangaih takte
chu ngaihtuahna i neih laiin inlârnaah an lo lang thei che a ni
Miin thlarau lama hmasawnna sang tak a thlen hian
A hmaa chu thlarau kalsan tawhte chu a hmu thei dawn
a ni
Hetiang thil thleng hi entirnan a tam hle

Mahse thlarau lam hmasawnna tak tak chu a thleng
hmasa tur a ni
Pathian ngaihtuah thûktu
Pathianin heng zawng zawng hi a entir ang
Lungngaih te, tap te, hmangaih tak takte thih hnua hloh
anga inhriatna neih ai chuan
An hriat tur hmangaihna kan thawn tur a ni
Chutiang rilru put hmang chu an chhang let ve baw
Mahse, kalsan tawhte thlarau chu kan lam panin kan
hruai tur a ni lo
Kan rilru put hmang dik lo hmangin
Mahni hmasialna leh lungngaihna thuk tak
.A chhuak tur hnenah, "Ka hmangaih che" tih hi a taw
Inthen tawhte hnenah hmangaihna nena ngaihtuahna
leh duhsakna thawn rawh
Chutiang tih ka duh apiangin
Mahse kum khatah vawi khat tal - anniversary bik ah
:An hnenah hrilh rawh, finna lamah chuan
Pathianin min hruai khawm leh ang
Kan hmangaihna chu kan chawm chhonzawm zel ang a,
kan inkara hmangaihna inzawmna chu kan tichak zel ang
Tunah hian i thian ngaihtuahna i thawn chuan ti zel ang
che
Ni khat chu Pathian remruat chuan i hmu ngei ang
He lei nun hi a awm zawng zawng a ni lo tih i hrechhuak
ang
Chatuan in inzawmna chain-a link pakhat chauh a ni
I hmangaih boral tawhte nen
Pathianin khawngaih takin a êng leh lawmnain rawn
tuam rawh se
Note: Hetiang method hian séances nen hian inzawmna
a nei lo tak zet a, chu chu kan rawt lo a, chuvangin he
sawifiahna hi a ni
Chauhna tihbo

Note: He thu leh thurawn hi damdawi lam thurawn aiah
a ni lo va, chuvangin he sawifiahna hi a ni
Butter leh bawnghnute hi eitur ah telh tur a ni
Bawnghnute hi chaw ei a\angin a hranin ei tur a ni
Chaw nen in loh a tha ber
Bawnghnute hian laxative property tha tak a nei a
Mahse bawnghnute hian mucus a siam chhuak thin
Chu chu sinus lama harsatna nei tan chuan a tha lo
A nih loh leh hnar luang leh khawsik atang pawhin
Hei hi orange tuiah pawh a hman theih
Heng dinhmun tuar te tan
A tuar tam tak chuan hahdamna an hmu a - ka thurawn
. - chhanna atan
An ei leh in atanga orange tui paih chhuah avanga
hmasawanna nasa tak
(Chutiang dinhmun an tuar lai chuan)
Lemon tui hian disinfectant property tha tak nei mahse
Mahse sinusitis a tizual bawh
Chhang siam aia satisfying (hunger-satisfying) engmah
a awm lo
Whole wheat flour mill thar atanga siam a ni
Mahse, phlegm nei te chuan starch hi an ei loh tur a ni
Whole wheat chhang hi a toast tha hnuah ei theih a ni
Constipation hi hahna thlentu dang a ni a, taksaa toxins
awm khawm nen a inzawm bawh
Chaw atanga chakna lakchhuahna a nghawng a ni
Constipation i vei a nih chuan a theih chuan natural
laxative hmang ang che
I taksa chu toxins (bawlhhlawh) laka fihlim taka i dah
chuan i chau lovang
Taksa a toxins awm khawm te hian mi a ti chau thin a ni
Ruihhlo leh ruihhlo te hian chak lohna inhriatna a thlen
bawh
Entirnan, opium hian a hmangtute hmalakna chu a
rukbo a ni

Babble, mut leh mumang tih loh chu engmah tih an duh

lo

Chauhna rilru tihbo dan tha ber pakhat

A theih ang anga sexual vitality vawng reng tur a ni

A chhan chu chutiang thil tih tam lutuk chu thil siam

chhuahna chakna hmanralna a ni

Hei hian an hloh nasa hle a, taksa leh rilru lamah pawh

:Zirtîr chuan a kaihruaitu chu

Thlarau lam thil awmzia leh a hriatna chu eng nge ni, ka

?pu

:Guide chuan heti hian a chhang a

Thlarau lam thil chu thlarau lam thil hriatna leh

thiltihtheihna hriatna (conscious knowledge) a ni

Tuipuia thil nungte tuiah an pil laia an hriat ang bawkin

Tin, van savate pawh hi space in a hual vel bawk

Thlarau ether atanga chakna pawimawh tak tak

lakchhuahna a ni

Tin, taksa chhunga hriselna leh chakna luang chhuak tih

hriatna

Nunna elixir hmangin cell te chu a tinung leh a, a siam

thar vek bawk

:Chutah zirtir chuan a zawt a

?Tin, chu fiahna chu hmuh theih dân chu eng nge ni

:Guide chuan heti hian a chhang a

Thlarau lam mi i nihzia mahni inrintawkna hmangin

Tin, chu chu physical entity, a relative reality ni mahse

Amaherawhchu, thlarau nunphung pawn lam hruihrual a

ni

Tin, chu chu nunna tui, hlimna tuihna a ni

I nerve kaltlangin a luang chhuak a, chu chuan euphoria,

chakna leh fimkhurna a thlen thin

:Zirtîr chuan a sawi chhunzawm a

?Chu dinhmun thlen theihna tur daltu chu engte nge ni

:Guide chuan heti hian a sawifiah a ni

Chu daltu chu ngaihtuahna inmil lo leh rilru natna khirh
takah a awm a ni
Tin, a nghawng tha lo tak tak, parasitic weeds tha lo tak
anga thawk te pawh
Thlarau thing chungchang
Chuvangin hriatna field chu tihthianghlim a ngai a,
bawlhhlawh zawng zawng a\angin tihthianghlim a ngai a ni
Tin, a leilung ata rinhlelhna hlingte chu hrual a, rinna
nung hmanga tihhlum turin
Duhthusam thuk tak, tum thianghlimna leh duhsakna
tha
Toxic non-physical plant a awm a, chu chu tihbo tur a ni
Huatna te, sualna te, inhuatna te, inhuatna te, hlauhna
te, leh rilru natna dangte ang chi te
Tichhetu, leh a aiah hmangaihna, rinna, hriatthiamna,
ropuina leh rinawmna chi tuhtu
:Tichuan zirtir chuan heti hian a zawt a
Nun harsatnate hmachhawn dan tha ber chu eng nge
?ni
:Guide chuan heti hian a chhang a
Lock tin hian chabi a nei vek a, harsatna tinreng hian
solution a nei vek bawh
Tin, finna, hriatthiamna, huaisenna leh dawhtheihna nei
apiang
Pathian tanpuina rinna chuan eng harsatna pawh
chinfelna kawng zawn chhuahna kawngah a hrui ang
Tin, harsatna harsa i tawn apiang hi i chakna fiahna a ni
tih theihnghilh suh
Tin, i thlarau chawisang tur leh harsatna i hneh apiangin
hma i sawn zel a ni
Nunna ladder-ah chuan hlawhtlinna ropui tak tak chuan
a nghak reng che a ni
Hemi a\ang hian dinhmun khirh tak tak a hmachhawn \
hin
Hriatthiamna, chakna leh hlimna i nei tih i hmu ang

Harsatnate hneh a, kawngpuiah stage thar zawhfelna

hmangin

Tin, Pathianin i hriatna tipung rawh se, i mamawh zawng

zawng chu i chhungah a awm tih hre bawh ang che

Inngaihtlawmna leh thinlung taka Pathian tanpuina i dil

chuan i dawng ngei ang

I tan thatna kawngkhar leh êng ro hlute chu hawn a ni

ang

Khawchhak ro hlu - Ngaihtuahna leh kaihhruaina

Khawchhak-Chhim chhungril nunphung

Remna leh eng hnar

Zirtirtu chuan Pathian awmna hriatna chungchang

:sawiin

Miin Pathian hriat loha a nung chuan

A awmna chu khawih lovin

A nun chu hlauhawmin a khat ang

Tin, harsatna leh harsatna chinfel theih loh tawh thin

Natnain duhthusam leh tumruhna a hring chhuah hma

loh chuan

Thuruk thuruk leh muanna leh êng lo chhuahna hmun

hmuchhuak turin

Thuruk ropui ber hmuchhuakin

Zalenna, hlimna leh mawina awmzia a hre chiang hle

Mi chuan a nun ngaih pawimawh ber leh a hriatna lairil

chu a thlak danglam a ngai a ni

Matter atanga thlarau lam thlengin

Tin, a tih theih chin nei "mahni" atang pawhin

Emotional dimension tawp nei lo lam pan chuan

Chutah chuan a lo awm tawh a, a la ni reng tih a

hrechhuak ang

Chatuan hmangaihna nena inkuahnaah chuan

Hriatthiamna ti chak zawk tura hma a lak a ngai bawh

Ngaihtuahna thuk zawka luhchilh hian

Tin, thawhrimna chu a let hnih in tihpun bawh ang che

Tin, Pathian awmnain a khawih chuan

Daltu leh daltu zawng zawng a hneh vek ang
Chu chuan a kawng a tikhawlo a, hmasawnna a tikhawlo
bawk

Thih hnuah mipa an awm tawh lovang
Tuna a aia Pathian hnaih zawk
Thih hnua a hriatna zau zawng
Tuna a hriat zat ah a innghat
!Hun sawn leh sawn hlat a ngai lo
Pathian ngaihtuah hi hlimna, hmangaihna leh thatna
zawng zawng bul a ni
Chu thil malsawmte nen chuan direct contact-ah min

hruai lut a ni
Tin, Khawngaihtu ber malsawmna min rawn surtir bawk
Kan hnathawhnaah hian thlarau lam thil kan dah tel a
ngai a ni

Tin, midangte tana rawngbawl na tha ber pe thei hna
thawk turin
Sum lakluh aiin rawngbawl hi an tum ber nia siamtu mi
A nun pum pui chu a tha zawngin a danglam tih a hmu
ang

Amah chauhvin a awm lo vang a, mahse a beisei loh ber
atang chuan tanpuina a lo thleng ang
Mi tam zawk chuan balance mamawh an nei thei lo
An nun hmantlak leh thlarau lam nun inkarah
Thlarau lam mi chuan sum a mamawh a ni
Khawvel mi chu Pathian tel lo chuan hlim takin a nung
thei lo

Thlarau lam mi chuan hna a thawk a, a thiltih hian a
:sawi nasa hle a ni
."Pathianin chakna min pe a, tumruhna min pe bawk"
A chak chho zel a, a thawhrimna chu Pathianin mal a
sawm thin

:Khawvel mi pawhin hna a thawk a, mahse ani chuan
Hetiang zawng zawng hi keimah chauha titu ka ni a,"
."tumahin ka chungah chawimawina an nei lo

Hei hian a chungah beisei loh thil a thlen a ni
Mahadhir-ah a awm a ni
Practical activity zawng zawng
Tisa lam emaw, thlarau lam thil emaw atan pawh nise
Thu bul dik takah a innghat tur a ni
Chhia leh tha hriatna thununna leh ngaihtuahna
inthlauhna hnuaia awm a ni
Kan thil tih apiangah inthlauhna (balance) neih a ngai a
ni
A chhan chu a awm lohna hian hrehawmna, thinlung na
leh lu na tihna a ni
Mi pakhatin mi rethei pawl pakhat hnenah sawmna a
pek chuan
Ruai hmanna atana thil tul lei nana sum nei lovin
Hei hian inthliarna awm lohna a kawh a ni
Tin, ruahmanna fel tak siam theih lohna te pawh
Kan thiltih dan enkawltu general system awmzia kan
hriatthiam a ngai a ni
Mimal ngaihvenna tihhmasawn nâna thlarau lam thila
hmang tangkai hi thil dik lo a ni
Science lama hmanraw hman a tha viau nachungin
Thlarau lam zirtirna dik thehdarh leh tihhmasawn
Hlimna thlenna tur hian khawvel pum huap dan a awm a
He dan hi a awm reng a, a danglam ngai lo
A thawk reng a, result pawh guaranteed a pe chhuak
thin
leh chu dan zawm emaw, zawm emaw a ni
Hlimna neih tihna a ni ngei ang
:Hlimna a sawifiahnaah Master Paramahansa chuan
Hlimna dik tak chu mi rilru dinhmunah a innghat ber a ni
Lungawina te, lungawina te, thlamuanna te, thlamuanna
te hi hlimna chhinchhiahna a ni
Mi pakhat chuan hriselna tha neih a tum tur a ni
Thinlung active tak chu
leh nunna atana thil tulte a sawi bawh

Hnathawh tur dik tak chu
Tin, hriatthiamna nei rorelna pawh
Tin, hriatthiamna dik tak pawh
A phal tur a ni lo
Environment dik lo emaw, dinhmun dik lo emawa
inpekna hmangin
Mihringte hian anmahni phuar thei tur cocoon kan siam
fo thin
Tin, a phuarna hrui hmangin a hmangaih che a ni
Chutiang khapna siam chhan chu a hrethiam tur a ni
Zawi zawiin natna hrik chu a ti bo mai thei
A rilru a\ang leh a taksa a\angin
Hei hian psychological renewal a thlen dawn a ni
Hlimna leh a nun kawngkhar bulah thlarau lam hriatna
lo chhuahna kawng a hawng a ni
Tin, a chhunga thiltihtheihna pawimawh tak takte tiharh
turin
Hriat lohna thuk tak a\angin awareness tihsan a ngai a
ni
Hriatthiamna leh hriatna sang ber thlengin
Mi pakhatin a psychic powers a rin lai pawhin
Mahse boruak sual hian nghawng langtlang tak a nei a
ni
Mahni invenna tichhe thei
Tin, a zawn hlimna chu hloh tir bawh
Chuvangin theihtawp a chhuah a ngai a ni
Hlimna tur boruak hrisel leh remchang siam turin
Tin, thlarau lam hlimna nghet tak zawng turin
Thiltihtheihna hlimawm tak tak, rei lo te chhunga awm
mai mai ai chuan
A hlimna tichhe thei thil tha lo tihbo a duh chuan
Thil awm thei zawng zawng chu a pumpelh vek tur a ni
Chu tih dan chu hriattir emaw, tiharh emaw turin
Tichuan a hmunah chuan tih dan tha tak a nei ta a ni
Psychological effort na tak nen a undertake thin

A nunah thil pawimawh tak a nih hma loh chuan
Vawikhat a din a, a chak tawh chuan
Thil tih \ha lo chu a chak lo ang
Tin, a kut chu a thlahthlam baw
A la hriat ngai loh hlimna a nei ang
Illumination leh thil Chiang tak takte

**Master Paramhansa Yogananda zirtirna te
Nun hi a bulpui, a peng hrang hrang leh a
tumteah**

**Hriatthiam harsa tak a ni a, mahse chinfel theih
loh erawh a ni lo**

**Kan hmasawanna ngaihtuahna hmang hian nitin a
thuruk thenkhat chu kan chingfel thin**

**Hetih hunlai hian scientific principle dik tak
hmanga siam device te**

Ngaihhlutna a thlen ngei ang

**Science-in a rawn ken chhuah thil hmuhchhuahte
hian hmathlir Chiang zawk min pe a ni**

Nunphung tihchangtlun dan tur chungchang

**Mahse hmanrua, thil siam chhuah, leh strategy
kan neih zawng zawng karah pawh**

**Fate kuta puppet ang mai kan la ni reng niin a
lang**

**Tin, hmalam panna kawng chu a la thui hle tih a
sawi baw**

Thilsiam thununna atanga kan chhuah hmain

**Thilsiam khawngaihna hnuaia nun hi zalenna a ni
lo tih a Chiang**

**Kan rilru thahnemngai tak chu tanpui theih lohna
rilruin a hneh a, a phuar baw**

**Tuilian, thlipui, a nih loh leh lirnghing tuar anga
kan inhriat hian**

**A nih loh leh thilthlengin min hruai bo hian -
chhan awm lo**

Kan thinlung hnaih tak takte kan hmangaihte

**Chutah chuan hnehna kan chang tam lo tih kan
hrechhuak ta a ni**

**Kan dinhmun chhe tak chu kan hneh thei lo
Nun hi kan duh ang anga siam tumin theihtawp
kan chhuah chung pawhin**

**He leilung dinhmunah hian dinhmun thenkhat chu
a lang reng dawn a ni**

**Tin, kan hriat tlemte chauh rilru chak takin a
kaihhruai thilthlengte pawh**

**Kan ngaihdan leh duhdan atanga innghat lovin a
thawk vek a ni**

**Kan tih theih tha ber chu hnathawh a, hmasawinna
engemaw zat siam hi a ni**

**Buhfai kan chin a, chhangphut kan siam baw
Mahse, tuin nge chi hmasa ber siam?**

**Chhangphut emaw, buhfai emaw, chhangphut
atanga siam kan ei thin**

Mahse, tuin nge kan taksa hi chaw ei theihna pe?

**Tin, engtin nge ei tur chu chaw thaah kan chantir
theih ang?**

Nun kawng tinrengah

**Pathian kut pawimawh tak a awm niin a lang
Chumi tel lo chuan kan thil tih kan enkawl thei lo
Kan neih thil Chiang tak tak zawng zawng nen
Engtikah nge thinlung hian hna a thawk tawh lo
ang tih kan hre lo**

Chuvangin huaisen taka inngahna a ngai ta a ni

Pathian thiltihtheihna sang ber chungchangah

Tin, kan nihna sang zawka inngahna

Chu thiltihtheihna pum pui atanga lo chhuak

Chu chu kan model a ni

Inchhuanna nei lo rinna kan nei tur a ni

**Tin, nun kawng hrang hranga inrintawkna neia kal
turin**

Hlahna leh khur chhuak lovin

Tightness leh confinement awm lovin

Allergy chungchanga buaina

**Sensitivity hneh hi art nalh tak a ni a, mi pakhatin
thil a tih chak dan thunun hi mize inthlau leh round
tha tak neih nan a pawimawh hle**

**Sensitivity hi hriatthiam lohna, inferiority
complex, inflated pride, leh ego exaggerated atanga
lo chhuak a ni**

**Miin a rilru a tihnat nia a hriat chuan chu
ngaihtuahna chuan a rilruah zung a kai a, a nerve a
tiharh a, chu chu a rilru a buai a, a hel ta a
ni. Amaherawhchu, mi thenkhat chuan an rilru put
hmang thunun theihna an nei a, chuvangin an pawn
lam chhinchhiahna chu an chhunga thinrimna nasa
tak awm chung pawhin a lang lo Midangte chuan an
thinrimna chu thil tih nghal mai hmangin an lantir a,
chu chu an mitah a lang Chiang Hle Taksa ruh leh hmêl
lan dân te, leh ɬawngkam chhâna nalh tak, coded
hmanga chhâna hmangin**

**Emotionality tam lutuk hian nghawng pawî tak a
nei a; thil awmdan a ti buai a, duh loh zawnga
inngahna a siam a, chu chuan midangte a nghawng \
ha lo hle**

**Mahni inthununna leh rilru hahdamna lantir nan
theihtawp chhuah a ngai a, inhriatthiamna leh
inremna boruak siamin, inhnialna ai chuan remna
tipungtu leh lungkhamna meikhu tibotu chutianga
titute chu anmahni chanvo neitu an ni ang a, an
chhehvela mite ngaihhlutna leh zahnain lawmman an
dawng ang**

**Sensitivity lutuk hi mi tam zawkte mizia a ni a, he
rilru dik lo rilru put hmang hi a lo chhuah chuan
hriatna a tidel a, finna mit a tichhe vek a, a pawî zawk
chu, sensitive lutuk chuan an ngaihtuah, an rilru a, an**

che tha famkim tih a ring a, a nihna takah chuan an nungchang chu a dik lo vek thei a ni!

Mi tam tak chuan sawisel an nih hunah mahni inkhawngaih tur niin an ngai a, chu mahni inkhawngaihna chuan hahdamna engemaw chen a pe a Mahse ruihhlo ngaite ang bawkin an ei tam poh leh an ruihhlo ngawlvei chu a chak zawk thin

Mi rilru na tak chuan a tul lovah a tuar fo thin A tam zawkah chuan tumahin an hrehawm tawrh chhan emaw, an lungawi lohna awmzia emaw an hre lo va, chu chuan mahni inhlat taka awmnaah lungngaihna a tipung a ni

Chutiang hypersensitivity thlentu chu objective analysis hmanga tihbo leh mahni inthununna activate hmanga tihbo a tha ber

Hetiang allergy hrisel lo chi hian nghawng na tak a nei a; mei ang maiin thinlung a kangral a, remna tissue te a tichhia Chuvangin fing tak, ngaihtuahna fim tak leh duhthusam nghet tak nena hmachhawn a ngai a ni

Chak lohna laka zalenna

Chak lohna tihbo dan tha ber

Ngaihtuah a ni lo

Chutiang a nih loh chuan chak lohna ngaihtuahna chuan hriatna a rawn nuai ang a, thlarau thiltihtheihna (faculties) a thunun ang

Kan chhunga êng kan rawn luhtir hian

Thim chu a awm ngai lo ang maiin a bo vek ang

Chu ngaihtuahna chuan infuih tharna mak tak tak min thlen a ni

Eng a rawn luh hunah

Kum sang tam tak chhung thim awmna lungpuiah

Thim chu a bo nghal mai ang

**Chutiang bawkin chak lohnate chu a bo vek a,
chutiang bawkin tihsualte pawh a bo vek bawk**

Pathian êng kan hriatnaah a luh kan phal hian

Hriat lohna thim chu a awm reng thei dawn lo

Chu chu kan nunpui tur philosophy chu a ni

Procrastination hi a tangkai lo

Nunna kekawrte chu a ding ngai lo

Tin, dam chhung ni te chu a liam thuai thin

**Minute tin hian ngaihtuahna fim tak leh fing taka
chein kan hmang thin**

**Kan hlimna kawngah investment hlawhtling leh
hlawk tak a ni**

**Mi tam tak chuan an dam chhung zawng an
hmang**

**Sum leh pai, sex leh hmingthanna chungchang
ngaihtuah**

**Thil pawimawh tak takte chu an ngaihtuah tam lo
hle**

Chu chuan rilru thlamuanna a thlen a ni

Tin, an awareness pawh sang zawkah tihsan rawh

**Miin eng ang pawhin inngaitlawm takin chanvo
chang mahse**

Pathian mithmuah chuan hlawhtlingah ngaih a ni

**Fimkhur taka hun hman dan a thiam a nih chuan
A ngaihtuahna chu kawng dik lamah a kaihruai
thin**

**Pathian êng mihring chung a eng hunah
Engmah mamawh niin a inhria lo
A hlimnain a hneh em avangin
A duhthusam zawng zawng a tihlawhtling vek a ni
Tin, a rilru chhungril takah chuan a rilru a ti na
hle baw**

**Mi hausa zinga hausa ber leh hlim ber ber a ni
He nunah hian**

Tunnel of Light a ni

Thlarau hriatna tiharhtu

Ngaihtuahna êng tak tak nen

Charitable hnathawh te a ni

Hriatna tha tak tak

Ngaihtuahna thuk tak

Taksa a chhuahsan tih a hre thei

A tawp bera chhuah hun

Thlarau mit hmangin

Yogi hian leia a awm chungin a practice thin

Thlarau lam Mit Tunnel Hmuh theihna

Dividing line-ah chuan

Matter leh thlarau inkarah

Chutih lai chuan Leilung hi a chhuahsan thei a ni

He tunnel eng mawi takah hian lut

Tin, he khawvel atanga inthlak danglamna pawh

Pathian hmun tawp nei lo hnenah

Khawiah nge êng

Tin, hlimna pawh

Remna

zalenna famkim

Taksa khawnvar chu (thlarau lam) mit a ni

I mit chu single a nih chuan

Tichuan i taksa pum pui chu êngin a khat ang

**{ Tin, êng chu thimah a eng a, thim chuan a hre lo
}**

midangte tana thil \ha tihna (altruism).

Altruism chu midangte lungngaihna hriat hi a ni

Tin, anmahni hnaih leh inbiak pawhna tur

**An hlohnaah hian thinlung takin thlamuan kan
tum a ni**

Tin, an lawmnaah kan lawm hle tih pawh

Kan theihtawp chhuahin hna kan thawk mek a ni

**An hnen ata hlauhna, mamawhna leh lungkhamna
spectre te chu hnawhchhuah nan**

Midangte hlimna tura thawktute

**Pathianin chhungril lama rilru hahdamna pe rawh
se**

**Tin, a puih tumte zawn kawngah thil a hloh a nih
chuan**

**A let lehna tur thil a hlawh chhuah avangin
hlohnaah a ngai lo
Pathian lawmna leh rilru thlamuanna
Hmangaih turin, hna thawk tur leh pe turin a nung
a ni
Mihring lovah thatna leh remna chi a tuh thin
A ngaihtuahna leh rilru put hmang hian a mimal
khawvel a phak lo hle
A hriatna a zau a, a lainatna a pung baw
Khawvel hi a chenna leh mihring nihna chu a
chhungkua niin a inhria
He leia a awm chhan chu a hrethiam a ni
Midang siamthat a tum hmain amah leh amah a
insiamthat hmasak phawt a ngai a ni
A chhan chu mahni insiamthat thinte hian midang
an tanpui thin a ni
A nun entawn tur hmanga mahni insiamthat turin
Thiltih hian nghawng thuk zawk a nei a, nghawng
thuk zawk a nei baw
Midang rilruah, tawngkam atang chuan
Tuin nge midangte tana thil \ha tihna rilru pu?
Chhiah leh beisei tlemte angin a thawk lo
Chu ai chuan, a finna leh rorelna dik tak chu a
hmang zâwk a ni
Amah leh midangte a tanpui chhunzawm zel a ni
Hlawhtlinna a neih avangin Pathian hnenah
lawmthu sawiin
Tin, vawi khat emaw vawi tam tak emaw a
hlawhchham chuan
A beidawng lo va, a tumruh zawk a ni
A thawhrimna chu a let hnih zetin a ti leh a, a bei
leh ta a ni
Ngaihtuahna thar leh channel thar zawn chhuah
Ngaihtuahna êng hmanga kaihhruai
Pathian tanpuinain**

A tum a hlen chhuah hma loh chuan

A tum ropui tak chu a hlen chhuak thin

Khawchhak-Chhim lam Illuminations

**Mi fing Paramhansa Yogananda zirtirna a\angin
Inbuatsaihna leh**

**Ngaihtuahna hi chakna a ni a, electric ang maiin
rilru lam dinhmun (psychological conditions) te**

Ngaihtuahna leh ngaihtuahnaah a kir leh a ni

Electric hi a hlawkthlak a, a chhiat phah baw

Chuti a nih chuan tuin nge enkawl dan tur hria?

A rawngbawlinaah a dah thin

Chutiang a nih loh chuan electric a ti na mai thei

Tin, chutiang baw chuan ngaihtuah baw

Kawng dik takah a hruai a nih chuan

A neitu tan himna a thlen thin

Chutiang a nih loh chuan buaina a thlen ngei ang

Ngaihtuahna chu ramsa sakawr ang a ni

Mahse, taming chu thil theih loh a ni lo

Thil \ha ngaihtuah hi i ngaihtuahna thunun

theihna kawng khat a ni

Ngaihtuahna dik hi thian hnai tak a ni

Tin, rilru natna chu hmelma awm reng a ni

Ngaihtuahna dik chuan remna leh muanna a hip a

Tin, rilru natna chuan thal thal a kap chhuak baw

A neitu chungah vaw hnih a rebound

**Chuvangin lawmman chu thiltih nen a inang tih an
sawi a ni**

Miin tum tha a thawn phawt chuan

A ngaihtuahna chu torch-ah a chang ang

Thlarau pindante chu ti eng rawh

Tin, thim bawmte chu hnawt chhuak rawh

Chutah chuan thlamuanna thuk tak a nei ta a ni

**A mitmeng chu lungawina nuihzatthlak takin a
eng chhuak!**

Nun hi mill grind ang mai a ni

Test pills leh experiment rah chhuah tak tak te
Chuta tang chuan chhang siam turin
Kawngpui hrual ang mai a ni
A sir lamah chuan pangpar mawi tak tak a awm a
hnim hring hring
Tin, a hnah chungah thei tui tak tak nei thingte
pawh
Amaherawhchu, kan tawp tam lo hle
A thlir dan chu nuam i ti ang u, a thlum chu i ei ve
ang u
Dik tak chuan pin leh needle-ah kan awm fo thin
Hmun zau zawka lut tur chuan
Kan hmuh tawh aiin thlirna nuam zawk a nei niin
kan ngai
Mahse zawi zawiin kan insawn chhoh zel chuan
Pangpar, rah chhuahna kawng chungchang
Thim awmna thing kan hmu a
Freshness mai ni lovin
Tichuan pangpar chu a bo ta vek a
Tin, chu mi rual chuan hnim hring leh thei pawh a
awm baw
Chutah chuan thlaler hring takah kan inhmu ta a
ni
Mihring nun hi tuifinriat tui ang a ni
Chu chu a thianghlim a, a thlum ta a ni
Boruak chunglam i chhoh hunah chauh
Zing mumang ang mai a ni
Kum upat deuh deuh chuan a eng zual zel
A chhan chu chutih hunah chuan thil chu a Chiang
zawkin a lang Chiang zawk a ni
Khualzin ang mai a ni a, hlat zawng a kal zel
chuan a hmunhma a inthlak danglam thin
Tichuan kan hnaih deuh deuh chuan a hmunhma
ang chiah chu a danglam a, chutiang baw chu a ni
Nun hian mi finge a ti beidawng lo

**A chhan chu thiam taka an enkawl a, nuam an tih
vang a ni**

**Anmahni thunun a, an zalenna laksak phal lovin
Entîr nân, tui chu nuam an ti hle**

**An in a, an inbual a, mahse a chhungah chuan pil
an phal lo**

**An duhzawng thawmhnaw chu nuam an ti hle
Formality leh formalities superficial anga ngaihte
zawm lutuk lovin**

**Mi ei tamnain a ei zo lova ei chu nuam an ti hle
A chhan chu ei tam lutuk hian chakna a tichhe
thin**

**Tin, hriatna (perceptions) pawh a ei zo vek baw
Tin, a tichhe vek ang**

**Tin, chuvangin, mi chuan nun hi nuam a ti tur a ni
Mahse, immersion hmanga hriatna tichak lo
mi dangte nena inrem tawnna**

**An inremna hian awmzia a nei vek lo
A nih loh leh an tana thil tum (ideal) te inhlan
A chhan chu he inremna siam dan hi duhthusam a
ni lo**

**Thutak nen a inmil lo
Siamthattute leh mi ropuite chu an inrem lo
An chhehvela mi tam tak nen
Mahse, an duhthusam chu an vawng reng a ni
A chhan chu an thil tih chu an hriat chian vang a**

ni

**Chu chu a dik tak zet a ni
Principle chu tihchhiat loh tur a ni
Tin, thil tum bik tihhlawhtlinna atana thil tum
thup (ulterior motives) hmanga inrawlh loh
Chu chu thu bul nei mite tân a inâwm loh vâng a**

ni

**Tunge Pathian tilawm zawnga nung thei ang?
Midangte tichhe suh, hlahh tur an nei lo**

**A hmasa ber leh pawimawh ber chu Pathian nena
inrem a ngai a ni**

**Tichuan chhia leh tha hriatna nen, chu mi hnuah
chuan mite nen**

**Mahse he approach hian midang a ti lungawi lo a
nih chuan**

**Mi pakhat chu mahni chhungril lama thlamuang
taka awm chu a tawh**

**Mite duhsakna laka zalenna nei thei chhungril
thlamuanna a nei a ni**

thlarau lam magnetism a ni

**Thlarau chakna leh Pathian lam hawi a duhna chu
thlarau lam magnetism an ti a, chu magnetism hmang
hian thlarau chuan malsawmna te, vibration ropui tak
tak te, leh mihring thil tawn tha zawng zawng, thatna
leh felna hriat nawn tirtu zawng zawngte chu a hip lut
thin a ni**

**Thlarau lam magnetism chu miin thian tha, thil tul
leh pawimawh, leh thil hriatna (intuitive knowledge) a
hipna leh a hnena a hruai luh theihna thiltihtheihna a
ni**

**He thiltihtheihna hi Pathian magnetic, attractive
power atanga lo chhuak a ni**

Remna Candle

Mental pot pakhat la rawh

I thlamuannain luah khat rawh

Ka rilru put hmang bottle chu la rawh

I khawngaihna khat rawh

Ka thlarau bawm hrui hring chu la rawh

I finna rah chuan khat rawh

I hmangaihna tui chu ka thlarauah leih la

Thlarau tuihal noah ka leih ang

Ego bangte chu tichhia rawh

I total presence-ah min thun lut rawh

Hmangaihna zing khawvar êng

**Ka thinlung inhawng atang hian peer out rawh se
I hmangaihna ni êng min hriatchhuah tir
Ka nun van boruakah a darh zau zel
I hmangaihna êng êng tak chu a lo eng chhuak ta
Ka chungah, a lo eng chhuak ta a ni
I êngin ka thlarau hmun chu a luah khat ta a ni
Ka taksa chhawm nungtu nunna chu nang hi i ni
Tin, ka ngaihtuahna tichaktu rilru pawh
Tin, ka hriat lohna tibotu finna pawh
Ka hmangaihna meipui sei tak chu ka hal a
Rangkachak lehkhahu chhiar turin
Hmanlai atang tawhin ka chungah vawnhim a ni
I hmangaihna kha a awm tawh a, a la awm reng
bawk**

**Remna meialh hmuh theih loh chu
Chu chuan thim a ti bo a, i thuchah te min
hmuhtir bawk**

**Blog hi thinlung phek-ah a awm a
Khawvel Thar: #Paramhansa Yogananda**

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

**I thlarau lam rinna i fiah hian khawvel thar pum
pui a inhawng Pathian hriatna atan mahni inpekna a
pawimawh Sakhaw miah thuk takin i inhria thei a, chu
chu i rilru pawhin a lungawi mai thei Mahse, i taksa
ngei pawhin i tawngtainate chu direct-a chhan a nih
thu a rin tlat loh chuan, sakhaw lam formality engzat
pawhin a chhandam thei lo che Pathian chhanna dawn
chu harsa tak ni mah se, a theih a ni Vanram i thlen
tak tak theih nan, thiltihtheihna chu i test a ngai a ni
of your prayers so that you can activate them
Tlangval ka nih laiin, ngennain Pathian lam ka hawi
apiangin ka tawngtaina chu chhang a ni ang tih ka rel
a Chu thutlukna nghet lo chu kawng a ni Tichuan
fiahna tinreng chu i thutlukna tichak lo turin a lo**

thleng ang a, i duhzawng chu a tichhe vek ang, mahse Pathian chhanna thiltihtheihna chu a tawp chin nei lo Beih chhunzawm zel leh duhthlanna hman chhunzawm zel chuan Pathian chhanna a thlen ang

Rilru ngaihtuah dan dik zir a pawimawh Mahni chauhna leh mimal ngaihtuahna hun remchang neih a pawimawh bawk Midang nena inpawh reng hian thlarau lam thanlenna a tikhawlo Mi tam zawk hi sponge ang an ni a i hnen atangin engkim an hip lut a, a let lehna tur engmah i dawng tlem hle Dik tak chuan thlarau lama mi thinlung tak tak leh chak tak takte bula awm chu a hlawkthlak hle Mi tinin pakhat zawk chakna, thinlung tak tak leh duhzawng an hriat chuan thlarau lam mizia ropui tak takte chu an zingah an insem thei a ni

Thil tenawm takah hun khawhral tur a ni lo Mi tam tak chuan thil rah chhuah nei loah an inbuatsaih a, an zinga pakhat hnenah eng nge an tih tih i zawh chuan, "Ka buai reng reng a ni!" Mahse chu "hnathawh" chungchang chu engmah an hrechhuak thei lo! Chubakah, intihhlimna leh intihhlimna tam lutuk hian rilru a tichak lo Nitin movie i en chuan an appeal a hloh ang a , i bo ang Movies hi a inang vek a, role hrang hrang nei: hmangaihtu, adventures, heroes, villains, etc Movie plot en hi nuam kan ti mai thei a, mahse nun hi chutiang chu a awm tlem hle A lehlamah chuan nun hi a tak tak lutuk a nih chuan tuin nge nun thil thlengte chu a awm ang angin hmuh belh duh ang chawlh hahdam tura an kal hunah?

Nun hi a bumna mak tak mai a ni a, chutiang chuan kan hnaih tur a ni A bumna leh inbumnate kan hneh hmasak loh chuan midang kan pui thei dawn lo Rilru ngaihtuahna seng tak awmnaah chuan

**mihring duhzawng hnung lamah a awm tih hre reng
la, mahse chu thiltihtheihna chak tak chu, a ang maiin
tuifinriat ramri nei lo, i rilru a inhawng a, i thinlung a
pawm loh chuan i hnenah a lo thleng lo vang**

Nervousness: a chhan leh a enkawl dan

**Nervousness hi natna a ni a, chu chu damdawi
bik, tranquility an tih hmanga hneh theih a ni Kan
rilru chhunga inthlauhna (imbalance) avanga nervous
disorders thlentu hi hriatna (senses) tiharh
chhonzawm zel emaw, tihchak lutuk emaw dinhmun
avanga lo awm a ni Lungngaihna, hlahna, thinrimna,
lungngaihna, inchhir, inhuatna, lungngaihna, huatna,
thinrimna, lungkhamna te, leh nun pangngai leh hlim
tak neih nâna thil tûl tlâkchhamna te—ei leh in \ha te,
exercise \ha tak te, boruak thianghlim te, ni êng te,
hnathawh \ha tak, leh nun tum Chiang tak te ang chite
chu nervous disorders thlentu a ni vek a ni**

**Rilru, rilru lam, taksa lama tihchakna nasa tak
emaw, nghet tak emaw eng pawh hian lungngaihna
nasa tak a thlen a, hriatna panga leh an thiltihtheihna
kal tlanga nunna chakna inthlau tak chu a tibuaiin
Watt 50-a chak light bulb chu 2,000 volt power
source-ah i connect a nih chuan bulb chu a kang
chhuak ang Chutiang bawkin, nervous system chu
rilru natna nasa tak emaw, chhawmdawlina chakna
tihchhiatna tuar thei tûra siam a ni lo ngaihtuahna leh
rilru put hmang \ha lo tak takte**

**Nervousness hi harsatna awlsam tak a ni lo
Hmelma hlahawm tak a ni a, harsatna lian tak tak
leh a rah chhuah hla tak tak a nei Taksa lamah chuan
nervousness-in a tizual natna eng pawh tihdam a
harsa Thlarau lamah chuan taksa chakna pawimawh
tak takte inthlauhna hian remna leh finna neih**

**theihna tura ngaihtuahna seng emaw, ngaihtuahna
thuk tak emaw chu a ti harsa hle a ni**

**Vanneihthlak takin, nervousness hi enkawl theih a
ni Hetiang natna vei hian an dinhmun thlirlet a, zawi
zawiin a ei zo mek rilru tichhe thei rilru leh
ngaihtuahna tha lote tihbo turin a inpeih a ngai a ni
Mahni harsatnate mahni inhriatthiamna leh dinhmun
zawng zawnga rilru hahdamna vawn reng hian
nervousness case tam zawk chu a tidam thei a ni**

**Kan mamawh theihnate—ngaihtuah tur emaw,
thusawi tur emaw, hriat tur emaw, thiltih tur emaw—
Pathian a\anga lo chhuak vek a ni tih kan hriat chuan,
kan hnenah a awm reng a, min fuih a, min kaihruai \
hin tih kan hriat hian rilru lam harsatna a\angin
zalenna kan nei nghal a He hriatna nen hian hlimna
thianghlim eng a lo chhuak a, a châng chuan êng thuk
tak chuan kan nihna a rawn tuam a, hlauhna
ngaihtuahnate chu a tibo nghal vek a ni**

**Pathian thiltihtheihna chu tuifinriat ang a ni a, a
surging leh surging a, thinlung chu tihthianghlimna
kawngah a rawn nuai a, rinhlelhna, hlauhna leh
hlauhna daltu suangtuahna zawng zawng chu a tibo
vek a ni**

**Mihringte hian taksa taksa mai mai an ni tih an
ring fo thin a, mahse hei hi ngaihtuahna hmanga an
thlarau lam nihna nena inzawmna hmanga hneh theih
thil lem a ni Chutah chuan, taksa chu khawvel
tuifinriat zau takah chuan thiltih bubble mai mai a ni
tih an hrechhuak ang**

**Lungkhamna tuar chuan an dinhmun chu a
hrethiam tur a ni a, a chhehvela nun nena an inrem
lohna leh inmil lohna avanga mawhphurtu hriatna
lama tihsual awm rengte chu a zirchiang tur a ni
Lungngai mi chuan vawi khat chauh pawh ni se, an
natna chu thuruk ni lovin, mimal nunphung atanga lo**

**chhuak dik tak a ni tih a pawm chuan, damdawi
chanve chu an hmu tawh a
ni!... ..
.....**

**Excitement hian nervous system balance a tibuai
a, taksa peng pakhatah chakna tam tak a thawn a,
peng dangte pawhin an chanvo pangngai a hloh phah
bawh**

**He nerve-a chakna insem darh dan inthlauhna hi
rilru hahna thlentuh leh chhan a ni Mi rilru hahdam
chuan Pathianin nun leh a thilte a enkawl a, a
kaihruai tih a hriat avangin phurna a pumpelh a, chu
chu (hlauhna nerve a titawp) tih hriain, rilru lam
hahdam taka awm reng a tum a, chutiang chuan a
nervous force a nih avangin nun dinhmun leh
dinhmun chu muang takin a hmachhawn thei a ni
balanced a ni**

**Rilru hrual leh tihbui loh a vawng reng chung
hian nun thil tihsual a\angin a zalên a, thiltawn nuam
tak taktein a rawn thlen phurna aiin a tho chhuak a
Fiahna nuam lo chungchangah erawh chuan, chu
chuan a rilru thlamuanna a tibuai emaw, a chhungril
thlamuanna a laksak emaw phal loh nan a bei a Hei hi
kan tum tur leh kan tum tur chu a ni**

**Nervous system hian thluak, thinlung leh taksa
peng dang zawng zawngte tan chakna pawimawh tak
a pe bawh a, hriatna panga te hnenah chakna a sem
darh bawh: mit hmuhna, hriatna, khawih, ei leh rim
Nerve hi kan chhehvel khawvel nena kan
inbiakpawhna hmanrua a ni a, kan hriatna chhanna
zawng zawng bulpui ber a ni Chuvangin, kan nervous
system-a inthlauhna famkim awm reng hi a pawimawh
hle a, mi pakhat hneh loh tur a ni taksa peng pakhat
chu chakna nasa lutuk neiin, hmun dangte pawhin he
chaw pawimawh tak hi an chanvo a hloh a, Nunna**

inthlauhna leh thiltum dik tak tihhlawhtlinna chu lungkhamna emaw, rilru natna emaw hmanga tihchhuah a ni lo va, thlamuanna leh Pathian rinna thuk tak hmanga tihhlawhtlin a ni zawk

Yogi-te hian hmanraw bik an nei a, chu chuan nerve chhia thenkhatah chakna pawimawh tak tak thawnin tissue kangte chu a tichak leh thei a, nervous system-a cell leh tissue zawng zawng hi thil nung, fing tak a ni He nunna chakna emaw chakna emaw hian chu structure chu siam thar reng theihna thiltihtheihna a nei a, battery tlakchham tawh charge ang bawkin

Nervousness hi chi hnih a awm a, chungte chu psychological leh mechanical, emaw superficial leh organic emaw an ni

Psychological irritability hi a tlangpui ber a ni a, chu chu rilru lama phurna emaw, buaina emaw avanga lo awm a ni Sustained immersion in this state, chutah chuan mimal insum thei lo, an inthianthatna atanga hlawkna nei lo leh thil tha engmah thawhpui lote nena inpawh te, ei leh in leh nunphung chungchanga nunphung hrisel lo tak takte, an vai hian thinrimna chinfel theih loh case an entir vek a ni

Chaw ei chu a awlsam tur a ni a, a inthlau tur a ni a, ei tam lutuk loh tur Exercise hi a mumal tur a ni Mut tam lutuk hian nerve a ti na a, mut tlem lutuk erawh chuan a tichhe thei a Mahse ngaihtuah tur pawimawh ber chu uluk tak leh fing taka thian thlan hi a ni Mi pakhat thiante chanchin min hrih la, chu mi chungchang chu ka hrih ang che Flatterers and sycophants are of no help We should seek out a community of self-improvement—people who tell us thutak leh \hanlenna min puitu \hian \ha berte chu kan nun \ha zawka thlak danglam tura kan hman theih

**dan tur leh kan tih tur te inngaitlawm taka rawtna
siamtute hi an ni**

**Sawiselna khauh tak, sualna leh khawngaihna
nena sawi chhuah chu mi lu chung a hammer hmanga
vuak ang a ni a, hmangaihna erawh chu a chak zawk
a, a hlawkpui zawk Hmangaihna leh hriatthiamna
nena rawtna ngilnei tak takte chuan thilmak ti thei
thiltihtheihna a nei a, sawiselna rilru na tak erawh
chuan hlutna a nei lo**

**Mi chu a nihna thianghlim leh hriatna êng hmanga
a hriat lohna thim a tihbo hnuah chauh midangte rorel
thiamna a lo ni ta a, chu dinhmun a thlen hma chuan
midangte sawisel leh sawichhiat ai chuan mahni
inhriatthiamna leh mahni ngaihdan siam\hat a tha
zawk**

**Mi fing rilru muang tak takte nena inpawh hi
hlauhna tihbo leh kan thlarau lam nihna
hriatchhuahna kawng awlsam leh hlawk ber pakhat a
ni**

**Nervous mite chu anmahni ang nervous mi dangte
nen an inhmeah lutuk tur a ni lo**

**Chhungril lama remna chu hlauhna hneh tur
chuan a pianphung anga rilru hahdam tak chuan a
rilru hahdamna a vawng reng a, eng dinhmunah pawh
a rilru hahdam takin a awm reng Emotion-in a thunun
phal lo va, thutlukna \ha lo siam turin a hruai lo thu
dik lo leh bumna Dik tak chuan an thinlung hian an
thil tawn dik tak chu a pholang a, an thil tumte chu
mak tak maiin a puang chhuak thin Thinrimna leh
hlauhnain an taksa chu a tichhe lo va, chu chuan an
thisen kal dan a nghawng tha lo hle Nu thinrim tak
hnute hian a fa chungah nghawng tha lo tak a nei thei
tih hi thudik nghet tak a ni Tin, rilru natna nasa tak
chuan taksa tichhe thei leh tichhe thei thiltihtheihna
a nei tih finfiahna tam tak a awm bawh**

**Balance hi a mawi a, kan rilru put hmang,
ngaihtuahna leh thiltih lungphum a ni tur a ni a, kan
nun inherna axis pawh a ni tur a ni**

**Thlarau ropui tak takte chuan an rilru hahdamna
leh thlamuanna an vawng reng a, chu chuan an rilru
fim leh inthlauhna hloh lovin nun fiahna leh
hrehawmna paltlang turin a pui a ni**

**Pathian chu hmun tinah a awm a, khawvelte a
enkawl a, galaxy-te chu a tawp chin nei lo orbit-ah a
kaihruai a Tin, mihringte pawh hi a lem anga siam a ni
bawk a, a nun enkawl thiamna leh a thiltih dante chu
lungkhamna leh buaina awm lovin a inrualrem thei a
ni**

**Midangte hnenah hmangaihna, duhsakna leh
remna ngaihtuahna kan thawh fo tur a ni**

**Thlarau maicham chung a hriatna êng a eng
rengna hmuna ngaihtuahna (meditation) structure-ah
chuan lungkhamna, lungkhamna, tension,
nervousness a awm lo va, thlamuanna, thlamuanna,
mahni inrintawhna leh hlimna dik tak a awm zawk a ni**

Remna awm rawh se

Ngawi rengin a vaukhân lai chuan

Ngawi rengin a vaukhân lai chuan

Ngawih reng tura thutiam ka siam hian

Ka hmangaih nen inrem taka ka awm theih nan

A kut ah chuan ka chawl a, chu chuan universe zau tak
chu a hual vel a ni

A hla thluk ka ngaithla chhonzawm zel ang

Tin, remna leh hlimna hlate pawh

Engkim hretu tan chuan ramhuai thup leh inlanna
thianghlim leh inlarna hmuh

Mahse, ka theihnghilh lo vang che

Ngawi rengin leh ngaihven takin ka lo en reng ang che

Ka chungah hian thlaiah, leia thing leh mauah i kal a

A nih loh leh, thinghnah chungah, grep hnah hring hring
hring ka lo par chhuak tih i hmu mai thei baw

Hmangaihna thinlung leh nu khawngaihthlak takin ka
enkawl ang che

Pangpar sen hring, inremna nen a khat hmangin

Hei hian hlimna, hlimna leh thlamuanna a thlen che a ni

Ka kuah ang che a, thli nê̄m tak chuan ka fawp ang che

Hlahna leh lungkhamna thlazar ata ka chhanchhuah
theih nan che u

Tin, ni ê̄ngin ka khuh che a, rilru lum leh inpawh tak ka
rawn tichhuak baw

Mahni chauhna chu a chhungril thlenga khur chungin a
rawn luhchilh chuan

Tuipui i en chuan a thuk takah min hmu ang

Ka Lalpa nen chuan horizon-ah leh puan in Nile luiah
pakhat

Gene radiant tak leh lapis lazuli hlu tak a pai a ni

Rilru fing tak a\ang lo chuan ka sawi lovang

Tin, ka thinlung chhungril a\angin ka duh chuan ka
sawichhiat ang emaw, ka dem ang

I hmangaihna avang hian ka tiam ang che, leh thinlung
duhthusam nen

Hmeichhe naupai ang maia duhthusam neia biak chu i
duh hle mai thei

Ka thlem ang che u, mahse thlemna dik tak nen

Lalpa hmangaihna, passion bulpui chu hlim taka hmang
turin

I duh chuan min theihnghilh la, Khawngaihtu erawh chu
theihnghilh suh ang che

Nangmah ngaihtuah chungin zan ka hmang a nih chuan
min hre reng ang

Engtik lai pawhin!
Mihringte thil tum ber

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

Pangpar leh roses te hi a mawiin a nung hle a, mahse an
hnungah chuan teh theih loh khawpa mawi leh ropui zawk
huan a awm a, He huan hi a tir lamah chuan langtlang tak
leh hriat harsa tak ni mah se, thlarau lam mit kawngkhar
atanga thlarau lam dimension i luhchilh theih chuan chu
ethereal realm chu i chhui chhuak thei ang a, a thilmakte
chu i hlim thei ang

Chu ram nê̄m takah chuan mizia mawi tak tak leh
ngaihtuahna nê̄m tak, nalh tak takte chu lei pangpar emaw,
rose emaw zawng zawng aiin a thlum zawk leh a rimtui
zawkna hmunah chuan ka awm a Chutah chuan ka rilru
buhfai chuan Pathian awmna tuikhuah chu a in chhunzawm
zel a ni

Kan ngaihtuahna chu chhungril lam kan hawitir a, kan chhunga chu khawvel thup takah chuan kan nun tam zawk hian, kan thlarau lam miziate hian sawifiahna leh suangtuahna aia Pathian thlumzia kan hriat theihna kawngkhar anga thawktu chi bik a nei tih kan hmu chhuak a ni

Pathian zawnna hi ngaihtuahnaah chauh a inngat lo va, kan ngaihtuahna leh thiltiha kan lantir thin mizia tha leh mizia ropui zawng zawng hi kan chhunga Pathian awmna nectar thup a lo ni ta a, chu chu kan hriatna a thuk tawk a nih chuan

Thlarau mit kawngkhar kan paltlang hian kan chhungah hian thil pawimawh tak, fing tak tak hnathawhna factory, khawvel pum pui hnung lama thup chu kan hmu a Kan ngaihtuahna chu chhungril lam kan hawi loh avangin, thilsiam chhunga Pathian thlarau hnuhma leh chhinchhiahna hmaah chuan hlauhna leh mak tak maiin kan ding a Pathian thil siamte kan hmu a A hming thianghlim chu pangpar-ah te, vanah te, engkimah ziah a ni a, chuti chung chuan A ngawi reng a ni

Mihring kan nih angin kan vannei hle a ni, a chhan chu, Pathian thilsiam zawng zawng zingah hian mihring chauh hian Amah zawng tur te, Amah hmu tur te, Amah hriat theihna tur te, leh A tawng hriatthiam theihna tur te, ngawi renga awm tawng tur te hi taksa, rilru leh thlarau lam talent leh theihna mamawh a nei a ni

Miin thil rah chhuah nei lo thila hun khawhral ai chuan lehkhabu leh thuziak \angkai tak tak chhiar hi a hlawkpui zawk daih a, Chhiar ai pawha ropui zawk chu Pathian ngaihtuah te, A ropuizia ngaihtuah te, leh nun thuruk tawp nei lo leh tawp nei lo hriatthiam tum hi a ni

Nun tum ber chu mi pakhatin amah a inhriat a, a
thinlungah cosmic environment a rawn thawk chhuak a, a
thisenah a luang chhuak a, a awmna chu remna,
hmangaihna, hlimna leh muannain a luah khat a, chu chu
hlawhtlinna ropui ber a ni!

Mihring kan nih angin ngaihtuahna chakna hmangin
hma kan sawn nasa ber a ni

Nitin hun engemaw chen ruahman a ngai a, rilru lama
chakna (mental faculties) tihhmasawn nan lehkha chhiar hi a
hlu zawk a, a chunglam leh awmze nei lo thil tih reng ai
chuan nitin hun hman dan tur dik tak siam a ngai bawk a,
chu chu inrelbawlna leh inrualna a awm theih nan
Amaherawhchu, hun hman tam lutuk hi rigidity chi khat a ni
a, chu chu pumpelh tur a ni

Nun kawng tinrenga inthlauhna hi a pawimawh Chhiar
tur \angkai tak takte chu awlsam taka hmuh theiha dah a,
hun awl neih laiin chhiar thiam a \ha Chûng thil pawimawh
berte chu thlarau lam lehkhabu a ni a, a dawttuah hian
scientific work ðhenkhat, history, philosophy, literature
serious tak tak, mi ropui tak takte chanchin, zinkawng
chanchin, leh thil dang eng pawh, mi rilru tizau thei leh infuih
tharna thuk tak pe thei thil eng pawh a awm a ni

Lehkhabu chu ðhian rinawm tak a ni thei a, thlan chhuah
ðha thlan chuan hlawkna nasa zawk a chhuah ang A tir
lamah chuan thlarau lam zirtirna thupui ber leh ngaihtuahtu
ropui tak takte ngaihdan hriatthiam chu thil harsa tak angin
a lang thei a, mahse hun engemaw chen hnuah chuan an
thuziak ngaihtuah leh an ngaihtuahna nena inzawmna neiin i
inhmu ang I thil hlu tak i hlauh chhuak tih i hria ang, a chhan
chu chutiang mi fing zawng zawngte chuan an finna leh
hriatna chu mi Pathian finna ro tâwp nei lo—i dam chhûnga i
ngaihtuah ngai lo mai thei ngaih dânte

Mahse, chhiar rengtu, mahse thil hlu tak tak pe thei lo tam tak an awm Lehkhabu chhiar dan tha ber chu a chhunga thu awmte ngaihtuah a, nangmah ngei pawhin i nunah a hman theih dan tur en hi a ni Hriatthiam takin, i chhiar zawng zawng chu mitdel ang maiin i pawm tur a ni lo l chhiar chuan i rilru a chawm tur a ni a, i logic a tihlawhtling tur a ni Chhiar tlak tak tak ni tur chuan lehkhabu hian i ngaihtuahna a tichak tur a ni a, chutah chuan i rilru chu a lo thanglian zel a, a zau zel tih i hre ang

direct hriatna

Chhiar lo leh ngaihtuah lo, mahse tum leh awmze nei lo, a chunglam nun hman, hriatthiamna thuk tak nei lo leh hriatna chiang tak nei lote Inremna chuan kan ngaihtuahna tichaktu leh kan rilru tichaktu sang zawk êngin kan rilru ti engtu Pathian thiltihtheihna nen min inmil tir a, ngaihtuahna hi ngaihtuahna sang zawk thleng thei tur kawng a ni Mihringin an chhiar loh chuan an tisual a, mahse ngaihtuahna hi chu a aia tha zawk a ni chhiar

Lehkhabu chhiar hi ka ngaina a, mahse thil dang ngaihtuah tura koh ka nih hmain phek hnih chauh ka chhiar thei lo Chuvangin, lehkha chhiar chu ngaihtuahnain ka thlak ta a ni Ka thlarau thuk tak ka luhchilh lai hian êng eng tak tak a lo lang a, hlimna nasa ber chu a lo chhuak ta a ni—nitin min zuitu hlimna Hei hi ka nunah ka tawn tawh chu a ni a, thlarau leh duhthusam thusawi bera Lalpa Malsawmte nena inbiakpawhna neitu zawng zawngte chu a ni thinlung thil tawn a ni

Hun hi hmanral theih loh khawpin Pathianin min inthlau a duh a, an nun inthlauhna nei lo tura phal apiang chu khawvel pum danin hrem an ni ang l nun awlsam a, nitin exercise i tih a, lehkhabu hlawk leh hlu tak tak i chhiar a, nitin Pathian ngaihtuah dan i neih chuan i hriatnate chu hlimnain a rawn thawk ang a, i thisenah hian vital currents a

luang ang a, i taksa cell-te chu êng leh hlim takin a khat ang chakna i tawn ngai loh Tin, i chhungril thlarau a\angin i duhthusam hriatna zawng zawng chu i dawng vek ang

Hei hi ka nun a ni fo tawh Kum sawmhnih chhungin lehkhabu sawmhnih ka chhiar lo Ka chhuang lo, tin, ngaihtuahna hmanga Pathian thlarau lam hriatna ka neih kha ni lo se chuan, ka hre lo tak zet ang Lehkhabu ka en hian, a chhunga thutak awmte chu Pathianin min hriattir tawh tih ka hmu chhuak All sublime ideas and truths come from God, the All-Knowing If you meditate on them, you will receive His wisdom direct Chuvangin, lehkhabu \ha chhiar hi thil rah chhuah nei lo zawnga hun khawhral ai chuan a tha zawk a, chhiar ai pawhin a tha zawk chu ngaihtuahna leh Thutak Dik tak, Pathian a nihna hriatnaneih hi a ni

Universal Law leh Consciousness lo inthlak danglam dan

Hun leh hmun hrang hrangah mihringte hian ngaihtuahna hmangin nun leh thlarau chungchangah ngaihdan tam tak kan nei a Entirnan, hnam savawm zinga mi pakhatin lu na a tawrh hian a chhungte chuan a thlarau chu a taksa ata a tlanchhuak tawh niin an ngai a, chuvangin dawithiam-doctor chu a hnena thlarau pe let leh turin dawithiam-doctor chu an ko a Doctor chuan thlarau zawngin ramngaw-ah a kal a, a hmuchhuak a, bawm chhungah a rawn hruai kir leh a, a dah ta a ni damlo lu-ah a lut leh a, rinna awm tawh angin lu natna chu a bo ta a ni

Hnam dang pakhatat chuan damlo "sneezing" chu a taksaah hook (curved irons with sharp points) dahin an ti thin a, chutiang chuan a thlarau chu a thawk chhuah laiin a tlanchhuak lo va, hook chuan a man ta zawk a ni!

Mi thenkhatin ngaihtuahna dik lo avanga mihring rilru chungchangah thutlukna dik lo an siam ang bawkin, mi thenkhat chuan—hriatthiamna dik tak hmangin—

hriatthiamna danglam tak, thuk zawk leh dik zawk an nei a ni Kan hria a, a chhan chu mimal thenkhat chu thawk lovin hun rei tak chhung coma-ah an awm reng a, chu chuan thlarau chu thawknaah a inkhung hran theih lohzia a tilang a ni Thlarau chuan a tluk phah a ni thawk leh taksa dinhmun dang eng pawh

Miin thlarau a nih a ring emaw ring lo emaw, khawvel pum dan chuan a thlarau lam nihna pholan turin a la nawr reng a, nunah a hnathawh emaw, a dinhmun emaw eng pawh ni se, a finna chu thil siam chhuah leh hlawk taka a hman apiangin an hriatna chu a lo thang lian a, a zau zel bawk Every constructive action contributes to human development and broaden their understanding

Mahse miten thil an tih laiin thil dang an ngaihtuah fo thin a, an thil tih laiah an rilru dah dan dik an hre lo Kan rilru chakna zawng zawng nen thil pakhat khata ngaihtuah kan zir a ngai Kan ngaihtuahna zawng zawng chu chu thil pakhat chauh ah a innghat tur a ni Mi pakhat chu a chau lo tur a ni a, a rilru a hah lo tur a ni a, a rilru a hah lo tur a ni lo, a rilru a hah lo tur a ni hlim lohna

Mi chu mahni insiamrem thei rilru lam machine mai mai a ni tur a ni lo, rannung instinct-a che ang maiin Mahni inharh a, mahni rilru chaknate tichak lo chu thil tihsual lian tak a ni Pathianin heng thiltihtheihnate hi min pe a, fing taka hmang turin min duh a, kan thil tih zawng zawng hi kan hriat chian leh hriat chian vek a duh a ni

Thil eng pawh kan tih hmain ngun takin kan ngaihtuah hmasa tur a ni a, kan rilru chu min tipung thei tur leh Siamtu Engkimtitheia nena kan inpumkhatna pawimawh tak kan neih theih nan kan hmang tur a ni Kan tih apiang hi ngaihtuahna dik leh ruahmanna fing takah a innghat tur a ni

Tum ropui tak tak tum hi mihringte mawhphurhna a ni
Thil tenawm leh hlawk lote ngaihsak hi rilru chakna
tihboralna awmze nei lo a ni Rilru huana buhfai awmte chu
paih chhuah a ngai a, Pathian hmangaihna pangpar hmanga
chei a ngai a, chutiang chuan mawina hmangaihtu Pathian
mawi tak chu a hip thei ang If you wish this intellectual
garden to remain parssoring and flourishing in the soil of
finna, nun chu i ti awlsam tur a ni a, thil buaithlak tak tak a\
angin i chhuah zalen tur a ni Ngaithlatu leh ngaihtuahna fim
tak, ngaihtuahna tibuai lo tak nen engkim i hlen chhuak thei
a, i thiltih te chu i thirlet thei a, thil pawimawh leh
pawimawh tak tak i thlang thei a, a chunglam leh a tul lo chu
paih bovin hna pakhat i tih zawh chuan rilru chu chuta tang
chuan inhnukdawh a ni thei a, thil siam duhna dangte zawm
nan hman theih a ni

Mihringte hian Pathian thil hriatna chin kan zir a ngai a,
chu mi avang tak chuan siam an nih chhan chu an
thiltihtheihna thianghlim hmanga Pathian an hmuh theih nan
evolution dan angin lo piang an ni Rannungte hian he
theihna hi an nei lo Zirtirtu Lahiri Mahasaya chuan rannungte
chu rang zawka lo thanglian zel tura pui turin science a
thawh a, mahse a ti famkim turin a nung lo I, too, possess
knowledge of some methods to accelerate the evolution of
lower life forms Mahse, rannung ang maia nung leh
nungchang nei mihring maktaduai tam takte hi engtin nge ni
ang? He khawvelah hian an cheng a, chumi hnuah chuan an
thil tum hlen chhuak lovin an chhuak leh thin Chu thil tum
chu tunah hian an tihlawhtling thei a, an rilru chaknate an
dah pawimawh a, dik taka an hman chuan

Nun awmzia awm chhun chu Hmangaihtu leh ngilneitu
Pathian zawn chhuah hi a ni Amah chu kan zawng tur a ni
Mite chuan an zawng reng a, hahchawlh lovin an zawng reng
a ni

"Thil dang" chuan hlimna famkim leh nget tak a thlen ngei an beisei

Pathian zawng a, hmuchhuaktute erawh chu, Pathian chu chu thil ropui tak a nih avangin zawn chu a tawp ta!

Nature hian Pathian awmna chu a khuh bo thin

Engvângin nge thlêmna chu mihringte hnêna pêk a nih? Chu thilsiam chungnung ber, leia thlemna zawng zawng aiin a hip zawk leh hip zawk chu an duh em em theih nan pawh a ni mai thei Leilung thang leh thangte hian a sir zawng zawnga mihringte hual veltu chu an man tur a ni lo va, a piah lama thil awm zawng zawng tura fuih leh fuih tur a ni zawk a, heti hian zawhna siam tir zawk tur a ni: "Tunge heng thil zawng zawng hi siamtu? Tuin nge min siam? Kei hi tu nge i nih? Khawiah nge i awm, khawiah nge i awm, khawiah nge i awm, khawiah nge i awm, khawiah nge i awm, khawiah nge i awm, khawiah nge i awm, khawiah nge i awm? ka Lalpa?Engvangin nge ka lakah i inthup?

Heng zawhnate hmanga Pathian hnena direct-a i hawi hian, Ani chuan a chhang Mi tam zawk chuan A hnena an dilnate chu an luhchilh thuk lo va, chuvangin Amah chu an hmu lo va, an hmuchhuak lo baw

Thinlung a\angin Pathian kan biak tur a ni, thlarau biak inah Zirtir duhthusam chuan a ko a, heti hian a ti a.

"Ka Pathian, thilsiam I siam leh i taksa i siam mawina chauh hi hmuh ka tuar thei tawh lo, mahse I hmel, nature-a pangpar zawng zawng aia nalh zawk leh khawvela hmel zawng zawng aiin a mawi zawk hi hmuh ka duh a, thilsiam hnung lama thil awm chu hriatthiam ka duh a ni".

Mi pakhatin a hmai chu hmai tuamna hmanga khuh ta se, mihring a awm tih i la hre thei tho ang Chutiang bawkin, thilsiam chu puanzar lian tak ang mai a ni a, Pathian awmnain a khuh Pathian chu thilsiam puan leh hmai tuamna

hnuaiah a awm a, mahse mihringte chuan mitmeng rei lo te,
a chunglam atanga thlir chuan thilsiam puan in hnung lama
inthup thilsiam awmna chu an hre thei lo

Ngawi renga, ngawi renga, ngaihven taka ngaihtuahna
ka thut hian ka nihna chhungah hlimna khur ka nei a,
Pathianin, "Hetah hian ka awm e" tia a sawi ri ka hre bawk.

Pathianin finna min pek chu vanram kawtchhuah a ni: a
ram pawn lam kawngkhar Mahse miten an hman tur angin
an hmang lo Kan finna hmanga Pathian zawng turin he lei hi
kan chhuahsan hma chu nghah a ngai lo A hun chu tunah a
ni a, hmun chu hetah hian a awm ta He leia an awm lai hian
an finna hmanga nunna thuruk leh awm dan thuruk zawng
lote chuan khawiah mah an hmu ngai lovang bakah

Pathian Mahni (Divine Self) hmuhchhuah

Cosmic thlarau emaw, Pathian nihna emaw
hmuhchhuah dan kawng engemaw zat a awm Silence hi chu
zinga pakhat a ni Ngawi renga awm tih awmzia chu pawn
lam atanga hriatna luh tum duhna zawng zawng tihtawp
tihna a ni a, chu chuan zawngtu chu an chhungril lam
luhchilh a, an thlarau awmzia khawih turin a pui a ni

Kawng dang chu Pathian hmangaihna a ni a, a nih loh
leh duhthusam leh tih tak zeta thinlung a\anga Pathian biak
Thu tawi sawi a, a hnua theihnghilh chu a hlawk lo va,
Pathian chhanna a keng tel lo Mi tam zawkin thlarau lam thil
an ngaih pawimawh loh avangin Pathian hmuh a har a, dilna
hmanrua pawh hi a tam zawk chu a hlawk lo hle a, a chhan
chu thuk tawh leh tih tak zetna a tlakchham avangin
Tawngtaina chu a sang zawk a thlen hma loh chuan thuk tak
leh thahnemngai takin sawi nawn leh tur a ni consciousness
Pathian duhna avanga thlarau a kang \awng\aina chu \awng\
aina hlawhtling leh \angkai tak a ni Vawikhat chu hetiang
hian i tawngtai tawh ngei ang, thil i duh em em lai emaw,

sum i mamawh em em lai emaw, i duhnain boruak ngei pawh i tihalh lai emaw pawh a ni thei Hei hi Pathian lam hawia kan awm dan tur chu a ni Amah hi kan biak tur a ni a, chutah chuan Amah chu min ngaithla a, a chhang let tih kan hmu ang, Amah hi Engkim Thuretu, Chhanna petu a nih avangin

Yoga hi Pathian hnena thlen leh inzawmna kawng hlawk ber pakhat a ni a, scientific leh effective tak tak meditative practice engemaw zat a huam a ni India rama mi fing ropui tak takte chuan logic-in Pathian pan dan tur dan dik tak leh kawng chiang tak tak a awm tih an hrethiam a, chutiang bawkin Pathianin khawvel pum huap thil a thunun leh a enkawl dan tur dan chiang tak a awm bawk

India rama zirtirtuten an chhelna leh an rilru chakna rapthlak tak takte hmanna hmangin yoga scientific dante an hmuchhuak a, Yoga hi thlarau lam zirchianna lama experimental science pawimawh ber pawl a ni dawn a ni

Pathian nena inremna thianghlim hi mi zawng zawngin kan hmang tur a ni Hei hi mi ropui tak takte'n kum tam tak chhunga an zirtirte nena an tih thin kha a ni Pathian awmna thlumzia sawi mai mai tur hian ka lo kal lo va ka thil tum ber chu midangte'n an tawn theih nan ka hun ka khawhral lo Ka thil tih zawng zawng hi Pathian tan chauh a ni a, A chawimawina atan A ngaihtuahnaah ka inhnim pil em em a, hun kal zel leh nitin hna ka thawh hahna chu ka hre lo Hnathawh lai pawhin A awmna ka hre lo

Pathian lakah ka inthen lo, second khat lek pawh nise

Chu chu ka duh leh ka thawhrimna dinhmun chu a ni

Remna awm rawh se

Mahni Inhriatna (Horizons of Self-Knowledge)-ah chuan

Pathianin a hmangaih ber temple chu Amah betute tan chhungril thlamuanna leh muanna biak in a ni a, chutah chuan ngaihtuahna leh inpawh tawn turin an lut a, khawvel leh a tibwaitu tawp nei lote kalsanin Mi pakhatin a chhungrilah mawina leh thlarau lam remna biak in a din chuan Pathian awmna chu a hre thei ang a, a inhnaihzia a hre thei ang a, chutiang a nih loh chuan khawvel thil lemte chu a tam hle a, a awm reng a, a lungkhamnate chuan thinlung a luah khat vek a ni

A chang chuan mi chu a beidawng a, Pathian zawn chu a tlai tawh hle niin a ngai a Mahse Pathian Lehkha Thu chuan he khawvel hi bumna leh mi hruai sualtu a ni tih a hriat chian chuan, thlarau chauh chu chatuan leh chatuan a ni tih a hriat chuan he lei a\anga an chhuah hnuhnun ber hnuah khawvel tha zawkah an lut ang, chu hriatchhuahna chu thih hma rei lo teah lo thleng mah se

Kan vai hian he lei a\ang hian lak chhuah kan ni ang a, chuvangin tunah chuan nun tum hi kan hrethiam tur a ni He khawvela mihringte thil tawn tum bulpui ber chu nun awmzia zawng tura min fuih hi a ni He mihringte kalkhawmna inthlak danglam reng leh inthlak danglam reng hian kan mit a tidel tur a ni lo Hun kalna kawngkhar chuan a zinkawng a chhunzawm zel angin, a tawpah chuan Pakhat, Engkimtitheia-a tel ve tak i ni tih i hrechhuak ang Pathian hriat chu i tum ber atan siam la, nun thuruk ngun tak leh thinlung taka zawn chuan harsatna tam tak a chhanhim ang che a, hlauhna chi hrang hrang lakah a chhanchhuak ang che tih hria ang che Thihna, hlawhchhamna , buaina, leh lungngaihna hlauhna hian mi chhungrilah hlauhna nasa tak a tiharh Mi pakhatin amah leh amah a in tanpui theih loh chuan, an chhungte leh thiante chuan engmah an hlan theih

loh chuan, beidawnna chuan a hneh a, khawvel chu an mitah a thim a, mahse chu dinhmun chu thlen a ngai lo If an dam chhung zawngin Pathian an ngaihtuah a, Amah nena inzawmna an vawng reng a, harsatna leh ni harsa hunah pawh an hnaih hle ang

Mihring dang kan hnena an awm hma khan tu nge kan bula awm? Pathian Tin, he lei hi kan chhuahsan hunah tu nge kan hnenah awm ang? Pathian leh mi dang ni lo Mahse Amah hriat a harsa dawn a nih chuan tuna Amah hriat kan tum loh chuan Pathian chu thinlung tak tak leh thuk taka i zawn chuan I hmu ang a, i hnenah a awm reng tih i rinna chu a chak zawk ang Lungkhamna leh suangtuahnate chuan a kalsan ang che, bum i ni leh tawh ngai lo vang

Thil awm zawng zawng hi Pathian atanga mihringte hruai bo tura thlemna a ni Mahse Pathian chu lei thlemna zawng zawng aiin a hip zawk daih a, Amah hi i hmu Chiang a nih chuan he thutak hi i hrethiam ang a, tawngtaina, thlarau lam ngaihtuahna leh thutlukna nghet tak hmangin i hmu thei ang The resolve to find the Divine must be steadfast Mi pakhat tan chuan Pathian hriat a harsa a, an ngaihtuahnate chu thil pakhat atanga thil dang dang ang maia a flit chhung chuan feather in the wind Pathian hian kan hnena lo kal a duh a, mahse Amah kan thawhpui lo va, kan phal lo Mihringte hian tisa lam hlimna rei lo te chauh zawngin intihhlimna, party, leh khawtlang inkhawmnaah hun khawhral hi a awlsam hle Dik tak chuan, "He khawvel nun hi intihhlimna leh tihdanglamna, cheimawina leh inchhuanna, leh hausakna leh fate tihpunna kawngah inelna mai a ni" tih hi a ni.

Pathianin thil pakhat a dil a nih chuan mihring hmangaihna a ni ngawi reengin kan thinlung kawngkhar a kik a, A hnenah min ko kir leh a, mahse mi tam zawk chuan kir leh duh lo mah se, an mit hmuha khawvel a thim a, harsatna

thanga an man emaw, natna man an nih emaw chuan, A
hnenah tawngtai nghal vat a, a tanpuina an zawng thin
Tupawh anmahni leh Pathian inkara inremna leh inremna
kawngkhar tichaktu tu pawh hi hlimna leh hausakna hun
chuan Pathian chu an mamawh hunah an kiangah an hmu
ang Mahse chu inzawmna tihchakna tura hun sawn apiang
chuan an harsatnate hmachhawn tur leh an fiahnate chu
anmahni chauhva hmachhawn turin an inthiam lo a, chu chu
—finna leh inpekna famkim nen—an chatuan thian lam hawi
a, A khawngaihna kawngkhar kik theih thlengin

Mihring tam tak zingah hian mi tlemte chauhvin dik tak
leh taima takin Pathian an zawng a, kum za hnih kalta khan
he lei hi an ta nia ngaitute chu khawiah nge an awm? An bo
vek tawh a, tlemte chauh pawh a ni mai thei, Pathian lam
hawi a, mahni inhriat chian tawhte chuan nun tak tak chu an
hrethiam tak zet a, Mahse, thlah kal zel apiangin he nun hi a
tak takah an ngai a ni!

Mahse anmahni ang bawkin illusion chuan a bum ta a ni

(Tin, thlah khat hnu thlah khatin an sawi chhuak zel
bawk!)

Heta hun rei lote kan awm chhung hian mihringte hian
he thil hmuhnawm tak hi kan ngai pawimawh hle a,
Amaherawhchu, chu chu kan inhmang lutuk tur a ni lo va, a
thil thleng tawp nei loteah hian kan inhmang lutuk tur a ni lo,
chutianga kan inhmang a nih chuan, kan ngaihsakna thuk
tak leh min hmangaihna nasa tak a\anga Amah hnena min
hruai luh tum rengtu Pathian lakah kan inhnukdawd dawn a
ni: the..
.. thil lo thang lian leh thilsiam
inrelbawlina dik tak tawp chin nei lo Amah chu pangpar leh
roses hnung lamah a awm a, thinlung taka Amah zawngtu
chuan rinhlelh rual lohvin Amah chu a hmu ngei ang Natural
scientist-te chuan an thil hmuhchhuahte chu mitdel

tawngtaina hmangin an thleng lo va, empirical science dan zawmin an thleng zawk a ni Chutiang bawkin, science thlarau lam dante chu thinlung tak leh thahnemngai taka hmangtu chuan automatic-in a hmu ang Pathian an kiangah Mihringte hian an thlarau lam mit an meng a, Pathian hmuh tur chuan thahnemngaihna nghet tak leh a dante uluk taka zawm a ngai tih kan hriat a hun tawh hle

Hnam hrang hrangin art leh science hrang hrangah an specialise tawh a, India hian Pathian hriatna scientific art chu a thiam hle a, mahse chuti chung chuan India ramah pawh hian charlatan tam tak an awm a, chuvangin a lem leh a dik chu thliar hran a ngai a ni

Thlarau lam hriatna leh thilsiam sciences inkara inthlauhna siam a ngai He inthlauhna tel lo chuan mimal leh hnamte chu hrehawmna leh chhiatna karah an tlu ang Tunlai khawvel hruaitute hi thlarau lama êng leh thawh ho ni ta se, kum tlemte chhungin lei a\angin indona leh rettheihna hi an tiboral thei ang Thlarau lam hriatna tih awmzia chu mahni chhung leh thil nung dang zawng zawnga Pathian awmna hriat chian tihna a ni He hriatna ringawt hian a chhandam thei a ni khawvel, leh a tel lo chuan remna beiseina ka hmu lo Mihringte hi mahni a\angin \an rawh se Hun hi a hlu lutuk a, khawhral mai mai tur Duty hian Pathian ram leiah kan chanvo hlen turin min nawr a ni

Mi tam tak chuan Pathian zawn an hreh a, nun chu a thim leh lungngai lo, mawina leh hlimna nei lo a lo ni ang tih hlauvin Mahse a kalh zawng chu a dik! Pathian hre tak takte'n Amah nena inremna famkima an hmuh hlimna thianghlim chu sawi theih loh a ni Chhun leh zan thlarau lam hlimna dinhmunah ka ding a Chu lawmna chu Pathian a ni a, Amah hriatna chuan lungngaihna zawng zawng khuh bo a, inchhir lohvin phum tihna a ni

Pathian chuan mihring chu lungngai, lungngai,
thlamuang, mitmeng hrual turin a ngen lo Hei hi Pathian
hriatthiamna dik a ni lo va, A duhsakna dawn theihna kawng
dik pawh a ni lo Miin thlamuanna a tawn tam poh leh Pathian
awmna a hriat theih poh leh Mi hlimna a san poh leh Pathian
nena inremna a lo awm chho zel Pathian hretute chu an hlim
a ni, a chhan chu Pathian chu hlimna nasa ber bul a nih vang
a ni

Mite chuan zu, sex leh sum leh paiah hlimna hmuh an
tum a, mahse history phek-ah chuan an beiseina chhe tawh
tak tak leh an mumang hlen chhuah loh chanchin a khat a ni

Ngaihtuahna lama ka hun hman hian ka nun chu a rah
chhuah mak tak zetin a siam a, uain bottle sangkhat chuan
ngaihtuahna hmanga ka tawn hlimna chu a siam thei lo Chu
hlimnaah chuan Pathian kaihhruaina leh finna a awm a Mi
pakhat chu Pathian nena inrem taka a awm chuan tum loh
taka tihsual pawh ni se, a tihsual siamthat dan tur a hre ang
a, ngaihdan dik lo tak an sawi chhuah chuan Pathianin
hmangaihna a kaihruai ang a, a siam \ha ang

Nghah a tawh tawh! Hêng thute hi hretu emaw, chhiar
emaw apiangin thudik ka sawi tih an hria Pathianin
thiltihtheihna min pêk zawng zawngte hi ka lantîr vek dawn a
nih chuan Pathian hmangaihna avâng ni lovin, thilmak tih
avângin mite chu ka hnênah an lo kal ặthîn ang Mahse
chutiang zirtîr chunglam chu duhna ka nei lo Anni chu
Thiltihtheihnain ni lovin, Pathian hmangaihna hip an ni tûr
a ni, chu chu ka nunah ka thiltum a ni

Pathian hi ka hre lo a nih chuan hetiang hian ka sawi lo
ang Mi zawng zawng hian an duh chuan Amah hi an hre thei
a, an rilru put hmang hipin mi hneh ka tum lo va, an rilruah
ka sawi zawk a, an logic leh discernment ka sawi zawk Rinna
mitdel chu a tangkai lo Mi pakhat chuan Pathianin a pek
hriatthiamna faculties te chu a activate tur a ni a, thil chu

face value-ah a pawm lo tur a ni. effects, and logic behind their spiritual inclinations and practices Kawng sangkhat nei ila chuan Pathian chungchang leh Amah lam hawi a, Amah hriat chian a pawimawhzia sawi nan ka hmang vek ang

Mihring hian Pathian hriatna a hloh avanga a hloh chu a hre lo, Amah chu a hre tak tak ngai lo! Tin, vawi khat chu Amah nen a inzawm chuan lei thiltihtheihna engmahin a hawisan thei lo Ka duh ber chu thinlung zawngtute tan Pathian thlirna pek hi a ni, a êng hmuh leh a himna tawn chu khawvel ro hlu leh ropuina zawng zawng aiin a hlu zawk si a, Pathian hriat hian leilung nawmna zawng zawng a phak lo Tin, mihringin ro hlu ro a hmuh hunah chuan a thinlung duh zawng zawng chu a lo thleng famkim vek ang Dik tak chuan Pathianin ka duhzawng zawng zawng, ka duhthusam leh ka duh zawng zawng a tihlawhtling vek a ni

Tunah hian thil ka bei lo a ni, a chhan chu ka kawngah a lo thleng reng a ni Pathianin a inpek che chuan I duh zawng zawng a tihlawhtling vek ang Chutih hunah chuan engmah dil a ngai lovang a chhan chu i duh zawng zawng chu i kutah a awm vek dawn a ni Mahse, a hmasa berah chuan Pathian hnenah thilpek min pek zawng zawng aiin kan duh zawk tih kan finfiah tur a ni

Pathianin min ko a, a lam hawi turin min duh a Zirtirtu ropui tak takte hi hmahruaitu an ni a, an ke pen hi kan zui a nih chuan an hriatna leh tawnhriat atanga hlawkna kan hmuh theihna tur, kan thil tum sawifiah leh himna thlen a awlsam phah ang Mihring chu mithiam ropui hnen atanga zir chhuakin mithiam ropui tak a nih theih ang bawkin, mi zawngtu pawhin zirtirtu neitu hnen atanga hriatna leh finna neiin thlarau lam thilsiam ropui ber zinga mi a ni thei bawk Pathian hriatna

Coal pheik chuan ni êng a dawng lo va, diamond erawh chuan a dawng lo Chutiang bawkin rinhlelhna, thil tha lo leh

thlarau lam ngaihsak lohnain a tikhauh rilrute chuan
Pathian êng a dawng thei lo Diamond ang rilru erawh chuan,
thinlung tak tak, rinna, chhelna leh tumruhna dik tak nena
khat, Pathian hriatna êng chu a dawng thei a, finna
thianghlim a lantir thei a ni

Mi tam zawk tan chuan sakhaw hi chhungkaw nunphung
emaw, khawtlang hlawkna emaw, nungchang leh nungchang
nena inzawm nunphung emaw mai a ni Sakhaw awmzia leh
pawimawhna hriatthiamna dik tak an nei lo

Nunna atana thil tul ber atan Pathian zawng lote chuan
sakhua awmzia an hrethiam lo Engvangin nge mi zawng
zawngin sum leh pai an tum? An thlamuanna leh damna
atana pawimawhah an ngaih avangin He thutak tak tak hi an
hriat chian tawh em avangin zirtirtu an mamawh lo a nih
chuan Engvangin nge mi tam zawk chuan Pathian hriat a
tulzia hi an hriatthiam loh? Zawhna thenkhat theological
chhanna hian an thutakte chu direct knowledge leh
experience hmanga fiahin a nih loh chuan thlarau tan
lungawina famkim a thlen thei lo tih ka naupan lai atanga ka
hmuh hriatthiamna dik tak an neih loh avangin

Entirnan, ka naupan laia ka nu ka chan a, ka hmangaih
dangte pawh a hnungzuiin an lo boralsan lai khan ka
chhungah nunna laka helna ngawi rengin a lo piang a,
tumahin min thlamuan thei lo va, nun leh thihna chanchin
dik tak chu min hrilhfiar thei lo A tawpah chuan keimah
ngeiin a chhanna chu keimah ngeiin ka thawhrimna hmangin
ka hmu ang tih ka rilruah ka siam a, ka rilruah hetiang hian
thutiam ka siam a: "Mitdel takin engmah ka pawm lo vang,
mahse Siamtu leh Lalber hnen atangin chhanna chu ka hmu
ang." he universe hi a ni".

Mi dangin min hrilhfiar theih loh nun thurukte hrilhfiar
turin Pathian hnenah direct-in ka ngen a

Engvangin nge mi thenkhat chu rethei taka piang a, thenkhat chu hausa, thenkhat mitdel leh thenkhat hrisel, thenkhat erawh chuan he Pathian dikna leh khawngaihna kalh ang maia lang he thuruk hi an chinfel theih loh tih ka ngaihtuah a A tawpah chuan Pathianin thlarau lam hotu êng thenkhat, Pathian inpumkhatna dinhmun lo chang tawhte hnenah min hruai a, an chhungril hriatna hmanga nun thuruk chhanna lungawithlak tak takte chu Chutah chuan, satisfactory ka dawng ta a ni ka zawhna zawng zawng chhanna leh ka zawhna zawng zawng sawifiahna rintlak tak takte

He khawvelah hian sakhaw lama extremist tam tak an awm Thenkhat chuan sakhaw chungchâng hriatthiamna rilru lam chauh an nei a, an rilru put hmang chu tihdanglam a nih chuan sakhaw lama hysterical an lo ni ta a, Mahse rilru lama rilru hahna chuan mi pakhat chu Pathian nena a inzawmna a titawp a, an thlarau lam hriatna chu a khuh bo ta a ni

Emotional mite hian an rilru tiharhtu leh an thlarau lam duhzawng tiharhtu tur thil an mamawh fo thin A rilru dik tak leh ngaihtuahna fim tak nena i thusawi chuan inbiakna chhunzawm duhna an hloh a, i thusawi chu monotonous leh boring takin an hmu a Mahse midangte rilru put hmang tihdanglam hi bumna chi khat a ni a, mi finna sawichhiatna a ni a, an hnen atanga thlarau lam thutak thup a ni

Chutih rual chuan, sakhaw lama extremist-te pawh, intellectual leanings nei, theological emaw philosophical study hrang hranga delving nuam ti tak takte pawh an awm a, chu chuan emotionally driven aiin hriatna thianghlim sang zawk an nei tih ringin anmahni inbum thin Mahse intellectual stimulation hi "numbing," emaw rilru bumna chi dang a ni a, chu chuan a zawngtu chu a duhzawng a pe tak tak lo, mahse merely a ni an rilru natna tiharh leh an rilru tiharhtuah a hlawhtling

Sakhaw lama mi thahnemngaite chuan sakhaw chungchâng hriatthiamna thuk tak an nei lo va; they often parrot things they haven't truly grasped and whose impact on their lives they haven't experienced Thlarau lam zawhna i zawt a nih chuan, thufing emaw, Pathian Lehkha Thu emaw sawi chhuah tumin an tlan nghal a, chutah chuan i tawp mai ang tih an beisei a, a chhan chu an rilru hahdam, tum nei tak, leh logical dialogue theihna an neih loh vang a ni It's no exaggeration to say they are merely empty spiritual mouthpieces, and engaging with them is futile a chhan chu a tir atanga a tawp thlengin, A atanga Z thlengin engkim an hre vek tih an ring tlat a ni

Sakhaw lama mi rilru na tak takte chuan eng emaw kawnga i rin loh chuan i chanvo chu chhiatna a ni tih an Chiang Hle

Zirtirtu hriatna nei chuan hetiang hian a zirtir lo A ngaihdan a hlan a, a thusawi chu finfiahna hmangin a thlawp a Sakhaw hian kan thlarau lam duhthusamte chu a tihlawhtling tur a ni a, thumal hmang lovin finfiahna hnial theih loh hmangin kan tihlawhtling tur a ni Ka rilru hmang thei lo leh ka hriatna tichak thei lo khawpa rigid nih hi ka duh ngai lo Ka zirtirtu, Sri Yukteswar ka hmuh khan ka zirtirtu, Sri Yukteswar nen kan inhmu a, heti hian min hrilh a:

"Zirtirtu tam takin i rilru an mit an tihdel hnua ring turin an ngen che a, an logic zawm turin thu an pe che a, thil dang engmah ni lovin Mahse, i rilru mit khap reng turin ka duh che a, chubakah, chubakah, mit dang, finna mit chu ka hawng leh ang che".

Sri Yuktsuwar hian zirtirna min pe a, a thutak chu keimah ngeiin ka hre thei a Chuvang chuan he kawng hi ka zawh ta a ni, chuta tang chuan tumahin min hruai thei lo va, min hruai bo thei lo bawk

Extreme dang chu engkim zawm leh engmah zawm lo
liberal libertarian hi a ni!

Mi rilru zau tak leh rilru zau tak anga a inngaih avangin,
"Thlarau lam kawng zawng zawng hi a tha vek a, chuvangin
pakhat mah hian min phuar lo ang" a ti a, mahse thlarau lam
kawng zawng zawng leh sakhaw rinna zawng zawng zahna
tur zawng zawng nen chuan thlarau lam hnim hring, kawng
tinrenga che reng leh thlawk reng reng chu a ni tur a ni lo

Liberalism dik lo leh mitdel fanaticism chu pumpelh a
ngai a, chu ai chuan thlarau lam thila hlawhtling tur leh nun
tum hmu tur chuan finna chu pawm a ngai a ni

Pathian tana mi pakhatin theihtawp a chhuah apiang
chu Amah chuan a hre vek ang Mahse miin ngaihtuahna fim
tak hmanga Pathian lam panna kawng a zawh loh chuan an
thlarau lam hmasawinna chu a zawi lo ang Tih tak zeta
zawngtute chuan hriatna engemaw zat an nei ang a, mahse
mitdel anga ring leh mechanical taka tawngtai thinte erawh
chuan Pathian hnena an thlen hmain tisa lo chang tam tak
an hmang thei a ni

I rilru leh finna lama i rilru put hmang nena inmil kawng i
hmuh hma loh chuan zawng la, chu kawngah chuan chhel
rawh I chhian leh zir zawng zawng ngun takin enfiah la, eng
zirtirtu emaw, zirtirna emaw chu fiahnaah dah lovin pawm
suh

Jeweler chuan lunghlu dik tak leh lunghlu lem a thliar
hrang thei Chutiang bawkin thlarau lam zirtirtu dik tak chuan
mi thinlung tak tak zawngtu leh mimal thil hriat duh mai
maite chu a thliar hrang thei Thenkhat chuan thlarau lam
zirtirna dawng mah se an nunah an hmang zo lo
Amaherawhchu, thlarau lam zirtirna eng pawh hlawkna dik
tak chu a thlarau hip luh a, a hmantlâk lam thilte nitin nunah
hmannaah a awm a ni Chaw chungchâng sawi emaw, hmuh

mai mai emaw chuan a ti lo satisfy hunger Mi riltam chuan a ei zawh hma loh chuan a ei tur a ni Thufing angin, "Ha a ei chuan a hlawkpui a ni" an tih angin.

Thlarau lam zawngtute chu Pathian hre tura zirtir hmasak a ngai Sum leh pai emaw hriselna lam ngaihtuah hmasak hi thil tum a\anga tibuaitsu a ni Engkim hi Pathian hnen a\anga lo chhuak a ni tih hi a dik a, mahse thil dang zawn hmasa berte chuan chu thilte chu a huam chin chu an hre vek ang, mi hausa ber leh hrisel ber pawh ni se Thlarau zirtirtu thiam leh hriatna nei chuan Pathian a hria a, a hmangaih a, Pathian an duhna chuan duhthusam dang zawng zawng a phak lo

Thuhriltu pakhat chuan a thlarau lam kaihhruaina pawm turin min fuih a, a rah chhuah angin zuitu tam tak min tiam a Mahse a thilpek chuan ka rilru a hneh lo a ni a chhan chu ka thil tum ber chu Pathian a ni a, zuitu khawlkhawm ni lovin Zirtirtu dik takte chuan Pathian hriat duhna i rilruah tuh an tum reng ang kawng thim takah an hruai thla ngai lo vang che

Sakhaw lungphum bulpui ber chu Pathian nena inremna a ni Pathian biakna hmunte hi intihhlimna hmun, zaikhawmna hmun, film enna hmun, emaw khawtlang inkhawm fona hmun a ni tur a ni lo Heng intihhlimna thiltih hian Pathian lam a\angin mi a tibuaits Infiamna hmun pawnah dah tur a ni a, chu chu miten thil tum pakhat chauh atan an tlawh tur a ni: Pathian nena inzawmna siam Pathian biakna hmuna Pathian awmna hriat hi heng hmun thianghlimte tlawh leh tum ber a ni hmun thianghlim Hei hi thinlung zawng zawnga ka rin leh ka nunpui tawh chu a ni

Ka hmuh chhuah thei rah mak tak chanchin ka hrilh che a, kum khat chung zet nitin uluk takin ka hrilh che a nih chuan a hlutna chu i ring tawh lo ang Pathian tan riltam thuk tak a nei tur a ni a, taima tak leh thinlung takin Amah chu a

zawng tur a ni Sakhaw lam thusawi te, thusawi te, leh
thusawi te hian thlarau chhunga Pathian duhna nasa tak lo
pung zel chu tiharh a tum a ni

A chang chuan Pathian duhna ka hriatna mi ka tawng
thin Mahse Pathian hriat chu chu aia ropui zawk daih!
Pathian hre tak taktu zawngtu chuan a châng chuan khawvêl
pum pui hi A êngin a khat tih a hmu ṭhîn—a va han tawn
mak leh mak tak êm! Mahse hei hi zan khat thil thuah a
thleng thei lo Pathian hriatna chuan Pathian hriatna thlentu
thlarau lam kawng leh hmanrua te chu rei tak leh mumal
taka hman a ngai a ni

Hlimna duhna hi duhthusam zawng zawng zinga chak
ber a ni Lawmna dik leh nghet tak chu Pathianah chauh
hmuh a ni A awmna i hmuhchhuah hian hlimna nasa takin a
khat a, chu chu khawiah mah leh thil dangah i hmuh theih
loh hlimna a ni Ka zirtirtu, Sri Yuktiswar-a chuan min hrih a:

Ngaihtuahna leh thlarau lama inlungualna lama i
hlimna chuan hlimna dang zawng zawng a phak chuan
Pathian i hmu ta Khawvel pum pui pek i nih chuan i
hmachhawn dan tur i hre lo ang; you would feel burdened
and constantly anxious about everything Lal, president, lal
fapa, leh khawvel milar te nun i hriat chuan, an rilru hahdam
lo leh thinrim, buaina thlipuiin a rawn vawrh kual a, a sir tin
atanga lungkhamna thlipuiin a rawn nuai tih i hmu ang An ni
chu chanvo kutah puppet ang maiin an hmang a Mahse
Khawvel Eng nena inzawm tlat chu mi hlim tak a ni a, chu
chu ni

se..
.. engmah an nei lo va, hlimna an neih
avangin engkim an nei a Pathian nena inzawm tlat chuan an
thinlungah Pathian a awm avangin engmah a hlau lo va,
Pathian chenna thinlung chu hlauhna leh lungkhamna a awm
lo

Pathian biakna hmun zawng zawng hian thiltum an nei vek a, chuang chuan ka hmangaih vek a ni Pathian nena inpawlna dik tak hmun an nih hunah chuan an mission ropui tak chu an hlen chhuak thin Hêng hmunte hi Pathian hriatna khawizu khata khat buhfai bawm ang mai a ni tur a ni a, chutah chuan an pawimawhna leh hlutna a awm a, Pathianin thinlung dik tak, Amah tana inpe tak takte chu a hmangaih a, chu thinlungte chu a neitute'n pawn lama a hnuaia biak pawh ni se, a tlawh ang open sky Mite chu biak tura an inkhawm hian Pathian hmangaihna leh A awmna hriat duhna avanga tih tur a ni

Miin a nihna zawng zawnga Pathian a hmangaih hunah chuan a thiltih zawng zawng chu thutakah a inngat ang a, Pathian a hmangaihna chuan mahni hmasialna atana mite chhawmdawl emaw, hruai sual emaw a phal lovang

Thim chu eng ang pawhin thuk mah se, êngin a hal chuan a ti bo vek Kan chhungriah Pathian hmangaihna khawnvar kan hal chuan hriat lohna thim chu a bo ang Thlarau lam yoga science hian zawngtu chu an rilru chu Pathianah a dah a, an thinlung hmangaihna chu Amah lam hawi turin a pui bawk a, Pathian hmangaihna famkim atana mamawh inremna thianghlim chu a zawngtuin a thlen theih nan finfiah, scientific method a pe bawk

Pathianin kan chungte leh \hianta hmangaih theihna min pe a, chu theihna chu he leia kan mi duh berte kan hmangaih ang hian Amah hmangaih turin kan hmang tur a ni Mi pakhat chuan, "Ka hmangaih che Lalpa, pain a fapa a hmangaih angin, hmangaihtuin a hmangaih a hmangaih angin, thianin a thian a hmangaih angin ka hmangaih che a ni, hmangaihna zawng zawng leh thil tha zawng zawng awmna bul i nih avangin, ka pa, ka nu, ka pa i nih avangin ka hmangaih che a ni," a ti thei tur a ni thian, ka pu, ka hmangaih, leh thil awm zawng zawng ka tan".

Miin thinlung a\anga Pathian a hmangaih tak tak chuan chu hmangaihna chu a chhûn zânin a hre \hîn

Mi tam takin vawiinah hian "ka duh ber" emaw, "ka thian hnai ber" emaw an ti che a, naktuk hian chhan pakhat emaw, chhan dang emaw avanga kalsan che chauhvîn Hei hi hmangaihna a ni lo Pathianin a khat thinte chuan tumah an tichhe thei lo Pathian i hmangaih hian mi zawng zawng tana a hmangaihna thianghlîmin i thinlung a luah khat thin Chu hmangaihna chu mihring lei eng pawhin sawifah theih a ni lo

Miin amah a inhriat loh chuan thinlung zawng zawngin Pathian a hmangaih thei lo He mahni inhriatthiamna hi a chang chuan muthilh thuk lai hian hriat lohvin a thleng thin a, chu chu mi pakhatin thlarau anga mahni nihna a hriat chian laiin a thleng thei bawh Mahse, ngaihtuahna hmangin a thleng thei bawh Mi pakhatin thlarau anga a inhriat hian a chhungah Pathian awmna a hmuchhuak tawh a ni The moon's reflection is not clearly visible in murky or agitated water, but when the water's surface is calm and clear, the thla lem a lo lang famkim Hei hi rilruah pawh a dik a ni: rilru a thlamuang lai hian i thlarau thla ang maia hmêl chu chiang takin i hmu a, thlaraute chu Pathian entîrna an ni si a, Rilru dil aţanga ngaihtuahna buai tak takte kan lak chhuah hian—ngaihtuahna hmanga—Pathian thlarau lantîrna thianghlim angin kan inhria a, thlarau leh Pathian chu pumkhat an ni tih kan hre chhuak a ni

Yoga hian taksa atanga chakna leh hriatna la chhuakin a chhuahna lam pan turin min zirtir bawh a, chu chu Pathian a ni Nunna chakna chu taksa hriatna atanga Pathian hriatna lama inthlak danglam leh thlak danglam turin min zirtir bawh

Miin Pathian hnena a tawngtai hian a rilru leh ngaihtuahna zawng zawng chu Amah ah a awm vek tur a ni a, chutiang hun chung chuan thil dang ngaihtuah lovin Pathianin kan ngaihtuahna a hre vek tur a ni a, ngaihtuahna

leh tawngtai lai hian kan rilru chu Amah ah kan dah reng tur a ni Kan ngaihtuahna a vakvai tan a nih chuan—chu chu an nihna a ni—kan hruai kir leh tur a ni. ni khat chu eng ang pawhin buai mah la, Pathianah i rilru inhmang reng chungin ni leh zan a liam dawn tih i hmu ang

Midangte pawh thinlung takin kan hmangaih tur a ni Mi pangngai chuan hetiang hmangaihna hi a nei thei lo a ni, a chhan chu anmahni ego tenau takah an inkhung tlat a, chuvangin Pathian chu anmahni chhungah leh thil nung dang zawng zawngah a awm tih an la hre lo a ni Mite ka hmangaih a, inang tlangin ka enkawl a ni a chhan chu Pathian thlarau lam lantir an nih vek avangin tumah hi ka tan chuan mikhualah ka ngai thei lo a ni, a chhan chu Pathian thlarau pakhata tel vek kan ni tih ka hriat avangin Sakhaw awmzia dik tak i hriatthiam chuan, chu chu chu Pathian hriatna a ni a, I nihna sang zawk a nihzia leh A thil siam zawng zawngah inang tlang leh bias nei lovin a awm tih i hrechhuak ang Tichuan mi zawng zawng chu i nihna sang zawk angin i hmangaih thei tawh ang

Hnungtute hip ka tum lo, chu chu ka nun tum a ni lo Ka thusawiah za tam tak emaw, sang tam tak emaw an kal emaw, thutnate chu a ruak reng emaw pawh ni se, ka tan danglamna a awm lo Dik tak chuan, hriat duh nei mahse thinlung tak tak nei lo za tam tak aiin ringtu thinlung tak tak kut tlemte chauh ka duh zawk Ka thil tum ber chu miten mahni inhriat chian tir hi a ni he leiah hian Pathian awmna hriat duh tak tak zawngtu tihlungawi nan Lehkhabu te, sermon te, leh thusawi te chu a tawh tawh lo vang Mahse thutak an hriat chian hunah chuan nun hi a nihna tak tak angin an hre tawh ang

Kan hriat leh chhiar thutakte hi ngaihtuahna mai mai ni lovin rinna nghet tak a nih theih nan kan hmang tur a ni Pathian Lehkha Thu Thianghlim chhiar hian thlarau lam

zawngtuah Pathian hriat duhna a tiharh tur a ni Mahse chu thiltum ropui tak thlen theihna turin ngaihtuahna thuk tak aiah chuan a thlakna tur a awm lo

A mamawh tak chu thlarau lam thil tawn hi a ni Pathian inremna chauh hian nun tum nei lo atanga lo chhuak boredom thuk tak chu a ti bo thei Thlarau lam thil tawn hi thil tak tak a ni a, nitin, ngaihtuahna senga ngaihtuahna hmanga tih theih a ni Ngaihtuahna hmanga Pathian hriat theih a ni Tin, A awmna i tawn hunah rinhlelhna a bo ang a, hriat lohna chhum chu a bo ang a, thlamuanna i nei ang hriat ngai loh, Pathian remna chu tehkhin rual a ni lo

Miten anmahni ngeiin thudik an hmuhchhuah a hun tawh Ka hrih che u hi, nang pawhin i duh chuan i hmuchhuak thei ang Heng zirtirnat hi mi thenkhat tan chuan philosophy ang maiin a lang thei a, mahse a hmangtute chuan an hlutna an hria a, an lawmman an seng thin

Ka zirtirtu chuan a hnen atanga thlarau lam zirtirna thar ka dawn apiangin: "He thutak hi i hre tur a ni" tiin min hrih thin a, ka hre ta bawh!

Ka zirtirtu ka hmuh a, he kawng hi ka hmuchhuak a, keimah ngeiin ka thil tawn a\angin Pathian leh thutak hriatna kawng \ha tak a ni tih ka chiang ta a, chuvang chuan ka nun pum pui chu a tan leh mihringte rawngbawl na atan ka hlan ta a ni

Pathian khawvel zau takah hian khawi hmunah pawh thlamuanna awm rawh se

Thlarau lam hriatna tlemte

Zirtirtu chuan thlarau lam kawnga a kaihhruaina
:zawngtu zirtir pakhat hnenah chuan

Nangmah leh i thlarau lama i hlawhtlinnate miten an
hriatpuina chu duhsak suh la, Pathian chauh zawng rawh

I chhungah remna a awm tih i hriat chian hunah chuan
thil siama thil tha zawng zawngah hian remna leh muanna a
awm tih i hrechhuak ang

Thilsiam mawi takah Amah chu i hmu ang a, thian nihna
dik takah a awmna i hre ang a, duhthusam ropui tak leh tum
zahawm takah A malsawmna i tawng ang a, mahni
hmasialna tum nei loin Remna puan hnuaiah A awmna chu i
hre thei ang

Tin, thil mak zawng zawngah pawh

Kawngkhar chu taima takin kik la, puan chu a la chhuak
ang a, a ropuina leh ropuina zawng zawngah hmel ropui ber i
hmu ang

Pathian i hmangaih chuan a hmangaihna chu i hria ang
a, thil dangin a bum thei lovang che Material experiences
hian a thlem ang che

Thlarau lam hlimna i la tem loh avangin I tem chuan a
danglamna i hre mai ang

Zalen takin duhthlanna nei rawh Engmahin khap che
suh la, tumahin thunun che emaw, i hlimna tibuitu emaw
phal suh

I self hi cosmic whole-a a hranpaa awm a ni a, chu
perfect whole chu i zawng chhuak tur a ni a, chu chu blissful
consciousness i tawn theih nan leh Pathian hmangaihna
lawmnate i tem theih nan a ni

Huatna leh thinrimna lung ina hmangaihna hruai chhuah

Lalpa, kan thlarau chungah i êng êng turin kan ngen che
a ni

Tin, i hmangaihte leh i tanpuina zawngtute chu i
malsawmna tam tak hmangin tui pe rawh

Tin, indona, tharum thawhna leh thihna ramhuai te chu
min hlat tir rawh se

Tin, remna chu kan tum ber ni turin min fuih bawk ang
che

Tin, hmangaihna hi kan ruahmanna a ni

Kan tum ber chu khap tlat (restrictive constraints)
atanga zalenna hi a ni

* * *

Miin sum khawlkhawm leh taksa duhzawng hlen chhuah
mai mai a tum chuan

A hlawkna a hmuh chu a tlem a, a pawimawh lo hle
bawk

A chhan chu khawvel hlawkna zawng zawng a
hnutchhiah hun a lo thleng dawn a ni

Mahse Pathian zara a hausak chuan

Khawvela lal zawng zawng leh mi hausa zawng zawng
aiin a hausa zawk ang

Chu ro hlu malsawmte chu Pathian hmangaihtute kutah
a awm a ni

Thlarau hausakna tih loh thil danga lungawi lote

An thlarau lam duhzawng tihhmasawn tumin an thawh
lai hian

Tin, an nun bul an duhna chawm turin
Tin, huatna leh sualna thuk tak atanga hmangaihna
thawhlelehna pawh
Khawvel ngaihtuahna zim tak aiin an hriatna chu an
chawisang zawk thin
Zalenna, remna, êng leh hlimna hmun (horizons)
thlengin
An ramri nei lo zauzia chu an hre chiang hle
Hriatthiamna leh hriatna thar an tawng thin
Tin, ngaihtuahna tha leh thiltih tha chi an tuh ang
bawkin
An hriatna hmun hrang hrangah
An hriatnate chu a inhawng a ni
Tin, an cognitive powers te pawh a activate bawk
Philamson, an nihna dik tak
Anmahni chhungah Pathian ram an hmu chhuak thin
Kan inthar thar leh theih nan Pathian Engkimtitheia min
kaihruai turin kan ngen a ni
Tin, kan thlarau nun chu thim lung in ata kan hruai
chhuak bawk
Zalenna, thlamuanna leh hriatna êng awmna hmunte
hnenah
Thei leh thlai thar hi ei tur pawimawh tak a ni
Nutrition chungchanga thusawi atang hian

Encinitas, California-ah - June 1940 khan a rawn thawh a

ni

Sa protein chauh hi chakna petu pawimawh tak a ni lo

Thlai leh thei hmin loha mineral salt awm thenkhat pawh

hi thil pawimawh tak a ni

Sa tam tak hian chakna nasa tak a pe ve tho nain, sain

hun rei tak chhung ei leh in a thunun chuan chu chakna chu

a pe tawh lovang Chu bâkah, protein ei tam lutuk hian

protein toxicity a thlen thei a, chu chu hahna leh natna

thlentu a ni A tawi zawngin, protein tam lutuk hi a tlem lutuk

ang bawkin a hlauhawm a ni

Chauhna tihbo i duh chuan a damdawi pakhat chu ei leh

in dik takah a awm Sa hian hun eng emaw chen atan chakna

a pe thei a, mahse taksaah hian toxin tam tak a luhtir Chaw

raw, tui lo tam zawk ei hian hahna rilru a tiziaawm ang a,

chakna a pe ang che

Juices hian chakna nasa tak a pe a, mahse thei leh thlai

pum pui hian nutritional value nasa zawk a pe a Mahse, mi

thenkhat chuan he form-a ei tur hian hun an hmang duh lo

mai mai a ni

Digestive system hian chemical substance te chu a la

chhuak a, taksa pum puiah cell chi hrang hrangah a sem

darh thin

Taksa hi chemical element tam tak atanga siam a ni a,

ei leh in hian nitin chutiang element tlakchhamna chu a

tihpun a ngai a ni

Nitin ei tur hian protein, vitamin, mineral, thau leh oil

thenkhat, leh natural carbohydrates tling tawh te a tel tur a

ni a, chutih rualin refined starch leh refined sugar a theih

ang angah tihlem tur a ni

Energy petu ropui tak chu orange tui leh ground almond
inzawmkhawm hi a ni a, almond hi orange tui nena
chawhpawlh a nih chuan a hmin tha zawk a ni

Fluid tam tak in a pawimawh bawh Tui quality tha a
awm loh chuan thei tui thar, coconut tui, leh watermelon te
hi supplement tha tak leh tui thianghlim aiah a then a ni

Nakin lawkah chuan heng juice-te hian hriselna atana
thatna a pek avangin miten thei tui leh thlai tui an ei tam
zawh dawn a ni

Inferiority complex leh superiority complex pahnih hi a
chhe vek

Inferiority complex chu superiority complex ang bawkin
a chhe a, a chhan chu mi pakhatin a hnuaihning zawka
inhria chuan an chhunga awm superiority chu a lantir thei
dawn lo a ni

Mihring hi thlarau lam mi a nih avangin meialh
thianghlim pek a ni a, mi hnuaihning anga ngaih emaw, mi
zawng zawng aia chungnung zawka ngaih emaw, zahawmna
leh bul tanna nei lo ang maia che chu thil dik lo leh dik lo tak
a ni

Miin chapon a lantir hian chapon thlalak thim tak
chuan thlarau chhunga Pathian êng chu a khuh bo thin

Chuvangin, knot pahnih hi kan pumpelh tur a ni a, a
chhan chu a pahnih hian thlarau lama hmasawna daltu an
nih vang a ni

Pathian chu kan hnenah a awm a, min fuih a, min
kaihruai a, kan nuna hmangaihna ropui ber a ni tih i hria ang
u

Pathian hretute chuan mi tin rawngbawltuah an inngai
a, midang aia tha zawkah an inngai lo

Inferiority complex hi ngaihtuahna chak lo leh
subconscious chak lo nei te nen a inzawm a, superiority
complex erawh chu huatna inchhuanna leh inngaihluhna dik
lo atanga lo piang a ni thung

Hêng knot pahnihte hi thlarau lam ðhanlenna tichhe thei
an ni a, hriatthiamna dik leh rorelna dik takah ni lovin, thudik
ngaihthah leh ngaihthahnaah an innghat a ni

Mahni inrintawkna hi mihring chak lohna rochun hnehin
a tuh tur a ni A duhtute chuan an nunah hlawhtlinna tak tak
hmanga a thlumzia tawn tumin an bei tur a ni a, chu chuan
inngaihtlawmna leh inngaihluhna buaithlak tak ata chu
Pathian tanpuinain an chhuah zalen tur a ni

Vitality thuruk leh a bulpui ber

Taksa hian chaw chu chaknaah a chantir theih nan
darkar engemaw zat a mamawh a Mahse duhthlanna
tichaktu leh tichaktu eng thil pawh hian chakna a siam nghal
vek a ni

Duhthlanna hian taksa cell atanga chakna a la a, ei tur
atanga chakna lakchhuah te dahkhawmna thluaka chakna
dahkhawmna atang hian chakna a la chhuak thin

Will hian cosmic source atanga taksa chhungah spinal
cord kaltlangin activity thar a hip lut bawh

Chuvangin, chakna thuruk chu miin chakna a neihte
humhalh a, duhthlanna hmanga taksa chhunga chakna thar
rawn luhtir hi a ni

?Engtin nge chu chu tih a nih

Pakhatnaah chuan, duhthusam leh duhthusam taka thil
tih a ngai Tih tur a awm a nih chuan duhthlanna leh
duhthlanna hmanga tih tur a ni

Duh taka i hnathawh hian chakna nasa zawk i nei a, a
chhan chu thluaka nerve atanga chakna i lak chhuah mai
bakah taksa chhunga cosmic energy luang chhuak nasa tak i
hip lut a ni

Hmeichhiain a hmangaih tan chaw tui tak a buatsaih
thin chu hlimna leh chaknain a khat thin

Mahse a duh loh zawnga chaw siam tir a nih chuan a tir
atang khan a chau tih a hria

Chuvangin duhthlanna hian chakna a rawn keng tel a ni
:thawnthu tawi

Vawikhat chu, ka thianpa pakhat nen mi thianghlimte
chungchang kan sawi dun a Ka thianpa chu broker a ni a, ka
thahnemngaihna chu a tawmpui lo a, chu ai chuan,
"Mithianghlim i tih zawng zawngte hi a takah chuan Pathian
hre lo charlatan an ni" a ti a, ka inhnial lo va, mahse thupui
ka thlak a, brokerage profession chungchang chu kan sawi
tan ta a, hemi chungchang tam tak min hrih hnu chuan zawi
te hian, "Chuti chu chutah chuan i hria em" ka ti a broker
rintlak pakhat mah an ni vek lo em ni?" A thinrim hle a,
thinrim takin, "A nih leh broker chungchang eng nge i hriat?"
Kei chuan, "Chu chu ka sawi tum tak chu a ni Tin, mi
thianghlimte chungchang eng nge i hriat?" A tawng thei lo a,
muangchang tak leh ngilnei takin ka chhunzawm a,
"Brokerage chungchang engmah ka hre lo, nang pawhin mi
."thianghlim chungchang engmah i hre lo

Vantirhkoh chakna nei

Pathianin chakna vantirhkoh angin min siam a

Tin, taksa taksaah kan dah baw

Kan ngaihtuahna zawng zawng chu taksa chak lo tak
takah kan dah vek a

Tin, cosmic nun chakna hmanga charged thlarau thlarau
chu kan theihnghilh ta a ni

Tunah chuan ngaihtuahna seng turin theihtawp kan
chhuah tak tak a ngai a ni

Total awareness hriatna neih leh theih nan
Hlawhtlinna bul chu thlarau lam hriatna lo pung zelah a
awm a ni

Chumi hmang chuan kan taksa nei lo nihna kan hre thei
ta a ni

Tin, Pathian anpui chu kan chhungah a awm tih pawh
Thlarau lam huana pangpar hmasa ber chu rinna leh
beiseina pangpar a ni

Mahse, a rah chu mahni infiamna hmanga hriatna tak
tak hmuh a ni

Beiseina nei la, nun thil tha leh malsawmnate chuan a
nghak reng che tih hria ang che

Thinlung tak leh inpekna nena i thawh chhung chuan

Pathian ro hlu bo tawh chu siam\hat leh turin

Thlarau mi dik tak chu mi inthlau tak a ni

Mi lungawina nei, hriselna tha tak nei, leh hriatthiamna
pung zel nei mi

Thlarau hausakna leh finna ro hlute a nei a ni

Pathian tanpuina a lo thleng dawn tih a ring tlat a ni

Eng anga nun khauh tak angin lang mah se, eng ang
dinhmun chhe tak pawh ni se

Pathian hmel chu thilsiam mawinaah hian a lang chhuak
thin

Tin, a aw hian hla nalh tak tak, thianghlim tak tak
hmangin min bia bawk

Tin, hmangaihtute aw thlum leh nem tak atang pawhin

Tin, duty aw ri bengchheng tak hmangin

Thil \ha leh remna lam min hruaitu incentive

Hlimna leh hriatna hi Pathian aw a ni

Chu chuan malsawmna in lama kir leh turin min ko a ni

Thlamuanna leh rilru thlamuanna in

Tin, a awmna thlum tak chu hlim taka hman theih nan

Tin, a mawina danglam bik, chungnung zawk pawh

Khawvel hi a bumna mak tak mai a ni a, chutiang chuan

kan hnaih a ngai a ni A bumna leh inbumnate kan hneh
hmasak loh chuan midang kan pui thei dawn lo

Kan hriat reng tur chu rilru fimkhur tak pakhat chauhna
hmunah hian hlawhtlinna ropui zawng zawng factory a awm
a Tin, he factory mak takah hian, dinhmun tha lo zawng
zawng hneh emaw, \ha taka hmachhawn emaw theih nan
kan duhzawng pattern te chu kan hrual chhonzawm zel tur a
ni

Will chu training leh exercise reng reng a ngai a ni

Mihring hian a hun a khawhral loh chhung leh a
chaknate a thlawna a hmanral loh chhung chuan he leia
factory-ah hian hnathawh theihna hun remchang tam tak a
nei a ni

Zanah chuan khawvel thil phut atang hian ka
inhnukdaw a, keimah leh keimah ka bula awm turin ka
inhnukdaw thin

Khawvel atanga hla tak, hla takah

Ka thlarau lam mahni chauha ka duhzawng nen chauh
Ka ngaihtuahna chu ka duh lam hawia ka hruaina hmun
Thutlukna chu ka chhungril thuk takah ka siam ta a ni
Thil hrisel leh hlawkthlak tak tak ti tura ka duhna ka fuih
hian ka tan hlawhtlinna a siam thin Hetiang hian vawi tam
tak ka duhzawng chu tangkai takin ka hmang tawh a Mahse,
hei hi duhthusam hman dan pangngai hmang chauhvin a
thleng thei a ni

Pathian duhzawng nena charged ka duhna chuan ka"
duhzawng chu ka tan a tihlawhtling ang," tih leh i nemngheh
!theih hunah chuan rilru natna mak tak i nei ang

Mi chu Pathianin a duhzawng a pek hmang lovin Pathian
duhzawngah engkim a hlan a nih chuan a zawn ang result
chu a hmu lovang

Pathian thiltihtheihna chuan a duhthusamin a puiah duh
che a ni

Pathian chu a chakna leh a thiltihtheihna mak tak takte
nen kan hnen ata hla tak leh vanram hla takah a inthup tih
ngaihtuahna chu kan rilru atangin kan hnawtchhuak tur a ni
a, Pathian duhzawng chu kan mihring duhzawng hnung
lamah a awm tih kan theihnghilh tur a ni lo va, mahse
thiltihtheihna chak tak, tuifinriat a tui lian leh a zau zawngin
a luang khat ang maiin, rilru a inhawng a, thinlung a pawm
theih loh chuan a lo thleng lo vang

Dilna dilna

Aw Universal Nu

Kan thinlunga meialh awmchhun ni turin

Tin, kan thlarau thim tihbo nan

Tin, nangmah kan hmangaihna mittuiah pawh

Khawvel thil kan hmangaihna chu silfai rawh

Tin, i thusawi kan pawm thei hi kan lawm hle bawh

Kan lungngaihna leh lungngaihnhate vawi khat atan tibo
rawh

Kan thinlung te te hi thinlung lian takah siam rawh

I awmna zawng zawng a huam vek a ni

Tin, i Pathian nihna dathlalthlangah pawh

Mi famkim leh thianghlim takah i inngai ang u

Kan hmangaihna meialh chu sang takin lo sang rawh se

Leilung duhna meialh chungah

Thlemna maktaduai tam tak chuan nangmah angin an
insiam a

Tin, min bum reng bawh

* * *

!Aw Pathian hlimna thianghlim leh famkim, lo kal rawh

Nangmah kan duh em emna temple-ah hian lut rawh

Planet hi thlamuang takin awm rawh se

Kan tlangah te, hriat lohna zan thim takah te

Min kaihruai a, him takin min hrui kir leh rawh se

!! hmun him leh him takah

Chatuan atanga thusawi ri

Khayyam-a quatrain hmasa ber

Edward Fitzgerald-a lehlín niín Master Paramahansa-a

sawifiah a ni

Khawthlang lama Omar Khayyam-a hmingthanna hi kum

zabi sawm leh kua laihawl vela Fitzgerald-a'n a quatrains a

lehlínnaah a inngat a, chu chu English tawnga lehlín tawh

zawng zawng zingah chuan a tha ber nia ngaih a ni

Zirtirtu Paramhansa chuan Omar Khayyam chu thuruk

thiam ropui tak tak zinga mi leh mahni inhriatthiamna sang

tak neiah a ngai a, a thlarau lam leh thil tawn atanga a thil

tawn sawina atan symbolism a hmang a, chu chu crude takin

a hriatthiam loh thu a sawi a, zirchiangtute chuan a thlarau

lam philosophy quatrain-a a dah chu hriatthiam tumin thuk

takin an chhui lo tih a sawi bawh

Harh! Zan Bowl-a Zing atan

Stars te Flight tura dahtu Lung chu a vawrh chhuak ta

Tin, lo! Khawchhak lam Hunter chuan a man ta a ni

Sultan-a Turret chu Noose of Light-ah a awm

:Arabic tawng atanga lehlín

Harh rawh u, zîng hian zan bêlah lung a paih tawh si a

Arsi te chu a darh vek

Tin, hetah hian Khawchhak lam ramsa mantu chu a awm

bawh

Sultan kulh chu a man ta a

Eng noose nen

:Hrilhfiahna leh hrilhfiahna

.A awmzia sawifiahna: 1.1

Zing: Leilung awm dan lem (illusory earthly existence)

atanga harh chhuahna zing a ni

Zan bungrua: hriat lohna thim chuan thlarau thi thei lo

chu mihring hriatna thui tak, tikhawtlai takah a khung a ni

Lung: Thlarau lam tihthianghlimna

Stars: Thil neih duhna rilru hneh thei tak

Hunter of the East: Khawchhak finna chak tak, illusions

la awmte tichhe thei

Eng noose: finna malsawmna êng, thlarau lung ina

khungtu leh hremtu thim tihduhdahna chu tichhetu

.Hrilhfiahna: 1.1

:Chhungril lama ngawi renga awm chuan

Harh rawh! Hriat lohna mutthilh chu kalsan rawh, finna"

zing a lo chhe tawh si a, Hriat loh bêl thim chu thlarau lam

tihthianghlimna lungin paih la, chu chu tikehsawm turin leh

."thil duhna dull arsi thim leh eng tak takte chu tidarh rawh

Khawchhak finna êng, thil dik lo zawngtu leh tichhetu"

chu en teh u, thlarau kulh sang tak chu êng kawrfual

hmangin a man a, a khap tlat thil thim chu a tibo a, a tibo

".vek a ni

Aw suangtuahna khawpuia chengte u, mut hi kalsan"

rawh u! Chhungril finna thlarau lam thuchah ni eng a lo lang

."ta si a

Thlarau lam tihthianglimna lung nghet tak hmanga
hriat lohna bêl thim tak chu tihchhiat a, chuta ẵang chuan
hun eng emaw chen chhũaga thil nuam tihna duhna chu
hnawhchhuah dân zir rawh

Finna zawngtu, êng duh leh thutak zawng rengtu"
thlarau a\angin zirlai la la, chatuan zalenna ropuina ropuina
ropuina aura hmanga hual vel rawh

Fapa Tlan Loh lehna

Vawikhat chu kum tam tak kal ta khan ka zirlai pakhat
chu a lehlamah a kal ka hmu a

A thiltih avanga a rah chhuah pumpelh theih loh chu ka
hrechhuak a, a thiltih dan tur chu kalsan turin kawng dik
zawng zawng hmangin ka fuih a, mahse ka pui thei lo tih ka
hmuchhuak ta a ni

A chhan chu sual kawng zawh zel a tum vang a ni

:A tawpah chuan ka rilruin

."Chu chu a duh avangin ka kalsan mai ang"

Mahse ka hmangaihna leh ngaihsakna chu a lo let leh
thuai a, theipui kung hnuaiah chuan ka thu a, ka mitthla ta a
ni

Thahnemngai takin a hnuaia mi fing thuchah hi ka

:thawn chhunzawm zel a

Pathianin i tih tum chungchangah i rilru thlak danglam"

."turin min ngen a ni

Zan lamah chuan ka taksa leh rilruah intuitive feeling

chak tak ka neih chuan a rawn kir leh tak tak dawn tih ka
ring ta a

Vawikhatmah "fapa tlanbo" chu a rawn lang a, in lamah
:a lo haw tawh a, thalngul chungin a lo hmuak a, a ti a
Nilengin, ka kalna apiangah leh eng thil pawh ti ila, i"
"?hmel ka hmu a Chu chu eng nge a awmzia

Kei chuan: "Pathianin keimah kaltlangin a ko che a ni
.Chu chu A kohna a ni a, ka ta ni lovin" tiin ka chhang a

Ka duhzawng chu mahni hmasialna avanga chêt a ni lo
va, kalsan loh ka tum tlat a ni

He hmun hi i lo haw hma loh chuan hawn reng a ni ang

Hetiang design chi hian inthlak danglamna nasa tak a
!thlen thei It's truly an amazing force

I kawng i siam a, i kawng zawh chhonzawm zel tura i
rilru i siam hunah chuan i duhzawng chu i activate a ngai a,
practical effort i siam a ngai a, chutah chuan hlawhtlinna
element zawng zawng chu i hriatna leh i hriat lohna hmun
atang hian i hnenah a lo thleng vek dawn tih i hmu ang

Pathian chakna hmanga charged i duhthlannaah chuan i
tawngtaina chhanna chu a awm a ni

Chu will i hman chuan i tawngtaina chhanna i hmuh
theihna window chu i hawng a ni

Chu chu keimah ngeiin ka thil tawn a ni Tun hma chuan
ka duhzawng fiah nan chauh thil engemaw tih ka tum a,
mahse tunah chuan chutiang chu ka ti lo a, a chhan chu a
rah chhuah ka hriat lawk vang a ni: ka duh zawng zawng chu
Pathian Engkimtitheia zarah tihhlawhtlin a ni

.Mihring Tum Hnuhnung Ber" tih lehkhabu atang hian"

Pathian hi kan thlarau vengtuah i siam ang u

Tin, Pathian êng chu scout a ni

Nunna kawng thim takah chuan

Zan buaina kaihruaitu êng a ni

Tin, harh hun chhungin chiang taka ni

Tin, leia awmna thim tuipuah kaihruaitu arsi pawh

A tanpuina i dil ang u, a fuihna i zawng ang u

A chhan chu khawvel hian a sang leh hniam a
chhonzawm zel dawn a ni

A thilthlengte chu tuipui lian tak ang maiin a buai hle

?Khawi a\angin nge kaihhruaina kan hmuh ang

Kan fickle, biased habits-ah a awm lo

Influence hnuaia awm kan chhehvel atang pawhin

Kan ram atang emaw, kan khawvel atang pawhin

Chu ai chuan kaihruaitu thutak aw a ni zawk

Thlarau thuk tak atanga lo chhuak

Hun tin hian Pathian chauh ka ngaihtuah thin

Ka thlarau chu a hnenah ka hlan ta a

Ka thinlung chu a kutah ka hlan a

Ka hmangaihna leh duhthusam chu a lam hawiin ka
kawhbmuh a

Pathian bak chu engmah kan rinchan tur a ni lo

Tin, A êng tilangtu turte kan rinchan tur thu pawh

Chu êng chu ka kaihruaitu a ni

Ka finna leh ka hmangaihna a ni

Hneh theih loh chakna

Tin, tluk rual loh thutak pawh

Tunah leh chatuan atan

Mihring ngaihtuahnaah hian a extreme em em a, nunah
hlawhtlinna chang tur chuan machine ang maia chawlhsan
lovin hna thawh a ngai tih ringtu an awm

Kawng lehlamah chuan anmahni aia extreme tlem lo mi
an awm a, vawi khat thlarau lam thil an ngaihven tawh
chuan thil dang zawng zawng duhna an hloh tawh a, chu chu
dinhmun dik lo a ni

Entirnan, ngaihtuahna seng nasa tak leh taksa
thawhrimna ngai thil tih a ngai lo tih an ring a, asceticism leh
thil neih zawng zawng bânsan turin an fuih a Mahse he rilru
put hmang hian rilru lama dinhmun nghet lo chu a khuh bo a
ni

Thlarau lam thil dik lo puan hnuaiah

Zirtirtu ropui tak takte hian khawvel hi an ngaihven hle
a, mahse engmah inzawmna nei lovin Ka zirtirtu chu thil
mawi tak tak pek a nih chuan a enkawl a, a venghim thin a,
mahse a chhe emaw, a chhiat palh emaw a nih chuan nui
chungin, "Ka ngaihvenna chu a tawp ta a, a chhan chu ka
ngaihtuahna a luah lutuk vang a ni," a ti thin

Pathianin min pekte ka ngaihlu dan ang chiah hian ka
inhria a, mahse ka hloh chuan ka tlai lo

Vawikhat chu mi pakhatin kawrfual mawi tak, lukhum
nen min pe a, chu chu set man to tak a ni a, ka enkawl a, a
hrual leh a bawlhhlawh loh nan ka humhim a, ka rilru a hah
hma loh chuan ka hlim hle a, ka rilru a buai em em a: "Aw
"!Pathian, he buaina hi ka mamawh lo

Ni khat chu Los Angeles-a hall pakhatath lecture pe turin
ka kal a, ka thlen chuan ka coat ka phelh tan meuh chuan
Pathian aw chuan, "Coat pocket-a thil awm zawng zawng kha
keng vek rawh u" a tih ka hre ta a, Chuvang chuan ka ti ta a
ni

Lecture zawhah coat dahna pindanah ka kir leh a, coat -
Pathianin a humhim che u - a bo tawh tih ka hmuchhuak a

Chu chu ka lungawi lo hle a, chuvang chuan mi
pakhatin, "I lungawi lo suh, kawr dang kan lei sak ang che" a
ti a, kei chuan, "Ka kawr ka hloh vang ni lovin, kawr latu
khan kawr nena inmil tak kawr pawh a lak loh vang a ni
.zawk" ka ti a

Kan rilru put hmang hian min thunun kan phal tur a ni lo
Miin a ngaih pawimawh ber chu a thawmhnaw leh thil neih
?dangte chauh a nih chuan engtin nge a hlim theih ang

Hei hian thawmhnaw thianghlim leh felfai ha lo emaw, in
tihfai leh tihfai loh emaw a kawk lo va, heng thilte hi innghah
lutuk emaw, inngaihtuah lutuk emaw tihna a ni zawk

Vawikhat chu zanriah eikhawmnaah min sawm a,
engkim a mawi em em a, a inrem tha hle bawk a, zanriah
chu ka ei tha hle a, mahse kan mikhualte chu an hlauthawng
hle a, engkim chu ruahmanna angin a kal lo mai thei tih an
hlau a, chuvang chuan an lungkhamna hmangin boruak chu
an tichhe ta a ni

Mi rilru na lutukte chuan mi dangte lungkhamna leh
lungngaihna chu an hre fo thin Engvengin nge hlauhna leh
hlauhna chu? Kan theihtawp kan chhuah tur a ni a, chutah
chuan chawlh hahdam la, midangte chawlh tir tur a ni Thilte
chu nawr luih lovin a pianphung kawng zawh turin kan phal
tur a ni a, chutah chuan kan chhehvela mite pawhin
thlamuanna an hmu ang

Parmenidean atanga lak chhuah a ni

Mihring duhzawng hnuaiah hian Pathian duhzawng leh
khawvel chakna (cosmic energy) luang chhuak tawp nei lo
thiltum a awm a ni

Nunna atana thil \ha leh \angkai zawng zawng lantir a ni

Hemi avang hian, duhthlanna sang zawk nena inmil leh
nghet taka awm reng chu Pathian tanpuinain hlawhtlinna
pek a ni ang

Duhthlanna chu thil tum bik tihhlawhtlinna tura chakna
leh duhna a ni

Duhthlanna tel lo chuan engmah tih theih a ni lo; dik tak
chuan, duhthlanna hmang lovin nitin nunah hian chetna
awlsam tak pawh siam theih a ni lo

Mi tam zawk chuan thil pawimawh lo tak tak an ti a, an
thawhrimna chu siam\hatna kawngah an dah lo

Duhthusam hi duhthlanna nen a danglam a, duhthusam
chu duhthlanna thlentu (catalyst) angin a thawk thei a ni

Duhthlanna siam chhuahnaah chuan a hmasa berah
chuan tumruhna a nei tur a ni a, hriatna, hriatthiamna leh
finna a hmang tur a ni

Chumi hnuaah chuan training leh duhthusam chu hriat
rengna hmanga thil tum duhthusam tihhlawhtlinna a ni

Tum a thlen hma loh chuan zinkawng leh thawhrimna
chu a kal zel tur a ni

Mi pakhatin thiltum ropui tak tihhlawhtlin a tum chuan,
beih tawh loh chu thil dik lo a lo ni ta a ni

A nih loh leh, dinhmun ṭha lo takah a inpe mai thei bawh

Consciousness chu duhna leh ngaihtuahna sang zawk
nen a inmil a, duhthlanna chu tihtawp lohvin ngaihtuahna
pakhatah a inngat a nih chuan, duhthlanna chu ramri nei lo
leh tawp thei lo cosmic activity-in a saturate ang

Mihring duhzawng hriat lohna leh duhnain a thunun
chuan a neitu chungah hrehawmna leh harsatna a thlen thin
Hlimna dik tak tem tur chuan duhthusam \ha chuan thil \
ha lote a hneh a ngai a, duhthlanna chu thutak bul leh thil \
ha awm zawng zawng lo chhuahna lam hawiin kawng dik a
kawhbmuh a ngai a ni

Engvânin nge miin thu dik lo hrih chu a pumpelh ang?
A chhan chu thu dik lo chuan inbumna leh bumna a chawm a
ni

Pathian mithmuhah phatsan hi sual lian ber pakhat a ni
Mimal hlawkna tur emaw, phuba lak duhna avanga mi
pakhat dik lo taka puh chu thu dik lo sawina chi khat a ni Mi
zawng zawngin he thil tih hi zawm ta se, mipui zingah buaina
leh buaina a lo awm ang

Mi dang chungah thu dik lo sawi ngaihthlak chu thuhretu
dik lo thlawpna leh a thiltih zahthlak takah a telna a ni a, chu
ngaihthlak leh thlawpna chu thlarau thlamuanna tichhetu leh
nun muanna tibwaitu chhungril rilru lama inhnialnaah a
chang ngei ang

Hun engemaw chen atan a dik a nih pawhin, chu thiltih
chuan a tawpah chuan nasa takin a hnungtawlh ang a,
lungngaihna leh rilru lam natna a siam ang a, chu chuan
hriatna a tibuai a, chhia leh tha hriatna a tibwaitu a ni

Itsikna hian rah tha lo leh rapthlak tak a nei baw k a,
miin a chhuahsan thin ngaihtuahna leh rilru put hmang chu a
chungah a lo let leh dawn avangin mi huattu tan mimal
hrehawmna a thlen thin avangin

Hmangaihna leh midangte tana thilpek petu chuan
hmangaihna leh midangte tana ngaihsakna a dawng let leh
ang a, duhâmna, mahni hmasialna leh inhuatna ngaihtuahna
thawn chhuaktu chuan heng thilte hi a chungah a inang
tlangin a rawn thlen ang

?Engvangin nge miin a ruk loh ang

Mi zawng zawng hi rukru, rukbo leh sum laksakna
hmanga nung ta se, khawvel hi eng ang nge ni ang?
Chutiang a nih chuan thil sual tenawm leh rapthlak ber berte
chu tih a ni ang Thil humhalh leh thil ruk lak let lehna tur
indona nasa tak a awm ang

Rukruk hi khawtlang nunphung kalh zawnga midangte
dikna chanvo laksaktu thiltih a ni a, chuvangin awm dan kalh
a ni a, khawtlangte hian thil tisualtute hmachhawn tur hian
facility leh hmanraw tangkai tak tak an nei lo

Rukrute chu lung inah an khung chuan an thil tih hlui
chu a zung kaih belh thei a, misual dangte nena inpawh laiin
nungchang tha lo thar an nei thei bawh Chutiang a nih
chuan, an chhuah hunah chuan lung ina an luh hma aiin an
dinhmun a chhe zawk daih ang

Sual kan hriat loh nan, sual kan hmuh loh nan, kan sawi
sual loh nan, kan thaw tha lo turin Lalpa mal min sawm turin
kan ngen a che

Sual kan khawih lo va, sual kan hre lo va, sual kan
ngaihtuah hek lo va, sual kan mumang pawh kan nei lo

:Nitin kan hman chakna te hi

Kan hriatna (sensory perceptions) te

leh kan rilru put hmang te -

leh kan finna te -

A zawnz zawnz hi Pathian hnen a\anga puan chhuah a
ni a, a tel lo chuan second khat pawh kan nung thei lo

Amaherawhchu, a thilpekte kan hman lai hian kan
ngaihtuah tur angin kan ngaihtuah lo va, a phu anga
ngaihsakna kan pe hek lo

Chu ai chuan, tisa khawvêl nêna inmil tak leh inzawmna
pumhlum neiin, tisa lam hlimna leh khawvêl thil tumte chu
kan zawm zâwk a ni

Hei hi kan hrehawmna leh hrehawmna zawnz zawnz
bulpui ber a ni

Pathianin a anpuiin min siam a, chuvangin kan chhunga
a awmna kan hmuchhuak a, kan thlarauah a hlimna nectar
kan tem loh chuan hlimna dik tak thlum chu kan hre thei lo

Nitin kan mamawh, duhthlanna hmanga kan hmuh
theihna tura mamawh thiltihtheihna malsawmna pawh kan
nei thei lo bawh

Chu chakna bul chu Pathian a ni tih kan hriat phawt loh
chuan Amah kan rinchan a, a lam kan hawi a ngai a ni

Tui luang chhuak chhonzawm zel karah malsawmna min
rawn luahtir zawnz zawnzte chungah lawmthu thinlung takin

.I lawm chuan ka tipung ngei ang che [in favor]

Kan thinlungte chu thilpek petu chungah lawmthu
sawinain a luang khat chuan, a ropuina awmna tur biak in
thianghlim a lo ni ta a, chu chu miin a tihhlawhtlin theih
ropui ber a ni, nunna thiltum chu mihringin a Siamtu nena
inrem taka awm a, Amah hnaih a, Amah hriat chian hi a ni si
a

Pathian ram leh a felna zawnz hmasa phawt ula, chung}
{zawnz zawnz chu belhchhah a ni ang che

Pathian hriat reng leh ngilnei taka ngaihtuah reng hian,
Amah chu kan hmangaih a ni tih kan hre chhuak ang a, a
thlante kan ni tih leh a thilpekah hian chanvo kan nei tih kan
hre thei ang

Hlimna, hmangaihna, êng leh thatna ram

Pathian malsawmna tam tak kan ngaihtuah hian, a ropui
ber chu thiltum sang zawk nena inmilna leh thlarau lam
hlimna thlentu kawng dik zawh kawngah duhthlanna zalenna
hman theihna hi a ni a, ni tin chhungril hlimna tharin a khat
a, kan nunah malsawmna tuifinriat a luang lut tih kan hria a,
chuvangin lawmthu sawina chuan kan thinlung a luah khat a,
nun hian duhthusam leh awmzia a nei ta a ni

Ngaihtuahna hmanga thil mak taka thawk Pathian dan
hmu theitu chuan hmangaihna, fakna leh lawmthu sawina
zawng zawng pek tur A hmaah chuan fak, lawmthu sawi leh
inngaitlawm chu a bansan ngai lo

Thil tha awm zawng zawng bulpui Pathian hi i hre reng
ang u, kan hriatrengna chu kan thinlung chhungril atanga lo
chhuak hmangaihna dik tak nen i pawlh ang u

Nunna lo luang chhuaktu Pathian hnenah chuan
hmangaihna a lo chhuak a, malsawmnate chu tawp lovin a
luang chhuak thin

Mihringte tana meialh tichhetu, emaw, khawvel leia thlai
tha tuhtu, emaw, ngaihtuahna êng tak thehdarhtute, emaw,
thiltih \ha leh nungchang ropui tak ti tura fuihtu zawng
zawngte chu duat takin i hre reng ang u

Hmangaihna kawngah kan thinlung i hawng ang u, kan
rilru chu êng pe thei tura infuih tharna dawngtuah siam ila,
Pathian hnenah tanpuina leh kaihhruaina i dil ang u

Kan ngaihtuah leh tihnaah

Hlahna hian thinlung a tichhe thin

Mihring rilru hi chakna emaw, thil pawimawh tak tak
emaw dahkhawmna hmun zau tak a ni

He hnathawh hi taksa peng hrang hrang, thinlung, lung
leh diaphragm hnathawhnaah te, cellular metabolism-ah te,
thisen chemical reaction-ah te, motor sensory organs
. (nerves) hnathawhnaah te hman a ni fo thin

Chu bâkah, chakna pawimawh tak tam tak chu
ngaihtuahna, rilru put hmang, leh duhthlannaah hman a ni

Hlahna hian thiltih pawimawh tak takte chu a tichak lo
va, active will hmêlma nasa berte zînga mi a ni

Hlahna hian nerve lam hawia luang chhuak fo thin
nunna hnathawh chu a tikhawlo a, a tikhawlo a, chu chuan
paralyze ang maiin a lang a, taksa chu a rilru a hah a, a
chakna pawh a tlahniam hle a, nasa takin a tlahniam bawh
(hlahna hi nerve blocker a ni!)

Hlahna hian hlahna thlentu tihbo a pui lo Duhna a
tichak lo va, thluak chu taksa peng hrang hrangte hnena
daltu signal thawh turin a fuih Hlahna hian thinlung a tichhe
a, chaw ei a tichhe a, taksa natna tam tak a thlen bawh

Awareness chu Pathianah a inngnat reng chuan engmah
i hlau lo vang a, harsatna leh daltu zawng zawng chu i hneh
thei ang

Huaisenna leh rinna nen "Duhthusam" chu chakna
tlachham duhna a ni a, "tum" erawh chu thil tih tumna a ni:
duhthusam emaw duhthusam tihhlawhtlin tumna Mahse
"duh" tih hi hetiang hian sawi theih a ni: "Ka duhzawng ka
."tihhlawhtlin hma loh chuan hahchawlh lovin ka thawh a ni

I duhthlanna i zirtîr hian, thil pakhat hmuh theihna tûra
thil tûl ti lovin duhsak ai chuan, thiltih pawimawh tak
chaknate chu i chhuah chhuak thei a, i kaihruai thei a ni

Beiseina kan hloh tur a ni lo va, Pathianin kan dinhmun
siam\hatna tur te, kan ngaihtuahnate chawisang tur te,
keimahni leh midangte tana nunah thil thar leh \angkai tak
tak siam turin hun remchang hnuhnung ber min pe \hin tih hi
kan hre chiang zawk tur a ni

Kan nunphungah kan hlim lo a nih chuan lungawina leh
rilru lama thlamuanna engemaw chen min pe thei tur kawng
leh hmanraw thar kan dap chhuak tur a ni

Kan dinhmun siam\hatna tur leh kan nun awmze nei leh
hlu tak siam thei tur thil tih hi kan ngaihtuah a, chu chu a
taka hman tur a ni

Hmanhmawh taka mamawh chu hriatna tihdanglam
emaw, a kalphung tihdanglam emaw hi a ni

Harsatnain min nghawng a, kan inthlahna a tichhe
lovang tih kan rel tur a ni a, thil lungkhamna hian kan nun a
tichhe lo vang a, kan rilru a luah ang a, kan boruak a tichhe
lo vang

Tin

Mite chu ding reng leh danglam lo taka awm reng a ngai
lo Thlarau chu a thianghlimna leh chakna nena a eng theih
nan, Pathianin mihringte chung a ropuina ropui tak a pek chu
a lantir theih nan, a nihna takah chuan inbumna puan chu
hlihsak a ngai a ni

Pathian chuan thawhrimna tha te, thil tum dik tak te, leh
hlawhtlin tumna te chu mal a sâwm a ni

Kan nun hnuaiah hian Thlarau Chungnungber
thiltihtheihna a awm a, kan duhzawng hnuaiah hian Pathian
Duhzawng cosmic ocean a awm bawk

Chu tuifinriat ramri nei loah chuan kan tel ve a, kan
thlen a, kan inbual hian kan hriatna a zau a, kan zauzia kan
hre ta a ni

Ngaihtuahna chuan min hnaih tir a, ngaihtuah chuan
chu lam min pan tir a ni

Chumi nena inmil tura beih chhunzawm zelnah chuan
hriatna, tumruhna leh chakna min pe a ni

Nitin hriatna atana inbuatsaihna hian Pathian
hmangaihna leh van malsawmna a thlen thin

Kan hnenah tihtawp lohvin a luang a, tuifinriat ro hlute
chu tam tak min pe bawk

Mihring tin chungah hian Pathian hriatna thup a awm
a, chu chu a rilru put hmang lantir theihna hun nghaktu
hriatna a ni

Tin, ego cellar tawi leh khap tlat atanga chhuah tur
chuan

Miin a thil hmuh chu mumang mai a ni tih hre turin
mumang chhiatthlak tak atanga a harh ang bawkin, Pathian
hriatna pawhin mi chu mut leh buaina mumang atanga harh
chhuakin nun awmzia leh thiltum hriatna thar leh
hriatthiamna dik tak nei turin a fuih a ni

Thlarau lam harh chhuahna zing tawn leh thil Chiang tak
êngte hmuh kan duh chuan chhungril aw chu kan ngaithla
tur a ni

A fuihna chu kan chhang let a, Thlarau hmasawwna
tikhawlotu leh a kalna tikhawlotu, thil awm lo lung leh hriat
lohma lungte chu kawng a\angin kan paih chhuak tur a ni

Tin, ngaihsak lohna muthilh atanga harh chhuahna
kawngkhar chu duhthusam kut hmangin i kik ang u, chutiang
chuan hlimna thlipui chu kan thawk chhuak thei ang a, kan
ngaihtuahna tin leh kan rilru put hmang zawng zawngah van
lam electric kan rawn thlen thei ang

Tin, kan hnathawh zawng zawng pawh

Pathian Engkimtitheia chu kan hriatnaah hriatna
kawngkhar hawnsak turin kan ngen a, finna êngin min luah
khat turin, a hmangaihna min hual vel a, a chatuan
lainatnain min hual vel turin kan ngen a ni

Ka hnena lo kalte zingah hian a tir atang khan, chiang
takin, an thil tum chu a dik lo tih ka hrilh thin mi an awm a,
chu thil tum chu thlak danglam turin ka ngen bawh

Tlemte chuan ka thusawi hi an duh lo hle a, mahse
midangte chuan an chhang let a, a tha zawngin an inthlak ta
a ni

Inngaihluhna hian rah tha a chhuah lo va, mi fing ber
pawhin an mit a lan chhuah chu an thup thei lo

Mi pakhat chanchin zawng zawng hi an mitmengah a
inziak vek a ni

Mi pakhat nihna dik tak hriat i duh chuan Pathian
hnenah chu mi mizia dik tak chu i hnena hriattir turin dil
rawh

Bum i duh loh avangin i thinlung chhungril takah a nihna
dik tak i hre ang a, i intuition pawh a dik lo ang

Kan thianpa kan biak hian a mitmengah direct-in kan
thlir tur a ni a, inrintawkna, rinhlelhna leh thutak nen kan
sawi tur a ni

Mi kut kan thlak hian kan hmangaihna leh thinlung tak
takte magnetism chu kan thlen tur a ni a, kan theih ang
tawkin tanpui kan tum tur a ni

Hriatna zawngtu chu positive a ni tur a ni a, a thlarau
lam magnetism tihhmasawn kawngah a thawk tur a ni;
tichuan Pathianin midangte tanpui theihna leh malsawmna
vibrations an hnena thlen theihna thiltihtheihna a pe ang

Planet leh arsi hla ber berte pawh ka zin chhuak thei a,
mahse i ta ka ni reng ang I hnungzuitute chu an lo kal leh
chhuak mai thei, mahse kei chuan ka zui ang che a, i ta ka ni
ang che chatuanin mihring lo piang chhiar sen loh thlipuiin
min rawn vawrh kual mai thei a, mahni chauha awm leh
mahni chauha awm ka ni mai thei, chuti chung chuan i ta ka
ni reng ang

Khawvel hian i games-a buai tak hian a theihnghilh mai
thei che a, mahse ka hre reng ang che Ka aw chu a bo mai
thei a, ka hlawhchham mai thei bawk

."Mahse ka thlarau thusawiah chuan: "I ta ka ni reng ang

Fiahna te, natna te, leh thihna te hian min tikehsawm
thei a, ka taksa a ti kang thei a, mahse ka hriatrengnaah
beiseina êng a awm chhung chuan

Ka mit thi mek chu en rawh, anmahni hmang hian ka
hriih ang che: "Chatuanin ka hmangaih ang che a, i chungah
"!ka rinawm reng ang

Thudik takin ka hriih a che u, ka zawhna zawng zawng
chhanna chu mi hnen atangin ni lovin, thilphalna zawng
zawng bulpui Pathian hnen atangin ka dawng a ni

Tin, khawvel pum huap hriatna zawng zawng bulpui ber
a ni bawk

Nunna atana ka fuihna awmchhun a ni a, ka thusawi
hian ka thusawi chu a thiltihtheihna, a thutak, a hmangaihna
leh a êng hmanga charge turin ka ngen a, a hmangaihna
ropui ber chu ni lum takah thli nê̄m tak ang maiin thlarauah
a luang lut a, a luang chhuak chu chak takin zan leh zan, kar
tin, kar tin, kum tin, kum tin a chhunzawm zel avangin, a
tawpna chu khawiah nge a awm tih i hre lo

Mihringte hian mihring atanga hmangaihna leh
hausakna mamawh kan ti a, mahse hmangaihna tinreng
hnung lamah leh hausakna tinreng hnung lamah

Pathian hmangaihna danglam lo leh thlarau lam
hausakna leia hausakna hmanga teh theih loh Tupawh
Pathian chu hmangaihna, hlimna leh khawngaihna zawng
zawng bul a ni tih hre chiangtu chuan a hmu ang a, a hlim
hle ang

Pathian chuan Amah beiseitute hnenah a pe a, a
beiseitute hnenah pawh

Amah a en a, thilsiam lam a en lo

Chhiatna leh harsatna ata a chhanchhuak thin

Tin, sualna chu kawng a\angin a dah bo \hin

A thinlungah chuan thlamuang takin nun kan hmang a

Tin, thlarau thlamuang tak takte chuan an hre ve bawk

Tin, kan mamawh hunah min pui thin

Thlamuanna leh hlimna thlentu touch nen

Tin, thatna chu ruah sur ang maiin kan hnenah a lo
thleng thin

A supply hi dam chhungin a tawp ngai lo
!Khawngaihtu ber chu malsawm a ni, a va ropui em
A ta kan nih ang bawkin keimahni ta a ni reng a ni

Infuih tharna sang ber berte

Aw Pathian Siamtu

Aw Khawvel Lalpa

Aw Nang, planet, arsi leh galaxy te enkawltu leh
tichaktu

I rorelna dik chuan i mipuite chu duhthlanna zalen leh
duhthlanna zalenna pe turin a ti a, chu chuan anmahni an
insiamthat theih nan leh i thu bul thianghlim leh i thil tumte
hnaih zawk turin a pui ang

Chatuan zalenna min pe a, kan chhungah hian khawvel
pum huap hriatna chi i tuh a Mahse vanduaithlak takin kan
khawvel pum huap hriatna chu mahni hmasialna, huatna,
rilru zim tak leh mitdel fanaticism hnuaiah kan khin a ni

Lalpa, kan leh midangte inkara artificial, icy barrier leh
daltu zawng zawngte chu – kan hmangaihna lum tak leh
unau inhriatthiamna nen – min ti hmin thei ang

Mahni insûmtheihnaa chhia leh tha hriatna fimkhur tak
leh rorelna dik tak hmang tûr leh nun kawng dik taka kal
tûrin min tanpui ang che

Tin

Aw Khawvel Lalpa, zalenna piang mihring zawng
zawngte zalenna hi i zah ang u, i hlut ang u

Tin, khawvel inpumkhatna kan din theih nan leh nunna
atana kan thlarau lam hrulaitu atan kan thlan theih nan mal
min sawm ang che

Thlarau thuk tak a\angin

Aw Lalpa, ka duhthusam meialh chu eng chhuak rawh se

I awmna thianghlim chu a awm reng a ni

Ka duhzawngte tan biak in ka sa ta

Ka ngaihtuahna zawng zawngah

?Khawngaihin min rawn tlawh dawn em ni

Tin, ka hmangaihna che lal\hutthlengah khan i thu baw

!em

Ka ngaihtuahnate hian i kaihhruaina fing tak chu zawm

rawh se

Ka damchhunga hlimna ropui ber ni rawh se

Pathian ngaihtuah leh Amah ngaihtuah chhuahna

kawngkhar a\angin

Temple of Sustainable Peace-ah ka lut ang

Vawiin hian lungkhamna leh hlauhna entir nan thingpui

bundle ka hal dawn a ni

Ka thlarau chhunga Pathian biak in ti eng turin

Ka thlarau chauhvin Pathian ka zawng ang

Tin, a hmangaihnain ka thinlung a nat hma loh chuan

nasa takin ka tawngtai ang

Tin, ka tawngtaina a chhanna pawh ka hre baw

Aw, ka nun meialh chu Pathian ni nen hian inhmeh thei

se

Tin, thil \ha hmangaihtu mit zawng zawngah a eng

chhuak vek baw

Indonain a tihchhiat khawvel hi ka theh darh ang

Remna leh hmangaihna ngaihtuahna nen

Pathian hmun thianghlimah ka lut ang

Tin, cosmic consciousness pawh ka khawih bawh

Ngaihtuahna hlimna leh Pathian hmangaihna hmangin

Pathian venhimna chuan engtik lai pawhin leh chatuan

atan min hual vel a ni

Tin, Pathian êngin min zui a, ka chhehvela thim chu a

tibo vek bawh

A kaihruaitu ênga ka kal chhung chuan ka tlu lo vang

Kawng dik ata ka bo lo vang

Emotion nung tak tak

Aw Nunna Thlarau leh Universes Master

Ka mit hnung lamah i awm a, chuta tang chuan i

mawina langsar tak chu ka hmu a ni

Tin, ka beng hnung lamah pawh, chu chuan leilung aw

inzawmkhawm chu ka ngaithla thin

Ka khawih hnung lamah i awm a, chu chuan i lei

khawvelah thil ka hre thin

Tin, i hmel mawi tak thup tu nature puan piah lamah

pawh

Pangpar thlamuanthlak tak mitmengah hian ka hmu che

a ni

Tin, chaw tha tak thlum takah ka tem che bawh

I Pathian nihna leh i chatuan thlumzia chu ka hre Chiang
hle

Thil tha leh thilmak awm zawnz zawnzah
Lalpa i hnenah ka tawngtai a, ka aw khur hnung lamah i
awm a ni

Tin, ka rilru hnung lamah pawh, chu chu ka tawngtaipui
thin

Ka rilru thuk ber piah lamah i awm
Ka ngaihtuahna thianghlim leh duhthusam leh nangmah
ka duhna piah lamah

Ka ngaihtuahna piah lamah leh ka hmangaihna ngilnei
!tak piah lamah i awm

Aw, mihring rilru put hmang puan hnunglam atang hian i
rawn chhuak ta se

Tin, natural scenery hmuhdawm tak tak te pawh
Nangmah ang chiaha ka hmuh theih nan ka thlarau
!mitte chu meng la

Pathian tel lo nun hi a famkim lo

Pathian nena kan inzawmdaah chuan intuitive
understanding hian min fuih ang a, kan thiltih apiangah min
kaihruai ang

Chu thiltihtheihna malsawmda chu hre rengin kan nei
tur a ni Chu thiltihtheihna chu kan chhungah a awm a; kan
phochhuah mai a ngai a ni

He thiltihtheihna hi i dinhmun siam\hatna tur leh i tana
thil awlsam zawk siam turin engkimah hna a thawk tih i hmu
ang He thiltihtheihna nen hian i inzawm chuan i hriselna chu
khawvel chaknain arawn thawk chhuak ang a, i

ngaihtuahnate chu a thianghlim zawk ang a, a ngaihtuah ber
ang a, a fiah zawk ang a, a luhchilh zawk ang I thlarau chu
Pathian thutak nung leh a finna tawp thei lo tan chuan
bungrua a ni tih i hrechhuak ang

Pathian chu hriselna, hausakna, finna leh chatuan
hlimna bul a ni Amah nena kan inzawm hian kan nun hi a
famkim a, a famkim a ni

Pathian tel lo nun hi a famkim lo chu Nunna, chakna leh
finna min petu thiltihtheihna sang ber chu kan ngaihtuah a
ngai a ni

He thutak hi kan rilruah a luang lut a, he chakna hi kan
taksaah a luang lut ang a, he hlimna tawp nei lo hi kan
thlarauah a luang lut se tih hi kan tawngtai a ngai a ni

Mit khar thim hnuaiah chuan khawvel thiltihtheihna mak
tak takte chu a awm a, thlarau tha leh thlarau ropui zawng
zawngte pawh a awm bawh

Tin, thlarau sphere hrang hrangte zau zawng tawp nei lo
pawh

I ngaihtuah chuan thutak famkim chu i hrechhuak ang a,
a hnathawh mak tak chu in nunah leh thil siama thil mak leh
ropui zawng zawngah i hmu ang

Duhthusam kawngpuiah te

Pathianin min ko a ni

Thlarau inhawng hmangin

Tin, hmangaihna avanga thinlung ngilnei tak takte pawh

Tin, rinnain a khat bawh

Zirtir thil tha tih apiang

A hriatna chu step khatin a hnaih tawh hle

Cosmic consciousness threshold atang chuan

Inchhungah ka lut ang, Lalpa

I Pathian mawina en turin

Tin, i êng eng mawi tak takte ka hmuh hian malsawmna

ka dawng baw

Ka nun hi I Pathian finnain a kaihruai a nih chuan

Chuvangin ka thawhrimna hi hlawhtlinna lallukhum

khum a ni ngei ang

Ka bo lo vang

Ka mit hmuh a fiah theih nan Lalpa, mal min sawm ang

che

Ka thlarau a lo thianghlim tawh

Tichuan, ni Chiang tak chu a hmu ta a

Tin, thudik hriat hi ka hlim hle baw

Vawiin hian ka harsatna tawhte ka theihnghilh ang

Tunlai leh hmalam hun ka hmachhawn ang

Huaisen tak leh inrintawkna nen, Engkimtitheia puihnain

Ka taksa chu cosmic energy hmangin ka charge ang

Tin, ka nihna chu Pathian hriatna tihdamna êngin ka sil

baw

Cosmic nebula ang maiin

Remna chuan ka hriatna a luah khat a

Tin, Pathian awmna tawp nei lo chu a hre ta a ni

Aw Lalpa, ka hriatna hi ti eng ang che

Ka rilru bungrua chu luah khat rawh
Hriatthiamna leh hriatna nen
I hmangaihna êng chu eng chhuak rawh se
Ka nun kawng hrang hrangah
Blue Islands thliarkar-ah chuan

Ka balcony atang chuan chhim lam ka hawi a,
suangtuahna thlawhnaah chuan boruak hla tak tuipei kamah
chuan ka thlawk thla a Ka dinglam leh vei lamah chuan tlang
pahnih, rei lo teah thuruk sen hring hring lo inlet te chu ka
hmu a

Ka han en leh chuan kut hmuh theih loh pakhat chuan
deep blue veil-in a khuh a Ka hnungah chuan Guadalajara
khawpei chu a mu a, thim zingah chuan a inbual tawh a,
tunah chuan khawchhak lam van chu pink nem takin a rawn
eng ta a, hmalam ka en chuan ka mit chuan rangkachak
luiah chuan thliarkar dum khawpei mak tak mai chu a rawn
inphah a

He thliarkar dum, magical blue islands awmna
archipelago-ah hian, blue limestone tlang lian tak a lo
chhuak a, chu chu grey-white volcanic clouds-in a hual vel a,
chu chuan meialh sen-rangkachak lava geyser a rawn
chhuah chhuak a, chu chu rainbow ang maia inher chhuakin,
lui reh tak lam pan chuan a rawn inher chhuak a, rangkachak
meialh nasa tak chuan blue islands chu êng halos-ah a khuh
a ni

Chu rangkachak lui reh tak chungah chuan blue peak
leh a lallukhum meialh chu twins ang maiin a lang a,
dinglamah chuan lui te tak te, reh tak mai chu a eng chhuak
a, chu chu blue island pakhat rilruah chuan thla bial, chhum
thlipui kara a inbual ang maiin a innghat a ni

I wandered for a long time in the city of sunset and
mirage-like clouds, floating on the surface of the lake with its
delicate golden light And how magnificent were those golden
waters studded with red ice clusters scattered in every
direction to the edge of eternity

Eng thilsiamte hi he leia thlarau tha tak tak an ni tih ka
ngaihtuah a, nun fiahna zawng zawng hlawhtling taka an
paltlang hnuah chuan hlim taka awm theihna leh an
duhthusam ang taka an mumangte lantir phalsak an ni ta a
ni

Nitin ni tlak dawnah chuan chu thilsiamte chuan
tuifinriat leh rangkachak luipuiin a hual vel khawpui ethereal-
ah chuan an van lam mumang chu an tizual zel ang

Chutah leh lungngaihna man hnuaiah leh a piah lamah
he lei khawvel hian a lungngaihna leh hrehawmna zawng
zawng nen

Chutah chuan, thinrimna piah lamah chuan, chu
thilsiamte chuan êng sen an thawk a, orange êng an in a, an
insawn a, an hnaih a, an vak kual a, êng rawng hrang hrang
karah chuan an inbual a

Hetah hian chu thilsiamte chuan an mumang chu an
tihlawhtling nghal ang a, an duh angin an fantasy te chu an
rawn pholang ang a, chutah chuan an duh angin an bo vek
ang a, an bo vek ang

Hetah hian lungawina leh lungawina ro hlute chu a hlim
hle a, a khawvel mak tak, thilmak takah chuan a tlawhtu
zawng zawngte mumang chu thilphal takin a pe a ni

Hetah hian a duhthusam a thlen theih nan leh a
duhthusam a thlen theih nan mihring anga nghah leh duhsak
a ngai lo va, a duh angin a mumang a nei a, chu duhthusam

leh duhthusam zawng zawng chu a duhthusamin a
tihlawhtling ta a ni

Islands of Dreams-a ni tlak khawpui chu ka mumang
pakhat, subconscious fold-a awm reng chu a ni a, vawiinah
!chuan kawng engkimah a thleng dik ta

Dik tak chuan ka thlarau ro hlu leh ro hlu thup te chu ka
hmu tawh a, an êngin min hneh a, an êng chuan min ti mit a
!tidel bawk

Paramehansiat: Pathian Hlimna Spectrums

Inngaihtlawmna, Aw Lalpa, kawng chiang ber a ni

I Pathian khawngaihna ruahtui dawng turin

I Pathian rorelna dik leh thutak thu bulteah ka rinna ka
nghat ang

Hmangaihna kohna leh thinlung duhzawngte chu i
chhang let tih hriatna

I duhthlanna pum pui nen thawhhona tha tak neiin

Tin, nangmah ka rinna famkim nen pawh

I tanpuina ka dawng ang a, i hnaih hle ang

Vawiin hian nangmah lakah ka mawhphurhna ka hlen
ang

Khawvel chungka ka mawhphurhna ka hlen chhuah ang
bawkin

Aw Hmangaihtu Ropui ber

Thinlung hmun thianghlina ethereal echo ri chhuak chu
nangmah hi i ni

Tin, bengin a lak theih loh rilru natna aw i ni bawk

I hmangaihna malsawmna dawng hi teh theih loh
khawpin a ropui zawk

Khawvel ngaihtuahna zawng zawng a\angin

Tin, lei ropuina zawng zawng pawh

Nangmah ka rinna famkim nen

Natna thlalak chu a bo vek a, a lo kir leh tawh lo tih ka
hmu

Lalpa, thilsiam tukverh leh remna kawngkhar a\angin ka
hmu ang che

I malsawmna min rawn surtir rawh

Tin, I cosmic energy thlipuiah chuan min thun lut baw
ang che

Mahni hmasialna hi kan lakah hlat rawh

Chu chuan thlaraute chu a hnaih thei lo

Tin, an inhmuhkhawmna chu thil \ha leh êng
hmangaihnaa innghat a ni

Ka dilna pangpar hi tui ka pe ang che

Nangmah ngaihtuah leh I ngaihtuahna tui nen, Aw ka
Pathian

Chutiang chuan pangpar thar, nung tak tak a lo chhuak
thei ang

Infuih tharna, remna leh hlimna a\angin

Thil dik lo pumpelh theihna awmchhun chu thil dik lo tih
hre Chiang tura rorelna dik siam a, tih loh tura thutlukna
siam hi a ni

Thil dik lo pakhatin a dang a do chuan dikna a siam lo
Hriat lohna hi mihringte hmêlma dik tak a ni a, he khawvel a\
ang hian hnawhchhuah a ngai a ni Hausakna, hlimna leh
dikna famkim hunrawn thlen turin khawvelah hian kan
mamawh zawng zawng kan nei a ni

Daltu awm chhun chu mihring mahni hmasialna a ni a,
chu chuan he thil theih loh hi a siam Tawrhna rapthlak tak
leh dik lo tak hi mihringte hmasialna leh midang ngaihsak
lova mahni hmasialna zawn avanga lo awm a ni

Mi harsate chawm leh silhfen atana hman theih tur sum
chu tihchhiatna leh tihchhiatna atan hman a ni zawk He
mahni hmasialna, hriat lohna atanga lo piang hi khawvel
buaina bulpui ber a ni

Mi zawng zawng hian thil dik tak ti niin an ngai a, mahse
mahni mimal thil tum chauh an zawn hian karmic law of
cause and effect an siam a, chu chuan anmahni hlimna leh
midangte hlimna a tichhe vek dawn a ni

Mihring hriat lohna avanga khawvel lungngaihna ka
hmuh tam poh leh kawthlerte chu rangkachak hmanga siam
pawh ni se, hlimna hi a daih dawn lo tih ka hre chiang zual
sauh a ni

Hlimna chu midangte tihlimnaah a awm a, chutiang chu
mi zawng zawngin ti ta se, mi zawng zawng an hlim vek ang

Tin, mi tinin leilung thilpek a\
ang hian an chanvo an
hmu vek ang

Kan hriat lohna hmun atanga he khawvela lo kal kan nih
a\
ang hian nun lo pian chhuah leh thiltum ngaihtuah hi thil
awmdan pangngai a ni

Khawvel siamtu chanchin kan hre leh chhiar a, mahse a
hnena thlen dan tur kan hre lo Kan hriat zawng zawng chu

khawvel pum pui hian a Pathian rilru awmzia a puang
chhuak vek tih hi a ni

Darthlalang tê tak têa a pêng leh hmanrua te tê leh
chiang tak takte chuan dêrkâr siamtu chu min ngaihsantîr
ang bawkin, factory-a machine lian leh râpthlâk tak takte'n
an thil siamtu chungchâng min ti mak a, min tithinur ang
bawkin, thilsiam mak tak takte kan hmuh hian an hnung
lama finna thup chu mak kan ti hle a, heti hian kan zâwt a ni:
“Pangpar chu tuin nge ni lam hawia pianphung nung tak pe?
lo chhuak?Tin, engtin nge a parhte chu chutiang taka chiang
taka siam a nih a, chutiang rawng mak tak tak, hlimawm tak
”?tak hmanga chei a nih

Zanah chuan arsi leh thla hian an tangkarua ang maia
êng chu kan chhehvelah an theh darh a, van boruak zau
takah hian heng van lam thilte kaihruaitu hriatna hi
ngaihtuah turin min fuih a Thla êng nê̄m tak chu nitin
hnathawhna atan a taw̄k lo va, chuvangin rilru fîng leh nê̄m
tak chuan zan lama chaw̄lh hādam a rawt a Tichuan ni chu
a lo chhuak a, a êng êng tak chuan kan chhehvela khawvel
chu chiang tak leh chiang taka hmuh theihna min pe a ni
serenity, kan mamawh phuhruk turin kan mawhphurhna kan
la a ni

Kan mamawh phuhruk dan tur kawng hnih a awm a:
taksa lam kawng leh thlarau lam kawng Kan hriselna a
chhiat chuan entirnan, Doctor hnenah inenkawl turin kan kal
thei a Mahse, doctor emaw, midang emaw tanpui theih loh
hun a lo thleng a, kawng hnihna lam kan haw̄i a; kan taksa,
rilru leh thlarau siamtu thlarau thiltihtheihna hnenah

Material power hi a tlem a, kan hlawhchham chuan
Pathian thiltihtheihna tawp nei lo lam kan haw̄i thin Hei hi
kan sum leh pai mamawhnaah pawh a hman theih Kan
theihtawp kan chhuah a, kan la dawng tlem hian chu
thiltihtheihna lam chu kan pan thin

Mi zawng zawngin an harsatna chu a pawl ber nia an
ngaih Mi thenkhat chuan an chhelna a chak loh avangin
midang aia pressure an nei nasa zawk Mite rilru chakna
inang lo avang hian chakna chi hrang hrang an hmang thin
Miin harsatna nasa tak a tawh a, an rilru a chak lo a nih
chuan an hneh thei dawn lo Rilru chak tak nei te chuan an
harsatnate chu daltu te tichhiain an lungphum ti nghingin an
hneh thei Yet, the strongest pawl mite chuan
hlawhchhamna an tawh fo tîn Tisa lam, rilru lam, leh
thlarau lam harsatna leh harsatna nasa tak kan tawh hian,
he khawvêla nunna chakna hi a tlem hle tih kan hre chhuak
a ni

Kan thawhrimna hi hriselna tha leh taksa lama himna
neih mai ni lovin, nun awmzia zawn kawngah pawl kan inpe
tur a ni

Nun tum chu eng nge ni? Harsatnain min hneh chuan
kan chhehvel lam kan hawi hmasa a, hahdamna pe thei tura
kan rin thila insiamrem theih zawng zawng kan tum a Mahse,
kawng thim tak kan thlen a, "Ka tum zawng zawng a
hlawhchham vek a, eng nge ka tih belh ang?" kan harsatna
chinfelna \ha tak zawn chu uluk takin kan ngaihtuah \an a
Tin, kan ngaihtuahna a thuk tawh chuan kan chhungah
chhanna kan hmu \hin Hei hi chhanna \awng\aina chi khat a
ni

Ka thlarau thlamuang takah chuan

!Ka hmu ang che Lalpa

Min luah la, i chatuan awmna chu ka hrethiam ang che

Ka chhung leh ka chhehvel

Ka ngaihtuahna khawsakna hmunah chuan i aw hriat ka
duh khawp mai

Lei thawm ri nasa tak takte chu ka lakah hla takah dah
rawh

Ka hriatrengnaah thup a ni

I aw muang tak leh thlamuang tak chu ngaithla ka duh
khawp mai

Tin, hla phuahtu chu ka thlarau thlamuang takah a awm
reng bawk

Ka Pathian, I awmna hmun

I tel ve ngei ngei tur a ni

Ka nihna leh chhia leh tha hriatna chhungril takah
A ðen tlemte pawh ka lantîr theih nân min ðanpui ang
che

Ka thlarau lam lungphun chhunga ro hlu thup atang
!hian

Aw êng êng chhuak

Ka thinlung a harh ta

Ka rilru hriselna

Ka thlarau biak in hi i ropuinain luah khat rawh

!Aw chatuan North Star

Khawi hmunah pawh ka vakvai a, engtiang pawhin ka
hawi let leh thin

Ka rilru magnetic compass needle chuan i lam a hawi
reng a

Vanduai thliin a rawn nuai che emaw

A nih loh leh harsatna leh chhiatna ruah surin a tuam
bawk

Ka rilru erawh chu a kaihruai a
I lam hawi reng turin
Ka sava duh tak, a thla a vuak lai
Buaina chhum zingah
leh buaina thlipui te pawh a ni
I lam panna kawng a zawng ngei ang
Hmanlai hunah chuan
Ether thinlungah chuan
Thlarau anga kan lo pian tirh khan
Kan zavaiin kan muhil vek a
Pathian hmangaihna puan hnuaiah
Tin, Pathianin min tiharh khan
A bulah chuan kan tlan bo ta a
Fapa tlanbo chanchin ang bawkin
Kan inkara Pathian inzawmna (divine bonness of
kinship) chu kan theihnghilh ta a ni
Kan inhmelhriat loh phah ta a
Tin, kan vanram kan kalsan tawh atang khan
He khawvelah hian kan lo ni ta
Lei kil hrang hranga khualzinte kal kual
Destiny kawngte kan zawh thin

Kan kal thui lutuk

Kan in bul atanga hla takah kan insawn tawh a ni

Mahse, a chang chuan

Hmun thenkhat, thil tawn leh hmel thenkhat chuan min
tiharh thin

Hriatrengna phum leh chhungril rilru thuk tak

Kan hnenah chuan a rawn ti sap sap a

Kan tawng thar vek ang maiin kan inhria

Thil kan hriat tawhte chu

Hmangaihte nen kan inhmu a, kan inzawm baw

Anmahni nen kan inhnaih hle a

Hun kal tawh hla takah

Aw khawvel zawng zawng siamtu

I êng chu mi ropuah a eng a

An Pathian hriatna hian kan hriatthiamna min chaw

u

I tum ber chu nangmah i ni tih i hrethiam ang u

Kan tum ber chu

Ambition ropui ber a ni

Chu chu tihhlawhtlin kan tum ber a ni

I awmna thli rimtui tak nen min tiharh rawh

I awmna ropui tak duhnain min tikhat ang che

Kan nihna hi I Pathian finnain chawm rawh se

I êng thianghlîm hi i hre ve ang u

Kan nun kawng tinrengah a tuam chhuak vek a ni

Tin, kan tumruhna a tichak baw

Tin, kan thim chu a ti bo baw

Tin, remnain min tuam rawh se

leh beiseina sang tak a nei baw

Tin, thil tha tih duhna te pawh

Prince leh Enlightened Hermit inkarah

Vawikhat chu lal fapa roreltu pakhat chu a chhiahhlawh

leh a rawngbawltute nen ramsa man turin an kal a, thuam
tha leh ralthuam kengin an kal a, ramngaw thuk takah an lut
a, ki an vawm a, khuang an vuak baw

Sava, sakeibaknei leh sakeibaknei râpthlâk tak tak
thenkhat an man hnu chuan lal fapa leh a thiante chuan
kawng an bo tih an hre ta a ni

Chaw tam tak nei mahse tui an nei lo Ramngaw
chhunga tui zawng hah lo mah se, engmah an hmu lo Zan
lama sakawlh râpthlâk tak takte beihna lakah chuan
inhumhimna an nei lo, thim a lo hnaih tawh hle

Ni chu a bo ta a, caravan kaihruaitu lal fapa chuan khum
hlui, chhe tawh tak arawn pan a, Sakawr atanga a chhuk
hnu chuan kawngkhar khar loh chu a nawr hawng a, khum
chhungah chuan a lut ta vek a, a kil khata êng êng rêng a
awm tih loh chu a chung zawng zawng chu a thim vek a,
beidawng takin, "Kum pawh hi a thim tawh" tiin a ngaihtuah
.ta a

Mahse beiseinain a hrui a, "Remna Hetah hian tu emaw

"?an awm em

A mak tih em em chu aw muang tak hian muangchangin
a chhang tih a hre ta a, "Ni e, hetah hian ka awm Tui i zawng
"?em

Lal fapa chuan mihring thlarau a hmuh hma loh chuan
thim chhungah chuan rei vak lo a en reng a, chu pa chuan a
hmuh hma emaw, a hriat hma emaw pawha a ngaihtuahna a
hriat chu mak a ti hle a ni

Lal fapa chuan a mikhual chu, "Tunge i nih?" Host
.chuan, "Pathian tana inpe ascetic rethei tak" tiin a chhang a
Hermit chuan khawnvar a hal a, lal fapa chuan a pawlte
chu a ko a, chu ramngaw hla takah tui leh thei an hmuh
chuan lawmna nasa tak an nei a ni

Lal fapa chuan hermit chu, "Sakei leh rul i hlau lo em
"?ni

Hermit sheikh chuan heti hian a chhang a: "Ni lo, sakei
hi ka ran vulh ui an ni a, rul pawh hi ka tan chuan thlamuang
takin Kan inhmelhriat a, he awmnaah hian engkim ti eng
."Pathian hmangaihna ni chhuahnaah hian kan inbual fo thin

Lal fapa chuan hermit chu ngun zawka a en lai chuan,
hermit kawr atanga cobras pahnih lo innghat a hmuh chuan
hlauthawng takin a man ta a, a thil hmuh chu nemnghet
turin a hnaih deuh deuh chuan rulte chu an ri chhuak a, an
inhnim hrual a, an lu an ti hrual a, lal fapa thinlunga hlauhna
khur leh phuba lak duhna rilru put hmang chu an hre ta a ni

Chubakah, chutih lai tak chuan ramngaw sakeibaknei
pakhat chu khum chhungah chuan a lut a, ngawi reingin
hermit ke bulah chuan a muhil a Pathian miin a thlamuan a,
a lu a fawh hnu chuan sakei chu ngawi reingin a chhuak a,
ramngaw chhungril lam pan chuan a kal ta a ni

Lal fapa chapo tak chuan a rilruin, "He putar hi mi fel leh
thinlung ngilnei tak a ni tur a ni, ramsa leh tuihalna thihna
lakah min humhim si a, a thiltih lawmman atan ka hausa
.ang" tiin, Hermit hnenah chuan a bia a, heti hian a ti a

Aw Sheikh, i hmel chu ngilneihna leh thinlung takin a"
eng a, kei leh ka puitute tana i thil tih zawng zawng hi ka
lawmpui tak zet a ni Chuvangin, i hausa leh hausakna tur
thuruk hi ka hlan duh che a ni He thuruk hi a vawi khatna
atan ka puang chhuak a, nangmah chauh hnenah ka puang
."chhuak a ni

Chung thu a sawi zawh meuh chuan lal fapa chuan a
puan hnuai ata lung pakhat a la a, a sawi chhunzawm ta a,
.heti hian a sawi chhunzawm ta a ni

He chhungkaw ro hlu hi ka hlan che ka duh a ni"
Philosopher Lung a ni a, a hmang hian i hausa mai thei baw
He lung hian rangkachak a siam a, chu chu ka pa hnenah
alchemist ropui tak pakhatin a pek a ni A khawih zawng
zawng chu rangkachak thianghlimah a chantir theihna a nei
He lung hi kum khat pumpui i hmang thei a, lungte chu
rangkachak ah i chantir thei a, chutah chuan i hralh theih
nan rangkachak lal in lei turin ka lo kal ang." kum khat
hnuah i hnenahrawn kir lehin ka lung, ka nunna aia hlu
."zawka ka ngaih chu la let leh turin

Hermit chuan chu mawhphurhna chu a pawm duh lo va,
mahse lal fapain a fuih chhunzawm zel avangin philosopher
lung chu dah reng a remti a lal fapa chuan hermit chuan
fimkhur lo takin lung chu a kawrfual hnuai (miten an
pawisa an dahna hmun!) chu a dah a, chutah chuan lal fapa
chu a kal ta a ni

Kum khat hnuah chuan lal fapa chu a pawlte nen an lo
kir leh a, khum chhe tawh tak ai chuan lal in ropui tak hmuh
beiseiin Mahse, chu khum chu a la ding reng a, a hma aia a

dinhmun a chhe zawk tih a hmuh chuan a lungawi lo hle a Chuvangin a sakawr atang chuan a chhuk a, kawngkhar chu a rawn nawr hawng a, a aw chung berah chuan: "I la dam"?em, hermit

Hermit chuan aw ring tak leh thuk takin a chhang a: "Ni e, Pathian fakin awm rawh se, Aw Prince Ka in inngaitlawm .takah hian lo lawm rawh

Chutah leh thuhmahruai awm lovin lal fapa chuan: "Eng nge i tihsual, mipa? I hnena ka hnutchhiah philosopher lung chu engtin nge i tih? Engvangin nge hausakna atan i hman"?loh

Hermit chuan rei vak lo a ngaihtuah a, chutah chuan: "He philosopher lung i sawi hi eng nge ni a, hausak tur ka nih i tih hian eng nge i sawi tum? Dik tak chuan kei aia hausa .zawk hi ka duh lo" tiin a chhang a

Hlauhna chuan lal fapa chu a man a, chu chu hermit upa tak chuan a lung chu a ngaihsak loh avangin a hloh ta niin a ngai a, ngenna nena inzawm aw chuan: "Kum khat kalta a i kawrfual hnuaia i dah philosopher lung man to tak kha ka sawina a ni? [Eddie, i kawrfual nen], chu chu engtin nge i tih .min hrilh teh?".. tiin a sawi

Hermit chuan a chhang a: "A dik e chu chu tunah hian i lung hlu tak hi ka hre reng Nikhat chu luia inbual tura ka kal lai khan Pathian ngaihtuahna thuk takah ka awm a, chu lung chu ka thawmhnaw atangin a tla thla a, tuiin a ei zo ta niin .ka hria I him rawh se" a ti a

Lal fapa chuan a aw chung berah chuan, "Aw, ka hlohna thlak theih loh! Engkim ka hloh vek tawh!" and nearly fainted from sheer astonishment Hermit chuan a hmaiah tui lum a rawn theh a, a kaitho leh a, chutih lai chuan lal fapa hnungzuitute chuan sheikh chu an rawn pan hnai a, an mit

chu sualnain a eng a, a tihnat tumin Mahse, hermit chuan a
nui suk a, "Aw, Your Highness, of such high standing, I didn't
know that you would riise such a fuss over a stone Come
with me to the river, and I will i lung chu zawng la, zawn tum
."rawh

Lal fapa chuan, "I rilru i hloh tawh em? Tunah hian kum
khat kalta a i hnen atanga lung tla, current-in a nuai bo tawh
"?chu zawn i duh em

Mahse, hermit chuan a thusawi chu a ngaihsak lo va, a
au chhuak ta a, "Lalfa te, he buaina zawng zawng hi a ngai
lo Luia lung kan zawn hma chu nghak rawh Ka hnenah lo kal
."rawh u, in zavaiin" a ti a

Spell hnuaia awm ang maiin, lal fapa leh a hote chuan
hermit-a magnetism langtlang tak chu an chhang let a,
ngawi rengin lui lam pan chuan an zui ta a Chutah chuan,
hermit chuan lal fapa chu a kawrfual chu a kawr atang chuan
la chhuakin, a kil paliah a chelh a, luiah chuan thun turin a
:ngen a, hetiang hian a tawngtai a

Aw Lal Lalber, Lalte Lal, Philosopher Lung zawng zawng"
."siamtu, ka lung hi ka hnenah pe leh rawh

Lalber chuan chutianga a tih a, tui atanga a kutkawr a
han phawrh meuh chuan a ringlo mitmeng chuan
philosopher lung sawmhnih chuang, a hloh tawh nen a thil
neih inang, a hmuh chuan mak a ti hle a bundle chu luiah a
lut ta a

Hermit leh a hote chuan, "Engvangin nge chutiang chu i
tih?" Mahse lalber chuan Pathian mi chu a en a, zah takin a
."hmaah a bawkkhup a, a ti a

Ka duh, ka pu, rangkachak siamtu lungte chu lungflu"
."hlutna nei lo anga ngaitu i neih ang kha neih ka duh

Tin, chutiang chuan lal fapa chuan putar fing tak hnen
atanga thlarau lalram, space-in a thunun loh leh tihboralna
hnuaia awm lo chu a hmuh theih dan tur zir turin a lei lalram
chu a kalsan ta a ni

Thuziak moral chu leia hausakna hi eng ang pawhin hlu
mah se, a rei lo hle a, taksa chu ruang lum, nunna nei lo a
nih hunah he khawvel hniam takah hian hnutchhiah a ngai a
ni

Heta hausakna rei lo te chauh khawlkhawm theihna
entîrtu philosopher lung hman ai chuan, Pathian hausakna,
boral theih loh leh boral theih loh hmu tûra a hun leh theihna
hmangtu ascetic ang kan ni tûr a ni

Tupawh Pathian hretu chuan mumang piah lama
hausakna a nei ang a, a tul chuan thil neihte chu lung ang
maiin a bansan ang a, thlarau lam hausakna neih leh
hausakna dik tak hlim taka hman beiseina nen

Mi dangte nena kan inlaichinnaah

Hriat chian leh ngaihlu a pawimawh hle

Mize danglam tak leh mizia ropui tak tak

Chu chu an thil tawn atang chuan an distilled a ni

Tin, anmahni nihna a\angin an siam a ni

Mi rilru zau tak pu chung a mi kan zir chian chuan

Anmahni chu kan hrethiam thei ang a, nuam takin kan
hmachhawn thei ang

Kan ti thei nghal bawh ang

Kan buaipui mek mizia hriat chian

Sakawr intlansiak chungchang hi philosopher nen
sawipui suh

Home organization chungchangah scientist nen inhnial

suh

Chu mi ngaihven leh ngaihven hlawh chu ka hria

Tin, chu thupui chu a hrilh ta a ni

I ngaihven thilte chungchang a ni hauh lo

Midangte hriatthiam kan duh chuan

Anmahni sawisel leh sawisel kan pumpelh tur a ni

Mahni hriat thiamna darthlalangah kan en zawk tur a ni

?Eng nge siamthat leh siamthat ngai tih hriat tumin

Chu psychological mirror chu a danglam hle

Zing tin kan en thin darthlalang hriat lar tak chungchang

Nitin chu self-mirror chu ka en thin

Ka duh loh zawng ka hmuh chuan

Ka mawhpuh a, siamthat tumin ka thawkrim hle

Chutiang chuan mi chuan a lem a hmu a

A thlarau darthlalangah a pianphung dik takah a lang

chhuak

Tin, nitin a hmasawn zel bawh

Hlimna leh rilru thlamuanna kawngah

Pathianin malsawm che sela, thlamuanna awm rawh se

Network of Longings tih hi a ni

Hetah hian ka awm a, ka duhthusam net chu ka paih a

ni

Ka ngaihtuahna tuifinriat zau takah chuan

Ka hnen atangin i tlanhhuak fo tawh a, Aw Pathian thil
!hlu hlu tak

Mahse, remna thuk takah chuan ka chhui chhunzawm
zel a ni

Tin, chawlhsan lovin ka hmangaihna net chu nangmah
lamah a hnungzuiin ka paih a

Ni khat chu ka duhthusam tawp lo che net-ah hian ka
man che a ngai a ni

He ka hmangaihna net hi hmun tinah ka paih chhuak
thin

Nunna thlipui buai tak chungah

Tin, arsi eng mawi tak takte chungchang pawh

Tin, thlarau tha thuk takah pawh

Ka hriat chhun chu ramsa mantu ka ni tih hi a ni

Tin, man tumin ka bei chhunzawm zel ang che

!Aw duhthusam leh ro hlu ber

Hriat lohna puanzar chu tichhiain, inbumna thim chu
tibo turin ka ngen a, i nunah thil tum lian ber leh i duhzawng
lal̤thutthlenga-a duhthusam chak ber ni turin ka ngen a, leh
hahdamna leh tikhawtlai chu hlimna, siam tharna leh
thahnemngaihna nena inzawm thlarau lam thiltihah i chantir
theih nan ka ngen a che u, i nih thlengin Pathian
hmangaihna uain in tur pe turin ka ngen a che zu rui
chungin, thlamuanna awmna tlawhna thianghlim nenrawn
tlawh che a, hmangaihna leh lawmthu sawina tuiin i thinlung
silfai tur che leh, i nihnaah rinhlelhna êngte êng tur leh, A
tuifinriat malsawm tak tak takah chuan i mumangte tihlum

tur leh, Amahah lungawina leh lungawina i hmuh theih nan, i
thlarauah thlamuanna a awm theih nan leh van
malsawmnate chu i chungah a lo tla thla thei ang
Stillness tih awmzia chu ngaihtuahna tihrehawm tihna a
ni

Taksa tihlum leh a mamawh thunun
Chutiang ti thei chuan thlamuanna hahdam tak a tawng
ang

Khawvel thianghlim tak tak atanga sublime waves leh
impressions te chu a hre dawn a ni

Tin, tu pawhin ngawi renga thuk zawka luhchilh chuan,
chuti a nih chuan

A chhungah Pathian ram chu a hmuchhuak ang

Mi chu kawngpuiah a kal chhung chuan

A hun hman zawng zawng hi a hlu em em a ni

He ram (the passage house)-ah hian rei vak lo kan awm
a ni

Engkim hi hun rei lote chhung chauh a ni a, mahse
Pathian hriatna chu a awm reng a ni

Thinlung leh thlarau atangin engmahin a thai bo thei lo
Khawvel thlemnate hian min tibwaitu kan phal tur a ni lo

Kan thiltum ropui ber leh kan tum sang ber: Pathian
atanga min hawisan avangin

Pathian hriat chian theih a ni

Universe hrang hrangte hotu kan zawng chhuak tur a ni

Tu êng atang hian arsi te chu an eng chhuak thin

Tin, A thiltihtheihna hmangin thinlungte chu a na hle
bawk

Temple of Silence-ah hian kan zawng tur a ni
Duhthusam leh duhthusam taka Pathian kan koh hian

Tin, duhthusam kang tak nen kan ngaihtuah hian

Amah chu kan hmu ang

Pathian hriat loh chungchang ka sawi lo

Lalpa ka hriat chian tawh chungchang a ni zawk

Tin, ka tan chuan a dik a ni

Taksa thil zawng zawng aiin a tak zawk a ni

Kan mihring nun thlipui chhawmdawltu leh chhawm
nungtu chu Pathian tuifinriat a ni

Engkim tel lovin kan ti thei

Pathian tih loh chu

Chutiang chuan Pathian, Lalber, Thutak chu}
{chawimawiin a awm

Thinlung thianghlimte chu an eng a thawl e, Pathian an)
(hmu dawn si a

Miin hmangaih leh hmangaih a ngai tih hi thil awmdan
pangngai a ni Mahse he thinlung duhthusam hi a tawpah
chuan chu hmangaihna bulpui ber a ni a, chu chu Pathian a
ni

Mihring hmangaihna hi beisei, chhut dan leh subjective
consideration tam takah a innghat a, chuvangin a awm reng
theihna tur guarantee a awm lo a, a chhan chu condition-in a
phuar a ni

Pathian hmangaihna erawh chu thuhmun nei lo, awm
reng leh nget tak a ni I thinlung a khawih chuan i hnenah i
hmu reng ang

Thil awm dan zawng zawngah, harsatna leh hrehawmna
karah pawh venhimna leh inrintawkna hnar angin i inhria
ang

Hrehawm tawrhna leh fiahna khirh tak karah

Mi zawng zawngin an kalsan mai thei che a, mahse chu
hmangaihna thianghlim chuan a kalsan lo vang che a, a ti
beidawng lo vang che a, lungkhamna leh suangtuahnate
zingah pawh a hnutchhiah lo vang che , a chhan chu nunna
inher leh inher kara van atanga kaihruaitu êng a nih vang a
ni

Mihring hmangaihna chu Pathian hmangaihnaa charge a
nih chuan a thianghlim a, a fiah thin Mahse, luipui, mihring
hmangaihna, tuikhuah, Pathian hmangaihna atanga i then
chuan a luang chhuak tawh lo va, khawvel hnim hring zingah
a bo ta a ni

Mihring hmangaihna chu Pathian hmangaihna nena
inzawm tlat a nih chhung chuan thinlung a ti nem a, chhia
leh tha hriatna a tiharh a, thlarau huante chu nunna tuiin a
tui a ni

Hmangaihna: Duhna tichaktu a ni

Ka thil tih apiang hi ka thinlunga hmangaihna zawng
zawng nen ka ti thin

I enchhin chuan i chau lo tih i hmu ang

A chhan chu hmangaihna hi duhthlanna tichaktu ber a ni
a, hmangaihna thununna hnuaia duhthlanna chuan mi
ṭhenkhat tân thil theih loh anga lang thil tih theihna
thiltihtheihna mak tak a nei a ni

**Thlarau lam Hriatthiamna
Master Paramhansa Yogananda zirtirna atang
hian**

**Mi dangte hlimna ngaihtuah lova mahni tana
hlimna zawngtu emaw, mahni hmasialna thil tum
tihhlawhtlinna tura midangte hamthatna dik tak
rapphlak leh tichhetu emaw, lungawi lohna tipung a,
hrehawmna leh lungngaihna thlentu mahni hmasialna**

**Aw Lalpa, I thilphalna tawp chin nei lo leh
malsawmna leh thatna tuikhuah luang chhuaktu i ni I
thilpek hlimna pawh i hria ang u, midangte mamawh
phuhruk nan a thlawnin i pe ang u**

**Miin mi dangte thiam loh chantîr lo mah se,
hriatthiamna leh hmangaihna hmanga ãanpui a tum
chuan, Pathian dânte—hriat theihna chakna angin—
chu mi khawngaihthlâk tak chu chutiang bawk chuan
a enkawl ang**

**Khawngaihna leh thilphalnain a khat thinlung pu
chunga midangte rilru leh tisa lama tanpuina pe tu
chuan a thilpek chu a hnenah a lo let leh thin tih a
hmu ang a, hei hi thinlunga hman tur thiltih dan a ni**

**Miin mi dangte chung a hriat chuan ether-ah
hian vibrations a siam reng a, chu chuan a tlukpui
lainatna leh ngilneihna a hip a, a chung a thil
tisualtute ngaidamtu chuan amah tan ngaihdamna leh
tuarna a hip ang**

***** .**

**Rilru chak tak nei mi tha leh fing tak takte nena
inpawh tawn te, lehkhabu tha chhiar te, mahni
chhungril lam chhui te, thil siam chhuah lama
kutchhuak, science, literature, leh thil rah chhuah leh
hlawkthlak tak tak tih te hian rilru tihhmasawn leh
tihchakna kawngah a pui vek a, hriatna sang zawk
dawng thei tura siam a ni Chubakah, nitin**

ngaihtuahna hian thlarau chu Pathian finnain a tichak lehzual a ni

***** .**

Lei hausa leh thlarau hausa te hi tehkhin tur a awm lo, a chhan chu thlarau hausa te hi Pathian mithmuhah chuan mi hausa ber an nih vang a ni

***** .**

**I awmna thli rimtui tak nen min tiharh rawh
I awmna ropui tak duhnain min tikhat ang che
Kan nihna hi I Pathian finnain chawm rawh se
I êng thianghlim hi i hre ve ang u
Kan nun kawng tinrengah a tuam chhuak vek a ni
Tin, kan tumruhna a tichak bawk
Tin, kan thim chu a ti bo bawk
Tin, remnain min tuam rawh se
leh beiseina sang tak a nei bawk
Thil tha ti tura chêtîrna min pe a ni**

***** .**

Khawvel buaina bulpui ber chu mahni hmasialna a ni a, chu chu hriat lohna atanga lo piang a ni

Mi zawng zawng hian thil dik tak ti niin an ngai a, mahse mahni mimal thil tum chauh an zawn hian karmic law of cause and effect an siam a , chu chuan anmahni hlimna leh midangte hlimna a tichhe vek dawn a ni

Mihring hriat lohna avanga khawvel lungngaihna ka hmuh tam poh leh kawtthlerte chu rangkachak hmanga siam pawh ni se, hlimna hi a daih dawn lo tih ka hre Chiang zual sauh a ni

Hlimna chu midangte hlimnaah a awm a ni Mi zawng zawngin chutiang chu ti ta se, mi zawng zawng an hlim ang a, leilung hausakna hi mi zawng zawngin an chanvo an hmu vek ang

***** .**

**Mi chuan a duhzawng chu kawng dik zawh tura
zirtirna hmanga hlawhchhamna chi leh zungte
tihboral a, chu chuan a nun a thunun thei tur a ni a,
chutiang chuan mihring ngaihdan dik lote chu a
tidanglam thei ang a, a ti nghing thei ang**

**He duhzawng hi a bul berah chuan tihchhiat theih
loh a ni a, a chhan chu Pathian duhzawng lantir a nih
vang a ni a, mihring chhungah pawh a awm tawh a, a
tih tur awm chhun chu a thuk taka pholan mai a ni**

***** .**

**I hnungzuitute an tawngtai lai hian
An mit atang chuan hlimna thianghlim êng chu ka
la khawm thin**

**Tin, ka thlarau lam fervor nen ka blend baw
Ka ngaihtuahna tuihal tak tan chuan in tur
hahdam tak atan hlan turin**

**A rilru a hah hma loh chuan a in a, a hrehawmna
leh hlauhthawmna chu a bo vek a ni**

**Tawrhpuina leh lainatna zawngtute tan
He magical cocktail hi ka rawn present a ni
Thinlung dik tak leh tum tha tak tak goblets
langtlang takah**

**He malsawmna elixir intu zawng zawngte hian
Euphoria dinhmun nghet tak a tawng a, a
harsatna leh hrehawmnate chu a theihnghilh ta a ni!**

***** .**

**Hriatthiamna tui min pe rawh
Mi maktaduai tam tak chu thlarau lam tuihalnain
an chau a, an chau hle baw**

**Chuvângin, hriat lohna nasa tak mipui zîngah
chuan an inhnukdaw k̄an ta a ni**

**Mi tam tak chu nasa takin a nghing a ni
Kawngpuiah an tlu ta a ni
Hriat lohna chuan a kekawrte hmangin a
tikehsawm thin**

Lalpa, thlamuanna tui hi kan duh a ni
leh finna in tur a ni
Tin, hriatthiamna elixir pawh a ni
Kan tuihalna kang chu tihreh nan
Hriatthiamna tuiin a tihmit loh avangin
Kan inhnial a, kan inhnial a, kan insual baw
Kan inthah tawn a
Hmuh tum ai chuan
Tlâng sang tak ruamah chuan
Hriatthiamna Dil chungah
Tu tui hian thlarau tuihalna a ti reh thin
Emotion field hrang hrangte a sawi chhuak a ni
*** .

Midangte hnena lainatna leh duhsakna thlipui ka
thawn chhuah apiang hian Pathian hmangaihna
kawng ka hawng thin
Ka hnena i lo kal theih nan
Pathian hmangaihna chu thil \ha ber hiptu magnet
a ni

Aw Lalpa, ka thinlunga duhthusam tukverh atang
leh ka tawngtaina thahnemngai tak hmangin ka
thlarau hmun thianghlimah hian lut rawh

Ka rilru leh nungchang lama chak lohna zawng
zawng chu tumruhna meiah ka hal vek ang, chu chak
lohnate chu ka paih bo loh chuan Pathian, malsawmna
meialh chu ka hmu thei dawn lo

*** .

Aw, Lalpa

Vawiin hian thil Chiang tak tak tihhlawhtlin tumin
ka inpe ang a, chutah chuan ka ruahman ang chu ka ti
ang

Ka thil tum chu a dik tih ka enfiah hmasa ang a,
chutah chuan i chakna ka hre ang a, i tanpuina leh
malsawmnain ka tih tum chu ka hlen chhuak ang

*** .

Natna hi chi thum a ni a, taksa lam, rilru lam, leh thlarau lam a ni

Taksa natna hi rulhut chi hrang hrang, natna hrik kai, leh accident avanga lo awm a ni

Rilru natna hi hlauhna te, lungkhamna te, thinrimna te, leh rilru lama harsatna dangte avanga lo awm a ni

Thlarau lam natna erawh chu miin Pathian nena an inlaichinna a hriat lohna a\anga lo chhuak a ni

Hriat lohna hi natna lian ber a ni Miin hriat lohna a tihbo hian taksa, rilru leh thlarau lam natna zawng zawng thlentu a paih chhuak baw

Ka zirtirtu, Sri Yuktsuwar-a chuan heti hian a sawi fo thin: Finna hi natna tinreng damdawi a ni

***** .**

Ni eng a lo darh zel chuan mi rethei leh mi retheite thinlungah beiseina eng ka tuh ang a, hlawhchham nia inngai te thinlungah chuan tumruhna leh mahni inrintawkna khawnvar ka êng ang

Nun hi zirna leh hna thawhna sikul a ni tih kan hriat chian hunah, chutih rual chuan mumang rei lo te chauh a ni tih kan hriat hunah chuan Pathian chu kan hnenah a awm tih kan hre tawh ang

Nun hi rawngbawlinaah a inngat tur a ni, chu thil tum ropui tak tel lo chuan Pathianin mihring hnena a pek rilru chuan a siam chhan chu a hlen chhuak dawn lo

***** .**

Zan khat chu thla eng karah tuipuiah inbual turin ka kal a Tui chu a vawt hle a, mahse engkim hi electric atanga siam a nih thu te, khaw lum siamtu electric ang baw hian lumna a siam tih te, tui ngei pawh hi electric chakna lanchhuahna mai a ni tih ka inhriat nawn tir a

He ngaihtuahna karah hian Pathian êngin min khuh a, ka pawm duh loh avangin khaw lum tih hriatna chuan min chhuahsan ta zawk a, chu ai chuan engkim hi Pathian electric hmanga siam a ni tih thudik chu ka nemnghet ta zawk a ni

Kum tam tak kalta khan khaw lum chu tuar theih loh khawpin a lum a, mi zawng zawng chu an thaw chhuak vek Rilru inpawlina hmangin an lungawi lohna chu ka hnenah a transfer a, ka ngaihtuahna ka seng thei lo va, article ka ziak thei lo a, chutah chuan keimah leh keimah ka sawisel a, "Engvangin nge heng zawng zawng hi?".. tiin. Pathian hnenah a tawngtai a

"Aw Lalpa, electric ang chiah hian oven-ah lumna a siam a, refrigerator-ah ice a siam bawk Khua a lum hle mai!" Ka taksa chu vur layer-in a hual vel ang maiin khaw lum chu ka tan a nuam ta nghal a, nasa takin ka infuih tan a, harsatna awm lovin ka ziak ta a ni

Vawikhat chu, state hrang hrangah open touring car-ah self-discovery zirlai naupang pawl pakhat nen kan zin kual a [reference-ah chuan pakhat chu Rashid tih a ni] An zinga pakhat chu ka secretary a ni Amah nen chuan car chhungah kan mu a, blanket te tak te kan insem a

Zan chu a vawt hle mai Muthilh thuk takah chuan ka puan chu a la chhuak a, a chanve vel ka harh chuan ka hriat lohvin puan chu ka la chhuak ta! Hetiang hian hun engemaw chen a kal zel a Chutah ka rilru chuan, "Engvangin nge hetiang hian i che? Engkim a tha vek I lum!"

Tichuan, puan chu ka paih a, ka thu a, ka taksa chu chhangphut lum ang maia a hriat thlengin ka ngaihtuah tan ta a Zirtirte chu darkar hnih hnuah, khawsik avanga khur chhuakin, che thei lovin min hmu ta a, hlimna thianghlim takah ka inhman a, ka

thi tawh niin an ngai An au thawm chuan ka thlarau lam rapture atang chuan min kaitho a, mahse ka nui suk a, "Engvangin nge thawm zawng zawng hi, tlangvalte? Kan zinkawng hi i chhunzawm zel ang u".

An dodal a, "Coat leh blanket ha lovin khaw lum takah ka thu a! Chuti chung chuan khawsik ka nei lo keimah chauh hi ka lum reng a ni!"

Note: Taksa chu boruak khirh takah dah kan rawt lo Mi fing Paramahansa chuan mihring theihna leh pianpui theihna lantir nan heng thil tawnte hi a sawi a, chuti chung pawh chuan chutiang dinhmun hmachhawn kawngah fimkhur leh insumtheihna a la fuih reng a ni

***** .**

Ka ngaihtuahna hian hlawhchhamna emaw hlawhtlinna emaw min thlen dawn tih ka hre chiang a, chu chu ka nunah eng ngaihtuahna nge chak ber tih a zirin Chuvangin Nang Lalpa I tanpuina kut phar la, ka hlawhtlinna kawng min hawnsak tih hi hriat reng ka tum ang

Mi zawng zawng nena kan inbiak dan leh inpawhnaah hian thinlung tak leh rinawmna ka hmang ang a, hmangaihna nena ngaihtuahna leh duhsakna ka theh darh ang a, chumi hnuah chuan Pathianin a chakna leh finnain min thlawp ang

***** .**

Rilru chu thil \ha zawng zawng bul leh thiltihtheihna malsawmna zawng zawng lo chhuahna Pathian nen a inrem chuan Pathian awmna a hre chiang a, hlawhtlinna thil zawng zawng a nei vek a ni

Chûng thilte chu Pathian thiltihtheihna ropui tak nêh a inzawm tlat a, ani hian eng kawngah pawh hlawhtlinna chhan thar leh remchâng thar a siam thei a ni

***** .**

**Thudik min hrilhtu leh mahni insiamthat tura min
puitu hmasawnna lam hawi pawl kan zawng tur a ni**

**Thian tha ber chu inngaitlawm taka kan nun
tihdanglamna tura kan hman theih dan tur leh kan tih
turte rawtna siamtu hi a ni**

**Sawiselna na tak, sualna leh rilru hahna nena
sawi chhuah chu mi lu-a hammer hmanga vuak ang a
ni a, hmangaihna erawh chu thiltithei zawk leh hlawk
zawk a ni thung**

**Hmangaihna leh hriatthiamna nêna rawtna ngilnei
tak siamte chuan thilmak siam theihna thiltihtheihna
a nei a, mi dangte sawisêlna rilru natna chuan
engmah hlu tak a tihlawhtling lo**

***** .**

**Lungngaihna thuk ber pawh hi hunin a tidam a,
chuvangin kan dam chung nitin lungngaihna rawn
chhuahpuiin awmzia a nei lo**

**Hmangaih bo tawh chung a hun rei tak
lungngaihna chuan amah emaw, keini emaw a pui lo
va, a takah pawh engmah a tidanglam lo**

**Inferiority complex siam emaw, tun hmaa tihsual
emaw, hlawhchhamna emaw avanga mahni hrem
emaw hi a hlawk lo; chu ai chuan nun chu hrehawm
takin a siam a, rilru lama theihnate a tichak lo zawk a
ni**

**Boring routine khurah kan tlu lut tur a ni lo, a
chhan chu chu chu rilru lam dinhmun, nuam lo tak a
nih avangin, rilru a tibuai a, theihna thup te chu
ngaihsak lohna furnace-ah a hal a ni**

***** .**

**Mihring duhzawng chu chakna siamtu chak tak a
ni Duhthusam leh chakna dik tak hmuh duhna
hmangin mi pakhat chu chhungril chakna sem
chhuaktu tawp nei lo nen rang takin a inzawm thei a
ni**

***** .**

**Thumal tin, a tha emaw, a chhe emaw pawh ni se,
a vibrations (chu chu a nghawng) chu taksa emaw
thluak emaw-ah a hnutchhiah a, nunna chakna leh
ngaihtuahnaah chuan inclination leh desires angin a
hnutchhiah thin Chuvangin, thusawi zawng zawng
vibrations hian rilruah tendencies tha leh tha lo a
hnutchhiah thin**

**Thutak tihdanglam chhante paih botu chuan
thudik dik lo a sawi loh nan leh a thusawi zawng
zawng chu a dik vek theih nan a chhungah chakna
nasa tak a din a ni**

***** .**

**Aw Lalpa, thu thlum tak tak, hlawkthlak tak tak
leh hahdamthlak tak tak sawiin thutak rawngbawlina
atana ka aw hmang turin chakna min pe ang che, I hla
thianghlim tak takte vibration-in malsawmna ka dawn
theih nan ka nun flute-ah I hla thi thei lote chu play
rawh**

***** .**

**Ramri nei lo cosmic ocean-a tel ve kan ni a, kan
thlen a, kan inbual hian kan hriatna a zau a, kan
zauzia kan hre ta a ni**

**Ngaihtuahna chuan min hnaih tir a, ngaihtuah
hian min hruai a, chu nena inmil tura beih chhunzawm
zel chuan hriatna, tumruhna leh chakna min pe a ni**

***** .**

**Harsatna anga lang chu a nihna takah chuan kan
chhunga thiltihtheihna dahkhawmte chhuah chhuah
tura sawmna a ni a, kan chhunga thil tha chakna thup
chhuah apiangin kan chak a, kan fing zual zel bawk**

**Pathian chuan kawng thup takin tanpuitu kut a
phar a Ngaihtuah laia zawngtu chung a rilru
thlamuanna lo tla chu A awmna finfiahna a ni a,**

**ngaihtuahna hmangtuin a hriat thlarau lam hlimna
chu a duhzawng leh hmangaihna a chhân lêtna a ni**

**Miin thilsiam mawinate hlim taka a hman theih
nan te, a nun thlirletna tur te, thil tul a tih emaw, thil
pawimawh nia a hriat leh a tel lova a tih theih lohte a
chhui chian theih nan hun remchang a neih a ngai a,
chutiang chuan a thil neihte chu a hlim thei ang a, a
chhungte leh a thiante nen a inhriat chian theih nan
leh a pawimawh ber chu amah leh amah a inhriat
chian theih nan a mamawh hun a hmang thei a ni**

***** .**

**Pathian hretute chuan chhungril thlarau hian a
chhungah chatuan hlimna a nei tih an hrethiam a Tin,
chu hlimna chu tem a, a lungawi apiang chuan finna
nghet tak a nei a ni**

***** .**

**Engvângin nge natna hi a hlauhawm ang? Natna
leh thihna a thlen avangin**

**Natna chu taksa a\angin leh hriat lohnain a khuh
rilru leh thlarau a\angin tihbo a ngai a ni**

**Natna hi taksa taksaah chauh a awm lo va; rilru,
rilru leh thlarau lam hrehawmna a awm baw
Lungngaihna kan tuar a, rilru natna dang hrisel lo leh
rilru lam dinhmun kan tuar a, hlauhna tam zawk chu
suangtuahnaa awm Thlarau lamah chuan kan thlarau
thi thei lo nihna hriat lohna kan tuar a ni**

**Pathian thiltihtheihna hian Chiang takin hna a
thawk a, chuvangin mi chu a inrem a, a inmil tur a ni**

**Pathian cosmic vibration chu kan hnenah leh kan
kaltlangin a luang lut turin kan phal tur a ni**

**Tin, a awmna nung chu kan nunah rawn luhtir a,
kan taksa chu a malsawmna leh tihdamna chakna
hmanga charge turin**

***** .**

**Negative advantages chu positive advantages
hmanga thlak hian buaina a bo a, rilru thlamuanna a
lo awm leh thin**

**Zirtîrin kawng zawh tûra thu tlûkna nghet tak a
siam chuan engmahin a tikhawlo lo vang a, eng daltu
pawhin a dal lo vang**

***** .**

**Taksa hi cell tluklehdingawn tam tak atanga siam
a ni a, cell tin hi thil nung fing ang mai an ni Cell tina
finna thup chu hriat theih zawng zawng hre turin
tiharh leh zirtir a ngai a, mahse mihring chuan chu
cell te chu a zirtir lo va, chuvangin lungngaihna, rilru
lama hriatna rei lo teah a awm a, hriatna tlakchhamna
a tuar a ni**

**Note: A chung a kan sawi tak hi kum 1927-a
Master Paramahansa-a thusawi lai khan a sawi a ni
Kum sawm tam tak hnuah biologist-te chuan cell tin
nucleus-a DNA awm chu an hre thei ta Experiment-in
cell tina DNA-ah hian thu chiang tak tak leh finna mak
tak tak a awm tih a finfiah a ni**

***** .**

**Thianghlimna leh rinawmna hi mize ka ngaih
pawimawh ber zinga mi a ni**

**Thian nihna chu rinawmna nen a thang lian a,
thinlung tak tak leiah chuan a lo thanglian a, a lo
thang lian baw**

**Mi eng ang pawhin hnaih mah ila, chu inzawmna
chu zahna leh nungchang dik tak nen kan ti thlum tur
a ni a, chutah chuan inṭhianṭhatna chu a ropuiin a
awm reng ang**

**Mahse, mi dangte rilru put hmang ngaihsak lohna
leh ngaihsak lohna thlentu inhriatthiamna chuan
ṭhian nihna a tichhe nasa hle**

***** .**

Mi chuan a hmasâwn zel tûra țanpui tûrin nunna ladder-a chho tawh țhian dik tak a mamawh a, mi dangte pawh tho chhuakin Pathian malsâwmna a hlimpuite chu an hnêna hrih tûrin a țanpui tûr a ni bawk

Țhian nihna dik tak chu khawvel pum huap thlarau lam hipna a ni a, chu chuan thlaraute chu a hnaih tir a, Pathian hmangaihna inzawmna nena inzawm tlat a ni

He hmangaihna emaw, ințhianțhatna emaw hi mi pahnih emaw, a aia tam emaw inkarah a thleng thei a ni

Thlarau lam țhian nihna thinlunga a awm hian thlarau chu khawvel thlarau tuifinriat zawng zawng huapzoah chuan a lo leng a, Pathian thilsiamte nena inthentu khapna leh ramrite chu a kalsan a ni

***** .**

Mihring zawng zawng nen inzawmna ka nei tih ka hria a, mi pakhatin an chhungte nena an inhnaih ang bawkin He rilru put hmang hi sawifiah theih loh a ni a, a lo thlen chuan nun awmzia leh mawina hriatthiamna thuk tak a keng tel a ni

***** .**

Kan thil tih zawng zawngah Pathian duhzawng tih tum hi a finthlak a, hei hi chhungril remna leh hlimna kawng a ni si a He khawvel zau tak leh tawp nei lo, a pianphung chakna hrang hrangte nen hian Pathian kaihhruai duhnain a thunun a ni Engkim hi Pathian ruahmanna angin a thawk a, chu khawvel ruahmannaah chuan kan tel ve tlat a ni

Kan tih tur kan hlen chhuak tur a ni a, Pathianin min ruat hna chu kan thawk tur a ni a, min ti lawmtu chanvo chu kan hlen tur a ni lo

***** .**

Archives atang hian: Kan inhmu tawh em?

**Hun rei tak kal taah khan, ether thinlungah,
thlarau anga kan lo pian tirh khan kan mu vek a**

**Pathian hmangaihna puan hnuaiah Tin, Pathianin
min tiharh chuan fapa tlanbo chanchin ang khan A
hnen atangin hla takah kan kal a, kan inkara Pathian
inzawmna chu kan theihnghilh a, kan inhmelhriat ta a
ni**

**Kan vanram chu kalsanin khawvelah hian khualzin
kan lo ni ta a, leilung kil hrang hrang kan paltlang a,
chanvo kawng zawhin kan kal ta a ni**

**Kan chenna bul atanga hla tak, hla tak takah kan
zin tawh a, Mahse, a chang chuan hmun thenkhat, thil
tawn te, leh hmel thenkhat chuan hriatrengna phum
tawh leh chhungril lama rilru thuk tak tak, min rawn
sawi chhuak thin te chu a tiharh thin**

**Tun hmaa kan hriat tawh thilte chu kan tawng leh
ta niin kan inhria a, hun kal tawh hla takah kan lo
hnaih tawhte kan hmangaih tak takte nen kan inhmu
a, kan inbiak pawh a ni**

***** .**

**Lalpa, Pathian hmangaihna khawngaihnain min
malsawm ang che**

**Nangmah duhnain kan thinlung hi lo hmin rawh se
Tin, duhthusam mei chu a chhungah a alh chhuak
baw**

**Kan thlarau hi taksa bungruaah tang a ni mai thei
A tihkhawtlai a\angin a chhuak ta a ni
Tin, Pathian duhthusamnain a hruai chhuak ta a ni
I chatuan tuipui kamah
Aw kan chatuan hmangaih**

***** .**

**Kan dil che u Lalpa
I hmangaihna chu kan thlarau chungah eng rawh
se**

Tin, i ropuina ropuina chu kan chungah lo eng rawh se

Tin, I finna hian kan nun kawng tinrengah min kaihruai rawh se

Tin, kan thinlung hmangaihna leh kan duhzawngte chu pawm rawh se

Tin, i awmna khawih hmangin mal min sawm bawkan ang che

Tin, i bula awm nuam ti turin

***** .**

Mihringte hi a pum puia kan hriatthiam tan chuan taksa thilsiam mai a ni lo tih kan hrechhuak a, a chhungah hian thiltihtheihna tam tak a awm a, chu thiltihtheihna chu he khawvel dinhmun nena inmil turin degree hrang hrangah a hmang a, heng chaknate thiltihtheihna hi mi pangngaiin a ngaihtuah aiin teh theih loh khawpin a lian zawk a ni

***** .**

Pathian hmangaihna hipna chuan thlêmna thianghlim leh thlêmna nê̄m tak hmangin hna a thawk a Thinlung chuan Pathian hmangaihna kohna chu a hriat chuan, a sal tang hmangaihna circle chu awm leh a chhunga awm zawng zawng pawh huam vek tûra tihzauh duhnain a nei a Chutiang chuan, sal hmangaihna chu zalên a ni a, mahni hmasialna leh rigidity bar pawnah chuan insum theih lohvin a lo awm ta a ni

Chutichuan hmangaihna chu Pathian thinlungah a inhmu thar leh a, engkim chu chu malsawmna pakhatnaah chuan a inzawm khawm ta a ni

***** .**

Kan tawn apiangah kan thang lian a, chuta tang chuan zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan tawn hrehawmna leh hrehawmna tinreng hian awmzia leh tum a nei vek a ni

Experiment-te chu a khauh hle chung pawhin, thir zungbun chu thir mawi tak, chhe thei lo leh hmanraw chi hrang hranga chantirtu mei ang an ni

***** .**

Inngaihtlâwmna chu khawngaihna, hmangaihna leh thlamuanna tam tak a luhna kawngkhar inhawng a ni a, chuta tang chuan thil \ha hmangaihtu leh van êng leh malsawmna dawngtu thlarau \hate chu a lut a ni

***** .**

Mi chu sumdawng hlawhtling emaw, politician fing tak emaw, dictator roreltu emaw, siam\hatna siamtu ropui emaw pawh ni se, a thiltihtheihna chu Pathian thiltihtheihna tawp nei lo nen khaikhin chuan engmah a ni lo

***** .**

Inngaihluhna hian thlarau ropui tak takte zinga cheng zau tak hmuh theihna chu thlarau a\angin a hnawt bo avangin thlarau lam mitdelna a thlen \hin

Mi ropuite chuan an chakna chu mi inngaitlawmte hmangaihtu leh hriatna, kaihhruaina leh chakna tipungtu Pathian Engkimtitheia hnen atanga loan lak a ni tih an hre Chiang hle

***** .**

Thian nihna dik tak chu vanram kawngkhar kan hmuh theih nan leh chuta tang chuan Pathian hmangaihna ram kan paltlang theih nan in\anpui tawn tura min fuihtu êng chu a ni

***** .**

Thinrimna tha lo chu cancer ang a ni a, chhungril thlamuanna a gnawing Hei hian mize khauh tak nei mi pakhatin an harsatna leh harsatna a hneh theih loh chhan a sawifiah a ni

Miin nungchang tha lo tak tak hmanga a inkharkhip chuan nun chu a beih chhonzawm thei lo

**va, rilru ṭha lo takin a rilru a thunun a phal meuh
chuan a duhzawng chu a paralyze ta a ni**

**Chu mizia chuan thluak chu buaina leh buaina vur
hnuaiah a khuh a, rorelna dik tak a tichhe bawk**

**Mi chu a rilru leh duhna hmangin hnehna a chang
thei a, eng ang nun dinhmun hrehawm leh khirh tak
pawh ni se**

***** .**

**Mihring thlarau chu taksaah duhna, thlemna,
buaina, lungkhamna leh hlauhna inzawmkhawmin a
phuar a, zalenna a tum a ni**

**Chu taksa hriatna nena inzawm tlat che chain chu
hetiang taka i hrual chhonzawm chuan ni khat chu
Pathian kut chuan a rawn inrawlh ang a, chain chu a
tikehsawm ang a, i zalen ang**

***** .**

**Ṭhian ṭha, rinawm tak tak tel lova nun hlutna chu
eng nge ni? Thinlung hian ṭhian dik takte hip thei
magnet a nei Hmangaihna, mahni hmasialna leh ṭhian
anga ngaihsakna magnet a ni**

**Mi kut kan thlak hian kan hmangaihna leh
thinlung tak takte magnetism chu kan thlen tur a ni a,
kan theih ang tawka tanpui kan tum tur a ni**

***** .**

**Mite chu ding reng leh danglam lo taka awm reng
a ngai lo Thlarau chu a thianghlimna leh chakna nena
a eng theih nan, Pathianin mihringte chung a ropuina
ropui tak a pek chu a lantir theih nan, a nihna takah
chuan inbumna puan chu hlihsak a ngai a ni**

**Pathian chuan thawhrimna ṭha, thil tum dik tak,
leh hlawhtlinna chang tura tumruhnate chu mal a
sâwm a ni**

***** .**

Aw, Lalpa

Eng fiahna leh hrehawmna pawh ka tawh ila

**Ka thlarau lam hmasawanna kawng dang a entîr tih
ka hria**

**Hriatna leh thiltihtheihna chu ka nei tih ka hre
chiang hle**

Chu thil pahni min pek chu

Hriatthiamna engemaw tak leh hnehna chiang tak

***** .**

**Vanram chu buaina leh lungngaihna awm lohna
hmuna hlimna sang ber dinhmun a ni**

**Thawhrimna \ha leh thil \ha tih chhunzawm zelna
hmang hian thlaraute hian a tawpah chuan hlimna
nghet leh tihthar tharna dinhmun an thleng ta a ni**

**Thil \ha tih hian ngaihtuahna leh thil siam\hat
leh \angkai tak tak tihna a ni**

***** .**

**Hriat lohna chu finnaah i chantir theih hunah
Chak lohna leh chak lohna atanga hriselna leh
chakna thlengin**

**Inrintawkna leh huaissen takin - nangmah chauh
pawh ni se - nun kawng hrang hrangah kal rawh**

**Tin, chhia leh tha hriatna nung leh fimkhur tak
neihna chhungril hlimna pawh**

**Tin, Pathian dikna leh thutakin thu dik lo a
hnehna leh thil tak takin thil dik lo a hnehnaah rinna
nghet tak a nei bawh**

**Tin, nitin i ngaihtuahna chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum hian**

**Hmangaihna leh lawmthu sawina thinlung a nei a
ni**

**Tin, midangte chung a thil tum tha tak tak a nei
bawh**

I intellectual nourishment hi magnetic a ni

**Tin, chutah chuan thil mawi leh hlawkthlak zawng
zawng chu a hip lut ang che**

Thil, mihring leh dinhmun mamawh a\angin

**Hriselna leh himna tuipui kamah zinkawng
chhonzawm zel**

***** .**

**Zan lama mut leh zing thawh hma darkar chanve
chauh pawh ni se, positive silence leh tranquility
zawm hian rilru lama thlamuanna rilru a tipung ang a,
chu chuan nitin nun indona dinhmun harsa zawng
zawng hmachhawn kawngah a pui ang Chu chhungril
rilru put hmang nen chuan nitin mamawh leh
mamawh chu tihhlawhtlin theih a ni ta a ni**

***** .**

**Hriatna sang zawk dinhmun thlen hian thlarau
lam hmasawnna a ti chak a, thlarau tuipuah thiam
zawka pil theihna a pui bawk**

***** .**

**Miin a nun leia a tuh leh a tuh chhonzawm zel
ngaihtuahna leh thiltih chite quality a zirin hlimna a
hmu thin**

***** .**

**Mihring rilru hi chakna emaw, thil pawimawh tak
tak emaw dahkhawmna hmun zau tak a ni**

**He hnathawh hi taksa peng hrang hrang,
thinlung, lung leh diaphragm hnathawhnaah te,
cellular metabolism-ah te, thisen chemical reaction-ah
te, motor sensory organs (nerves) hnathawhnaah te
hman a ni fo thin .**

**Chu bâkah, chakna pawimawh tak tam tak chu
ngaihtuahna, rilru put hmang, leh duhthlannaah hman
a ni**

**Hlahna hian thiltih pawimawh tak takte chu a
tichak lo va, active will hmêlma nasa berte zînga mi a
ni**

***** .**

**Inbumna hian rah tha a chhuah lo Mi fing ber
pawhin a mitmeng a lantir chu a thup thei lo, mi**

**pakhat chanchin zawng zawng chu a mitmengah a
inziak vek si a**

**Mi tu emaw nihphung hriat i duh chuan Pathian
hnenah chu mi chungchang thudik chu puang chhuak
turin ngen la, a chhan chu bum i duh loh vang a ni a, i
thinlung chhungril takah a nihna dik tak chu i hre mai
ang a, i intuition pawh a dik lo ang**

***** .**

Duhthusam, tum leh duhzawng:

**"Duhthusam" chu chakna tlachham duhna a ni a,
"tum" chu thil tih tumna a ni: duhthusam emaw
duhthusam emaw bik hlen chhuah "duh" chungchang
erawh chu hetiang hian sawi theih a ni: "Ka duhzawng
ka tihhlawhtlin hma loh chuan hahchawlh lovin ka
thawk ang".**

**I duhzâwng i zirtîr hian, thil pakhat hmuh theihna
tûra thil tûl tih loha duhsak ai chuan, thiltih
pawimawh tak chaknate chu i chhuah chhuak thei a, i
kaihruai thei a ni**

***** .**

**Beiseina kan hloh tur a ni lo va, Pathianin kan
dinhmun siam\hatna tur te, kan ngaihtuahnate
chawisang tur te, keimahni leh midangte tana nunah
thil thar leh \angkai tak tak siam turin hun remchang
hnuhnung ber min pe \hin tih hi kan hre chiang zawk
tur a ni**

**Tuna kan nun danah kan lungawi lo a nih chuan
lungawina leh rilru thlamuanna min thlen thei tur
kawng leh hmanraw thar kan dap chhuak tur a ni Kan
dinhmun siam\hatna tur leh kan nun awmze nei zawk
leh tum nei zawka siam thei tur thiltih kan ngaihtuah
tur a ni a, chutah chuan chu ngaihtuahnate chu a
takin kan hmang tur a ni**

***** .**

**Lalpa, Nangmah hriat theihna tura tih tur
thianghlim aia pawimawh zawkah mawhphurhna
engmah i ngai lo ang Hnathawh tinreng hi, a nihna
eng pawh ni se, tihhlawhtlin theihna thiltihtheihna
min pek hmang chauhin a thleng thei a ni Chuvangin,
thil dang zawng zawng aiin i hmangaih zawk ang u, I
nunna leh I hmangaihna khawngaihna tel lo chuan
kan nung thei lo va, kan hmangaih thei lo tak zet a ni
Pathian hnen atanga lo piang kan ni a, a nihna tak tak
chu kan chhungah hian a thianghlimna zawng
zawngah, a ropuina zawng zawngah, leh hlimna aia
sang zawk**

***** .**

Hlimna hriatna:

**Hlimna hriatna awm tak tak chungchangah hian
inrem lohna a awm lo, a chhan chu chu hriatna chu
kan neih hian kan mimal nihna emaw, kan mize te tak
te emaw chu a inthlak danglam a, a danglam tawh tih
kan hria a, hmangaihna leh huatna, hlimna leh
hrehawmna pahnihna atanga kan kai chho a, hriatna
tlemte chauh dinhmunte chu chiang leh chiang taka
lang thei level kan thleng ta a ni**

**Tin, chhungril lama inzarpharh leh zau zelnah kan
nei bawh a, engkim chungah pawh lainatna tlangpui
kan nei bawh**

**Hetiang dinhmunah hian khawvel thawm chu a bo
vek a, phurna chu a bo a, kan chhungah hian awmna
pakhatna hriatna a lo chhuak a, cosmic light
hmuhnawm tak a lo lang ta a ni**

**Thil bawlhhlawh leh inthlak danglamna zawng
zawng chu engmah lovah a bo vek a, khawvel dangah
kan insawn ang maiin kan inhria: chatuan hlimna leh
tawp nei lo hlimna awm rengna bulpuiah**

***** .**

**Hlahna hian nerve lam hawia luang chhuak fo
thin nunna hnathawh chu a tikhawlo a, a tikhawlo a,
chu chuan paralyze ang maiin a lang a, taksa chu a
rilru a hah a, a chakna pawh a tlahniam hle a, nasa
takin a tlahniam baw (hlahna hi nerve blocker a ni!)**

**Hlahna hian hlahna thlentu tihbo a pui lo
Duhna a tichak lo va, thluak chu taksa peng hrang
hrangte hnena chak lohna thlentu signal thawh turin
a fuih baw Chu bâkah, hlahna hian thinlung a
tichhe a, chaw ei a tichhe a, taksa natna tam tak a
thlen baw**

**Awareness chu Pathianah a inngnat reng chuan
engmah i hlau lo vang a, huaisenna leh rinna nen
daltu leh daltu zawng zawng chu i hneh thei ang**

***** .**

**Hlawhtlinna thlen theihna thiltihtheihna chu
rilruah a awm Khawvel rinhlelna leh tlakchhiat
tumtute beidawnna karah pawh i rinna i vawn tlat
chuan he thudik hi i hrechhuak ang Rilru
thiltihtheihna hi a tawp chin a awm lo He ngaihtuahna
hi ngaihtuah la, i rilru chu tihhlawhtlin duhna leh i thil
tumte lam hawia thil \ha taka hnathawh tumna nen
luah khat rawh**

**I rilru chu hlawhtlinna sang zawk lam hawiin nawr
zel rawh Thlarau lam hausakna nei la, hausakna leh
hausakna chi dang zawng zawng chu i thupek hnuaiah
a awm vek ang**

***** .**

**Consciousness hi tawp chin nei lo leh tawp chin
nei lo a ni a; arsi hla ber thlengin a inzar pharh a,
universe-a atom tinrengah a inzar pharh a, electron
tenau ber thlengin Mihringte hian he cosmic
consciousness tuifinriat nen hian pumkhat an inhriat
a ngai a, chhungkaw leh hnam ramri kal pelin mihring**

chhungkaw lian zawka mi an nihzia an inhriat theih nan

***** .**

Mi chu an duhzawng hman emaw, hman dik loh emaw hmang chauh lo chu tumahin an nghawng thei lo Mi pakhat chuan Pathianin duhthlanna zalenna a pek chu Amah zawng turin a hmang tur a ni a, chumi hnuah chuan Amah chu an hmu ngei ang

Zirtîr chuan nghawng ṭha nei leh amah chêtîrtu, a duhzâwng tichaktu, leh a hriat thiamna tipungtu mi ṭhate nêna inkawm chu a pawimawh ber tih a hre reng tûr a ni

***** .**

Zirtirtu Paramahansa chuan zirtir pawl pakhat hnenah chuan:

Ka hmangaihna chu thuhnuairawlh lo leh invenna awm lovin ka pe che a, i hmangaihna chu a let lehin ka dawng tih ka Chiang

***** .**

Ka nunah ka hriat tawh ṭhenkhat chuan hmân lai ka duh ang ka tih zawng zawng chu an nei vek a, chuti chung pawh chuan chu duhnate tihhlawhtlinnaah chuan hlimna an hmu lo

Pathian ka zawng hmasa a, a hlimna thar reng reng chuan duhna zawng zawng a tihlawhtling a, thlarau chu lawmna leh lungawinain a khat tih ka hmuchhuak a, thil awm tawh zawng zawng rilru hahna emaw, thlemna emaw aiin a hip zawk tih ka hmuchhuak baw

***** .**

Miin mi dang thinlung a tidanglam tur a ni lo va, a rilru a tibuai tur a ni lo, a chhan chu thinlung hi hriatna hmunpui a nih avangin, leh rilru lama harsatna a awm avangin thinlung chu a lungkham a, a tibuai a ni

***** .**

**Miin a mize danglam bikte hriat chian tumin a
chhungril lam a en a ngai a ni**

**Mi thenkhat chuan ziaak hi an ngaina a, thenkhat
chuan music phuah emaw, zai leh zai emaw lam an
hip a, thenkhat chuan finance leh economics lama hna
an thawk duh hle a, chutiang bawkin**

**Vanduaithlak takin thuthang theh darh duh leh
thuthang, inhnial leh insual duh an awm**

**Miin a mizia \ha tihdanglam a tum tur a ni lo va, a
duh loh zawnga a thil tih, a rah chhuah avanga hlim
lohna leh inchhirna thlentu chu a paih bo tur a ni**

***** .**

Psychological attachment pangngai lo tak tak:

**He natna tuarte chu hlimna an zawn kawngah
hian a lam khata awm an lo ni ta a, hlimna chu
hausakna khawlkhawmnaah te, hmingthanna emaw,
hriselna emaw, thiltihtheihna emaw neihnaah a awm
tih ringin, engkim—hriselna te, hmingthatna te, rilru
thlamuanna te, chawimawina te, leh zahawmna te—an
thil tum kang mek maicham-ah an hlan a ni of nature
leh Pathian thupekte, leh thiltih leh thlamuanna a
inmiltir a, hlimna dik tak a thlen thei a, nun ropui tak
tum chu a hlen chhuak thei bawk**

**Attachment disorder hrisel lo tuarte chu
duhthusam thunun theih loh ngaihtuahnain a ei zo
vek a, nun thlirna dik lo leh dik lo tak a thlen thin
Entirnan, sumdawng pakhat chuan hlawhtlinna nasa
tak a chang a, hausakna a khawlkhawm a, mahse a
hausakna a hlim theih hma chuan lungkhamna leh
hlauhna nasa tak avangin a nervous breakdown a tuar
a, thinlung na takin a thi ta a ni [Pathianin thlamuan
che rawh se**

**Mi dangte chuan thil tum tihhlawhtlin nan engkim
phal a ni tih an ring Heti buaina avang hian an thil**

tum dik tak chu an hloh a, chu an duh em em thilte
chu nei mah se, lungawina tlemte pawh an nei thei lo,
a chhan chu mihring nihphung hi a zau a, kawng
hrang hrang a awm a, level zawng zawngah
hmasawnna inthlau tak a mamawh a ni

rilru lam a vawt

He natna hian hming dang a nei leh a: beidawnna
Miin engtikah nge a lo thlen ang a, a natna lan
chhuahna lungchhiatthlak tak tak, beiseina nei lo,
tuar theih lohna, lungkhamna, leh dawhtheih lohna te
chu a tuar dawn tih a hre ngai lo A pawl zawk chu a
rei fo a, a tuarte chuan an dam leh tawh nia an rin
pawhin awlsam takin an lo let leh fo thin

Psychological catarrh tih hi a ni

He natna hi khawvel lungkhamna rei tak awm
reng avanga lo awm a ni a, a tuarte chuan an
duhthlanna hman an ngaihthah tlangpui a, chutiang
chuan huaissen taka hmachhawn a, a bul atanga tihbo
ai chuan an hlauhna awm reng chu passive takin an
intulût a ni

***** .**

Nupa inhmangaih tawnna ropui ber chu thlarau
lam hriatthiamna a ni a, chu chuan rilru lama
inhawnna a siam a, chu chuan hriatthiamna, rilru put
hmang ngaihtuah, leh hmangaihna ang chi mizia ropui
tak tak a rawn chhuah chhuak a ni

Amaherawhchu, thlarau lama thanlenna chu mi
dangte chungah nghah theih a ni lo tih hi ngaihtuah
tel a ngai a ni

Miin midangte chungah hmangaihna a neih chuan a
ngilneihna chuan a chhehvela a hmangaih takte a fuih
ang a, a \ha zawngin a nghawng ang

***** .**

**Pathian chuan duhthusam mittui hmanga
tihthianghlim leh hmangaihna meialh hmanga ti eng
thinlungte chu a tlawh thin**

***** .**

**Zirtirtu Paramhansa chuan zirlai pawl khat
hnenah:**

**I nun huan atang hian nitin thlarau lam pangpar
beisei suh**

**I thil tihte in hlan tawh Pathianin lawmman a pe
ang che a, i beiseina chu a hun takah a tihlawhtling
ang che tih ring rawh Tunah chuan in thlarau
leilungah Pathian hmangaihna chi in tuh tawh a, dilna
leh thil tha ti takin enkawl la, a chhehvela hnim tha lo
leh parasitic te: rinhlelhna, boredom leh lethargy
hnim hringte chu zung kai rawh**

**Hriatthiamna thianghlim a lo chhuah hunah chuan
enkawl la, duhthusam leh rinna tuiin tui pe la, zing
khat chu mahni inhriatthiamna pangpar malsawmna i
hmuh chuan i lawm hle ang**

***** .**

**Hmangaihte leh thian zawng zawng hnung lama
inthup hmangaihtu ropui ber chu kan theihnghilh ngai
lo tur a ni a, khawvel thil rei lote hmangaihna chuan
kan thinlung a luah tir tur a ni lo va, chu chu chatuan,
chatuan Pathian hmangaihna tlukpui nei lo leh awm
tawha hmangaihna engmahin a tluk loh nen a hneh
tur a ni For when divine love possesses the heart,
tranquility settles in it and the soul joy of the soul fills
it**

**Pathian Lehkha Thu chuan mihringte chu Pathian
ngaihtuah turin a fuih a, amahah an rilru thunluh tur
leh a hnenah engkim hlan tur leh thinlung taka amah
chibai buk turin a fuih a, inlanna leh vervêkna tel lova
Pathian chu nun tum ber a ni tur a ni tih hriatna
Khawvel hnate chu Pathianin mihringte hnena**

thiltihtheihna a pekte puihna tel lo chuan hlen chhuah theih a ni lo

Mihring nunah engmah hi Pathian aia pawimawh zawka ngaih tur a ni lo Miin thinlung takin Pathian a ngaihsak a, A laka thlarau lam mawhphurhna a hlen chhuah chuan kawng engkimah an dinhmun a lo tha chho zel ang a, a chhehvel thil awmdan zawng zawng karah pawh him leh him takin an inhria ang

***** .**

Miin mi dangte dikna chanvo a bawhchhia tur a ni lo va, a ram, remna, hmangaihna, zahawmna, a nih loh leh a thil neih leh nungchang lama a thil neih eng pawh a laksak tur a ni lo

I ta ni lo lak duhna i neih loh chuan i mamawh emaw, i duhzawng emaw chu i hnenah a lo thleng ang Rukruk hian miin midang a huat tan tirh hian rilruah zung a kai hmasa ber thin Duhthusam tha lo chi chu rilru atanga lak chhuah a ngai a ni

Thlarau lama midangte tana inngaihsakna chu kawng a ni a, chutah chuan mi pakhatin a pianphungah tamna a hip ang a, an hriat loh leh an hriat loh hmun a\angin malsawmna a luang chhuak ang Pathian dan dik lo thei lo a ni Rukru leh mahni hmasialtute chungchang erawh chuan, an nun chu thil neih zawngin an hmang a, an mit chu midangte neih zawng zawngah an mit reng a, anmahni sum bawm chu rangkachakin a khat pawh ni se

Tisa lama mahni hmasialna hi kalsan a nih loh chuan khawvelin hlimna a hre thei lo

***** .**

Kum tlemte an inneihna hnuah nupa sang tam tak chuan hetiang hian an inzawt thin:

"Kan hmangaihna chu khawiah nge a kal?"

**Hêng mite tâna chhâna chu: Inngaihtlâwmna
nasa lutuk mei chuan a kangral a, mahni hmasialna
leh zah lohnain a hneh ta a ni**

**Heng mize thim tak takte hi thinlunga a luh chuan
hmangaihna chu vut ah a chang thin**

**Hmeichhia leh mipa an inngaihsak tawn hian an
hlimna chu chatuan atan an tichhe vek a ni**

**Mipa chuan hmeichhia chu a mizia \ha lantir turin
a \anpui tur a ni a, a duhzawng tihlawhtling tur
chauha a bula awm ni lovin, kawng zawhpuitu, zah leh
ngaihhlutna a neih, nun kawng sang berte pholanna
anga a ngaih angin a hriattir tur a ni**

**Hmeichhia pawhin chutiang bawk chuan mipa an
en tur a ni**

***** .**

**Thingkung zungbunah fertilizer chi dik lo i hnawih
chuan a rah chu a tlem ang a, a tlahniam ang
Chutiang bawkin, mi pakhatin inṭhianṭhatna thing chu
mahni hmasialna rilru pu chung a chawm hian an thil
tum tling lo chuan chu ṭhian nihna rah chu a
tidanglam a, a tichhe vek a ni**

**Mi pakhat chu a hausa emaw, nghawng nei lian
tak emaw, kan tana thil tih theih vang mai maia
ngaihvenna chu ṭhian nihna tia sawi theih a ni lo
Chutiang bawkin, mi pakhat chu a hmel mawi tak
avânga hipna chu ṭhian nihna pawh a ni lo Chu hmel
chuan a tleirawl lai, a rilru hneh thei tak a hloh chuan,
chu "ṭhianṭhatna" chu a bo ang a, hun kal tawh thil a
lo ni tawh ang**

***** .**

**Mi ropuiten midangte tanpui nan thil tha an tih hi
hmingthanna leh hmingthanna tur emaw, ego tihreh
nan emaw tih tur a ni lo va, thil tih zawng zawng hi
Pathian hmangaihna avanga tih tur a ni a, a lawmna
zawng tur a ni zawk**

***** .**

Mi dangte sawichhiatna, sawichhiatna leh sawichhiatna nuam titute chuan fuihna thu leh thurawn fing tak hmanga mi dangte tanpui hlimna chu an hre ngai lo vang, thiam loh chantirna na tak chuan thil tisualtu chu a ti beidawng a, an thinrimna a tichhuak bawk

Mi tam zawk chuan an chak lohna leh pianpui hliam na tak takte chu an thinlungah an hre chiang a, hengte hi caustic harassment leh stinging reproach hmanga tihdam theih a ni lo va, hmangaihna balm thlamuanthlak leh thlamuanthlak tak hmanga tihdam theih a ni zawk

***** .**

Lalpa, I duhzawng chu ka ti ang a, ka thil tum leh ka duhnate hian min thunun phal suh se, he khawvel hi kawng engkimah hmun tha zawka siam thei tur hnate tihlawhtling turin min pui ang che, chutiang chuan ka ngaihtuahna leh thiltih hian I ropuina a puang ang a, midangte I chanchin a hriat nawn tir thei ang

***** .**

Mut hi malsawmna a ni a, i harsatna chu eng pawh ni se, i drift off hian i chhuah zalen a ni Mahse, i harh hun chhunga harsatna laka fimkhur taka chhuah dan tur i zir tur a ni Sugar i ei ngai lo a nih chuan a thlumzia i hre lo ang Chutiang bawkin, rilru thiltihtheihna i hman tangkai kim loh chuan a thiltihtheihna mak tak chu i ngaihlu thei lo vang

***** .**

His Honor the Judge chuan mi dang tan nunna emaw thihna emaw awmzia nei thil nalh tak chungchanga a thutlukna hnahnung ber a chhuah lai chuan, chutih lai tak chuan chu ni a a chung a chhungkaw buaina lo thleng chu a ngaihtuah a, in

lama a rorelna chu tihpuitlin a nih loh avangin a lungawi lo hle!

Chutiang roreltu chuan ngaihtuahna seng lo vanga mi sual lo thihna thlen thei tur thutlukna dik lo a chhuah chuan, ani leh chu, sual zawng zawng Roreltu, Roreltu Chungnung ber hmaah chuan puh leh thiam loh chantir a ding ang: chu chu mi dangte duhsakna hre lo leh inpawlina hmun awm lo khawvel pum huap dan a ni

***** .**

Beisei loh thil ka tawn lai kha ka la hre reng a; ngaihtuahna chhum hnunglam atang chuan thlarau lam hlimna zing chu a lo chhuak nghal a, ka nihna chu a rawn nuai ta a ni

Chu malsawmna thil tawn chuan beisei zawng zawng a phak lo va, sawifiah theih loh hlimna ka neih lai chuan, hlimna êngin hriatna kil thim zawng zawng chu a ti eng a, buaina leh zawhna thlalakte chu a hnawtchhuak ta a ni

Chu êng chuan—X-ray ang maiin—thil hring hringte chu a rawn luhchilh a, hmuh theihna hmun pangngai piah lama thil awmte chu min hmuhtir a, hmar leh chhim, hmar leh chhak, ka hma leh ka hnungah, ka chungah leh ka hnuaiah, ka chhungril leh ka chhehvel, leh hmun tina awmte chu min hmuhtir a ni

***** .**

Destructive doubt hi a effect-ah paralysis nen a inang a Constructive thinking a tikhawlo a, duhthlanna a tikhawlo baw

Thiltihtheihna sang zawkte thil \ha hnathawh leh khawvel dante daltu angin a thawk a, Pathian malsawmnate thlarau hnena a thlen loh nan a tikhawlotu Lungngaihna leh tanpui theih lohna rilru a thlen baw

**Hlawhtlinna a dodal a, ngaihtuahna chu hriat
lohna, ngaihdan dik lo, dik lo taka bias, emaw, rilru
put hmang leh duhthusam thunun theih loh
duhthusam avang hian a hnawl a ni**

***** .**

**Thlarau lama piantharna tih awmzia chu hriat
lohna kawngkhar atanga zalenna leh hriatna tlemte
tihkhawtlai atanga tlanhhuahna a ni**

**Mihring nun hi a chang chuan a mawi em em thei
a, mahse a inngahna chu paradis sava chu khum zau
takah dah ang mai a ni Cage kawngkhar i hawn chuan
sava chu a lo thiam tawh avangin a thlawk chhuak
hreh mai thei**

**He sava mawi tak hian a hlau a, a bawm
chhuahsan a, a lo chhuahna zalenna tawp nei loah kir
leh a duh lo va, chu ai chuan a pianphung nena inmil
lo hmun tenau leh tlemtea awm chu a duh zawk a ni**

**Chutiang chuan mihring thlarau chu taksa chu a lo
thiam tawh a, a tang a lo ni ta a, chu chu tawp chin
nei lo universe-a tel ve a nih thu leh a leia a awm chu
hun eng emaw chen chauh a nih thu leh a van hmuna
a kir leh a ngai tih hre lovin a awm ta a ni**

**Tin, taksa tihkhawtlai leh tihkhawtlai atanga
pianpui finna chhuah zalen hi thlarau lam piantharna
ka tih chu a ni**

***** .**

**Rilru thiltihtheihna hi a tawp chin a awm lo He
ngaihtuahna hi ngaihtuah la, i rilru chu tihhlawhtlin
duhna leh i thil tumte tihlawhtling tura thil \ha taka
thawh tumna nen luah khat rawh I ngaihtuahna chu
hlawhtlinna sang zawk lam pan zel rawh Thlarau lam
hausakna i neih chuan hausakna leh hausakna chi
dang zawng zawng chu i thupek hnuaiah a awm vek
ang**

***** .**

**Miin mahni thawhrimna hmanga duhthusam a
tihhlawhtlin theih loh chuan tawngtaiin Pathian lam a
hawi thin Chutiang chuan dilna sawi apiang hian a
chhungril lama duhthusam thup a pholang thin Mahse
Pathian a hmuh chuan duhna zawng zawng a bo vek
a, duhthusam zawng zawng a thleng famkim thin**

***** .**

**Mi chuan theihtawp a chhuah tur a ni a, thil tum
nei tak, bias nei lo, leh khap tlat attachment nei lo a
ni tur a ni**

**Nunin a hmaa a dah zirlai (thilthleng leh dinhmun)
te pawh a bik takin a ngaihven tur a ni a, a chhan chu
a zir tur zir tur a awm avangin**

***** .**

**Khawvel pum huap thiltum ropui tak takte chu he
khawvelah hian luhtir a ngai a, mihringte chu
dinhmun sang takah chawisangtu, a ngaihtuahna
tithianghlintu, a duhzawngte titawptu leh a talent
ropui tak takte tichaktu tur thil tum (ideals) te chu
pawm a ngai a ni**

**Chûngte chu thlarau lam entawn tûr siam leh
curriculum tha hmanga tihchak theih a ni a, tharum
thawhna nasa tak leh indona tichhe thei hmanga
tihchak theih a ni lo Political power hi a thunun leh
kaihruaitu thlarau lam thu bulte tel lo chuan a
hlauhawm hle**

**Thlarau lam thu bulte ka sawi hian thurin bik,
pawl hrang hrang, rinna inzawmna bik ka sawina a ni
lo va, khawvel pum huap dante ka sawi zawk a ni: mi
zawng zawng tana hman tur dikna leh nungchang \ha
dante, an tana \hatna, \hatna leh remna thlentu**

***** .**

**Mi tinte chu an duhzawng thing hnuaiah an
khawsa a, chu chuan an duhzawng zawng zawng
tihlawhtlingtu chu thing chu duhthlanna a ni Mihring**

**duhdan, Pathian duhzawng lantîrna chuan a bulpui
berah chuan mi pakhat beiseina leh duhzâwng
tihhlawhtlin theihna thiltihtheihna a nei a ni**

**Mahse, a duhzawng, duhzawng leh ngaihtuahna
thunun dan hre lo chuan a Lalpa hnenah vawi
sangkhath lawmthu a sawi tur a ni a, a chhan chu a
ngaihtuahna thunun loh chu a thleng nghal mai lo va,
chuti lo chuan duhthusam ramhuai chuan thlarau
thlamuanna tichhetu, hlimna ruh tikehsawmtu, hlimna
ruh chu tikehsawmtu, thlarau thlamuanna oasis-a
chantirtu sakeibaknei, ravenous tak takte automatic
embodiment a siam ang ram hring hring (barren
wasteland) a ni**

**Mi pakhat chuan hlauhna, hlawhchhamna, natna,
leh hriat lohnate ngaihtuah reng leh ngaihtuah reng
reng hi a fimkhur tur a ni, chuti lo chuan heng
ngaihtuahna tha lote hi hriat loh thim a\angin
ramhuai ang maiin an lo chhuak ang a, buaina lian tak
tak, hmachhawn leh thunun harsa tak tak an siam ang
Ngaihtuahna \ha lo chuan mimal tan chhiatna chauh a
thlen lo ang chuvangin, mahni leh midangte tana thil \
ha a duh chuan ngaihtuahna \ha hmanga thlak tur a ni**

***** .**

**Ngaihtuahna, thusawi, hriatna, thiltih theihna kan
mamawh zawng zawngte hi Pathian a\anga lo chhuak
vek a ni tih leh kan hnenah a awm reng a, min fuih a,
min kaihruai \hin tih kan hriat chuan buaina ata kan
chhuak nghal a ni**

**He hriatchhuahna nen hian hlimna thianghlim tak
a lo lang a, a châng chuan mi pakhat chu hlauhna
ngaihtuahnate tibo nghâl thei êng thûk takah a
inhnim pil a ni**

***** .**

**Thumal tin, a tha emaw, a chhe emaw pawh ni se,
a vibration—a hnuhma—taksa, thluak leh nunna**

**chakna ngaihtuahnaah hian inclination leh duhzawng
angin a hnutchhiah Chutiang chuan, thusawi zawng
zawng vibrations chuan rilruah thil tha emaw, a tha lo
emaw a hnutchhiah thin Thutak tihdanglam duhna
atanga inthiarfihlim tawh chuan anmahni chhungah
chakna nasa tak a din a, chutiang chuan thuhretu dik
lo an ni lo ang a, an thusawi zawng zawng chu a ni
vek ang dik**

***** .**

**Aw Lalpa, thu thlum, \angkai leh hahdamthlak tak
tak sawiin thutak rawngbawl nan ka aw hmang turin
chakna min pe ang che**

**I hla thi thei lote chu ka nun flute-ah play la, i hla
thianghlim vibration-in malsawmna ka dawng thei ang**

***** .**

**Aw cosmic hmangaih tak
I hmel chu lunghlu eng mawi tak takah chuan a
eng chhuak tih ka hmu**

**Tin, i blush chu rose petals ah chuan ka hmu
chiang hle bawk**

**Tin, sava ri bengchheng takah chuan i aw ka hria
a, ka hlim hle bawk**

**Tin, thinlung tinrengah ka hmu ang che tih hi ka
mumang a ni**

Lawmnain min tuam a ni

Description a paltlang

Hlauhna laka zalenna

Master Paramhansa Yogananda chuan a rawn ti a

**Universe-a thil awm zawng zawng hi chakna
emaw, vibration emaw atanga siam a ni Thusawi
vibration hi ngaihtuahna vibration aiin a lan chhuahna
emaw, a lantir nasat zawk emaw a ni Mihring zawng**

**zawng ngaihtuahna chu ether kaltlangin a ripple thin
Ngaihtuahna hian vibrational rank sang tak a neih
avangin, a la lang lo Vanneihthlak takin, mi zawng
zawng ngaihtuahna hi kan hre lo!**

**Radio button i hmet emaw, i herh emaw hian (leh
tunlai hian kawng dang hmangin) tune leh sound
hrang hrang i hre thei a, radio wave-te'n i receiver-a
an kalna ether layer chhunga inherent awareness
awm lo se chuan broadcast sound zawng zawng chu
vawi khatah i hre vek ang**

**Pathian chuan ether a siam a, mihring rilru chu he
medium hmang hian vibrations thawh chhuah leh
dawn dan tur ruahmanna siam turin a fuih a ni Radio
wave te hian an thehdarh nan ether ah an innghat a,
transmission leh reception atan electric ah an innghat
bawh Heng vibrating radio wave te hi space kaltlangin
resonant receiver eng pawh hnena thawh chhuah
ngaihtuahna a ni**

**Hmangaih tak i hnaih hian an ngaihtuahna chu i
hre thei a, mahse hla tak atanga mi ngaihtuahna chu i
hre thei lo mai thei, hriatna lama hmasawnna sang
tak i neih loh chuan Concentration leh meditation
technique hmang fo thinte chuan thlamuanna thuk
tak an tawng a, an ngaihtuahna chu he thil tih avang
hian a thianghlim zawk a, chu chuan hla tak atang
pawhin midang ngaihtuahna leh thil tum chu a hre
thei ta a ni!.. ..**

.. ..

**Mihring thuthar thehdarhtu leh dawngtu kan ni
vek a: midangte ngaihtuahna chu i thinlung, hriatna
lairil hmangin i dawng a, nangmah ngeiin i
ngaihtuahna chu i thlarau mit, ngaihtuahna leh duhna
hmunpui hmangin i thawh chhuak thin I antenna chu
thluaka awm, hriatna sang zawk, hriatthiamna
hmunpui ber In atanga hla takah i awm a, chutah**

chuan eng nge thleng tih hriat i duh angin han mitthla
teh I hriatnate a muang hle a, i rilru a reh a nih chuan,
i hriatna leh in lama i chhûngte ngaihtuahna I
ngaihtuahna chu khawi hmunah pawh a luhchilh thei
a, i hriatnate chu chakna pawimawh tak takin a khat
ta a ni

Distance is relative because energy compresses
space Distance diminishes with the development of
communication technologys I muhil a, ram dang pan
tura thlawhna hmanga kal, chutah chuan rel hmanga
khawpui pan tur, chutah chuan thliarkar pakhata
lawnga kal, kawngpuiah lawng chawlhna hmun
engemaw zatah i ding tih i mumang angin han
ngaihtuah teh Heng zawng zawng hi mumang
chhungah minute tlemte chhungin a thleng a, a chhan
chu ngaihtuahna ram chhungah hlat zawng a awm loh
vang a ni

Khawvel leh hmun pum pui hi ngaihtuahna angin
a awm a, chutah chuan rilru thiltihtheihna a awm a,
chutah chuan ka mit ka chhing thei a, mel sang tam
tak hlaa thil ka ngaihtuah thei Space leh time hi rilru
lama thil siam mai mai a ni Mumang a coffee lum leh
ice cream lum hi eng nge an danglamna? I harh chuan
mumang khawvela ice cream chu ngaihtuahna mai a
ni tih i hrechhuak a, coffee lum pawh chu ngaihtuahna
mai a ni tih i hrechhuak bawk—an pahnih hian
ngaihtuahna hrang hrang mai an ni Rilru hian
thiltihtheihna leh engkim hre thei thiltihtheihna a nei
a Ka sawi tum rilru hi Pathian rilru a ni a, ngaihtuahna
hmanga hmun tinah a awm ang bawkin keini pawh
kan ni

Radio ngaihthlak i tum hian broadcast
accompanying static i hre fo thin Chutiang bawkin i
nunah thil awmze nei tak tihhlawhtlin i tum hian i
hmasawinna tibwaitu leh tikhawtlai tumtu inrawlhna

chi dang i tawng thin Chu inrawlhna chu tih dan tha lo a ni

**Hlahna hi i rilru tibuaitsu chi dang a ni
Nunphung \ha emaw \ha lo emaw ang bawkin hlahna
hi siam\hatna leh tichhe thei a ni Entîr nân, nupuiin,
"Zanin hian ka chhuah chuan ka pasal chu a thinrim
ang a, chuvangin ka chhuak lo ang," a tih hian,
hlahna siam\hatna, \hian \ha takin a chêtîr a ni
There is a difference between friendly fear and
cowardly fear I am speaking here of the friendly fear
that mi chu a tul lo taka midangte tihnat loh nan a
fimkhur tir Hlahna hlahna chuan duhna a tichhe
thin Chhungkaw member-te chuan inhmelhriat
hlahna chauh an nei tur a ni a, thudik inhrilh tawn hi
an hlau tur a ni lo Duty tih hriatna avanga thil tih,
emaw, midang rawngbawlina leh hmangaihnaa mimal
duhzawng hlan chu hlahna avanga tih ai chuan a tha
zawh daih Miin Pathian dan bawhchhiatna a pumpelh
lai pawhin hmangaihna avanga tih a ni tur a ni
Pathian, hremna hlauh ni lovin**

**Hlahna hi thinlungah a lo chhuak Natna emaw,
accident emaw avanga i hlauthawng tih i hriat chuan
thaw thûk tak, zawi zawia, leh chak taka vawi tam tak
thawh tur a ni a, thawh chhuah apiangin chawlh
hahdam tur a ni Hei hian i thisen kal dan chu a
pangngaia a awm leh theih nan a pui ang I thinlung a
reh tak tak chuan hlahna i nei lo tak tak ang**

**Lungkhamna chu natna hriatna avang hian
thinlungah a harh thin Chutiang chuan hlahna chu
thil tawn tawhah a zung kai tih kan hmu a, mi pakhat
chu hun kal tawhah pawh a tlu a, a ke a tikehsawm
tawh pawh a ni mai thei a, chuvangin thil tawn ang
chiah kha sawi nawn leh chu a hlau hle Chutiang thil
hrehawm tak takte ngaihtuah reng chuan duhthusam
leh nerve chu a ti paralyze a, chu chuan tlu leh ke ruh**

tliak a thlen thei a ni!.. .. . Chu
bâkah, hlauhna hian thinlung a paralyze chuan taksa
chakna chu a hniam ber thlengin a tlahniam a, chu
chuan natna hrikte chu taksaah a rawn luhchilh a, a
tichhe thei a ni

Natna hlau lo mi a awm harsa khawp mai Hlauhna
chu mihringte hnenah natna laka fimkhurna hmanrua
atan pek a ni a, tihpun emaw, awm reng emaw loh tur
hlauhna ngaihtuah reng hian harsatna pumpelh leh
harsatna kan tawhte chinfel kan tumna a tikhawlo a
Hlauhna fimkhur hi finna atanga innghat a ni a,
entirnan, ei tur chi khat chu duhna nei mahse a hrisel
lo tih ngaihtuah ang chi hi ei rawh Natna hlauhna hian
natna a keng tel Mite chuan an ngaihtuah mai mai
vangin natna an rawn thlen thin Khawsik i hlau reng a
nih chuan, i pumpelh theih nan eng thil pawh ti ila i la
vei awlsam zawk ang Hlauhna i duhna leh i nerve te
chu i paralyze suh When anxiety clings to you against
your will, you help create the very experience you
fear It is also unwise to.. .. .

.. .. . associate—excessively—with those who
constantly talk about their illnesses and weaknesses
Heng thilte ngaihtuah hian i rilruah hlauhna chi phun
a pui thei a ni Tuberculosis, cancer, emaw thinlung
natna hlautute chuan he hlauhna hi an ngaihtuahna a
angin hnawt chhuak se, chuti lo chuan heng dinhmun
duh loh tak takte hi anmahni chungah an rawn thlen
ang dispositions, to encourage and uplift them with
positive thoughts and feelings Ngaihtuahna hian
thiltihtheihna nasa tak a nei Hospital-a thawktute chu
mahni inrintawkna avang hian an damlo tlem hle a dik
takin, an ngaihtuahna chak tak chuan a tithar leh a,
chakna pe reng reng a pe bawk

Hemi avang hian i kum upat deuh deuhin midangte hrilh loh a tha ber l tih veleh i kum chu i hmel lan danah an hmu a, chu chu hriselna leh chakna tlahniam nen an inzawm tir thin Utar ngaihtuahna hian lungkhamna a siam a, mi nunna leh chakna a rukbo thin Chuvangin, i kum hi i tan thuruk takin vawng la Thi thei lo mihring kan ni tih kan inhriat nawn tir tur a ni a, hriselna tha neia malsawmna kan dawng tih leh khawvel hi a ni tih kan inhriat nawn tir tur a ni thatnain a khat

Chuvangin hlauhna aiin fimkhurna a lal zawk tur a ni Invenna tur ruahmanna siam a ngai a, natna thlentu te tihbo a, hlauhna laka inthiarfihlim turin theihtawp chhuah a ngai Hriselna chu hmun tinah a tam em em a, miten an hlauthawng a nih chuan nun nuam an ti thei lo ang Hriselna atana fimkhurna tul zawng zawng nen pawh hian mi pakhatin a in chu microscope hmanga a enfiah thei a nih chuan a ei duhna leh duhna a hloh ang ei tur

Eng pawh hlauh la, i ngaihtuahna chu hawisan rawh Pathian kutah dah la, Amah i rinna tichak rawh Hrehawmna tam tak hi lungkhamna avanga lo awm a ni tlangpui Natna pawhin a la nuai loh lai hian engvangin nge i tuar? Mi tam zawk natna hi hlauhna atanga lo chhuak a nih avangin hlauhna thlahthlam chuan a chhuah zalen nghal ang a, tihdamna pawh a awm nghal ang Zan tin, i mut hmain, nangmah leh nangmah in nemnghet rawh: "Pathian chu ka hnenah a awm a, Pathian nei apiangin hlauh tur a nei lo" Mentally surround yourself with the Spirit of God and his cosmic energies, believing that any germ that attacks you will be struck down Repeating "Aw Pathian, Engkimtitheia" emaw, "Aw Lalpa, Tanpuitu" tih emaw rinna famkim nen a venghim ang che, a tichak ang che, a ti hahdam ang che, a ti hahdam ang

**che Pathian nen in inrem chuan a thutak chu i
chhungah a luang lut ang a, i chhungril lamah chuan
harsatnain a khawih loh leh boral thei lo thlarau i ni
tih i hria ang**

**Hlahuna i neih apiangin i kutphah chu i
thinlungah dah la, veilam atanga dinglamah hnawih
la, heti hian: "Aw Lalpa, he hlahuna hi ka lakah la bo
la, ka rilru leh ngaihtuahna hi eng thil pawh tibwaitu
lakah chhuah zalen rawh" Radio interference tihbo
dan tur a awm ang bawkin, veilam atanga dinglam
hawia i thinlung i hnawih reng chuan, i thinlung
atanga hlahuna hnawhchhuah tumna ngaihtuahnaah i
rilru i pe reng a nih chuan, chu hlahuna chu Pathian
tanpuinain a bo vek ang, leh Pathian hlimna chuan i
nihna zawng zawng a luah khat tih i hre ang**

**Hlahuna hi mihringah a awm reng a, chu chu paih
bo chu Pathian ngaihtuah leh a awmna hriatna
hmangin a theih a ni**

**Pathian ring la, i thil tih apiangah dik takin awm
rawh Entawn tur tam tak an awm a; don't add your
name to their long list I thil tih chu Master la, a hmaa
tumahin an la tih ngai loh dan danglam takin ti rawh
Duhthusam chu thinlung tak a nih chhung leh
duhzawng a awm chhung chuan thil siam chhuahna
tur field chu a inhawng a ni All of nature responds to
you when you are in harmony with God**

**Mite hian mahni insiam hmasak fo mah ila,
midangte hi kan ngaihtuah a, kan theih ang tawkin
kan tanpui tur a ni a, kan duh angin duhsakna kan
hlan tur a ni He thil hi duhthusam leh thinlung zawng
zawnga kan tih hian kan lainatna circle chu a zau a,
keimahni leh midangte inkara hmangaihna inzawmna
chu a thuk a, a ngeth zual sauh niin kan hria**

**Mi 1,000 awmna boruakah chuan mi zawng zawng
hi inrem taka awm ta se, mi tin hian thian 999 an nei**

**ang Mahse chu boruak chhunga mi zawng zawng chu
midangte hmêlma anga awm ta se, mi tin hian
hmelma 999 an nei ang**

**Hmangaihna thiltihtheihna hmanga mi thinlung
hneh hi nunah tu pawhin hnehna a chan theih ropui
ber a ni Midangte thatna ngaihtuah tum fo la,
khawvel pum hi i ke bulah i hmu ang Hei hi mi ropui
tak tak, midangte tana nung leh thite hlawhtlinna
ropui ber a ni Mahni tan chauh nung, thil chakna nasa
tak nei te chu theihnghilhnaah an khuh thuai thuai a
Mahse midang tana nungte chu chatuan atan
hriatreng an ni The prophets did not leia an awm
chhungin rangkachak lalthutthleng an nei a, mahse
mi maktaduai tam tak thinlungah hmangaihna
lalthutthlengah an thu a Chu chu mihring tu pawhin a
luah theih lalthutphah tha ber a ni**

**Mi pakhat chu he khawvelah hian tap chungin a lo
kal a, midang zawng zawngin an lo thlen hunah an
lawm laiin An dam chhung hun ruat chhung hian hna
an thawk tur a ni a, rawngbawlina an nei tur a ni,
chutiang chuan khawvel chhuahsan hun a lo thlen
chuan khawvelin a lungngaih laiin nui chungin an
chhuak thin**

**Pathianin he khawvel hi mihringte'n an finna
hmanga thlarau lam hriatna an neih theih nan leh
Pathian Ngaihtuahna chu chakna chak tak a ni tih an
hriatthiam theih nan a siam a, chu chakna chu mahni
leh midangte hlawkna tur kawng dik takah kaihhruai
tur a ni**

**Pathianin kan thinlungah a hmangaihna tuh
chhuakin hmangaihna min pe lo a nih chuan mihring
hmangaihna hi kan hre ngai lovang Pathian hi kan
chungah thilphal leh hmangaihna a neih em avangin
kan thil tum leh kan zawn tum ber ni tur a ni Amah hi
kan chungah a nghat duh lo a, mahse Amah**

**ngaihtuah lo leh amah nena inzawmna nei lo chuan
hlimna engmah a thleng thei lo**

**Taksa leh rilru hnathawh dan thuruk, Pathianin
thilsiam dang zawng zawng aiin min thliar hrang**

**Nunna thilmak leh thilmak dang zawng zawng hi
chu zawng chhuak tur leh hmuh chhuah kan tumna
tur min tichaktu tling tur a ni**

**He thil hi thinlung tak leh rinawm taka lo tum
chuan a hmalaknaah a hlawhtling ang a, a thil tum
pawh a hlen chhuak ang**

**He kawng ka zawh lai hian ka nun chu a tir lamah
a buai a, a inrual lo hle a, mahse ka beih nawn fo leh
beih nasat em avangin chhum chu a bo tan ta a, mak
tak maiin thil a lo Chiang ta a, ka chung a thil thleng
zawng zawng hi Pathian awmzia leh he nunah hian
Amah nena inzawmna leh hriat theihna finfiahna hnial
rual loh a ni Oh, the tranquility, the peace
of.. ..**

**.. .. rilru, leh Pathian a hmuh
huna zawngtuin a tawn chhungril thlamuanna chu!
Chutah chuan khawvel chu a eng leh nuihzatthlak a lo
ni ta a, engkim a dik vek ang a, engmahin thinlungah
hlauhna a tuh thei tawh lovang**

**Hetiang hian harsatna kan hmachhawn a, nunna
leh êng fate tana huaisenna leh huaisenna nen nun
indona kan do a ngai a ni**

Thil hlute hmuchhuak

Zirtirtu: Paramhansa Yogananda tih a ni

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

**Khawvel pumah hian hausakna leh hausakna lungphun
pholang thei leh, ngaihtuah loh leh kan mumang pawha kan
la ngaihtuah ngai loh ro hlute phochhuak thei thiltihtheihna a
awm em?**

Hriselna te, hlimna te, leh thlarau lam êngna zawn nâna kan hawi theih leh kan rinchan theih tûr thiltihtheihna eng emaw vêngah hian a awm em?

Zirtirtu êng tak takte chuan he thiltihtheihna hi a awm tih an nemngnet a, mihringte'n rilru zau taka a lo enchhin chuan thutak dan leh thu bulte chu a hlawhtlinna an lantir a ni

Khawvela hlawhtlinna chu training leh mahni inrintawknah a inngat vek lo va, hun remchang awmte hmang tangkai tura tumruhnah a inngat baw

Nunna remchângte hi a lo thleng mai mai lo va; an siam a, an lo piang chhuak Mihringte hian an tana remchang awm tawh leh awm tawh zawn zawnge chu (he nunah emaw, hun kal tawh hla takah emaw, a hmaa nun emaw, tisa lo piang emaw pawh tiamin) kan siam vek a ni

Kan pianpui theihna bakah hian kan kawng daltu awm thei zawn zawn hneh turin pawn lam hmanrua leh thil neih awm zawn zawn kan hmang tangkai a nih chuan Pathianin min pek theihnate chu kan chhawm nung ang: chu thiltihtheihna tawp nei lo, kan nihna thuk tak atanga lo chhuak thiltihtheihna ropui tak pahni Kan nei a: finna thiltihtheihna leh duhthlanna thiltihtheihna, tin, heng thilpek thianglim pahni hi a famkimin kan hmang tur a ni

Mi pakhat hlawhtlinna leh hlawhchhamna chu an ngaihtuahna tih dan pangngai leh a kalphungah a inngat Mihring nunah eng nge thiltitheih zawk: hlawhtlinna ngaihtuahna nge hlawhchhamna ngaihtuahna? Ngaihtuahna hi a tam zawkah a tha lo a nih chuan, a chang chuan ngaihtuahna tha tak takte hi hlawhtlinna hip nan a taw

lovang Mahse, miin dik taka a ngaihtuah chuan a thil zawn chu a hmu chhuak ang a, a thil tum chu a hlen chhuak ang, thimin a hual velnia inhriat pawh ni se

Mi tinin mahni mawhphurhna kan nei Ni Hnuhnungah hian tumahin chhanna an pe lo vang a, an aiawhin account an pe lo vang

Kan thiltih tawhte'n min dahna khawvela kan hnathawh hi mi dangin an tih theih loh thil a ni a, kan hnathawh hi eng emaw ti taka kan mihringpuite rawngbawlina a nih chauhvin hlawhtling anga ngaih a ni

No problem should be dwelled upon or constantly revisited Thilte chu rei lo te chung chu chawhsan la, a insiamrem thei a ni Mahse, hriat theihna hloh khawpa rei chu muhil lo tur a ni Chawlh hun chung hi ngaihtuahna thuk zawk leh thlarau chhunga boruak muanawm tak thlen nan hman tur a ni

Nangmah nena in inrem hunah chuan i thil tih zawng zawng chu chiang takin i ngaihtuah thei ang I ngaihtuahna chu a darh zauh pawhin i la khawm thei ang a, i ngaihtuah nawn leh thei ang He inremna thianghlim tak neih theihna hi thawhrimna leh tihchakna hmangin i nei thei a ni

Thil \ha ngaihtuah bâkah, duhthlanna, thawhrimna leh chhelna te hi hlawhtlinna neih nân a pawimawh hle Pawn lam lan chhuahna leh thil thleng zawng zawng hi duhthlanna rah chhuah a ni a, mahse he thiltihtheihna hi hriatna leh ngaihtuahna fim tak hmanga hman a ni lo fo ṭhîn

Thiltih duhna (conscious will) a awm ang bawkin duhthlanna (automatic will) a awm a, thiltih zawng zawng tichaktu chu tumruhna emaw, duhthlanna emaw a ni a, chu chu a tel lo chuan mi chu a kal thei lo va, a tawng thei lo va, a thawk thei lo va, a ngaihtuah thei lo va, a hre thei lo bawk Chuvangin, duhthlanna hi thiltih zawng zawng chêṭṭîrtu a ni a, he thiltih hi hman tangkai loh chuan thiltih theih lohna leh hahchawlhna famkim a kawka, taksa leh rilru lamah pawh Mihringte hian duhthlanna chakna chu an kut tihchet nan

pawh kan hmang a, chu chu a ni he thiltihtheihna hmang
lovin nun theih loh

Automatic willpower chu duhthlanna hriat loha hman a
ni Conscious willpower hi tumruhna leh thawhrimna nena
inzawm chakna pawimawh tak a ni a; it is a generator of
power that must be directed wisely and thoughtfully Miin a
hriat loh, automatic duhthlanna hmang lovin, fng tak,
ngaihtuahna senga duhthlanna hmang tura a inzirtir hian, a
duhthlanna chu thil tha lo tihna atan emaw, thil tenawm leh
tangkai lo tak tak neih nan emaw ni lovin, hlawkna leh siam\
hatna kawnga hman a nih theih nan a enkawl bawk tur a ni

Duhthlanna chak leh tangkai tak nei tur chuan a hmaa
thil theih loh nia an ngaih thil tih tum leh tih tum a ngai a,
hna awlsam zawk a\angin tan la la, i inrintawkna, chakna leh
duhthlanna a lo lian chhoh zel chuan, zawi zawiin thil harsa
leh harsa zawkte chu tih tum ang che

Pakhatnaah chuan, thiltum tha leh ropui tak siam a nih
theih nan, chu chu chakna leh theihna zawng zawng nen,
eng ang harsatna pawh lo awm mah se, bñnsan emaw,
pawm duh lo emaw vek chungin, chu chu hlen chhuah tumin
a bei tñr a ni

Mi pakhat chuan hna pakhat chu vawi khatah thiam
turin an duhthlanna zawng zawng a hmang tur a ni a,
adventure thar a zawh hmain chakna a khawhral lo tur a ni
a, thil tihfel lohvin a awm lo tur a ni

Remna awm rawh se

Midang nungchang chhiar dan

**Mi dangte nungchang zir hian mi chu a mizia
siam\hatna tura pui thei thilte a hrechiang zawk a
Amaherawhchu, nungchang \ha lo taka zir hi thutak**

leh chhia leh \ha hriatna nen a inkalh a, a rah chhuah tichhe thei tak a ni

Mi zawng zawng hian "secret morality police" an pumpelh a, an thil tum ber chu midangte pholan leh tihchhiat a ni Midang sawisel nuam titu tam tak chuan anmahni pawhin sawiseln a an tuar thei lo va, midangte chung a an hmuh thin tlin lohna leh tlin lohna tak tak te pawh nei mah se, an chhia leh tha hriatna "thianghlim" ang chuan

Mize zir hi a pawimawh zual hle a, a chhan bulpui pakhat avang hian: mi dangte mizia \hate hi kan enfiah reng a ngai a, chu chu kan chhungah kan neih \hin Mi thenkhat ka biak a ngaih hunah mizia ka zir \hin Mahse ka thlan dan hi thlirna danglam tak a\angin a lo chhuak \hin Mahse ka thlan dan hi thlirna danglam tak a\anga lo chhuak a ni A châng chuan mi ngilnei lo nia ka hriat mi pakhat chu ka bula awm turin ka phal a, an hlawkpui ngei ka beisei a, an hlawkpui ngei ka beisei If they answer to my spiritual guidance for their own good, they will change for the better a nih loh chuan theihtawp ka chhuah tawh ang

Damlo tanpui nan natna laka inhriatthiamna nei ang mai ka ni Damdawi thiam zawng zawngin rawngbawl leh tanpui an duh avangin he risk hi an la vek a ni Chutiang baw chu thlarau lam doctor pawh a ni Mi dangte enfiah a, an thlarau tihchangtlun nan an chak lohna leh hrehawmnate kawhnmuh chu a mawhphurhnaah a la a ni

Isuan, "Rorel suh, chuti lo chuan nang pawh rorel in ni ang" a ti (chuan Quran-ah chuan, "Tih tak zetin, rinhlelhna engemaw zat chu sual a ni" tih kan hmu baw) Hei hi thil tum tha lo leh midang tihchhiat duhna avanga sawiseln a sawiseln a Chiang tak a ni Chutiang thiltih chu a khauh a, mite zinga inthianthatna leh hmangaihna boruak a tichhe

Sawiselna hi hmangaihna dik tak nena hlan a nih loh chuan a tangkai lo tak zet a ni mi dangin a duh chu chu mi tanpui tumna nen chauh pek tur a ni Mahni inthununna zir tawhte chuan midangte tanpui theihna an nei He ngaihdan atang hian nungchang zir hi a hlawk a, a hlawk bawk

Mihring mizia zir chianna branch pakhat chu physiognomy-ah a inngnat Mihring mizia langsar zawng zawng chu a taksaah chiang takin a lang vek niin an sawi He thu hi generalized theih a ni lo a, a chhan chu physiological characteristic emaw manifestation zawng zawng hian psychological life dik takin a hrilhfiah vek lo

Aristotle-a chuan physiognomy chu mizia hriatthiamna kaihruaitu atan a zir a Indian masters go even further and deeper Mihring nun chungchanga ngaihdan bulpui ber berte chu mitah a lang chhuak niin an sawi Tin, mit hian thlarau chhungril thurukte chu pholang mah se—he nun chauh ni lovin, hun kal tawha mihring lo piang tawhte pawh—chutiang hriatnate hi mi fing tak rilru chauhvin a chhiar thei a, a chhui thei bawk

A châng chuan kawngpuiah i kal a, rang takin kal tlang mi mitah thil i hmu a, i rilruin, "Chu mi nen chuan ka hlim lo" emaw, "Chu mi chu ka duh," emaw, thil awmdan azirin i rilruin i sawi ṭhin

Mit hian thawnthu pumpui a sawi Hlahna, thinrimna, inhuatna, duhâmna, thilphalna, hmangaihna, huaisenna, thlarau lam thil, leh mizia ṭha leh ṭha lo zawng zawngte chu mitmengah a lang chhuak vek a, Secret agent-te chuan an hmel lan danin an thil tum a phatsan loh nan an hmai ruhte chu an thunun thei a Mahse, an mit aṭanga rinhlelhna an thup thei lo va, an paih chhuak thei lo (chu chu a ni ṭhenkhat chuan glass dum an ha!) Yogi-te mit erawh

**chu a la ni reng a ni a chhan chu Pathian thlarau
thlamuang leh thlamuang tak chu a ngaihtuah a ni**

**Hmêl leh taksa pianzia zawng zawng zirchian a ni
tawh Lu-a hliam langsar tak takte pawh zirchian a ni
tawh Mahse taksa pianphung hian a chanchin pum pui
a sawi vek lo va, hnam hrang hrangte chuan an thil
hmuh leh zirchianna a\angin thutlukna hrang hrang
an siam \hin Thenkhat chuan thau lutuk chu nuam
tihna zawngtu leh hnathawh duh lo an nih thu an sawi
a, mi thau lutuk erawh chu thlarau lam thila mi an ni
zawk an ti**

**Caesar-a chuan Cassius-a lakah a fimkhur hle a, a
thuneihna tichhe thei niin a ngai a, Ziaktu thenkhat
chuan mi cher te hian an ngaihtuah lutuk a, chuvang
chuan tisa an tlachham tih an theorize a Mahse,
history atanga a lan dan chuan mi thau leh thau lutuk
te pawh hi roreltu tha tak an ni tawh a ni**

**Tunah hian i thau lutuk fo a nih chuan, a hmain
vawi tam tak i thau tawh a nih chuan (incarnation
hmasaah) A nih loh leh, i thau chhunzawm zel a nih
chuan, incarnation hmasa engemaw zatah pawh
chutiang chu i ni tawh I have rochun predisposition
(to be overweight or thin) chu eng ang pawhin ei mah
la, chu rilru chu a thunun reng a, a lantir thei zawk
bawk**

**Physiognomy hi mihring nihphung hrilhfiah tumna
science a nih angin, mi pakhatin a taksa a lo pian tam
tak chhunga a rilru a lo kal tawh zawng zawng chu a
taksaah a lang chhuak vek niin kan ngaihtuah chuan
science dik tak a ni Amaherawhchu, hei hian chu miah
chuan physiognomy mizia chu kimchang tak leh dik
taka hriat theih nan thlarau lam zirtirtu êng tak rilru
fim tak a mamawh a ni**

**Entirnan, Socrates-a chu a hmelchhia hle
Vawikhat chu astrologer ropui tak a tawng a, ani**

chuan heti hian a hrilh a: "Socrates, ka hmuh tawh zawng zawng zinga mi sual ber leh sual ber i ni" Socrates-a zirtirte chuan astrologer chu an thinrim hle a, mahse an zirtirtu chuan heti hian a chhang a: "I sawi dik a ni, tun hma chuan chutiang zawng zawng chu ka lo sawi tawh a, mahse tunah chuan chutiang mizia tenawm tak takte chu finna hmangin ka hneh tawh a, mahse ka thil tihte chu a la awm reng a ni he taksaah hian a inziak lut a, chu chuan a tenawm hmel hle".

(Hei hian hun kal tawh zawng zawnga Arab ziaktu lar ber pakhat: Abu Bahr al-Jahiz, a chungchang sawina:)

Vawk hi a vawi hnihna atan thlak danglam ni ta se, Al-Jahiz-a aiin a la mawi lo zawk ang

Amah ngei pawh hremhmun aiawhtu anga che mi; ani chu kil tinah leivut hrual (observe) .

Hmêl pahnih hi a inang chiah lo Hmêl tin hi he nunah leh nun hmasa lama a lan chhuah tawh mizia leh mizia avângin a danglam vek a ni Mite chu tuna an hmel lan dân a\anga \ha leh \ha lo anga rorel mai mai a ni lo va, a nuam emaw a nuam lo emaw Mithianghlim Francis of Assisi chu taksa lamah a hmuhnawm lo hle a, a zirtîr Unaupa Macedonius-a erawh chu mipa hmeltha tak a nih laiin Macedonius-a erawh chuan thlarau lam thil ropui tak chu a nei lo Mithianghlim Francis-a neih mawina chu

Physiognomy nena inzawm chhui chianna branch dang chu pathognomy a ni: mi pakhat rilru put hmang emaw, a rilru put hmang a lantir dan emaw chu kut zungtang, hmel lan dan leh taksa chetna hmanga hrilhfiarna leh thil thleng thenkhata an thiltih dan zir chianna hmanga hrilhfiarna a ni

Hriatthiamna leh tih dan hian mi pakhat subjective characteristic a tarlang a, mahse mi tam

zawk chuan midangte hnena inpuan chhuah an duh loh avangin an rilru dik tak thup theihna an nei a ni

Pasal pahnih chuan an nupuite tuiah an pil dun tih thu an hre Pakhat chuan lungngaihna thuk tak a lantir a, pakhat zawk erawh chu a ngawi reng thung Mahse, pawn lam atanga lungngaihna lantir tu chuan a hmel lan dan hmanga lungngaihna engmah lantir lo pasal aiin a nupui chu a hmangaih lo tak zet a ni Chutiang chuan, pathogenesis—the understanding of genuine emotions and reactions—is a very profound field of study

Mite chu an rilru put hmang leh taksa pianhmang a zirin dik zawk leh rintlak zawkin an zirchiang thei Ka chhui dan dik leh rintlak ber atan hmanraw pahnih hi ka thlunzawm a Training tura ka hnena lo kal zawng zawngte chu an rilru leh rilru put hmangin engtin nge an chhân lêt tih en turin dinhmun bik takah dah an ni If they response negatively, I try to correct them Mahse hei hi chu chu mi chuan ka thurawn a dil a, anmahni kaihhruaina thuneihna leh phalna min pek chuan chauh ka ti a ni

Mi thenkhat chu a chhan tlemte vangin emotional takin an inrawlh thin a, khawthlang lam musician te hi a tlangpuiin emotional tak an ni a, khawthlang lam music tam zawk hi chu emotional tak a ni a, a chhan chu mihring hmangaihna chanchin a inher chhuah vang a ni India ramah hian music hi Pathian concept vel a ni a, hei hi emotion thlipui a tihreh theihna leh thlarau lam thlamuanna thuk tak a thlen theihna thuruk a ni Hei hian khawthlang musician zawng zawng hi emotional an ni tihna a ni lo va, Indian musician zawng zawng pawh hi an emotional tihna a ni lo thlarau lam, an nih a rinawm viau nachungin The Sanskrit word for musician tih awmzia chu "Pathian faktu" tihna a ni.

Emotional people nena in inzawmnaah chuan anmahniah i inngnat tlem hle a, an consistency i ring thei lo Vawiin hian i bulah an awm a, naktuk hian an kalsan che emaw, an dodal che emaw ka hmu tawh a, miten hermitage-ah an lo kal a, ni engemaw zat chhungin an entawn tlak inpekna chu i rilru hneh tir an tum che tih ka hmu a, mahse rei vak lo hnuah chuan an awm tawh lo va, i hmu leh tawh ngai lo

Ṭhian inṭhianṭhatna leh a thianghlimna bawhchhiatna tluka min ti na lo, ka ṭhian nihna mi tu emaw hnena ka pek hian ka la let leh ngai lo

Mihring chi hrang hrang mechanical leh ngaihtuahna chi hrang hrangte thliar hran a awlsam A hmasa zawkte chuan thil tih an duh a, a hnuhnung zawkte chuan ngaihtuahna leh ngaihtuahna seng an duh bawk a, an pahnih hian an mamawh a ni Mechanical chi hrang hrangte hian thil tih nghal an duh a, chuvangin an chakna chu thlarau lam hausakna hna thawk tura channeling-a kaihruaitu tur mi an mamawh a ni type la, ngaihtuahna leh thiltih tam zawk tur

Ei tam lutuk, zu in leh zu in ang chi nungchang tha lo ruihhlo ngawlvei te chu fimkhur taka enkawl tur a ni, a chhan chu an duhzawng tihhlawhtlinna tur venna hian thinrimna a hring chauh a ni Mi ei thin mi pakhat hnen atanga ei tur i laksak chuan a thinrim hle ang Hêng salte hi an rilruah ṭanpui tum chu a hlawk lo hle a, chu chu hmasawn duhna dik tak an lantîr loh chuan

Rilru inthlauhna neitute chuan Pathian an hre ang Khawvel Lalpa chu rilru inthlauhna lalṭhutphah chungah a thu a Tin, he inthlauhna hmang hian mihringte hian remna famkim kan nei a ni

Indian philosophy ang chuan mihring tin hi mizia bulpui pathum zinga pakhatin a thunun a:

**Satwa: Thlarau mite mizia a ni a, fing taka chaw \
ha ei \hin, nungchang \ha tak tak nei, Pathian
hmangaihtu mizia a ni**

**Rajas: Hei hi thawkrim reng, thih thlenga hna
thawk chhunzawm zelte mizia a ni**

**Tamas: An nun chu inhnialna, thinrimna,
inhuatna, tisa hlimna lama inhmang, hahdamna, leh
mipui zinga buaina leh buaina siamtute mizia a ni**

**Thlarau lama hmasâwnna tikhawtlai thei thil tih
dân eng pawh chu hneh a ngai a, a zawngtu chu an
ngaihtuahna leh thiltih thiam a ni tûr a ni**

**A hnuaia tih dan hmang hian mi tu pawh hi i rel
thei ang Mi zawng zawng zinga zaa sawmkua leh
pakua chuan he fiahna hi an hlawhchham a ni: tu
pawh thil engemaw ti turin hrilh la—anmahni \hatna
tur atan—chutiang chuan a kalh chiah chu an ti ang
Engvangin nge? An duhzawng do thei tura chakna an
tlakchham avangin An khawvel nunphung chu a zung
kaih thuk a, thiltithe i tak a ni Vawi tam tak chu, miten
i rawtna chu an ti lo—anmahni thatna tur a ni tih an
hriat pawhin—I nghawng thei lo tih finfiah nan Mahni
insiamthat duhtute chuan mahni inthunun thei leh
rilru hahdam tak takte nen inpawlna nei tur a ni
Thlarau lama dinhmun sang tak nei te nen inzawmna
siam tum la, i hlawkpui nasa hle ang Mi chak lote
chuan mi chak tak takte nen inpawlna nei tur a ni a, i
hlawkpui hle ang a chak ber! Wrestler chu amah aia
chak zawk nena an inhnek hian a chak zawk chauh a
ni**

**Thenkhat chuan hmeichhia chu ui ang maia fing
tak a ni an ti Mahse mipa chu savawm ang maia fing
tak a ni thei bawk Ui chuan pet canary chu a ei a,
chutah chuan meditating yogi emaw venerable elder
ang maiin a thu a, chu thiltih tenawm takah chuan
sual nei lo angin a inlan a ni**

**Mi thenkhat chuan midangte thlamuanna leh
hlimna tihchhiat hi nuam an ti hle An thil tum chu
tihbuai leh tihthinrim hi a ni a, sakeibaknei
sakeibaknei ang maiin an awm a, khawtlang zingah
inhnialna leh insualna zawngin an vak kual a ,
thlamuanna an tibuai a, boruak buai tak an siam hma
loh chuan remna an hmu lo**

**Mi chi thenkhat chu jays, chattering all the time
nen tehkhin an ni Mihring hi siam hmasak a ni an ti a,
chutah chuan pathian Tuashtari chuan thla ngilneihna
te, goose hnute atanga down nê̄m te, pangpar tharna
te, leh jays ri te chu a la a, hengte hi a pawlh khawm
a, hmeichhia siam turin Mipa hlimna chu sawifiah
theih loh a ni Mahse rei vak lo hnuah chuan Tuashtari
leh a ti a, "Thilsiam mawi tak a va ni em! Amah hi ka
ngaisang tak zet a, mahse a tawng chhunzawm zel a,
ka nun a ti hrehawm hle a, Khawngaihin, ka pu, la let
leh rawh" a ti a. "Ka ti lo ang! I vawng reng tur a ni!"**

**Mi rethei tak! A bula awm thei lo mah se, a tel lo
pawhin a khawsa thei lo!**

**Hmeichhia pawhin mipa chungchangah an
phunnawi thei Mipa leh hmeichhia hian an nihna an
inhriatthiam loh chuan an hriat lohvin leh â takin an
in hrehawm lo ang Pathian mithmuhah chuan an
intluk vek ang Mipa tumah hi hmeichhia tel lovin an
piang lo va, hmeichhia pawh mipa tel lovin an piang lo
va, an pawn lam leh chhungril mizia inkara inthlahna
siam hi an pahnih mawhphurhna a ni Mipa chu rilru
aiin rilru lam aiin rilruin a hruai tam zawk a,
hmeichhia erawh chu ngaihtuahna aiin rilruin a hruai
tam zawk thung mimal round tha leh famkim tak nih
theih nan reason leh emotion inkara psychological
balance**

**Mi thenkhat—hei ka sawi avang hian Pathianin
min ngaidam rawh se—sabengtung ang maiin an awm**

a, tisa lam saltanna rah chhuah nasa tak leh rei tak an
tuar chung pawhin, rilru na tak leh nget takin an
nungchang tha lote chu an chawm chhunzawm zel a ni
Hriatrengna \ha lo tak tak an nei niin a lang An
duhâmna rilru pu chung thil thleng hrehawm tak chu
an theihnghilh thuai a, an thil tawn a\angin engmah
an zir lo Hemi kawngah hian, an
ang.. ..
.. .. bawng, a nih loh leh a paw
zaw!

Thilsiamteah chuan rannung chi hrang hrangte
hian rilru natna leh mizia tinreng an entir a Mahse
mihring hian a chhungah a huam vek a Mi pakhat chu
rul, savawm, savawm, sakeibaknei ang maiin a che
thei Kan chhungah hian hremhmun emaw, van
tuikhuah emaw a awm a Kan ngaihtuahna, tawngkam
leh thiltihah vântirhkoh mizia leh mizia ropui tak
takte lantîr belh zel kan zir a ngai a ni

Mit, rilru natna leh taksa pianphungte thlirletna
hmanga mizia zir chian theih a nih laiin, kan sawifiah
tawh angin, a ropui ber, a ropui ber leh dik ber chu
chhungril lam hmuhna emaw, hriatna (intuitive
feeling) hmanga mizia zir hi a ni I rilru leh rilru chu a
muang reng a nih chuan, kawng khat emaw kawng
danga i tawn emaw, i inbiak emaw apiangte mizia chu
i hre thei ang a, i rilru put hmang chu intuitive leh
thudik tak a ni ang a, tumah an awm lo vang a bum
thei ang che, a hruai sual thei ang che

Ka hna chu mi chi hrang hrangte training leh
tanpuina dawng tura lo dawnawn hi a ni Mi pakhat
theihna chu hmun khata dah tlat a, thlirna pakhat
chauh atanga thlirlet chu a dik lo a ni Mahse chu mi
chu a danglam emaw, a awm reng emaw pawh ni se,
hriatthiamna chuan a mit, a rilru put hmang, a hmel
lan dan enfiah mai ai chuan thil tam tak a hrilh ang

**che, an nihna thliar lovin Insight is the greatest
analytical power Just as a mirror reflects what is
placed before it, so tin, i rilruin darthlalang thil neih a
neih hunah chuan mi dangte mizia dik tak chu i
thlarau darthlalangah a lang chhuak tih i hmu ang**

**Midangte tanpui tura i thawh a, i ngaihtuah a, i
rilru hahdam taka i awm chuan i hnena lo kal emaw, i
nena inbiak emaw apiangte mizia dik tak chu a chiang
ang a, varnish lohvin Remna chu i chungah awm rawh
se**

Khawvel pum huap finna tuipui atanga lunghlu lo chhuak

Hlahna tihbo nan chhungril lama thlamuanna (inner
calmness) neih a ngai a ni

Natural composure nei chuan an balance a vawng reng
a, eng dinhmunah pawh thlamuang takin a awm reng baw
Anni pawhin rilru natnain a thunun tir lo va, thutlukna dik lo
siam turin an hruai lo baw

Hun remchang hmangtute'n hlawkna phu lo tak tak an

hmuh theihna tura an hman thin thu pangpar, thlum tak
takte hian a bum lo

A pianpui rilru hahdamna avang hian bum emaw, hruai

sual emaw a tam lo Dik tak chuan a thinlung hian a biakte
mizia dik tak chu a pholang a, an thil tum chu mak tak maiin
dik takin a pholang a ni

Thinrimna leh hlahnain a taksa tissue te chu a poison
lo va, chu chuan a thisen kal danah nghawng tha lo tak a nei
a ni

Nu thinrim tak atanga nu hnute siam chhuah hian a fa

chungah nghawng tha lo tak a nei thei tih finfiah a
ni. Emotion nasa tak hian taksa tichhe thei leh tichhe thei
thiltihtheihna a nei tih finfiahna tam tak a awm

Balance hi a mawi a, kan rilru put hmang, ngaihtuahna
leh thiltih lungphum a ni tur a ni a, kan nun inherna axis
pawh a ni tur a ni
* * *

Rilru hi thluak, hriatna leh cell nung zawng zawngte
hriatna a nih avangin mihring taksa chu a thawkrim leh a
fimkhur thei a, a tichak lo thei a, a lungngai baw
Reason hi lal a ni a, cellular subject zawng zawng hi
reigning master mood ang chiah hian an awm vek a ni
Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni
* * *

Hripui, chhiatrupna, leh tharum thawhna inthlâk
danglamnate, thilsiamte a lo thleng a, chhiatna te, chhiatna
.te, leh mi tam tak tihchhiatna te hi “Pathian thupêk” a ni lo
Heng chhiatrupnate hi mihring ngaihtuahna leh thiltih
avanga lo awm a ni a, Mihring thil tum tha lo leh thil tihsual
avanga chhiatna thlen thei thlipui leh vibration
awmkhawmna avanga khawvel inthlauhna vibratory balance
of good and vibrations tihbuai apiangah buaina a awm a,
chhiatna nasa tak a thleng thin
Mihringin a ngaihtuahna leh thiltih dik lo a siam that
hma loh chuan khawvel hian indona te, chhiatna te, leh
lungngaihna te a tuar chhunzawm zel dawn a ni Indona hi
Pathian thupek angin a thleng lo va, thil neih lama mahni
hmasialna zau tak avang zawk a ni Mite hian mimal,
industry, politics, thlarau lam, leh hnam lama mahni
hmasialna te chu an paih bo ta a nih chuan indona chu a
awm tawh lo ang

Material spirit hian mihring hriatna a luah a,
ngaihtuahna a thunun chuan transparent negative radiation
a pe chhuak thin Heng negative vibrations te cumulative
force hian nature electrical balance nasa takin a tichhia a,
lirngching, tuilian leh chhiatna dangte a thlen thin

Pathianin a mawhphurtu a ni lo, thilsiam thunun theih a
nih hmain mihring ngaihtuahnate hi thunun a ngai a ni

* * *

Thlarau lam thila ngaihtuahna leh thute hi finna tawp
nei lo leh Pathian hmangaihna tilangtu lungflu hlu tak an ni
Thlarau lan chhuahna thianghlim apiang chu
philosopher lung ang mai a ni a, chu chuan hriatna
pangngaia metal man tlawm tak chu Pathian hnaih leh A
awmna hriatna rangkachakah a chantir a ni
Mihringin a hriatna chu theihnghilh muthilh atanga
thlarau harh chhuahna thlenga a tiharh a hun tawh hle
Lalpa, hriat lohna thuk tak leh ngaihtuahna zim, tlemte
a\angin remna, êng, hmangaihna leh khawvel pum huap
mihring lainatna hmun thlenga kan hriatna tihsan turin kan
ngen a che

* * *

:Hlawhtlinna chang tur chuan

A hmasain, i thil tum chu sawifah la, chu thil tum
tihlawhtlinna kawng dik zawh tura Pathian fuih turin ngen
la, ngaihtuah rawh
Tichuan i chhungril kaihhruaina i dawn angin che la, i
tum chu i thleng ang
Rilru a thlamuang chuan thil a Chiang lehzuah ang a,
hlawhtlinna chu a rang zawk ang a, a chhan chu dan dik
hmanna hmanga cosmic force hnathawh dan finfiah theih a
nih vang a ni

* * *

Mi pakhatin mi a biak hian zahna leh fing tak a hmang
tur a ni Hei hi inbumna a ni lo va, midangte rilru put hmang
zahna a ni zawk
Mihring hi lung a ni lo va, ngaihtuahna leh hriatna nei a
ni a, mihringte hi lung nung lo ang maia enkawl tur a ni lo
Midang thila buai reng mi chu harsatna thlentua a lo ni ta
a ni

I sawi tur hian rah tha a chhuah dawn a, mi dangin a
pawm thiam a nih chuan, sawi chhuak nghal rawh Mahse, a
chang chuan i sawi tur chuan a hre duh lo va, i duh ang kalh
takin a ti ang
Miin midangte nena a inrem theih chuan rose rimtui ang
mai a lo ni ta a ni
Rose huan i paltlang hian a chang chuan roses, jasmine,
gardenia rimtui i hre thin a, "Wow! Heng rimtui te hi a va
"!duhawm tak em
Tin, chutiang bawkin thlarau \hate pawh an ram i luh
veleh a ni a, an nun rimtui chuan a khuh che Thlarau
chawisangtu leh a hriatna level tisangtu rimtui a ni
Hriak rimchhia bulah i paltlang chuan chu hmunah
chuan i awm duh lovang
Mi rilru na tak, inhnialna nei, mi râpthlâk tak leh
inhnialna nei mi i tawn hian, a rimtui rimchhia a chhuah
avângin a bula awm i duh lo

* * *

Mi tam zawk chuan nun hi hriatthiam an tum lo tak zet a
ni

Tum nei lovin mechanical nun an hmang a, an lei nun a
tawp hunah chuan hriat lohvin he khawvel hi an chhuahsan
thin

Hetiang hian kan nung tur a ni lo va, machine
automatic-a thawk ang maiin kan nung tur a ni lo va, a tum
zawngin nun tum chu kan hlen chhuak tur a ni
Naupang leh puitling pawhin dam khawchhuah tumin an
bei a ngai Mi tam tak chuan chatuan thutak zawng lo turin
an inbuatsaih a, "Kan thiltih leh chu thil tumte chu kan inrem
theih loh" tiin an sawi a, Chuti chung pawh chuan ei leh in
leh an nitin thil ngaihtuah chungchangah harsatna an nei lo
Kan zirchian chuan mihring tinte nihphung hi chi thum a
ni tih kan hmu a: taksa, rilru leh thlarau Mihringte hian an
nun chu nunna atana thil tulte humhim nan an hmang a, chu
aia tam chu an hmang lo va, mahse mihring hriselna pawh hi

an finna leh thlarau lam mamawh phuhruknaah a inngnat a
ni

Chuvangin, kan nun kan ti awlsam a, hlim tak,
thlamuang tak leh thlamuang taka kan khawsa a ngai a, kan
mamawhte hi kan zirchiang a, kan tihtlem a ngai a, chu
mamawh phuhruk dan tur dik leh dik tak chu duhna tul lo
tam zawk siam lovin kan hriat a ngai a ni, a chhan chu
duhthusam tam tak hian buaina tam tak a siam thin a ni

* * *

Insum theihna chain leh zalenna chabi te chu rilru
catacombs-ah a awm vek a ni

* * *

Aw Lalpa, I awmna paradis-ah hian hmangaihna a khat
leh duhthusamnain a khat thinlung nen ka lut ang
Hetah hian ka duhthusam kang tak takte chuan ka
thlarau kawngkhar a hawng a, i Pathian êng êng tak hmuh
theihna hlimna nasa tak chuan min tikhat a ni

* * *

A tlangpuiin thupek pek hi ka duh lo, a chhan chu mi
pakhat chu thil ti lo tura i ngen veleh chu mi chuan tih a tum
tlat a ni

Chuvangin, mi pakhatin thupek emaw, khap emaw
chauh tur a ni tih ka rawt a ni

* * *

Pathian hian kan hre reng lo a nih pawhin min hre reng
a, thilsiamte hi vawi khat lek pawh nise theihnghilh ni ta se,
engkim hi awm lohna atangin a bo vek ang
Pathian lo chu tuin nge he Lei hi space-ah hian a vawm
reng thei ang? Tin, tu dangin nge thing phun leh pangpar par
?tir thei ang

Ni e, kan thinlung ti na rengtu chu Pathian a ni Amah hi
kan ei tur ei tirtu leh nitin kan taksa cell te siam thartu a ni
Mahse, Amah hre rengtu leh A phu angin lawmthu sawi chu
!an va tlem em

* * *

A chunglam boruak hnung lamah
Ni êng leh cell pulse hnung lamah
Thinlung thawk leh ngaihtuahna ri bengchheng tak tak
hnung lamah

Ka tawngtai thin ngaihtuahna hnung lamah
Ka duhthusam thlipui hnung lamah
Tin, material chu withholding hnung lamah pawh
I awm a, Aw Absolute Infinite
Ka thlarau hian a duh em em che a ni
Arsi hla tak takah chauh i awm lo
Chu ai chuan ka rilru natna throbbing-ah a ni zawk
Ka ngaihtuahnaah chuan a eng chhuak thin
Ka duhzawng chu tumruhna leh chakna nen a tichak a ni
I malsawmna khawih chu ka hria
Tin, ka thlarau chhungril takah i awm hi ka lawm hle
bawk
* * *

Tlang scene te chu curtain dum chungah chuan a rawn
lang a

Mihring taksa rilru tibulaitu mechanism
Tin, pangpar mawi taka siam te pawh
Tin, thlarau thate ropuina pawh
Tin, ngaihtuahna sang tak takte sublimity te pawh
Tin, hmangaihna thukzia pawh
Siamtu ropui tak min hriat nawn tir vek a ni
Tin, a danglam bik hle bawk
* * *

Hmangaihna chu rangkachak in sak a ni
Chatuan Lal siam a ni
Cosmic chhungkaw zawng zawng tan
Hmangaihna hi mei thup a ni
Pathian thupek hmanga melt
Universe atanga lo chhuak roughness
Tin, hmuh theih loh thilah a inthlak bawk
Chatuan hmangaihna a\angin

Hmangaihna chu lui, ding lo leh titawp lova luang ang a
ni

Thlarau inngaitlawm leh rinawm ramteah
Mahse thlarau lungpui lungpuiah chuan a inkhuh tlat
thung

Inngaihluhna, mahni hmasialna leh chapona nen
A paltlang theih loh vang a ni
Tin, chu chu a paltlang baw
* * *

Pathian hretute chuan duhthusam an nei lo
Midang thinlunga an insiam theih nan
A nih loh leh ropui takin an lang
A chhan chu an duhzawng awm chhun chu thlarau lam
hriatna tiharh a nih vang a ni
Duhtute thlarauah
Tin, an infuih tharna chu Pathian hmangaih a, A lam
hawi hi a ni
* * *

Vawikhat chu mi bengchheng pakhat hian khawizu a ei
a, mi pakhatin khawizu thlum dan a zawt a
Chu mi bengchheng tak chuan tawng thei lo mah se,
zawhna zawttu chu khawizu chu a thlum tih a hriatthiam tir
thei khawpa chetna a siam a
Chutiang bawkin rilru chuan hriatna sang zawk
dinhmunah a luh a, awmna zawng zawng tawp nei lo a
khawih chuan Pathian nena inzawmna a neih thu leh thil
tawn chu a thlum tih a hria a, mahse chu inzawmna dinhmun
chu sawifiah theih loh khawpa thuin sawi theih a ni lo
Chu mi tân chuan hrehawmna chu a tak tak ni mah se,
chuti chung pawh chuan mi dangte hnênah hrehawmna chu
a hriat ang chiaha an hriat theih nân a thlen thei lo
Hei hi thlarau lam hriatna sang zawkah pawh a hman
theih Tuman tawngkam hmanga sawi chhuah theih loh thil
an ni

Pathian hriatna chu direct personal experience hmang
chauhvin a thleng thei a ni

* * *

Zing khawvar chhungril a\angin i tana thilhlán atan êng
par ka phun a

Tin, zing khawvar hmun thianghlímah chuan fimkhurna
khawnvarte chu i hal a

Thlarau muannain a khat chu

Tin, i hmel malsawmna ka hmu baw

Thlalak hnunglam atang chuan arawn peep a

Chu hmel duhawm tak, min en reng thin, tun thlenga

min en reng thin

Kum tam tak chhunga ngilneihna leh lainatna nen

Fate chu ka dem tawh lo vang

Thim ka laka min daltu che hi keimah ngeiin ka siam a

ni

Tunah chuan i hlimna thianghlím dathlálengah chuan

Ka inhmu a, ka essence chu hlimna tawp nei lo a ni tih

ka hria

I chatuan hmun thianghlímah ka hmangaihna ka

leihbuak a

Tin, nangmah ka thlarau fakna hlate chu ka chawí sang

che u a ni

Tin, ka thinlunga ka rilru natna thuk ber berte chu ka

hrih che a ni

Hmangaihna nasa tak leh duhthusam reng avang hian

* * *

Thil tha tih avanga midang sawiseltute chu an eng a
thawl e, ropuina leh zahawm taka nung leh thite chu chatuan

hlimna paradís-in a nghak reng a ni

Mahni hmasialna te, hun remchang duhna te, inhuatna

te, leh hmêlma nihnain a hruai a, thil tha tihna lama

thawkrimte tihchhiat tumtute chu an chung a pik e

Nuihzat te, nuihzat te, thusawi te, phuba lak te,

ngaihdan dik lo te, leh dawt sawi te hi thil tha lo fei rulhut

(poisoned spears) an ni a, an neitu chungah a lo kir leh a, a
chhiatna nasa ber a thlen thin

* * *

Pathian a\anga lo chhuak hriatna leh chakna a\anga an
awmna lo chhuak, hriatnate hian khawvel min hmuhtir a,
thlarau chu a bul leh thilsiam dangte a\anga thil awm hran
angin a lantir a ni

Taksa taksa chuan thlarau chu a tantir a, chu chu
khawvel pum huap thlarau lantirtu a ni Theihnghilhna a
hneh a, thlarau chuan a Pathian nihna chu a hre reng tawh lo
va, a taksa taksa chu a nihna dik takah a ngai zâwk avângin,
a tlin lohna zawng zawng chu a pawm a, a tlin lohna leh tlin
lohnate chu amah chauhah a innghat a, chutiang dinhmun
.awm thlarau chu "ego" emaw "mahni" emaw an ti a ni
Mahse he "ego" emaw, he mahni te tak te, khap tlat
hian taksa nena a inzawmna chu hun eng emaw chen chauh
a nih thu leh thi thei lo, thi thei lo essence a neih thu a hriat
chuan thlarau tia koh theih a ni

A nihna pawimawh tak a hriatna a lo din chhoh poh leh a
hriatna a lo sang chho leh zau poh leh cosmic consciousness
nena inzawm tlat a nih thu leh mihring zawng zawng hi a
khawvel pum huap chhungkua a ni tih a hre zual sauh sauh a
ni

* * *

A thilpekte kan hlim lai hian thilpek petu hi kan
theihnghilh tur a ni lo

Lawmthu sawina thinlung chuan thlarau lam \hanlenna
tur leh nun thil \hate luang chhuak turin hriatna kawngah
kawng a hawng a, a chhan chu channel pakhat a inhawng
meuh chuan thlarau lam thiltihtheihnain a rawn tlan lut
nghal vek a ni

Nunna malsawmna zawng zawngte chungah lawmthu
kan sawi tur a ni a, ngaihtuahna, thusawi leh thiltih theihna
zawng zawng hi Pathian a\anga lo chhuak a ni tih kan hre tur

a ni a, tunah hian kan hnenah a awm a, min kaihruai a, min
fuih a ni

He hriatna hi zirtirtu hriatnaah nghet taka din a nih
hnuah chuan a chhungah chuan êng chhuahna êng a lo eng
chhuak ta a ni

A châng chuan Pathian thiltihtheihna chu tuifinriat
thlipui râpthlâk tak ang maiin a lo thleng a, chu chu chak
takin hmalam a pan a, harsatnate chu a nuai bo a, rilru leh
thlarau aṭanga thil chhete chu a paih chhuak a ni
Khawvel pum pui hi Pathian lam hawi a ni lo va, hetah
leh khawiah pawh hian Amah tuihal leh Amah duh em em
thlarau an awm a ni

Pathian chu kan ṭawngṭainate chu a chhâng lo ang maiin
lang mah se, taima taka zawngtu chuan a beih a bansan lo
va, chhâna a hmuh hma loh chuan a chhia leh ṭha hriatna
thuk tak aṭangin a ngenna chu a chhunzawm zêl a ni
Pathian an hmuh hma hian miten tisa lam duhna hlen
chhuah chu an ngaihtuah a, mahse Amah an hmuh hnuah
chuan chu duhna chuan a duh zawng leh a êng chu a hloh a,
chu chu ngaihsak lohna avang ni lovin, a zawngtu chuan
thlarau hlimna chuan a thinlung a luah khat a, a duh zawng
zawng a tihlawhtling a ni tih a hriat vang a ni

Mite chuan an nun pum pui chu thil neihte neih tumin an
hmang a, an thawhrimna hmun li a\anga hmun khat chu
Pathian lam hawi hmasak nan hmang ta se, \henkhat chauh
ni lovin, an thinlung duhzawng zawng zawng chu a hlen
chhuak ang tih an hre lo

Kan thinlung chu lawmthu sawinain a khat a, kan nun
chu lawmthu sawinain luang chhuak rawh se

* * *

Mahni mizia a\anga mahni hmasialna leh mize duh loh
zawngte bawlhhlawh paih bo lovin \hiante hip theih a ni lo
Nungchang dik tak chu ṭhian nihna dik tak lungphum a

ni

Miin thil tum thianghlum a neih a, mahni hmasialna laka
a fihlum chuan a nihna pawimawh tak a lo chhuak ang a, a
thian dik tak pawh a pung ang
* * *

Nun chhunga thil tawn kan hmachhawn tur dinhmun tha
ber chu thlamuanna hi a ni
Buaina hi thlamuanna kalh a ni a, a darh zau zel avangin
khawvel pum huapa hripui hluar tak a ni
* * *

Thiltihtheihna zawng zawng bulpui ber cosmic light chu
thim hnuaiah a inthup a, ngaihtuahnate a reh a, êngte
enfiahna hmunah chuan ngawi rengna thuk takah a lang a ni
Rilru lama inngahna dinhmun sang tak tak a awm a,
chu dinhmunah chuan zawngtu chuan a chhoh poh leh
tawngkam hmanga sawi theih loh thlarau lam hlimna
dinhmun mak tak tak a tawng tam zawk a, chutah chuan
:lawm takin a hrechhuak ta a ni
".Hmun tinah ka zawn chhuah kha"

Ka bulah a awm tawh a tunah chuan ka chhungril takah
a awm ta
Ka thinlung leh thlarauah a awm a ni
Ngawi renga muang takah chuan a awmna chu ka hre
chiang hle
Tin, thim kulh hnung lamah chuan ka hmu bawh
* * *

Inhuatnain a hrin chhuah lungngaihna leh indonate hian
thlarau lam nun dik tak, lainatna leh ngilneihna dik tak chu
chakna sâng zâwk leh chungnung zâwk a ni tih a finfiah a ni
Inhuatna hian a tichhe thei a, hmangaihna erawh chu
thil siam chhuahna chakna lian ber a ni thung
Chuvangin, ka thian duh takte u, mihring hian huatna
hlawh lohna leh indona lungngaihna a\angin zir tur a zir a,
Pathian a hmangaih a ngai a ni, a chhan chu Amah
hmangaihna hian hlawhtlinna, vanneihna leh lungawina
famkim, thil dangin a pek theih loh a pe a ni

Hmangaihna chauh hian khawvelah hlawhtlinna tak tak
a thlen ang Ram zawng zawng hi inhmangaih tawn a, in
tanpui duh tak tak sela, tharum thawhna leh hmanraw dik lo
hmang lovin, hmangaihna leh ngilneihna hmangin, khawvel
kil tinah thatna, hlawhtlinna leh hausakna a lal ang
* * *

Mihring hi khapna hnuaiah a nung a
Engtin nge a hun leh hunah a hlial lo ang tih a hriat
theih ang, a nih loh leh mi tu emaw chuan a thinlung a
?tikehsawm lo ang tih a hriat
Hriselna dik tak awm chhun chu mi ropuite himna a ni
Chutiang himna neih leh midangte hnena pek chu zalenna
dik tak leh finna sang ber awmchhun a ni
* * *

Pathian hi a thlum ber a ni
I thinlungin a duh apiang chu Pathianah i hmu ang a, ka
dam chhung hun khat pawh ka khawhral lo va, Pathian laka
min tibuaite zawng zawng ka bânsan a, thil dangah ka hmuh
theih loh himna ka hmu ta a ni
Pathian hriatna dinhmunah ka cheng a, ka dinhmun ang
bawka tawng duhtute chu ka duh a ni
Tin, an hmangaihna min petu zawng zawngte pawh,
Pathian hmangaihna leh a awmna khawngaihna chu an
hnena hriahin, ruh ka duh bawka
* * *

Kei hi cosmic sea foam ka ni
Hlimna thuk tak atanga lo chhuak
Zai hlimna luipui ka ni
Hlimna nasa tak thlipui chungah
Ka theihtawp chhuahin
Lawmna tuifinriat lian ber ka nih theih nan
Ka hlimna thlipui chu tawp chin nei lovin lo zau zel rawh

se

Tin, kawng tinrenga darh zel turin

A tawpah chuan cosmic bliss thinlungah chawlh hahdam

!turin

* * *

Mite chuan nun lairil chauh an hmu a; nunna bul leh

tawpna chu an lakah thup a ni

Thihna hi tâwpna a ni tih ngaihtuah chu a dik lo

Keini, finna, finna leh nunnain a khat, kan thih huna kan

muthilh veleh kan awm tawh lo ang tih hi ngaihtuah theih a

!ni em

Mihring pum pui hi thil siam chhuah ngaihtuahna leh

thlarau lam hriatna tam tak kan ni a, thihna hian chu

thiltihtheihna nei lo mass leh chu hriatna nê̄m tak chu

tihchhiat theihna a nei lo

* * *

Pathian chu hmangaihna thianghlim leh thuhmun nei lo

hmanga i hmangaih chuan midangte rilruah ngaihtuahna a

dah ang a, chu rilru chu i duhzawng tihhlawhtlinna hmanrua

a lo ni ang a, tumah i puan chhuah lohte pawh a ni ang

Chuvangin, i rilruah eng thil pawh i hip theihna tur

thlarau lam magnetism hi i duhzawng hipna chi khat a ni

Thil tha, ropui leh thianghlim i duh chuan chutah chuan

Pathian magnetism i hip ang a, chu chuan i hriatna leh i hriat

lohna hmun a\angin thil \ha leh malsawmna a rawn thlen ang

che

* * *

Rukru, ruihhlo ngawlvei, zu ruih hmangte chu an

nunphung an duh em tih zawh ni ta se, an chhanna chu "Ni

.lo tak zet" tih a nih a rinawm ber

An thil tih dik loh an tan hunah chuan an hlim ang tih an

ngaihtuah a Mahse an thiltih rah chhuah chu an tan chhiatna

leh chhiatna thlentu tur a ni tih an hre ngai lo

Chuvang chuan ka thinlung a na a, thil tisualtute tan ka

mittui ka tla a, a chhan chu, Pathian zarah, keimah hi an ni

tak zet a, Pathianin ka chung a ngilneihna vang ni lo se

chuan anmahni ang hi ka ni ngei ang

Sualna ngei pawh hi opiate chi khat a ni Chuvang chuan
thil sual tituten dik taka nun dan leh ngaihtuahna dik an zir
theihna tur special asylum kan neih a ngai a ni
Tâng hi rehabilitation neihna hmun dik tak a ni lo
Hetiang mite hi anmahni ãanpui thei mimal nghawng nei, ãa
tak takte bulah an awm a ngai a ni

* * *

I station hlimna atang khan
Nitin i hla thlum leh thlum tak takte chu ka ngaithla thin
Chu chu ka thinlungah chuan ka hriat lar leh duh tak
ang mai a ni
Tun hma chuan i station malsawm tak kha ngaihthlak ka
tum thin

Mahse i program chu a hla hle niin a lang
Ka ngaihtuahna tenau te range piah lamah
Mahse, meditation key vawi tam tak ka khawih hnuah
Ka inrem thei ta a ni
Ether thla chungah ka hnenah i lo kal a
Khawngaihna hlate chu i play a
Tin, rilru thlamuanna a awm baw

* * *

Ngaihtuahna chu thlarau tuihna atanga lui luang chhuak
a ni

Pathian nena inrem taka awm hi hna ropui leh
pawimawh ber pakhat a ni
Pathian chuan thlarau chhungril thuk ber atanga lo
chhuak thinlung tawng chu a ngaithla thin
Mite chuan Pathianin a châng chuan an beisei nên leh a
hnêna an dîl nêna danglam zâwngin a chhâng tih an hriat loh
vângin Pathianin an ãawngãaina a chhâng lo niin an ngai a
A duh zawng zawng nena an inrem hma chuan an duh
dan angin a chhang ngai lo

* * *

Pangpar thinlung atang hian nectar ka in ang
Tin, silk carpet nem takah chuan ka insiam ang

A nih loh leh rangkachak hnim hring hnung zuiin tlan

rawh

Tlâng leh tlang chhip karah chuan vakvai ka duh khawp

mai

Zan thlipui nêh leh hahtam tak chuan a zui bawh

Daisies leh anemones te zingah

Dewdrops hmanga lallukhum khum

Rei rimtui fîng tak chu chibai buk turin rei vak lo ka

chawl ang

Thing hnah hring hring atanga lo chhuak rimtui

Tin, sava thla nen chuan ka thlarau chu a thlawk chhuak

ang

Khawi hmunah pawh suangtuahna ram piah lamah

Tin, nightingales hla sakte nen chuan ka hla ngawi

renga awmte chu ka sa ang

Tin, ramri nei lo van nen chuan ka zau zel ang

Ni eng thread atang chuan ka hlimnate chu ka siam ang

Tin, thla eng hmangin ka lungngaihate chu ka silfai ang

Tin, zan thim takah chuan ka thil tawn thim tak takte

chu ka thai bo ang

Tin, zing khawvar rualin khawvel thar ka siam ang

Hlimna tawp nei lo

* * *

Channel danglam bik kan ni a, kan inzai zau thei emaw,

kan tizau thei emaw a ni

Duhthlanna zalen leh duhthlanna thiltihtheihna pek kan

ni tawh Mi thenkhat chuan hriat lohna mual khawkhawm

hmangin an nun kawngkhar chu an block a, hriatna luang

chhuak chuan a tifai lo

Thutak tuifinriat chuan chu kawngkhar zau tak takte chu

chakna nasa zawkin luang chhuak a tum a, mahse a

hlawhtling lo

Tin, mahni inthununna leh thlarau lam nunphung

hmanga an nun kawngte chu laih chhunzawm zel, tizau leh

thuk zawka kalpui chhunzawm zeltu an awm bawh a, chu

chuan Pathian finna chu anmahniah a luang lut a, an thlarau
chu êng leh malsawmnain a tuam chhuak a ni

* * *

Nail khum chung a i hnungzang chung a mu chu thil ropui
tak a ni a, chuti chung pawh chuan chutiang thil huaissen leh
ngaihnaawm tak tih theihna tur rilru chakna chu kan ngaihven
tur a ni

Accident, natna, leh nungchang hrisel lo avanga taksa
natna leh lungawi lohna lo awm thinte chu kan hre vek a Tin,
taksa natnain a nghawng lova taksa natna nail-a mut
theihna hi nun malsawmna pakhat a ni tih hi tuin nge hnial
?thei ang

Taksa an ni lo tih hre thei tur khawpa hriatna dinhmun
thleng phawt chuan hrehawm a tuar lovang
A rilru thunun theitu chu hrehawmna ata chhuah zalen a
ni a, taksa chungah thuneihna famkim a chang ta a ni
A nihna takah chuan hetiang hi zan khat thil thua a
thleng dawn lo va, mahse beih chhonzawm zel hian thil mak
a ti hle

* * *

Hlauthawng lova nunna leh thihna hi kan pawm a ngai
a, nun lo awm tur kan hriat chian theih nan he nun zir tur hi
kan hmang tangkai tur a ni
He ram piah hian chatuan atana kan hloh tawh nia kan
ngaih kan hmangaih takte kan hmuh leh theihna tur boruak
tawp nei lo a awm a ni
Thihna kan dil tur a ni lo va, kan zawng tur a ni lo tih chu
a dik a, mahse a lo thlen hunah chuan lawmman ropui
dawng thei tura min tlin theihna tur fiahna hnahnung ber a
ni tih kan hriat a ngai a ni

* * *

A zawngtu chuan Pathian zawn a pawimawhzia a hriat
chuan a hreh lo va, a tumruhna a tizau zawk a, a rilru chu a
thil tum malsawm takah a dah tlat thin

A chhungril lama duhna a lo chhuah chuan, a thinlunga
Pathian awmna a hriat hma loh chuan ngaihtuahna leh
thlarau lam duhna nen a chawm thin
Chu chu nunna tuipuiah nunna lawng khaih dan him ber
leh rintlak ber a ni

* * *

I chhungah hian ngaihtuahna thianghlim tak tak huan
ropui leh mak tak a awm a, hmangaihna, ngilneihna,
hriatthiamna leh remna rimtui tak A pangpar chu leia
pangpar leh thil rimtui tak tak thlai chi hrang hrang aiin teh
theih loh khawpin a mawi zawk a ni
I hmangaihna thianghlim i pek hian rose rimtui tak i
phun tawh a, chu hmangaihna rimtui leh chu hriatthiamna
rimtui chu lei pangpar zawng zawng aiin a daih rei zawk a
!chu chu thudik chu a ni

* * *

Thil siam chhuah thiamna, uluk taka chhiar leh thu dik
sawi nawn fo hi thil \ha lo tihbo leh rilru \ha tak din theihna
kawng \angkai tak a ni
Ngaihtuahna thuk tak nena nemnghehna leh ngennate
sawi nawn leh hian ngaihtuahna dik tak siam a tanpui ang a,
chutiang chuan ngaihtuahna tha chu hmân lai ngaihtuahna
tha lo ang bawka thilsiam a lo ni ta a ni

* * *

Thlarau lam hlimna ro hlu chu humhalh a, chu lawmna
chu midang thinlungah tuh tur a ni a, kan chhungril hlimna hi
engmahin min laksak phal loh tur a ni
Nite chu a mitmeng a hrual a, subconscious chuan
engkim kan hloh tawh tih a tilang a nih pawhin, chuti chung
pawh chuan hlimna ngawi renga hneh theih loh khawpa
buaina chu kan pil bo vek tur a ni
Hlimna thiante u, in thil tum leh thiltum sâng tak, in
thiltih ropui tak tak leh ngaihtuahna sâng tak takte
lalthutthlêngah lallukhum khum la, ngaihtuahna tin leh

hriatna tinreng insiam dânah Pathian chu hlimna angin in hre
ang

Hriat lohna leiah pawh Pathian hmangaihna thing kan
phun tur a ni Hmangaihna kan hriat hian hlauhna a bo ang a,
Pathian tanpuinain lungkhamna a bo ang

* * *

Mi tu emaw chu a pian tirh atangin a chak lo a, a chak
thei lo tih hi thil dik lo a ni a, he mi hi a ropui a, nun kawng
tinrengah thil mak tak tak a hlawhtlin theihna a awm
avangin

* * *

Chatuan

Chu ni chu engtikah emaw chuan a lo chhuak dawn em

?ni, Aw Chatuan

Khawiah nge tihbuai lohvin ka zawt ang che

Tin, zawhna tawp nei lo ka thawh che a ni

!Tin, i hnen atangin chhanna ka hmu dawn em ni

Thlai chak lo, sei tak tak chin dan

An lu chu chibai lovin an chawi sang a

Tin, thlipui tleh nasa takin a tithinur lo bawh

Chu chuan thing sang tak takte chu a tikehsawm a ni

Tin, structure lian tak tak te pawh a chhe vek bawh

!Tin, tuifinriat chak tak takte chu an lo hrual ta

?Engtin nge meialh hmasa ber chuan a mit a chhing

Tin, thing hmasa ber chu a lo lang ta a

Tin, sangha hmasa ber pawh

Tin, sava hmasa ber pawh

?Tin, fa hmasa ber pawh

?Engtikah nge an tlawh hmasak ber

He ground-floor in hi a ni

!In mak tak mai

I kut chelh ka duh em em

Tuipui leh leilung siamtu chu

!Aw Chatuan

* * *

Khawvel hi a tam zawk chu a thim a, mahse hlimna êng
chhuak hlim hmel pu te kan hmuh hian
An nuihzat hian kan lungngaihna a tibo a, thim zinga
khawnvar eng ang maiin kan lungkhamnate chu a theh darh
a

Thim chu A êng hmaah a bo ta vek a
Kan hmel a\angin thlarau nuihzatthlak chu eng rawh se
Pathian hmangaihna thlipui chuan kan nuihzatthlakte chu
phur se, thinlung thim takah chuan theh darh se, chutiang
nuihzatna êng chuan mi dangte thinlung a\anga thim chu a
paih bo theih nan

* * *

Midangte rilru put hmang ngaihsak hi mize mak ber
pakhat a ni a, chu chuan mi chu hipna nasa ber a pe a ni
Entîr nân, tuemaw tuihal a nih chuan, mi dangte
ngaihtuahtu chuan an mamawh chu a hre chhuak ang a, tui
in tûrin a pe ang
Hriatthiamna ngaihtuah tih awmzia chu mi dangte hriat
chian leh ngaihtuah tihna a ni
Mi dangte zah a, an rilru put hmang ngaihlutute chuan
an mamawh chu pianpuin an hre Chiang hle

* * *

Zirtir pakhat chuan a thlarau lam kawng zawh zel
theihna chu a ringhlel hle a, a fuih theih nan zirtirtu
:Paramhansa chuan a hnenah
Pathian hi a hla lo va, a hnai zawk a, hmun tinah a awm"
."ka hmu

Zirlai chuan a dodal a, "Mahse, Pathian hre thiam zirtirtu
"!i ni, ka pu
:Zirtirtu chuan a chhang a

Thlarau zawng zawng hi an intluk vek a, nang leh kei"
inthlauhna awm chhun chu Pathian hnenah ka hmangaih tih
ka finfiah theih nan theihtawp ka chhuah a, chuvang chuan
."ka hnenah a inpuang ta a ni

* * *

Miin movie en nuam tak en a inhmang lutuk chuan thil
dang zawng zawng a theihnghilh a, a ngaihtuahna chu movie
chauh a ni

Tin, Pathian hmangaihnaa inhmang tak, Pathian
hmangaih tih loh zawng zawng theihnghilhtu pawh chutiang
bawh chu a ni

Mi pangngai chuan Pathian awmna hriat duhna leh
duhthusam a nei tawh lo a, a chhan chu rilruin Pathian lam
aiin thil neih lam a ngaihtuah zawh thin avangin
Movie te, sex te, khawvel nawmsakna te hian mi
ngaihven a hip thei a nih chuan, hlimna bul leh thil awm
!zawng zawnga hlimawm ber Pathian chu engtin nge ni ang
Mahse buaina chu mi tam zawh chuan Pathian hriat an
duh lo va, Amah hi i hre chiang a nih chuan thlarau lam
hlimna sang ber zingah i inhnim pil laiin darkar tam tak a
liam tih i hmu ang
Engpawh ti ila, Pathian min awmpui loh chuan hlimna ka
nei lo

* * *

Mite hian tisa lama retheihna pumpelh an tum chuan
thlarau lam retheihna hi mihringte hrehawm tawrhna zawng
zawng chhan bulpui ber a nih avangin an hmusit tur a ni
Thlarau lam leh thil ti thei mi chu mi hlim tak a ni a, mi
hlim tak chauh hi mi hlawhtling a ni
Khawpui pakhata chengte chuan tisa lama hamthatna
zawng zawngte chu hmang mah se, chu chuan chu
khawpuiah chuan tualthahna leh sualna chu a titawp lo vang
Khawvel pum huap thu bulte, rawngbawlina, mahni
inrintawhna nei, thlarau nun hmangaihna, leh thlarau
duhzawng thununna te hi eng khawhtlang pawhin nun inrem
tak, hrisel, hlim leh hlim tak nei tur chuan a tul vek a ni

* * *

Pathianin i tawngtaina a chhang lo tih ngaihtuah suh A
hna i thusawi i sawi apiang hi A khawvel pum huap

thinlungah a inziak vek a, Pathianin a chhan dan tam tak i
enfiah chuan, A chhang let reng che tak zet tih i hmu ang
I duhthusam a nasat poh leh i duhthusam a chak poh
leh a chhanna chu a rang zawkin a mak zawk ang

* * *

Taksa mamawh phuhruk leh a duhzawng tihreh ai chuan
nun tum sang zawk hmu lo mi an awm a, chu aia tam chu
Hei hi hriatnain a tihkhawtlai nun dinhmun a ni
Tin, finna leh kut hnathawhna hmanga rawngbawltute,
loneih, sumdawnna, thil lei leh hralh, leh nun hmantlak nena
inzawm zawng zawng a tlangpuiin
Thil tihfel kawngah an buai reng a, nunah an ngaih
pawimawh ber chu sum hmuh a ni a, chu chu tisa lam
nawmna atan an hmang ral fo thin
Chung zingah chuan mimal hmasawn zawk, thil siam
chhuah thiamna nei te pawh an tel
Managerial leh executive talent nei mi an awm a,
professional nunah sum lakluh leh hlawhtlinna an tawn hnua
nun thuruk hrethiam tura thawk an awm bawk
Hriatthiamna thupek hneh turin mahni inthununna an
ring a, nun hi an ngai pawimawh zawk a, rilru natna thlen
thei thilte dodal a, mahni inrintawkna leh nunna compass
chu kawng dik zawh tura dah chu an ring a ni
Ngaihtuahna rilru pu mi an awm a, an pianphungah
thlarau lam mi an ni a, midangte hnena ngaihndan sang zawk
rilru hneh thei tak tak an thlen thei bawk

* * *

Pathian chauh hian khawvel leh mihringte tibuaitsu
sualnate hi a siam tha thei a, mahse mihringte hian Pathian
awmna hre chiang tur leh a chhungril lama Pathian thatna
tawp nei lo lantir turin theihtawp kan chhuah a ngai a ni
:tih chian nan

Zing tin ka taksa, ka rilru leh theihna ka neih zawng
zawng chu nangmah, Siamtu tawp nei lo, i duh dan anga i

hman theih nan ka hlan thin a, chutiang chuan keimah
hmanga i rilru i sawi chhuah theih nan

* * *

Miin mahni inhriatthiamna a neih theih nan chuan a
ngaihtuahna a thunun a ngai a ni
Ngaihtuahna thuk tak i practice a ngai a, i rilru i dah
pawimawh a ngai a, chutiang chuan i rilru chu ngaihtuahna
pakhatat i dah khawm hian i ngaihtuahna chu a vakvai lo
va, ngaihtuahna pakhat atanga ngaihtuahna dangah a zuang
lo

Mi tam zawk chu nunna chunglamah an cheng a, mahse
hriatna lungflu hmuh tur chuan ngaihtuahna tuipuah thuk
taka pil a ngai a ni
Thil ngaihtuah thuk tak takte hi mi hlim tak an ni a, a
chhan chu an chhehvela lungkhamna thlent atanga rilru
lamah an inhlat thei a ni
Mi pangngai chuan tlanhhuahna tur a nei lo, sangha
mantu tan chuan sangha man awlsam tak ang maiin lei
chung lamah a awm fo thin avangin

* * *

Thil siam chhuahna thlarau mizia mak tak mai hian a
neitu chu khawvel hmaah êng êng takah a ding a, chu chu
mi ropui tak takte angin khawvel tana thil \angkai tak tak,
tumahin an la tih ngai loh thil tharrawn thlent atanga maiin a
ni

Chu mi fîng tak takte chuan thil siam chhuah rilru hneh
theih loh an nei a, chu chu duhthusam chu a thlen hma loh
chuan tawp lo tur duhnain a thlawp a ni
Pathianin chûng mi ropui tak takte chu chu ropuina bîk
chu an neih theih nân a duhsak em? Tin, Pathian duhzawng
chuan midangte aia chu ropuina ropui tak dawng turin a
?thlang em ni

Absolutely not It's simply that an thil siam thiamna
hmanga mihring tinte ro hlu leh ropuina an lantir vang mai a
ni a, a chhan chu Pathian anpuia siam a nih vang a ni a, chu

chu thil siam chhuah leh thil thar siam zawng zawng bulpui a
ni

* * *

Mite chuan mercury ang maiin hlimna an um zui a,
mahse hlimna hmuh theih dan a awm a, chu chu Pathian
malsawmna avanga lawmthu sawi a, nunah malsawmna kan
dawnte chung a lawmthu sawi hi a ni
Kan nuna malsawmna kan dawn avanga Pathian chung a
lawmthu sawina hi chatuan thlamuanna, nun hahdamna leh
hlimna thar siamtu Amah hriatna atana thil tul bulpui ber a
ni

Pathian kan hmangaihna kan pek hian a thilpek
malsawm, thlamuanna, lungawina leh lungawina te chu
pawm thiam kan lo ni ta a ni
Khawvela mi hlim ber berte chu thil \ha ngaihtuah
thiam, siam\hatna hna thawk, thilphal leh ngilnei taka an
theih ang ang pe chhuakte hi an ni Anni hi nunah
hlawhtlingte an ni

Miin hriatna \ha, lawmthu sawina thinlung leh
hmangaihna nei thlarau a neih tam poh leh a chhungah
Pathian a hre nasa zawk a ni
Tin, zirtir chuan Pathian hnenah, "Aw Lalpa, I thilphal tak
"!em

He inhnaih hi ngaihtuahna, ngaihtuahna \ha tak, leh
rorelna dik tak hmanga tih theih a ni Chûngte chu a
pianphungah lâwmthu sawina leh thilpêk rilru a\anga lo
chhuak a ni

Malsawmna kan neihte leh lawmthu sawina leh lawmthu
sawi tlak thil \ha zawng zawngte hi kan ngaihtuah let a, min
hual veltu emaw, min tibulaitu emaw, chhiatna te, harsatna
te, natna te, natna te, lungkhamna te, hlauhna te ngaihtuah
lovin, Pathian kan hre tan ang a, chumi avang chuan remna
emaw, hlimna emaw kan tih thlarau lam hriatna hmangin
lawmman kan dawng ang

Kan thinlung chu hmangaihna leh hlimnain a na ang a,
kan rilru chu ngaihtuahna êng tak takin a eng ang

* * *

Mi tam zawk rilru chu sakawr chakna pakhat nei engine
!ang mai a ni

Mihring tinte rilruah thiltihtheihna nasa tak awm mah se,
chutiang thiltihtheihnate chu tihchak nghah mekte chu mi
tlemte chauhvin an hmang a ni

Mite ngaihvenna hi a tlangpuiin a tlem a, nun atana thil
tul hrang hrang, ei leh in, hnathawh, intihhlimna, mut leh a
dangte chauh a ni

Mahse mihringte hian mizia ropui ber pakhat kan nei a,
chu chu thil siam emaw, thil thar siam emaw theihna hi a ni
He thiltihtheihna thuruk, thuruk tak hi eng nge ni?

Khawthlang ram hi practical leh industrial innovation leh
applied sciences ram a ni Khawchhak hi enlightenment leh
thlarau lam thil siam chhuahna ram a ni

Initiative thlarau chu tumahin an la tih ngai loh thil, thil
thar siam chhuah theihna tura thil siam chhuah thiamna hi a
ni

Siamtu atanga lo chhuak thil siam theihna a ni

* * *

Kan nihna tur chi awmna hmun, chhungril lama inthlak
danglamna awm thei lo se chuan kan nihna hriat loh hmunah
hian inthlak danglamna kan thlen thei dawn lo

Mahse nakin lawkah tu nge kan nih dawn tih nghawng
theihna hun remchang kan nei a, kan theihna tur training
hmasa hian he kan taksa peng hriat loh hi a tichak emaw,
ngaihthah a nih chuan paralyze-a dah emaw kawngah hmun
pawimawh tak a chang a ni

Thlaiten an zung chu leiah an tizau ang bawkin, kan
chhunga mizia tha tak takte chu fertilization, weeding,
leilung tihzauh, tui pek leh fencing hmangin kan enkawl a
ngai a ni

Thlarau leilung a\angin buh chi te pawh kan hrual a, kan
paih chhuak tur a ni bawh
Kan nun rah, lian emaw, te emaw, a lian lo emaw, hrisel
emaw, natna nei emaw pawh ni se, kan thei huan thingte
kan enkawl that danah a innghat nasa hle ang
Zalenna kan nei a, kan duhthlanna zalenna kan theihna
zawng zawnga kan hman chuan pawn lam atanga chhuak
chu a tha ang a, chumi avang chuan kan pianphung hriat loh
hmunah chi thar leh tha tak tak a lo piang ang a, hengte
hian nakin lawka kan nun chu eng ang nge a nih dawn tih a
hril ang

* * *

Ngaihtuahna atanga rah tha lo leh tha lo
Ngaihtuahna hi bumna nasa tak a ni a, rah tha lo leh tha
lo a chhuah theih avangin
Vawikhat chu ka unaunu pakhatin kawr natna a tuar lai
kha ka la hre reng a, chutiang khawpa na tak chu ka la hmu
ngai lo; engmah a ei thei lo va, a ei thei lo bawh
Min rawn ko a, a tap rual chuan, "Khawngaihin min pui
.turin engkim ti rawh" a ti a
Chaw ka rawn keng a, ei turin ka ngen a Ka kut hian a
rilru a khawih tih a hre lo va, chutah chuan ka rilru chakna
chu ka dah pawimawh ber a ni
Vawilehkhatah engmah hrehawm nei lovin chaw ei lai a
inhmu a, a beng a dam tawh avangin lawmnain a khat ta a ni
Ka chhuahsan hnu chuan a tho a, dathlalangah a beng
chu a en a, a ulcer a la awm tih a hmuh chuan a natna chu a
lo let leh a, a au chhuak ta a ni
"?In ka thlen a, a na ka hmuh chuan, "Engtin nge i tih
.Ani chuan, "Ka kawr chungah ka en a" tiin a chhang a

Kei chuan: "Pathian êngah i kawr a tha tih ka hmu a,
chuvang chuan i dinhmun a that phah a, mahse natna chu i
."hmu a, chuvang chuan natna i nei a ni
.Tichuan, "He tui hi in rawh" ka ti a

A rilruin a pawm thiam em avangin tui chu a ei thei a, a
dam leh ta a, dathlalangah a kawr chu a en leh tawh ngai lo
Chuvângin, ngaihtuahna chuan hmun pawimawh tak a
chang a ni Neurological disorders chungchângah chuan—chu
chu ngaih dân dik lote'n a tiharh fo t̃hîn—rilru chuan a
thiltihtheihna chu dik taka hman a nih chuan rang taka dam
lehna a tichak thei a ni

Note: He thawnthu hian doctor hmu tur a ni lo va,
enkawlina zawng tur a ni lo tihna a ni lo va, chuvangin Chiang
Zawka hriat a ngai ta a ni

* * *

:Kan sawi thiam tur a ni
He taksa tikhawtlai hnuaiah hian absolute leh"
."unlimited ka hre thin

Pathian ka hnenah a awm tih ka hriat loh chuan lecture
ka pe lo va, Amah nena kan inrem tawh loh chuan ka zirtir lo
bawk Tin, chu level atanga ka thusawi chuan ka thusawi
ngaithlatute chuan an thil hriat chu an theihnghilh lovang tih
ka hria

Beidawngte chuan Pathian an hre tawh ang a, an zawn
chhonzawm duhte chuan a malsawmna a awmna hi an
khawih ngei ka beisei
* * *

Hlimna duhna hi duhthusam zawng zawng aiin a chak
ber a ni

Hlimna dik leh nghet tak chu Pathianah chauh hmuh tur
a awm a, a awmna i hmuhchhuah chuan lawmna nasa takin i
khat a ni—chu chu thil dangah hmuh theih loh hlimna a ni
Khawvel pum pui pek che ni ta la, i hmachhawn dan tur i
hre lo ang a, engkim chungchangah phurrit rit tak leh
lungkhamna i nei ang
Khawvela milar leh mipa lian ber berte nun hi han en la,
an thinrim hle tih i hmu ang a, an rilru a buai em em a, an
rilru a buai em em a, an rilru a buai em em bawk a, an rilru a
bukai em em bawk a, an rilru a buai em em bawk a

Mahse khawvel êng nena inzawm tlat chu a Siamtu nena
inzawm tlat a nih avangin mi hlim tak a ni

* * *

Thiltih \ha lo hneh tumin theihtawp chhuah reng a ngai
a, a chhan chu miin beidawng leh lungngaihna a neih veleh a
thlarau leiah chi hrisel lo a tuh \hin a ni

Thil \ha lo lama inhmang chhunzawm zel chu mahni
intihhlumna chi khat a ni Amaherawhchu, fiahna duhawm lo
leh lungchhiatthlak zawng zawng karah pawh ni tin hlim leh
beisei nei taka inhriat tum hi tihthar leh thlarau lama
harhtharna chhinchhiahna a ni

* * *

An rilru khauh leh lunghlu phalsaktute hi an thihpui tak
zet a ni

Nun thuruk chinfel duhtute chuan nitin an nun an siam
thar a ngai a, eng emaw ti taka mahni insiamthat tumin an
thawk a, thil siam chhuah ngaihtuahna an nei a, thil siam\
hatna kawngah an inhmang a ngai a ni

Tin, a chung berah chuan Pathian hnenah finna an dil
tur a ni, finna nen hian thil mawi leh ropui zawng zawng a lo
thleng thin a ni

* * *

Pathianin chhungkua min pe a, chu chu kan hmangaihna
circle chu keimahni atanga kan inzawm midangte hnena kan
tihzauh theih nan, chu hmangaihna ramri chu mi zawng
zawng huap vek turin kan tizau thei a ni

Kan hmangaihte hi thihnain emaw, dinhmun dangah
emaw, kan hnen atangin laksak kan ni a, chutiang chuan kan
hmangaihna chu mite chauh huam chin ni lovin, hmangaihna
ngei pawh hmangaih kan zir theih nan, chu chu Pathian, kan
thenawm hnai ber, mihring hmai tuamna zawng zawng
hnung lama inthup a ni

* * *

Mi pawm thiam ka hmuh apiangin chu mite rilru leh
logic chu ka sawi chhuak thin a, chutih laiin ngaihven lote

chu ngaithla duh lo tak tak an nih avangin ka biak tlem hle
thung

Pathian zawнна kawnga thinlung taka awmte erawh chu
an rilru inhawng tak hmanga inbiakpawhna neih ka tum a,
an thinlungah Pathian hmangaihna chi tuh ka tum a ni

* * *

Movie emaw play emaw an en hian entuten show an en
hmain a chanchin kimchang zawng zawngah an hre vek a
nih chuan show hian a hlimthla a hloh ang
Chutiang bawkin he nun thuruk zawng zawng hi hriat loh
a tha a, a chhan chu kan nun bung hrang hrangah hian
cosmic drama a kal zel a, chu chu a thlen hmaa thil thleng
tur hriat a nuam lo

A tawp bera thil lo chhuak tur chu ngaihtuah buai lo ila,
nun inkhelhnaah hian kan chanvote chu a theih ang anga
hlen chhuak turin Pathian hnenah min kaihruai turin kan
ngen zawk tur a ni a, chu chanvo chu chak lohna emaw
chakna emaw, natna emaw hriselna emaw, chapona emaw,
inngaihtlawmna emaw, hausakna emaw, retheihna emaw a
ni emaw, a tawpah he thawnthu buaithlak tak awmzia hre
chiang turin kan dil zawk tur a ni

* * *

Mi zawng zawng hian midang aiin pawisa neih tam an
duh a, an hmuh hunah pawh an la lungawi lo hle a, a chhan
chu anmahni aia hausa zawk an awm tih an hmuhchhuah
vang a ni

Mite chu an thil neihah lungawi lovin mahni duhthusam
leh duhzawng siamin mahni inrintawkna hrehawmna hnim
hring zingah an nung a ni

Midang aiin thil tam tak nei, chuti chung pawha hlim lo,
thil tam zawk duhnain a kang a, lungkhamna leh hlauhna a
ei zo zawk a ni

Pathian kawng hi, ka thiante u, kawng awlsam ber a ni
a, Pathian lam hawi hmasa a, kan tana tha ber min pe turin
kan dil hmasa phawt chuan a tha ber ang, tichuan, thinlung

taka tawngtaina a chhang a, a hmangaihtute duhdan a
tihlawhtling thin avangin a kut thahnemngai tak atangin kan
mamawh chu kan hmu dawn a ni

* * *

Lei lama innghahna leh thil neihte a\anga hlimna dik tak
beisei chu a âtthlâk tak a ni a, a chhan chu a tir lamah chuan
kan hnena thlen thei an nih loh vang a ni
Mahse, mi maktaduai tam tak chu leia nunah chu
hlimna, hlimna leh lawmna zawng zawng bulpui, Pathian
chauha awm chu hmuh tumin an beih hlawhtling lo a,
thinlung na tak leh lungngai takin an thi a ni

* * *

Miten Pathian hnen atanga thilpek an dawn hnua
lawmthu an sawi hi thil awmdan pangngai tak a ni a, mahse
lawmthu an sawi tam lo va, nunna thilpek a pek leh an
thlarauah thlarau lam mizia a tuh avangin lawmthu sawi
pawh an ngaihtuah tlem hle
A awmna kan hriat emaw, kan tawngtaina chhanna kan
dawn emaw hian Pathian hnena kan thinlung chawi sang hi a
awl hle a, mahse kan hriat loh lai pawha kan hnena a
kaihhruaina thup leh kan hnena malsawmna a awm avangin
lawmthu sawi hi a va ropui tak em Hei hi Pathian rinchhanna,
A hmaa inngaihtlawmna leh a finna a lungawina lantirna a ni
Pathian chuan kan hmangaihna leh duhthusam chu a
duh danin a chhang let a, mi inngaitlawmte hi an thinlungah
lawmthu sawina leh ngaihhlutnain a khat a, chu chu Pathian
hnen atanga malsawmna leh thatna tam tak dawngtu a ni

* * *

mipa hmelma chu a pum a ni (mipa pum chu a hmelma
. a ni)

Pum hi taksa peng hlauhawm ber a ni a, tihduhdahna
rapthlak ber ber pawh a tawk fo thin Chaw ei tam lutuk
emaw, ei tur hrisel lo ei emaw avanga chaw ei leh in lama

harsatna a awm chuan hriselna lama harsatna chi hrang
hrang a thlen thei a ni

Miin darthlalang atanga a hmai a en hian a tha hlein a
inngai a, mahse a taksaa toxin tam tak dahkhawm a phur tih
erawh a hre lo

* * *

Zirtir naupang pakhat chuan thurawn a dil a, zirtirtu
:Paramahansa chuan a hrilh a

Khawvel hian i rilruah nungchang tha lo leh rilru
hahdamna a tuh a, mahse khawvel hian mawh a phur lo
vang a, chutiang rilru put hmang leh tihsual a\anga lo
chhuak i tihsualte chu chhanna a pe lo vang a, chhanna
pawh a pe lo vang

Chuti a nih chuan engvangin nge i hun zawng zawng
chu thian bum hmang hnenah i pek? Thlarau lam leh science
lama thil hmuhchhuahna atan ni khatah darkar khat dah
rawh

Pathian - nunna, chhungkua, sum leh pai leh thil dang
zawng zawng petu - hi i hun sawmhnih leh pali zinga hmun
?khat chu a phu lo em ni

* * *

:Zirlai pakhat chuan heti hian a zawt a
Ka pu, engvangin nge mi thenkhatin mi thianghlim leh"
"?mi thianghlimte an nuihzat a, an nuihzat

.Zirtirtu Paramahansa chuan heti hian a chhang a
Misualte chuan thutak chu an hua a, khawvel mite chu"
tunlai thil nen hian an inzui kual vel mai mai a, pawl pahnih
pawhin inthlak danglamna an duh lo Chuvangin, Pathian
mifelte ngaihtuahna mai mai hian a tibuai a, an thlamuanna
."a tibwaitu a ni

Heng mite hi kum tam tak chhung pindan thim chhunga
awm tawh nen tehkhin theih a ni Mi pakhatin êng a han on
chuan, a êng nghal mai chuan mitdel semi chu a tibuai a, a
tan chuan thil mak tak niin a lang

* * *

Thir siamtu hammer rit tak chuan duhthlanna a nei lo A
kut hmanga a chawi a, a rawn thlak loh chuan a hmunah a
awm reng a, hman lohvin a awm reng a ni
Mahse mihring hian duhthlanna zalen a nei a, chutiang
chuan Pathian kuta hmanraw tha leh hmanraw dik ni turin a
thlang thei a ni
Pathian chuan mihringte hi hammer khauh tak, nunna
nei lo ni turin a duh lo va, he leia Pathian thiltumte hlen
chhuah theihna turin duhthlanna zalen hmang zawk turin a
duh zawk a ni
* * *

Sum hi duhthusam tilangtu a ni hauh lo Mi hausa tam
tak chuan an mamawh loh thil an lei a, chu chu an in
chhungah aesthetically unappealing leh useless heaps-ah a
pile up thin
In hi hmuhnawm taka siam tur chuan sum tam tak i
mamawh lo; taste hi a key element a ni
Mahse in chei mawi tumna chuan mi thenkhat chu a hip
a, chu chu an ngaihven hle a, thil neihte chauh an khap tlat
a ni

Bill khawkhawm leh hmanhmawh taka pek ngai
apiangin nun awlsam zawk leh sum leh pai lama harsatna
laka zalenna chu a duhthusam a ngai a ni
Mahse chu zalenna chu rilru hahna leh thawhrimna lama
inpekna emaw, dikna leh ngaihtuahna nei lo zawng zawng
kalsan emaw a lo thleng dawn lo
Vawikhat chu a thleng a, mi pakhat hian hlohna nasa tak
:a tuar a, heti hian a sawi
Aw, kei hi ka piang e! Ka hausakna ka hloh tawh a, ka"
nupui pawhin min kalsan tawh a, chuvang chuan engkim
."kalsanin hermit nih ka tum ta
He pa, ka thiante hian engkim a kalsan lo va, engkim
!hian a kalsan zawk zawk
Psychological environment leh satisfaction hriatna hi
hlimna thlenna atana thil pawimawh pahnih a ni

Duh zawng zawngte kan enfiah a, kan thliar hrang
:hnuah chuan hetiang hian sawi theih a ni ta a ni
Thil mamawh mamawh hmuh kawngah harsatna a awm"
."lo va, a neih theih lohna hi a dik lo a ni
* * *

:Zirlai pakhat chuan heti hian a zawt a
Ka pu, Pathian ka hriat chian theih nan enge ka tih"
"?ang

.Zirtirtu Paramahansa chuan heti hian a chhang a
Hun awl neih apiangin a chungchang ngaihtuahna thuk
takah inhnim pil rawh Thinlung leh thinlung, thlarau leh
thlarau Thu sawi rawh
Hmangaihtu aiin a hnai zawk a, hmangaihtu aiin a
hmangaih zawk a, mi rethei takin pawisa a biak angin ka
biak a, hmangaihna natna nei, a hmangaih tana hmangaihna
nei, boruak thawk tur tuiah pil ang maiin ka hmangaih baw
I duhna nasa tak leh i duhthusam nasa tak i sawi chhuah
."chuan i hnenah a lo kal ang
* * *

Kan theihtawp chhuah zawng zawng hi hriselna \ha leh
taksa lama himna neih mai ni lovin, nun awmzia zawn
kawngah pawh kan inpe tur a ni
Harsatnain min hneh chuan kan chhehvêl lam kan hawi
hmasa a, ãanpuina awm nia kan ngaih thil lama inthlâk
danglamna zawng zawng chu siam kan tum a ni
Mahse kawng thim tak kan thlen a, "Ka beih zawng
zawng a hlawhchham vek tawh a, chu aia nasa zawk chu eng
nge ka tih ang?" kan harsatna chinfelna \ha tak zawn chu
ngun takin kan ngaihtuah \an \hin
Kan ngaihtuahnaah thuk tawka kan luhchilh hian,
Pathian tanpuinain, kan chhungril a\angin chhanna kan
dawng a Hei hi, a takah chuan, chhâna \awng\aina chi khat
a ni
* * *

Zirtirtu Paramahansa chuan zirlai thenkhat hnenah

:chuan

Nun thlirna tha lo laka fimkhur rawh Engvangin nge i"

chhehvela mawina tam tak a awm lai hian bawlhhlawh

"?bawmte hi i ngaihtuah nasa em em

Mi pakhat chuan art, music leh literature entirnan ropui"

ber berteah dik lohna a hmu mai thei Mahse an hlimthla leh

ropuina hlim taka hman hi a tha zawkin a hlawk zawk lo em

"?ni

Relativity khawvel hi êng leh thlalak atanga innghat a"

. "nih avangin nun hian a êng leh a thim a nei a ni

In ngaihtuahnain thil tha lo a eitir in phal chuan in"

chungah bawlhhlawhna leh bawlhhlawhna in rawn thlen

. "ang

Engkimah thil tha chauh zawng rawh, tichuan mawina"

. "thlarau i hip lut thei ang

* * *

Zirtirtu Paramahansa chuan zirtir pawl pakhat hnenah

:chuan

Pathianin he Lei tlawhna hi kan tan a ruahman sak a,"

mahse a tam zawk chu mikhual lawm loh kan lo ni ta a,

hetah hian thil thenkhat chu keimahni ta angin kan la ta a

. "ni

Kan leia kan chenna hi rei lo te chauh a ni tih

theihnghilh hian inpawlhona leh inlaichinna tam tak kan siam

a, chungte chu: "ka in," "ka hnathawhna," "ka sum," "ka

chhungkua," leh a dangte hi a ni

Mahse kan lei visa a tawp hunah chuan mihring

inzawmna zawng zawng chu a bo vek ang a, a bo vek ang a,

chutah chuan kan nei nia kan ngaih thil zawng zawng chu

kalsan vek kan ngai dawn a ni Engtik lai pawha leh hmun

tinah min zuitu Pakhat leh Mahni chauh chu kan chatuan leh

chatuan thenawm Pathian a ni

Tunah chuan thlarau i ni tih hre rawh, taksa ni lovin
Engvangin nge thihna hian a nun rapthlak leh rang taka a
?zirtir che i nghah

* * *

Mi a damloh chuan a natna hneh turin a theihtawp a
chhuah a ngai a, Doctor-in dam leh beiseina a awm lo tih an
hrih pawhin, hlauhna chuan Pathian awmna hriatna chu a
khuh bo avangin a rilru a hahdam a ngai a, chu chu
thiltihtheihna zawng zawng neitu a ni
Hrehawm tuar chu lungkhamna leh rilru lama
lungngaihnaa inhnawm hriatna ai chuan, Pathian venhimna leh
thian anga enkawl na hnuai a him a, a him tih a inring reng
tur a ni

* * *

Lungkhamna tih awmzia chu rilru wireless system-ah
inrawlhna a awm tihna a ni
Pathian hla hi rilru fim leh muanna hla a ni a, buaina chu
buaina a ni
Thlamuanna chu thlarau wireless hmanga thu sawi
Pathian aw a ni

* * *

An nun siam thar duhte chuan an nunah thil \ha an luhtir
duhte chu an hriat hmasak phawt a ngai a, chumi hnuah
nitin an zawm \hin programme an siam ang a, an thutlukna
an vawn tlat avanga hlimna nasa tak an nei ang
Mahni insiamthatna hun ruat zawm loh chuan duhna a
tichak lo va, hmasawmna kawngah daltu a siam baw
Mihring thian dik ber leh hmelma paw ber chu amah hi
a ni

Nunphung pangngai nena inmilte chuan thil rah chhuah
rah chhuah an nei ang
Infuih tharna hmun atang hian

Taksa dan leh thlarau dan, emaw, mihring rilru kalphung
hriatthiamna avanga thilmak lo thlengte hi a danglamna a

awm lo Scientist-te chuan taksa dan hmangin thilmak an ti a,
thlarau lama hmasawn zawkte chuan rilru lam thilmak an ti
thin He scientific thilmak tih hunlai, ngaihtuah phak loh thil
siam chhuah leh thil thar siam chhuahna tuilianin a hriat lar
takah hian scientist-te chuan thlarau lam thil zir chiannaah
hian thuk zawka an luhchilh a ngai a ni thlarau lam hriatna
neitute hman dante

Thlarau lam thilmak emaw, Pathian duhsakna emaw chu
thilsiam danglam bik cosmic dan hmanna mai a ni Mi
pangngai tan chuan heng thiltih te hi thilmak angin a lang a,
mahse a takah chuan dan thup, sang zawk thenkhat hmanna
a ni

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Arsi maktaduai tam tak mawina chu ka tem tawh a ni
Hmun zau takah chuan a darh zau hle
Tin, nawmna soal lo tak tak atang chuan a tui chu ka
hruai baw
Tin, ka lungngaihna zawng zawng ka halralna meipui ka
siam baw
Tin, êng meialh chu ka keng baw
Tin, hmangaihna thianghlim chu thinlung tinrengah tuh
a ni

Pa, nu leh unau hmangaihna a inzawm khawm a ni
Ka ruih thlengin ka in a
Thlarau lam lehkhabu te chu thlamuanna tla khat atan
an hruai a

Hla phuahte hi thilsiam atanga infuih chhuah a ni
Tin, hlimna beehive atanga thlum chu ka ru baw
Ngaihtuahna lungflu a\angin awmzia pawimawh tak
takte chu ka la chhuak a
Tin, ka chhiar baw
Tin, ka nui suk baw
Tin, hna ka thawk baw
Tin, ka ruahman baw
Tin, ka throw nghal zat baw

Ka chak em em a
Tin, chu zawng zawng chu a tawh lo
Mumang a bo fo thin tih a hriat chian rual chuan
Duhthusam thinlung duhzawngte chu a famkim hmain
Mahse, mumangte chu ka hnen atanga ka hnawhchhuah
meuh chuan

Remna hmun thianghlimah chuan ka thu a
Ka duhthusam chu a zual sauh sauh a
Tin, ka thlarau hla sak ka hre bawh
!Pathian chauh a la awh

. ***

Mihring tin hian thiltihtheihna tawp nei lo kan nei a, chu
thiltihtheihna chu kan thiltih apiangah kan lantir tur a ni Thil
siam kan duh hian pawn lam thil chauh kan rinchan tur a ni
lo va, kan chhungril thuk takah kan luhchilh a, a tawp nei lo
chu kan zawng zawh tur a ni

Hnathawh dan hlawhtling zawng zawng, thil siam
chhuah zawng zawng, music vibration zawng zawng,
ngaihtuahna tichaktu zawng zawng, leh hla phuah ropui leh
mak tak takte chu Pathian record-ah ziah luh a ni

Tum chu kan sawifah hmasa tur a ni a, chutah chuan
kan chaknate kan lantir theihna tur thiltih dik takah min
kaihruai turin Pathian tanpuina kan dil tur a ni a, rilru a
thlamuang a, a hnuaia hmalakna tur chu chiang taka a hmuh
hma loh chuan kan ngaihtuah tur a ni

Tichuan chhungril kaihruaina kan dawn ang zelin kan
che tur a ni a, kan duhzawng chu a thleng ang Rilru a
thlamuang hunah chuan thil a chiang thuai ang a, awlsam
!takin—chu chu a va mak tak em

I duhthusam chu i tihlawhtling ang a, engkimah
hlawhtlinna chu hun rei lote chhungin i ta a ni ang, a chhan
chu khawvel pum huap chaknate hian dan dik kaihruai thei
leh a thatzia tilang thei an nih avangin Mahni inenfiah chuan
he thil dikzia hi kan hrechhuak ang, Pathian tanpuinain

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Zirtîr pakhat chuan zirtîrtu Paramahansa hnênah Setana
thlêmna khap chu hneh theih dân kawng tha ber berte a
:zâwt a, ani chuan a hnênah
Finna lama nghet taka i din tawh loh chuan, i hmasa ber
tur a ni – thlemna a lo thlen chuan – thiltih emaw, rilru chak
tak emaw chu titawp nghal la, a hnuah thilte chu i ngaihtuah
let tur a ni
Ngaihtuah hmasak i tum chuan thlemna chuan i duh loh
zawngin a hneh ang che a, i tih duh loh thil chu i ti ve mai
ang, a chhan chu hetiang hunah hian thlemna hian
ngaihtuahna a hneh dawn a ni
I tih tur chu nghet takin, "Chutiang chu ka ti lo vang," tih
chauh a ni a, chutah tho la, chhuak rawh Chu chu Diabola
thang atanga tlanhhuahna kawng chiang ber a ni
Obsessive attack laia "Ka duh lo" tih thiltihtheihna i chin
tam poh leh i chak zawk a, i hlimna pawh a nasa zawk ang, a
chhan chu hlimna chu i chhia leh tha hriatnain a tih tur a tih
che tihnaah a innghat a ni
Seduction-a "ni lo" i tih hian i sawi tum leh i sawi tum
chu i sawi tur a ni
Beidawng suh la, duhthlanna chak lo neitute chuan "ni
e" an ti fo thin tih hre reng la, thlarau ropui tak takte erawh
.chu literary "no's"-in an khat thung

Thlarau lam zirtirnaah chuan kan rilru put hmang leh
kan rilru put hmang thunun kan zir a, kan mimal
duhthlannain kan nun a thunun theih loh nan Pathianin min
pek zawng zawngah lawmthu kan sawi ta a ni Mite hian thil
tam tak an nei a, chuti chung pawh chuan mi tam tak chu an
lungawi lo va, an phunnawi reng a, engmah nei lo mah se,
engmah nei lo ang maiin lungawi lohna an nei a, an
duhzawngte chu tawp chin nei lo ang maiin an lang
Zing lamah chuan, pasal chuan a hmul a hrual hnuah—
leh a hmul pawh a hrual a ni mai thei—a hmai a sil hnuah, a
inchei hnuah, a duh ber chu chawhmeh a ni A, a ei hnu

lawkah a nupuiin a duhzawng bik nena inmil zawk thil siam
se a duh a, nupui erawh chuan tangkarua, plate, leh dishes
tha zawk nei se a duh thung

Chutichuan, ni tin, engmahin a tihlungawi theih loh
thlengin hetiang leh chu chu an duh em em a, an inlaichinna
pawhin an inpawh tawinna a hloh a, hlimna ngei pawh an
hloh a, an thinrimna avang hian an hnaih berte chu an dodal
thin Nupui chuan a pasal chu a phunnawi a, a inhnial a, pasal
chuan naupangte chu a au a, naupangte chu an hel a, pawl
tha lo nen buainaah an tlu lut a, a thupui chu hei hi a ni: a
dik lo lo to possess things, mahse thil neihte min luah
phalsak hi a dik lo Hlimna zawngtute chu inngaihtuah lutuk
emaw, nei lutuk emaw an ni tur a ni lo

Ka paradis chu ka chhungah a awm a, thlirna mawi
takah emaw, thian duh takte ka hmuhnaah emaw ka lawm
hian ka chhungril paradis chuan chu thlirna ka hlimna emaw,
chu thiante hmuh emaw chu a tichak a, Chu chhungril
lungawina tel lo chuan leia paradis pawh hi tuar theih loh
hremhmunah a chang ta a ni

Ngaihtuahna, thusawi, hriatna leh thiltih theihna zawng
zawng chu Pathian a\anga lo chhuak a ni tih hriatna leh kan
hnenah a awm reng a, min fuih a, min kaihruai \hin tih
hriatna hian lungkhamna, buaina leh buaina a\angin chhuah
zalenna a thlen nghal a He hriatna hmang hian Pathian
hlimna eng (lishes of divine joy) a lo chhuak ta a ni
A châng chuan thlarau lam êng thuk tak chuan thilsiam
zawng zawng chu a rawn nuai a, hlauhna ngaih dân chu a
hnawtchhuak a, a tiboral baw

Tuipui thlipui ang bawkin Pathian thiltihtheihna chu
chakna nasa tak nen a lo thleng a, thinlung chu a paltlang a,
malsawmna luipui chak takin a silfai a, chuta tang chuan
rinhlelhna, hlauhna leh hlauhna daltu leh daltu zawng zawng
a paih chhuak vek a ni
Pathian awmna kan khawih hian tisa taksa mai kan ni tih
ngaihdan dik lo chu a bo vek Hei hi thlarau lam ngaihtuahna

thuk tak leh ngaihtuahna seng tak, Pathian ngaihtuahna leh
kan rilru hawn theihna tura A tanpuina zawng hmanga tih
theih a ni

Tichuan taksa chu Pathian cosmic ocean-a chakna
bubble tenau tak mai a ni tih kan hrechhuak ta a ni

.***

Mi chu rilru lam thil tawn na tak takin a tihbuai emaw,
hlauhna nasa takin a hneh emaw chuan mut a tum tur a ni
Chutianga a tih theih chuan a harh veleh rilru lam
buaina chu a bo tawh tih a hmu ang a, hlauhna chuan an
chelhna chu a tizau tawh tih a hmu ang, a chhan chu thlarau
chu mut theihna dinhmuna a luh chuan a tir lama taksa leh a
thil tawn nena inzawm harsatnate chu rei lo te chhung atan
a kai chho ta a ni

Thil awmdan lian zawk chu ngaihtuahna thuk tak,
hriatna neia ngaihtuahna sang zawk khawih hi a ni
Engmahin kan thlamuanna a tibuai lo vang emaw, kan
thlamuanna min chhuhsak lo vang emaw tih hi kan rel tur a
ni

Rilru chu nun dinhmunah a inhmang kim vek chuan
thlarau thlarau hlim tak nihna dik tak chu a hre thei lo Mahse
Pathian nena kan inzawmna hnai tak, a êngin min hual vel a,
a thlamuanna chu kan chhungah a awm tih hre reng chungin
kan che a nih chuan thilthlengte hian min nghawng lo vang
a, dinhmun \ha lo chuan kan thlamuanna a tibuai lo vang

.***

Miin an rilru put hmangte chu a enfiah a ngai Mi ei
sualtu chuan a ei a, chutiang bawkin thlarau lam mi thunun
duhna nei chuan ei leh in hi ei leh in nen a inzawm fo
?avangin sual a ni tih sawi chu phal a ni em
Sual chu ngaihtuahnaah a awm a, chêtîrnaah a awm Mi
ei sualtu chuan a rilîâm tihreh nân a ei a, thlarau mi chuan a
taksa hrisel tûrin a ei bawk a, chu chu an pahnih inkârah
hian danglamna lian tak a awm a ni

Thil dik leh dik lo thliar hrang tur chuan mahni
inngaihtuah a ngai a, a tih tur chu a dik nge dik lo tih kan
inzawt a ngai Mahni inrintawkna famkim kan nih a ngai a ni
Miin amah leh amah a rinawm chuan a tihsual a rinawm
loh hle a, tisual pawh ni se, rang takin a kalna kawng a siam
tha thei ang Kan thil tihah hian kan chhia leh tha hriatnain
min kaihruai tur a ni a chhan chu chhia leh tha hriatna hi kan
chhunga hriatna chakna a nih avangin

. ***

Eng ang hna leh inpekna pawh nei ila, a hun hunah kan
rilru chu lungkhamna leh ngaihtuahna leh buaina dang
zawng zawng atanga chhuah zalen vek kan theihnghilh tur a
ni lo

Minute khat tal ngaihtuahna tha lo ngaihtuah lo tum la,
chhungril thlamuanna lam ngaihtuah la, a bik takin i
lungkham a, lungkhamnain phurrit a phur nia i hriat chuan
Hemi hnu hian minute eng emaw zat chu a tisei a, thil
thleng leh hun hlimawm tak tak thenkhat a sawi nawn leh a
ni

I rilruah nghawng tha tak nei tawh hriatrengna thlum
thenkhat chu hre reng la, a chipchiar zawng zawngah nunpui
leh tum la, zawi zawiin i lungkhamnate chu i theihnghilh
tawh a, i hlauhthawna chu a bo tawh tih i hmu ang

Chhungril boruak siam

Miin chhungril boruak hrisel siam a duh chuan fiamthu
sawi reng reng lovin ngawi renga awm hun chung a
practice tur a ni a, hlim tak, hlim tak leh nuihzatthlak tak a ni
tur a ni

Thusawi mai mai hian rilru natna ropui tak a ti bo a, thil
tenawm leh tangkai lo tak tak sawiin a thiltihtheihna a tichhe
vek a, chu chuan rilru lam thil hlu leh pawimawh tak a hloh
phah a ni

Hriatna chu hnute tui bêl ang a ni a; ngaihtuahna
thlamuanna, ngaihtuahna thianghlim leh rilru natnain a khat

chuan a famkim reng tur a ni Frivolity leh parrot ang maia
thusawi te hi intihhlamna dik lo a ni a, chu chuan hriatna
bawm sir lamah khur a siam a, chhungril thlamuanna hnute
chu a luang chhuak a, a bo ta a ni
Hei hian mi chu a khauh lutuk tur a ni tihna a ni lo va, a
rilru a na lutuk tur a ni tihna a ni lo va, nuihzatna te,
nuihzatna te, nuihzatna te, leh thu awmze nei lo leh
ngaihtuahna fim lo tak tak a\anga inthiarfihlim a kawk zawk
a ni

Mi ropui tak takte hnen atanga training ropui tak ka
dawn kha ka la hre reng a Kan rambling leh chattering lai
:khan min hrilh thin

In chhungril kulhpuiah kir leh ula, thisen lumin in talh"

suh u, tichuan in thlarau lam hriatnate in hloh ang a, in
."thlamuanna chu kir leh lovin a tlanhhiatsan ang che u
Khatih lai khan kan tan hriatthiam a awlsam lo hle a,
mahse tunah chuan remna kawng min zirtir dan chu ka
hrethiam ta

Remna dahkhawmna hmun

Miin a bank account-ah pawisa engmah dah lovin check

a ziaak reng a nih chuan a pawisa a tlakchham ang a, a
balance pawh a empty ang

Chutiang bawkin, mi pakhatin an nun account-ah remna

a dah fo loh chuan, an chakna, thlamuanna leh hlimna
dahkhawmte chu a tlahniam ang a, a tawpah chuan a bo ang
a, chu chuan rilru, rilru, taksa leh thlarau lama bankruptcy-
ah a hruai ang Pathian ngaihtuah a, a malsawmna awmpuina
tawn hian kan chhungril chakna a tipung a, thil pawimawh
zawng zawng min luah khat leh a ni

. ***

Tunlai chauha nung lovin, hun kal tawh leh hmalam hun
a ruala nun kan tum a, chu chuan rilruah phurrit rit tak a dah
a, a tichak lo a, thil a tih that theihna a tikhawtlai bawk Hei
hi kan rilru phurrit tihziaawm a ngai chhan a ni Hun kal tawh

chu a bo tawh chatuan a, chuti a nih chuan engvangin nge
?kan rilruah kan phurh ang

Rilru chuan a phurrit chu pakhat khatin hmachhawn

rawh se, vawi khatah zawng zawng ni lovin Swan hian a
hmui hmanga a scoop chhuah tui solid content chauh a ei a
chutiang bawkin, hun kal tawh a\anga kan zir chhuah chauh
chu kan rilruah kan vawng reng tur a ni a, thil \ul lo tak takte
pawh kan theihnghilh tur a ni

Hei hian rilru nasa takin a ti awlsam ang Tunlai mihring

hlimna chu mi dangte tlakchhamna leh hrehawm tawrhna
thliar lovin, a neihte tihpun leh tam zawk neihnaah a awm a
ni

Mahse, mi tan chuan nun awlsam tak, luxury lutuk lo leh

duhthusam leh lungkhamna tlem zawk neia nun chu a tha
zaw lo em ni? Miin a neih chu nuam ti lo khawpa frantically
rushing chu nuam a ti lo

Mite chu an thlarau lam muthilh ata an harh chhuah a,

thil neih an mamawh aia an tho chhuah tan hun a lo thleng

ang Nun awlsam zawk chuan himna, remna leh muanna

nasa zawk a thlen tih an hriatchhuah ni a lo thleng ang

Hmangaihna thiltihtheihna hmanga mi thinlung hneh hi

tu pawhin nunah hnehna an chan theih ropui ber a ni

Chûngte chu mi ropui tak tak, mi dangte tâna nung leh

thite thil tih ropui berte chu a ni Mahni tâna nungchang nei,

thil chakna nasa tak neite chu theihnghilhnaah an khuh thuai

a Mahse, mi dangte tâna nungte chu chatuanin hriatreng an
ni reng a ni

Zawlneite hian leia an awm chhungin rangkachak

lal̥thutphah an nei lo va, mi maktaduai tam tak thinlungah

hmangaihna lal̥thutthlengah an thu a Chu chu mihring tu

pawhin a luah theih lal̥thutphah ṭha ber a ni

Mi pakhat chu he khawvelah hian tap chungin a lo kal a,

midang zawng zawngin an lo thlen hunah an lawm laiin An

dam chhung hun ruat chhung hian hna an thawk tur a ni a,

rawngbawlina an nei tur a ni, chutiang chuan khawvel

chhuahsan hun a lo thlen chuan khawvelin a lungngaih laiin
nui chungin an chhuak thin
Pathianin he khawvel hi mihringte'n an finna hmanga
thlarau lam hriatna an neih theih nan leh Pathian
Ngaihtuahna chu chakna chak tak a ni tih an hriatthiam
theih nan a siam a, chu chakna chu mahni leh midangte
hlawkna tur kawng dik takah kaihhruai tur a ni
Pathianin kan thinlungah a hmangaihna tuh a,
hmangaihna min pe lo a nih chuan mihring hmangaihna hi
kan hre thei ngai lovang
Pathian chu kan chungah a thilphal em em a, a
hmangaih em em bawk a, ani hi kan thil tum leh kan zawn
tum ber a ni tur a ni Amah hi kan chungah a nghat duh lo a,
mahse Amah ngaihtuah lo leh amah nena inzawmna nei lo
chuan hlimna engmah a awm thei lo
Taksa leh rilru hnathawh dan thuruk, thilsiam dang
zawng zawng a\anga min thliar hrangtu, leh nunah thil mak
leh mak dang zawng zawngte min thliar hrangtu hi chu chu
zawng chhuak tur leh hmuchhuak tura min fuihtu tur a tling
tur a ni Tih tak zet leh taima taka beitate chuan an
hmalaknaah an hlawhtling ang a, an thil tum an hlen chhuak
ang
He kawng ka zawh tirh khan ka nun hi a tir lamah chuan
a buai hle a, a inruah lo hle a, mahse beih nawn fo leh beih
nasat lutuk avang chuan chhum chu a lo thianghlim tan a,
thil mak tak maiin thil a lo Chiang ta hle mai Ka chungah thil
thleng zawng zawng hi Pathian awmzia leh he nunah hian
Amah nena inbiak leh hriat theihna tur finfiahna Chiang tak a
ni

. ***

Aw, Pathian a hmuh veleh zawngtuin remna leh muanna
a hmuh thin kha! Chutah chuan khawvel chu a eng ang a, a
nui ang a, engkim a tha ang a, engmahin thinlungah hlauhna
a tuh thei tawh lo vang

Hetiang hian harsatna kan hmachhawn a, nunna leh êng
fate tana huaisenna leh huaisenna nen nun indona kan do a
ngai a ni

A ruala thil tam lutuk tih a ngai nia kan hriat hian kan
lungawi lo hle thin
Eng nge tih tur tih ngaihtuah ai chuan hetiang hian sawi
:a tha zawk ang
He hun darkar hi keimah chauh hi ka ta a ni a, chumi"
chhung chuan pressure min hneh loh nan ka theihtawp ka
."chhuah ang
Darkar pakhat hian minute khat chhungin darkar 24 a
tick thei lo va, chutiang bawkin darkar 24 chhunga tih ngai
chu darkar khat chhungin i ti thei lo
Tunlai huna kan tih tur tih tur leh muangchangin leh
lungkhamna awm lovin kan tih theih nan theihtawp kan
chhuah a ngai a, hmalam hun chuan a in enkawl ang
Tuna hun hman mek hi nuam ti takin hmang la, remna
vibrations nen inrem tum ang che
Chutianga i tih tam poh leh i chhungril lama
thiltihtheihna malsawmna, i hlawkna tur hnathawk, i nun
tihausa leh hlim taka awm chu i hre tam zawk ang
Hlahna leh lungkhamna hmachhawn
Natna hriatna avanga thinlungah lungkhamna a lo
chhuak Chutiang chuan hlahna chu thil tawn tawhte a\anga
inngat a ni tih kan hmu a Chu mi chu hun kal tawhah a tlu
a, a ke a tikehsawm a, chuvangin thil tawn ang chiah chu tih
nawn leh a hlau a ni mai thei
Chutiang test hrehawm tak takte ngaihtuah reng chuan
duhthusam leh nerve a ti paralyze a, chu chuan tlu leh ke
tliak leh theihna a thlen thei a ni! Chu bâkah, hlahnain
thinlung a paralyze chuan taksa chakna chu a hniam ber
thlengin a tlahniam a, chu chuan natna hrik chu taksaah a
rawn lut a, chhiatna a thlen thei a ni

Natna hlau lo mi an awm harsa khawp mai Hlahna chu
 mihring hnenah a natna chhanhimna atana fimkhurna
 hmanrua atan pek a ni a, a tum ber chu tihpun leh chu chu a
 chung a awm reng a ni lo
 Hlahna lama kan buai reng hian harsatna pumpelh leh
 kan hmachhawn tur harsatna sutkian kan tumna a tikhawlo
 Hlahna tehfung chu finnaah a inngat a, chu chu ei tur
 pakhat chu ei duh chung pawha hrisel lo anga ngaih ang chi
 Natna hlahna hian natna a keng tel Mite chuan ngaihtuah
 mai maiin anmahni chungah natna an rawn thlen thin If you
 are constantly afraid of catching a cold, you will be more
 susceptible to it, no chu chu pumpelh tûrin eng nge i tih
 pawh ni se
 Hlahna hian i duhzawng leh i nerve a tichhe lo I duh loh
 zawnga lungkhamnain a hneh che chuan i hlauhthawn tawn
 tak tak siam turin i pui thin An natna leh chak lohna
 chungchang sawi fo thinte nena hun tam tak hman chu a
 finthlak lo baw a, heng thilte hi ngaihtuah hian i rilruah
 hlahna chi a tuh thei a ni
 Pulmonary tuberculosis, cancer, a nih loh leh thinlung
 natna vei hlautute chuan he hlahna hi an ngaihtuahna a\
 angin an hnawtchhuak tur a ni, chuti lo chuan chutiang
 dinhmun duh loh zawng chu a thlen ang
 Damlo leh tarte erawh chu, ngaihtuahna leh rilru \ha
 hmanga fuih leh thlarau chawisang turin, a theih ang anga
 boruak nuam leh inrem tak, mi rilru nghet leh \ha tak neite
 zingah an mamawh a ni
 Ngaihtuahna hian thiltihtheihna nasa tak a nei Hospital-
 a thawkte chu mahni inrintawkna avang hian an damlo tam
 lo hle a; dik takin, an ngaihtuahna chak tak chuan an chakna
 a siam thar a, chakna pe chhunzawm zel a pe baw
 Hmangaihna Hla
 Duhthusam tak nen ka thinlung hlate chu ka chawi sang
 che u a ni
 I hmaah ka thlarau ro hlu zawng zawng ka dah vek a ni

Hmangaihna nasa tak leh rinawmna nghet tak khawizu
chu i tan ka khawn khawm a ni
Ka chhia leh tha hriatna cell-ah chuan; ka ta zawng
zawng pawh i ta a ni
Aw Lalpa, beiseina dik lo leh duhthusam bang lo
thlalerah chuan ka tuihal a
Tin, tunah chuan i hmangaihna leh thlamuanna tuikhuah
ata chu ka in a, ka tuihalna chu ka tireh ta a ni
Lei châkna tuihalna ka nei tawh lo
I malsawmna thli rimtui tak chu ka lam hawiin a luang
tih ka hria a, ka hahdam leh ta
Tin, ka hlimna meialh te chu i hlimna eng chuan a eng
chhuak bawk
Tuihalna leh hahna vangin ka thi ta mai
Leilung oase bumna (mirage) karah chuan
Tin, tunah chuan i thlarau malsawmna thlipui hlim takah
chuan ka inhnim pil ta a ni
I tuifinriat thianghlimah hian pil bo a, nangmahah
!chatuanin awm ka duh
Pangpar tawng hman dan
Pathian hi artist ropui ber a ni
A mawina famkim chu pangpar mawinaah hian a lang
chiang hle
Pangpar leh rose kan hmuh apianga amah ngaihtuah hi
!a va ropui tak em
Pathian chu hmuh theih loh a ni
Amaherawhchu, min biak mek a ni
Pangpar hmangin
Tin, thilsiam dang duhawm leh duhthusam dang sang
tam tak pawh
Tin, a van rimtuiin min tikhat bawk
A thilsiamte hmangin nitin kan hnenah a awmzia min
nemnghet thin
Pangpar hi thil tum neia siam a ni

A mawina, inngaitlawm taka rawngbawl na hmangin mi
zawng zawng a rawng a bawl thin
Thil dang zawng aia Pathian thilmak chungchang kan
sawi tam zawk a
Pangpar tin hian Pathian awmna chanchin ngaihnawm
tak tak an sawi a
Pangpar hi kum zabi tam tak chung chu hman a ni
tawh a
Cheimawina atan chauh ni lovin, Pathian rimtui leh
mawina pholanna tur a ni
Pangpar leh rose hmangin Pathian awmna kan hre thei a
A chhan chu pangpar tin hi Pathian lanchhuahna kan
hriat theihna tur Pathian thilsiam a nih vang a ni
Mawi duhtu hmeltha chu
Solomona pawh hi a ropuina zawng zawngah}
{ngaihtuah suh
An zinga pakhat ang maiin a inchei a
Lungkhamna: An nihna leh an hmachhawn dan tur
Lungkhamna hi a tangkai lo kan thinlungah lungkhamna
tam zawkin a phurrit chauh a ni
I chhuahsan emaw, i hnathawh ni i zawh hunah emaw,
theihnghilh rawh I rilruah phur suh la, in lamah hruai rawh
Lungkhamna chuan rilru vel chu chhum thim, thim tak
tak a siam a, chu chuan mi a ti tlu a, a chhan chu an kawng
a Chiang lo va, a awlsam loh avangin Pathianah inngah
lehzual kan zir a ngai a ni Hei hi a takah chuan science a ni
a, a tidanglam lo va, a tidanglam lova Pathian dan awm reng
a ni Tupawh an tih theih ang ang ti a, chutih rual chuan
Pathian tanpuina zawng apiang chuan an kawng a\angin
daltu an paih chhuak ang a, harsatna nasa lutuk chu a
tlahniam ang a, Pathianin a tidanglam ang an tan kawngkhar
hawng rawh {Pathianah rinna nghat apiangin a tawh ang} {I
lungkhamnate chu Lalpa chungah nghat la, ani chuan a
enkawh ang}

Hriat rawh—Pathianin i hriatna tipung rawh se—Nun
harsatna leh lungkhamna ata chhuahna kawng a awm reng
tih hi kan chawlhsan a, tlem tal kan ngaihtuah a, kan
lungkhamna chhan hi kan ngaihtuah reng ai chuan tihbo dan
tur ngaihtuah ngun ila, Pathianin kawngkhar min hawnsak
ang a, kan ngaihtuah ngai loh kawng min kawhhmuh ang
Mi tam tak chuan an lungkhamnate sawi turin ka
hnenah an lo kal thin a, chuvangin rilru hahdam tak leh
ngaihtuahna seng turin ka ngen a, Pathian tanpuina
zawngin, an harsatna sutkian dan tur dang ngaihtuah lo turin
ka ngen a, thlamuanna an neih hma leh thlarau lama
thlamuanna an neih hma loh chuan an harsatna sutkian dan
tur dang ngaihtuah lo turin ka ngen a ni

Rilru a thlamuang a, thlarau chungah Pathian
thlamuanna a lo chhuk a, rinna a lo chak hunah chuan tlâng
hnung lam a\anga ni chhuak ang maiin harsatna chinfelna a
lo chhuak ang

Harsatnate ngaihthah hian tihbo theihna a tichiang lo
va, chutiang ngaihtuah buaina chuan rah tha a chhuah lo
I rilru hahdam hma loh chuan ngaihtuah la, chutah
chuan i harsatna chu ngaihtuah la, Pathian hnenah \anpuina
dil takin \awng\ai rawh Buaina chu ngaihtuah la, lungkhamna
leh thawhrimna tel lovin a chinfelna i hmu ang
Thinlung tak leh tih tak zeta tawngtaina chu Pathianin a
chhang reng ang Mahse chu tawngtaina chu thahnemngai
leh tih tak zeta hlan a nih loh chuan chhan a ni dawn lo tih a
chiang hle

Mi zawng zawng hian engtik lai pawhin an duhthusam
pakhat chu tawngtaina vangin a thleng famkim tih kan hre
vek a ni

Duhthusam chu duhthusamah a chantir chuan Pathian
thinlung a khawih a, duhthusam chu a pe chhuak thin
Pathianin thil a duh chuan thilsiam zawng zawng hian a
duhzawng chu an chhang let thin

Pathian chuan thinlung zawng zawnga, rinna thuk tak
leh tumruhna nghet tak nena kan pan hian a chhang let thin
A châng chuan I duhzâwng tihlawhtling tûr emaw, i
mamawh puhruk tûr emawa thawk tûr ngaihtuahna
engemaw tak mi lu-ah dahin a chhâng lêt tîn
Chutiang mi chu Pathian kutah chuan duhthusam a
thlen theihna tur hmanruaah a thawk a ni
Mite chuan he chakna chak tak hian engtin nge hna a
thawh tih an hre lo
Calculation dik tak tak hmangin a thawk a, "if" emaw "if
.not" emaw atan hmun a awm lo
.Hei hi "thil hmuh theih loh rinna" tih awmzia chu a ni
Tin, a beisei loh hmun a\angin a mamawh a pe ang
Thlarau hla a\angin
Thingkungte chuan an thaw halh a
Tin, thli pawh a frolic baw
Tin, ni chu a nui suk baw
Tin, lui chu a luang zel baw
Tin, vante chu chung lamah a lo chho ta a ni
pinkish-red flecks a awm baw
Tin, lei hian a puan dum a thlak baw
Arsi hring hring (star-studded diamonds) a awm
Nitin inbel tur
Rangkachak suit mawi tak mai
Nature hian a chei mawi a, a chei mawi baw
Season hrang hranga rawng hlimawm tak takah te
Tin, gurgling stream pawh a awm baw
Thusawi i tum ngai lo
Aw ri te chu stutter ang maiin a rawn lang a
Ngaihtuahna thup chungchangah
Tin, thlarau thuk tak atanga lo chhuak baw
Tin, savate chuan hla an sa baw
Tin, inpuan a tum baw
Thil hriat loh nen
A chhungah chuan a churning a ni

Mahse mihring
Thusawi thiam leh hrilhfhiah thiam
Thu chiang leh chiang takin
Mi zawng zawngin an tih theih loh chungchang
A puan chhuah chungchangah
Khawvel pum huap Master chungchang
Hmun tinah present
Awareness tihpun

Kan chhungril rilru lam boruak hi kan nun tirh atanga
kan pawn lam boruak nena kan inzawmna atanga siam a ni
He chhungril boruak leh finna lama nunphung hian nun
hluiin a siam duhna leh duhzawngte bakah hian kan thiltih
leh nungchangte chu automatic-in a kaihruai fo thin
Intellectual renewal, a nih loh leh taksa atanga thlarau
leh thlarau thutak lama hriatna chawisan chungchang erawh
chuan, thlarau chuan taksa hmanga a inlan leh a
duhzawngte pholan chu nuam a ti a, chumi avang chuan
taksa tang a lo ni ta a ni

Taksa level aia sang zawka nung turin kan inzirtir tur a
ni Rilru hmasawmna hi taksa emaw, thilsiam emaw thanlenna
nen a inzawm tlat a ni Chuvangin, natural evolution ang
chuan thlarau hian thlarau lam hriatna level thleng turin
stage hrang hrang a paltlang a, chu chuan taksa lama
hlawhtlinna a thlen hmasak chhan a sawifiah a, chu chu rilru
lama hlawhtlinna a lo awm leh a ni
Rilru lama hlawhtlinna hi rinhlelh rual lohvin a hlawkpui
a, chu mi hmang chuan taksa mamawh chu thlarau lam
himnaah chantir kan zir a ni
hlauhawm tak turn

Tunlai khawvelin harsatna a tawh mekte hi Pathian siam
a ni lo va, kum rei tak chhunga mihringte pum puiin kum rei
tak chhung ngaihtuahna dik lo leh thiltih dik lo tak tak
avanga lo awm a ni Mihringte'n an tuh chu, kan seng tur a ni
Mihring hian inthlak danglamna hlauhawm tak a thleng
a, kawngpui inkarah a ding a, indona hmanrua a siam

chhuah hmangin a intihchhiat thei emaw, nunphung sang
zawkah a hawi thei a, zawlnei leh mi fingte'n an rawt
nungchang, nungchang leh thlarau lam thil hlute zawmin
Pathian chu a nunah a hruai lut thei a ni Duhthlanna chu kan
ta a ni

Mihringte hian an dinhmun kan sawifiah a, eng kawng
nge kan zawh tur tih kan rel a hun tawh hle: buaina leh
chhiatna lam emaw, thlarau leh khawvel hrehawm tawrhna
leh chhiatna laka chhanchhuahna tura van sakhaw hrang
hrangte'n an koh khawvel pum huap thil tum sang zawk lam
pan emaw pawh ni se

Miin a chanvo chu a chan tur angin a hlen a, thil \ha,
hmangaihna leh nungchang \ha danin a fuih a nih chuan,
thim chu a bo ngei ang a, thim chu a bo vek ang
Khawvelin thil rapthlak tak tak a hmuhte hi logic leh
justification a awm lo va, ram tina awmze nei lo tharum
thawhna thleng pawh hi a chhan chu mihringte hian a
Siamtu atanga hla takah an kal bo a, Amah nena an
inzawmna dik tak an hloh ta a ni

Mite chuan an rilru tha lo rilru na tak takte chu chhuah
chhuah loh a, mi dangte chung a an thinrimna chhuahtîr loh
chu a dikna dik tak an hmu lo va, buaina chinfel dân
awmchhun chu ralthuam hmanga nunna lak hi a ni tih an
ngaihtuah a ni

Mahse Pathian, a zâwlneite leh a mi ropuite chuan mite
chu inlungual taka khawsa tûr leh felna leh Pathian
ngaihsakna lama thawhhona nei tûrin an duh a ni

. ***

I nihna dik tak chuan khawvel zung (cosmic roots) a nei
a Heng zungte hian an chakna chu cosmic source a\angin an
la a, chu chu Pathian a ni a, chu chu thiltihtheihna awm
zawng zawng lo chhuahna a ni

I essential self hian activate, utilized leh hlawkna hmuh
nghah theihna tawp nei lo a keng tel a ni

Zirtirtu ropui zawng zawngte chuan taksa chhungah
hian thlarau thi thei lo a awm tih an puang a, chu chu
Pathian êng meialh, awmna tikhattu leh thilsiam zawng
zawng chhawm nungtu a ni

Mite nun hman dan i hria em? Kan zingah hian nun dan
dik kan hre tlem hle a, fing tak leh sum leh pai lama kan
invest chuan nun kan hlawkpui theih dan tur kan hre baw
A hmasa ber leh pawimawh ber chu kan hun lai hi kan
hre reng tur a ni Hun a liam a, a tlûk phah a, hei vang hian
Pathianin hun min pek hlutna hi kan hrethiam lo fo thin
Engmah engmah lovah hun khawhral a va tam em! Tin,
nun hian eng nge min pek theih tih ngaihtuah leh ngaihtuah
tura ding tlemte chauh hi Mi tam zawk chuan an ngaihtuah
thuk lo tak zet a; an nun chu ei leh in, mut leh intihhlamna
lama inhmang takin an hmang a, chutah chuan he khawvel
hi chutiang tur chuan lantir tur tlemte nei lovin an
chhuahsan ta a ni

Mamawh leh duhzawng thliar hran hi a pawimawh hle
Mamawh tak tak chu a tlem hle a, mahse duhna chu chhiar
sen loh a ni Zalenna leh chhungril thlamuanna hmu tur
chuan kan mamawhte chu kan ngaihtuah a ngai a,
duhthusam tawp nei lo kan um a, khawvel hlimna rei lo te
chhunga awm chu kan zawn tawh loh a ngai a, thlaler
mirage ang maiin tuihalte chawm lo leh tuihalte tihrehsak lo
ang maiin

Miin hlimna a neih theih nan pawn lam thil a rinchan
tam poh leh a tawn a\angin a kal bo \hin Luxuries duhna
tihhmasawn leh enkawl hi hlim lohna tihpun leh thil neih
saltanna kawng chiang tak a ni

Kan mamawh tihtlem a, hlimna dik tak emaw, thlarau
lam hlimna emaw zawngin hun kan hmang tur a ni
Thlarau hi a danglam ngai lo; chu chu mihring hriatna
tlemte puan hnuaia thup, hrehawmna, hlawhchhamna leh
thihna chi hrang hranga khat chatuan nihna a ni

Thil danglam leh inthlak danglamna puan sin chu kan
chawi chhuak tur a ni a, kan chatuan nihnaah kan chawl tur
a ni Kan hriatna chu nghetna leh chhungril muanna lungpui
chungah kan din tur a ni a, chu chu hriatthiamna pelh thei
Pathian remna lalthutphah a ni a, chutah chuan Thlarau
tuikhuah malsawmna atanga luang chhuak hlimna tuihna
thlum tak chu, chhun leh zan chuan kan tem ang
Hlimna chu mahni inthununna hmangin, nunphung
awlsam leh ngaihtuahna thianghlim tak neihna hmangin, leh
sum leh pai lama kan insum thei a, kan mamawh bulpui
phuhruk nan kan mamawh aia tam kan hlawh pawh nise
Midangte tanpuina kut kan phar tur a ni baw a, anmahni
tanpui turin kan pui tur a ni baw
Mi dangte hausakna leh hlimna an neih theihna tura
puitu chuan beisei loh a\anga \anpuina a dawng ang a,
anmahni hausakna leh hlimna a pung ang tih dan zia lo a
awm a, hei hi dan awm reng leh danglam ngai lo a ni a,
chutianga nungte chu malsawm an ni, hlim tak takte zingah
an awm dawn si a, nun awlsam leh thlarau hausa nih hi a tha
?zaw lo maw

Eng chungah êng Pathianin a duh apiangin a êng}

{lamah a kaihruai thin

.{Tin, êng chu thim zingah a eng chhuak}

Electric lamp te tak te chhunga êng tin hnuaiah hian
current chak tak a awm a, thlipui tenau tin hnuaiah chuan
tuifinriat ropui tak, thlipui tam tak lo ni tawh chu a awm a ni

Hei hi mihringte tan pawh a hman theih Pathianin
mihringte a siam a, duhthlanna leh duhthlanna zalenna a pe
a Mahse mihringte hian an chhunga Pathianin a dahna bul
leh thiltihtheihnate chu an theihnghilh thin

He khawvela thil awm thei te hi a tawp chin a awm lo
va, mihringin hmasawmna a neih theih leh a thlen theih tur
horizons te pawh hi a tawp lo

Mihring hi a pum pui leh a nihna zawng zawng kan
hriatthiam tan chuan tisa mi a ni lo tih kan hrechhuak thin
A chhungah hian thiltihtheihna tam tak a awm a, chu
thiltihtheihna chu he khawvel dinhmun nena inmil turin
degree hrang hrangin a hmang a Tin, heng chaknate
thiltihtheihna hi mi pangngaiin a hriat aiin teh theih loh
khawpin a nasa zawk a ni

Springs and Sips: Hmangaihna Thianghlim Oasis

Vitality ka draw ang

Ni eng rangkachak tuikhuah atang chuan

Remna ka sip ang

Thla eng tangkarua zan tuikhuah atang chuan

I chakna ka in ang

Thlipui nasa tak no atang chuan

I hriatna chu lawmna leh lawm takin ka in ang

Ka ngaihtuahna fiah lo leh thuk tak takte no atang

chuan

I malsawmna êngah chuan

Chatuanin ka harh reng ang

I hmel malsawm leh awm zawng zawng chu en reingin

Chatuan hun rei tak chhunga mit fimkhur tak nen

Pathian hmangaihna ka zawng chhuak ta

Mihring rilru natna lei hnim hring takah chuan

A tawpah ka hmuh hma loh chuan

Hmangaihna thianghlim oasis-ah chuan

A source chu a run dry ngai lo

Lalpa, ka van rochan hi ka claim theih nan min pui ang

che

Tin, thi thei lote nun ka hman theih nan

!Aw Hmangaihtu leh Thianghlim ber

Ka hriat lohna thim chu hun ang maia upa tawh mah se

Mahse, ka hrethiam ang

Chu chu i êng zing tak nen

Thim chu mit khap chhungin a bo vek ang

A thleng ngai lo ang maiin

Thinrimna leh hriselna a nghawng dan
Mi pangngai chuan a thlarau thil tawnte chu hriatrengna
nei lo mah se, khawvel pum puia tel ve a ni a, a hun hunah a
nun chu a hun hunah nunna, hmangaihna leh thutak bulpui,
Nunna, hmangaihna leh thutak, danglam lo leh inthen darh
lo, Pakhat leh Mahni atanga lo chhuak nun thar chhuahna
hmangin a tihchak leh a ngai a ni
A zawngtu chuan Thutak thu bul chu ngaihtuahna, thu
leh thiltih hmanga a chawimawi hian thil siam leh Siamtu
nen a inzawm tlat a ni He thlarau lama lo thanglian mi mimal
tawk apiang chu a thlarau lam vibrations inrem tak takte
hian thlarau lamah a tihausa a, mahse he hausakna hi a
degree a inang lo hle
Chu zirtir chu thil pahnih hrehawm tak tak leh relativism
inhnialna a\angin a fihlim a, a tawpah chuan inhumhimna
hnuhnung ber: thutak famkim (absolute truth)-a luh theihna
turin a tling ta a ni
Thinrimna awm lohna hi chhungril thlamuanna kawng
rang ber a ni thin Thinrimna hi duhzawng tihchhiatna atanga
lo chhuak a ni a, duhthusam nei lo chu thinrimna lakah a
fihlim thin
Midang laka engmah beisei lova, a thil tumte hlen
chhuak tur leh a duhzawng tihlawhtling tura Pathian lam
hawitu chuan a mihringpuite chungah thinrimna leh
thinrimna a nei lovang a, an rilru a ti na hek lo vang (I
unaupa tan nuihzatthlak chu khawngaihna a ni) leh (Kal
hmasa la, i unaupa nen inremna siam rawh)
Mi fing chuan Pathian chu khawvel zawng zawng
enkawltu leh enkawltu a ni tih a hriat chian takah a lungawi
a, thil chu a lo thleng mai mai niin a ngai lo va, chuvangin
thinrimna, huatna zung kai leh hmêlma rilru put hmang
a\angin a fihlim a ni
He khawvel hi relativity khawvel a ni a, mi finge chuan
Pathian duhzawng nen an inmil a, an thiltih chu dinhmun
nena inmil takin an lantir thei a, chu chuan thil sual titute

chu mi sual lote tihnat loh nan a tihbuai chuan lungawi lohna
huaisen emaw, tharum thawhna emaw pawh an lantir thei a
Mahse, mi fingte chuan mihring tu pawh lakah huatna an nei
lo, an hriat lohna chu eng ang pawhin nasa mah se, an
bawhchhiatna chu eng ang pawhin tam mah se
Mahni inhriatthiamna nei mi chu hun rei tak emaw, rei lo
te emaw chung chu a thinrim thei a, mahse rei lo teah a
nun hahdamna leh a rilru hahdamna pangngaiah a kir leh
thuai a ni

Mi pangngai thinurna chu duhthlanna leh rang taka
tihbo theih a ni lo va, khawvel duhzawng laka fihlim mi
thinlung thianghlim chuan thinrimna a hre lo va, a lantir lo
Thinrimna hi mihringte tlin lohna ber a ni a, chungkua
leh hnam inkara remna a tibuai a ni
Thinrimna chhuak duhtute chu an chungte duh lo an ni
a, heng thinrimna nasa tak hian mihring hriselnaah nghawng
tha lo tak a nei a, tharum thawhna a thlen fo thin Mite
thinrimna mitdel anga an inpek hian an zinga a tam zawk
chuan thil sual an ti a, lung inah an tang a, a nih loh leh thi
tura hrem an ni

Mahni invenna thu bul angin mi zawng zawng hian
fimkhur dan te, a rah chhuah tur ngaihtuah te, leh an
thinrimna thunun te an zir a ngai a ni
Thinrimna thununtute leh mi ngaidamtute - Pathianin
thil \ha titute a hmangaih \hin
Rilru inthlauhna neih

Nunna (pian, thihna, hlimna, leh hrehawmna) relativity]
chu he khawvel hi rilru inthlau tak nena thlirtute chuan an
hneh tak zet a ni Dik tak chuan hengte hi Pathian thlarau
Bhagavad-Gita 4:9 [inthlauhna famkim takah a zung kai a ni
Hrilhfiahna leh Hrilhfiahna

Rilru inthlauhna chu rilru chhungril lam hawitirtu thlarau
lam exercise tih hmangin a awm thei a, chutah chuan yogi
chuan hlimna danglam thei lo dinhmun inthlau tak a tawng
thin He chhungril dinhmun hi harh hun chhunga an lantir

theih chuan an thianghlim a, khawvel pum huap thlarauah
an inngnat ta a ni

Mi finge chuan mi pangngai chu thil awmdan pahnihna

leh relativity nena an hriatna inzawmna avang hian a tlin
lohna a awm an ti a, chu chu hrehawmna leh nawmna, lum
leh vawt, nunna leh thihna te hi a ni

Yogi-te chuan chhungril, hriatna leh hriatna sang tak

dinhmunah hlimna thianghlim an tawng a, chu chu an
thianghlim a, khawvel thlarau nena inpawlina nei an ni

Thununna nei lo chuan he khawvel lem che thei tak

takte hi a en a, chu tuipuiah chuan thlarau thlarawn lang

chu hmu thei lovin a hriatna tuipuiah chuan hlimna leh
lungngaihna, beidawnna, thinrimna, rilru hahna emaw,

ngaihsak lohna thlipuiah chuan a chuang a ni

Hriatna thlipui buai tak takte a reh chuan, chhungril

tuifinriat reh takah chuan mi fing chuan thla thianghlim lem
chu tihdanglam lovin a hmu ta a ni

Negative thinking hi hmelma a ni

Thil pakhat i hneh a ngai hunah chuan i hneh a ngai tih i

hrethiam tur a ni I kalsan a, i inhlat mai ni lovin, chutiang

ngaihtuahna chu i paih bo a, i ngaihtuahna a\angin i

hnawtchhuak tur a ni Negative thinking hi hmêlma

hlauhawm tak a ni a, hneh ngei ngei tur a ni

Sensory awareness atanga thlarau lam awareness lama

i ngaihtuahna i sawn chuan hnehna i chang ang a, nangmah

tan hlimna i thlen ang Achievements lie in the mind

Mi pakhat chu thil tam lutuk tuartu a ni tur a ni lo Thil

nuam ti la, mahse salah siam suh che Zalên rawh Mi ngilnei

la, ṭhian ṭha la, hlim tak leh hlim takin awm la, dinhmun

engkimah nangmah pu ni rawh

Miin a duh apiang tih chu zalenna a ni lo va, zalenna

hmansualna a ni zawk

Zalenna chu mahni inthununna dan zawm a\anga lo

chhuak a ni a, chu chu mahni inthununna a ni

Zalenna dik tak chu finna anga engkim tih tihna a ni

Zalenna hi Pathian leh a dan nena inmil lovin a tlem a, a
thuk lo hle bawk

Mi tam zawk nun hi duhzawng, duhzawng, mizia, tih
dan, leh boruak leh khawtlang nun nghawng danin a thunun
a ni

Taksa tih danin rilru a thunun tan chuan taksa tan
duhthusam thupek zawm a harsa thin Thiltih dan tha chu i
thian ropui ber a ni a, tih dan tha lo erawh chu hmelma
inthuam a ni thung Chuvangin, tih dan emaw thiltih emaw
tih nawn leh hi fimkhur tur a ni, tih nawn leh hian thiltih chu
mi pakhatin a hriat hmain tih danah a chantir a, chu tih dan
chu second nature a lo ni ta a ni Amaherawhchu, chu chu
consistent good deeds and positive, positive, consistent
hmangin tihdanglam theih a ni. thil siam chhuah
ngaihtuahna (creative thinking) a ni

Hriat lohna leh a nghawng lakah min chhuah zalen rawh
Thil tha zawng zawng bul leh thiltihtheihna zawng
zawng bul tanna i ni

Lalpa, kan chung a I malsawmna kan hmuh theih nan
mal min sawm ang che
Kan hriselnaah

Kan finna lama kan duhthusamnaah
Tin, kan thlarau lam duhthusamnaah pawh
Arsi zinga eng (sparkle) chu nangmah hi i ni
Atom-a chakna (energy) a awm

Tin, mahni inhriatthiamna thuk tak hriatna
Recharge turin min pui ang che
I thiltihtheihna sang ber hmangin
I finna tawp nei lo nen

Tin, i dikna tawp nei lo nen pawh
Hriselna tuikhuah i ni tih i hria ang u
leh nunna boruak te a ni

Tin, hriatthiamna zawng zawng bulpui ber a ni bawk
Hriat lohna leh a nghawng lakah min chhuah zalen rawh
Natna leh hrehawmna a\angin

I finna tuilianin nuai bo rawh se
Kan nun chhe leh chhe zawng zawng
Kan laka i hmel thup tu puan te chu phelh rawh
Eng mawi tak nen kan hmu ang che
Kan nihna boruak (horizon)-ah hian ni chhiar sen loh a
awm a

I awmna hi chakna thar chhuak reng angin i hre ang u
Kan ngaihtuahna tichak rawh
Tin, kan thlarau chawm bawh ang che
Tin, kan taksa a chhawm nung bawh
Nang lo chu engmahin min ti lungawi thei a, kan
beiseina min tihlawhtling thei lo
Kan thil tih apiangah in kaihhruaina kan dil a ni
Tin, ngaihdan dik lo kan neih chuan
Min hruai kir lehtu i malsawmna tawngkam i ngaithla
ang u

Kawng dik lam pan chuan
I thil siam theihna hmangin kan nun malsawm rawh
Tin, i chatuan hlimna pawh
Aw thilpek pe thei ber
Tin, thilpek zawng zawng bulpui pawh a ni

. ***

Thlarau lam hriatna nei duhte chuan chutiang dinhmun
thleng tur chuan an thawk tur a ni a, mahnihmasialna tur ni
lovin an nun entawn tur hmanga midangte fuih turin an
thawk tur a ni

An nun inthlau taka tihhmasawn tura puitu kawnga an
mawhphurhna hlen chhuaktute chu malsawmna leh
kawngkhar inhawng angin an che a, chuta tang chuan bo leh
lungngai tawhte chu thlamuanna, hlimna leh hlawhtlinna
kawngkhar-ah an lut a, an kal tlang a ni
Heng mite hi an nihna sang zawk nen an inmil a, an
duhzawng tihlawhtlin nan hna an thawk lo va, thutak,
hmasawmna leh Pathian duhzawng zawm tura thil tulte hlen
chhuah tumin an thawk zawk a ni

Pathian tih lawm leh midangte tanpui duhna avanga
mimal thil tumte an kalsan avangin lal in-ah awm mah se,
maktaduai tam tak nei mah se, ascetic dik tak an ni
Mihring chuan nun fiahna paltlang tur leh nun
harsatnate hneh turin hna a thawk a, theihtawp chhuah a
ngai a, chu chu ramngaw thuk takah emaw, tunlai civilization
ramngaw lai takah emaw pawh ni se
Ramngaw-ah chuan rannung chi hrang hrang an awm a,
civilization ramngaw-ah chuan hlauhna ramhuai te chuan an
khat a ni
Thlemna leh duhna nasa tak, leh mihring chuan zalenna,
hlimna leh hlauhna laka zalenna nena nun zahawm tak
kawng zawh thei tur chuan thil leh nungchang lama mi
zawng zawng lakah a inven a ngai a ni
Miin a chhunga thlarau lam hlimna nghet tak ram a
hmuh chuan hmun tinah, muanna thuk takah emaw, thiltih
thawmah emaw pawh ni se, a hmu ang a, ngaihtuahna
lungpui leh hnathawhna hmuna Pathian aw chu a hnena a
rawn ri chhuak chu a hre vek ang
Philosopher leh Sailor chanchin
Philosophy leh logic lama mi thiam tak chuan lui kam
khat atanga kam dang pan a tum a, chuvang chuan lawng
lian tak nei, lawng lian lo nei pakhat, lui kam atanga mi
phurh chhuahna atana a hman thin chu a ko niin an sawi
Philosopher chuan lawngah chuan a chuang a, lawng
khalhtu chuan a khalh a, tuifinriat chak tak chu a dodal a,
Rei vak lovah chuan Philosopher chuan lawng khalhtu
hnenah chuan: "Sailor, Principles of Philosophy bung khatna
.chu i zir chhuak tawh em?".. tiin a zawt a
Lawng khalhtu chuan: Ni lo, ka pu, ka zir chhuak lo
Chutah philosopher chuan a hnenah: I nun zaa 25 chu
hlawkna lian tham nei lovin i khawhral tih ka hriattir che hi
pawi ka ti hle

Lawng khalhtu chuan sawichhiatna chu a ei a, lawng chu
a chhunzawm ta a Lui lai tak an thlen chuan philosopher
.chuan a hmui hrual chu a hawng leh a, a ti a
Hey Naughty: Principles of Philosophy bung hnihna kha i
?zir chhuak tawh em

Lawng khalhtu chuan: Ka pu, he lehkhabu, Principles of
Philosophy chungchang hi engmah ka hre lo
Chutah philosopher chuan thuchhuah thar a siam ta a:

"A va pawt tak em! I nun 50% chu engmah lovah i khawhral
tih ka hriattir che hi ka pawt ka ti hle mai" Lawng khalhtu
chuan he zah lohna hian a tithinur hle a, mahse engmah a
sawi lo, kawng khat aia tamin lawng a khalh chhunzawm a,
he philosopher zawhna nei tak hi a hmuh darkar chu chibai
bukin Lawng chuan lui hnuai lam kawng hmun li a\anga
hmun thum a thlen chuan, the philosopher chuan zawhna
:pathumna a siam a

Hey Naughty: Principles of Philosophy hmun thumna kha
?i zir chhuak tawh em

Lawng khalhtu rethei tak chuan dawhtheihna tlahniam
chungin a chhang a: Ka pu, philosophy chungchang engmah
ka hre lo tih ka hrih che a ni

Hetah hian philosopher chuan (ngaihtuahna leh
thlamuanna) nuihzatthlak takin a nui a, heti hian a sawi:
Vanduaithlak takin chutiang chuan i nun 75% i khawhral a,
chu chu thlak danglam theih loh hlohna a ni

Sailor chuan he comment hi a chhang lo va, a lawng
khalh chu a ti chak zawk a, a lehlahmah chuan a kal a, chu
thil rimchhia, sticky tak chu a chhuah theih beiseiin Vawikhat
chu van chu lightning in a rawn eng a, ruah a sur tan a, ruah
nasa tak a sur a, tropical shower chak tak takah a sur a,
thlipui na tak a siam a, chu chuan lawng chu kawng
tinrengah a rawn vawrh chhuak ta a ni

Tichuan lawng khalhtu chuan philosopher hnenah
:zawhna a zawt ta a, chuvang chuan a hnenah chuan

Ka philosopher duh tak, he zinkawng kan zawh tirh
atang hian zawhna tam tak, pakhat hnu pakhatin min rawn
?bombard a Zawhna pakhat chauh ka zawt thei che em
Philosopher chuan heti hian a chhang a: Ni e, i ti thei
:The sailor chuan

Aw, philosopher zahawm tak, philosophy thiam tak leh a
lehkhabu te chu a rilru atanga zir chhuak tawh, tui chawi
?thiam i ni em

Philosopher chuan khur ri chungin a chhang a: Ni lo, ka
pu, tui chawi ka thiam lo

Sailor chuan nui chungin a hnenah: Chuvangin kan risk
chu nangmah ah a awm a, a bak chu kan nunah a awm a,
tun atanga rei vak lo hnuah i nun hi za zela za zela history a
!ni tawh dawn tih ka hrilh che hi ka hrehawm hle

Chutih lai tak chuan tuipui lian tak chuan lawng chu a
rawn deng a, a tikehsawm a, chutih hunlaia philosopher chu
lui hnuai lamah a tir ta a, chutih lai chuan kan lawng khalhtu
thianpa chuan a kut chak tak leh tui chawi lama a tawnhriat
rei tak chu hmangin inrintawkna leh muang takin tuipui kam
chu him taka a thlen thlengin a dodal ta a ni
Lei hnuaia rangkachak phum ang maiin

Thilsiam bul a\angin thil \ha chaknate chuan thil \ha lo
chaknate chu an lo bei tawh a ni Kan hriat reng tur chu
Thikna te, thinurna te, duhâмна te, leh a dangte hi keimahni
siam chhuah a ni lo va, a tir a\anga min pek a ni tih hi heng
sualte tuar a\ang hian finna hian a harh a, heng hrehawmna
karah hian kawng a zawng a tum \hin

Finna kan hmuh theihna awmchhun chu tawnhriat a ni
a, a chhan chu mimal tawnhriat hmang hian sual hi kan
thlamuanna tibuitu leh lungngaihna, hrehawmna leh
hrehawmna min thlentu a ni tih kan hre Chiang a, chuang
chuan chu chu pumpelh tur leh paih bo turin kan beih a ngai
a ni

Thinrimna i tawh hnua thlamuanna i hmuh a, ngilnei leh
muang taka awm i tum apiangin Diabola chu a lo kal a: "I

sawichhiat a ni a, chuti a nih chuan engvangin nge a let leh
"?nan thil tenawm emaw, rilru na tak emaw i sawi loh
Thil tha leh tha lo inkara inhnek (tug-of-war)-ah hian

Diabola chu hnehtu nih phal suh

Aw Thianghlimin min rawn beng reng a, mahse Pathian
tanpuina dawng tur chuan Van aw hi ngun takin kan ngaithla
tur a ni

Setana'n a hnena min thlê̄m a tum apiangin Pathianin
Amah min hip luh a tum \hin Zawhna awm chu: tu hnenah
?nge kan ngaithla ang a, tu hnenah nge kan intukluh ang
Kan remtihna tel lo chuan tumahin min thunun thei lo
va, min nghawng thei lo baw, a chhan chu Pathianin
thutlukna leh duhthlanna zalenna min pek chu kan nei a,
mahse Setana bumna chu a awm reng a, chu chu kan do a
ngai a ni

Thil \ha chakna chuan kan harsatna chinfelna a thlen a,
sual chakna chuan buaina leh harsatna siam a tum \hin \
hatna tih awmzia chu mahni duhzawng zawnga midangte
hnawhchhuahtu mahni hmasial duhna zawng zawng a\anga
zalenna a ni

Pathian thiltihtheihna chu a nasa hle a, a chakna chuan
thiltihtheihna zawng zawng a phak lo A hmangaihna
hmangin Amah min hruai a, sual kut ata min chhanchhuah
tumin Mihringte chu a laiah an ding a: A dinglamah
vantirhkohte leh a vei lamah sual chaknate
Miin thil \ha a tih apiangin Pathianin a hnaih tir \hin a;
thil tha lo an tih apiangin Setana chuan a hnaih zawk thin
Mahse Setana chuan mi pakhat chu Pathian anpuia siam a
nih avangin chatuan atan a chelh thei lo

Miin an thinlungah huatna a neih apiangin Setana'n
tihboral a tum tih hre reng sela, hmangaihna an hriat hunah
Pathianin a hnenah a ko tih hre reng ang che
Entawn tur sual leh entawn tur tha tak tak a awm
Pathianin amah min hip turin a entawn tur emaw, a entir
emaw a lantir a, Setana pawhin chutiang bawka thil tum

atan a thil siamte a pholang baw k a, chu lantir dante a
 :ngaihtuah laia hla sa tantu Pathian mi chu a va mak tak em
 Nun hi a thlum a, thihna hi mumang a ni Hriselna a"
 thlum a, natna pawh mumang a ni, I hla thianghlim chu ka
 ."thlarau thuk takah a ri chhuak a, Aw Pathian
 Sual leh sual hi kan nihnaah a awm lo va, ram pawn
 atanga lakluh leh thlarauah tuh a ni
 Thil \ha chu lei hnuaia rangkachak phum ang a ni a; it
 does not lose its essence, rather shines with its natural
 purity once the mud is removed Chutiang bawkin mihring
 thlarau chhunga thatna chu a tuar reng a ni Engtiang pawhin
 Thlarau rangkachak chu hriat lohna leilung hrual, khauh tak
 chuan tibawlhhlawh mah se, chu leilung chu finna chemte
 hmanga hrual emaw, thil dik tak êng mawi tak pholan nân
 hriatna tuiin kan sil emaw chauh a ngai a ni rangkachak
 Thlarau lam chaknate tihchak
 Thlarau chu tihharh a ngai a ni
 Chak lohna leh chak lohna mumang atang hian
 Tin, rilru chu finna boruak (horizons)-ah a tir baw k
 Ngaihtuahna, exercise leh chawlh hahdamna hmangin
 Mahni inthununna leh ei leh in tha
 Tin, rilru chakna nghet tak, thunun theih loh
 Hnehna chu pawm suh
 A chhan chu pawm chu hnehna lian zawk a nih vang a ni
 Thuneihna tawp nei lo i nei a ni
 Chu force te chu activate tur a ni
 !Chu chauh chu a ni
 Ngaihtuahna serious leh thuk tak nei
 Constraint atanga inthiarfihlim theihna kawng a ni
 Tin, harsatna tam tak a awm baw k
 Pathian lam hawia hriatna (consciousness) hi tuh a ngai
 a ni
 Tin, thlarau lam ngaihdan sang zawk nen
 Harsatna chu a tam mai thei
 A phurrit chu a rit hle mai

Mahse mihring ngei hmelma
.Chu chu a self te tak te emaw "ego" emaw tihna a ni
Thlarau dik tak chu thi thei lo a ni
Thil tawn leh harsatnate chu hun rei lote chhunga awm
leh danglam thei a nih laiin
Mihring hi a bul berah chuan thlarau a ni
Thlarau lam thil awmzia chu a awm reng a, a danglam
ngai lo

Energy leh power ropui tak tak i chhuah thei
Harsatna leh chhiatnate hneh
Tin, i kawng daltu leh daltu zawng zawngte pawh

Ngaihtuahna hi electric ang chakna a ni
rilru lam dinhmun (psychological conditions) te
Ngaihtuahna leh ngaihtuahnaah a kir leh a ni
Electric hi a hlawkthlak a, a chhiat phah baw
?Chuti a nih chuan tuin nge enkawl dan tur hria
A rawngbawlinaah a dah thin
Chutiang a nih loh chuan electric a ti na mai thei
Tin, chutiang baw chuan ngaihtuah baw
Kawng dik takah a hruai a nih chuan
A neitu tan hlimna a thlen thin
Chutiang a nih loh chuan buaina a thlen ngei ang
Ngaihtuahna chu ramsa sakawr ang a ni
Mahse, taming chu thil theih loh a ni lo
Thil \ha ngaihtuah hi i ngaihtuahna thunun theihna
kawng khat a ni
Ngaihtuahna dik hi thian hnai tak a ni
Tin, rilru natna chu hmelma awm reng a ni
Ngaihtuahna dik chuan remna leh muanna a hip a
Tin, rilru natna chuan thal thal a kap chhuak baw
A neitu chungah vawi hnih a rebound
Chuvangin lawmman chu thiltih nen a inang tih an sawi
a ni
Miin tum tha a thawn phawt chuan

A ngaihtuahna chu torch-ah a chang ang
Thlarau pindante chu ti eng rawh
Tin, thim bawmte chu hnawt chhuak rawh
Chutah chuan thlamuanna thuk tak a nei ta a ni
A mitmeng chu lungawina nuihzatthlak takin a eng
!chhuak

mi dangte nena inrem tawna
An inremna hian awmzia a nei vek lo
A nih loh leh an tana thil tum (ideal) te inhlan
A chhan chu he inremna siam dan hi duhthusam a ni lo
Thutak nen a inmil lo
Siamthattute leh mi ropuite chu an inrem lo
An chhehvela mi tam tak nen
Mahse, an duhthusam chu an vawng reng a ni
A chhan chu an thil tih chu an hriat chian vang a ni
Chu chu a dik tak zet a ni
Principle chu tihchhiat loh tur a ni
Tin, thil tum bik tihhlawhtlinna atana thil tum thup
(ulterior motives) hmanga inrawlh loh
Chu chu thu bul nei mite tân a inâwm loh vâng a ni
?Tunge Pathian tilawm zawnga nung thei ang
Midangte tichhe suh, hlahh tur an nei lo
A hmasa ber leh pawimawh ber chu Pathian nena inrem
a ngai a ni
Tichuan chhia leh tha hriatna nen, chu mi hnua chuan
mite nen
Mahse he approach hian midang a ti lungawi lo a nih
chuan
Mi pakhat chu mahni chhungril lama thlamuang taka
awm chu a tawh
Mite duhsakna laka zalenna nei thei chhungril
thlamuanna a nei a ni
Thlarau chakna leh duhthusam
Pathian lam hawi kawngah
Thlarau lam magnetism an ti a

Tin, he magnetism hi a ni
Thlarau chuan malsawmna a hip lut thin
leh vibrations tha tak tak te pawh a awm bawk
Tin, mihring tawnhriat tha zawng zawng pawh
Chu chuan thatna leh felna a hriat nawn tir a ni
thlarau lam magnetism a ni
Chu thiltihtheihna chu a ni
Chu mi chu a hip a, amah a hip lut bawk
Thian tha tak tak te
Tin, thil pawimawh leh pawimawh tak takte pawh
Tin, thil hriatthiamna (intuitive understanding) a nei
bawk

He thiltihtheihna hi a lo chhuak a ni
Pathian magnetic force hip thei tak atang hian
Remna Candle
Rilru bungrua pakhat la la, i thlamuannain luah khat
rawh
Ka rilru natna bottle chu la la, i khawngaihnain rawn
khat rawh
Ka thlarau bawm ruak chu la la, i finna rah chuan khat
rawh
I hmangaihna tui chu ka thlarauah leih la, tichuan ka
tuihal noah ka leih theih nan
Ka ego bangte chu tichhia la, i total presence-ah min
thun lut rawh
Hmangaihna êng êng chuan ka thinlung inhawngte chu
a rawn êng a, i hmangaihna ni êng min hriatchhuah tir a ni
Ka nun van boruakah a darh zau zel
I hmangaihna êng êng tak chuan ka thlarau chu a ti eng
a, a ti eng a, i êngin ka thlarau hmun chu a luah khat ta a ni
Ka taksa chhawmdawltu nunna, ka ngaihtuahna tichaktu
rilru leh ka hriat lohna tibotu finna i ni
Hmanlai atanga ka chhunga rangkachak lehkhabu vawn
reng chu chhiar turin ka hmangaihna meipui te tak te chu ka
hal thin

I hmangaihna chu thim tibotu leh i thuchahte min
hmuhtirtu remna meialh hmuh theih loh kha a ni a, a la ni
reng bawk

Blog hi thinlung phek-ah a awm a
Infinity threshold chu a ni
I zawn nawn leh hnuah
Tin, i thuruk mak tak takte ramngaw chhunga i vakvai
chhunzawm zel te pawh

A tawpah chuan tawp nei lo tawp ka thleng ta
Inrintawkna leh chhel takin I hming thianghlim ka au a
Tin, rang takin i awmna kawngkhar chu a rawn inhawng
ta a

Chutah chuan a laiah
Tin, inlârna ropui tak lal̄thutthlêngah chuan ka hmu che
a

Ka hriatna chu a inrem lo
I aw siam chhuah leh thil thar siam chhuah hmang hian
I aw hriat chu nghakhlel takin ka nghak a
Tichuan i thlamuanna magic chu ka chhungah a rawn lut
ta a

Tin, intuitive whispers nen pawh
Vantirhkoh tawng min zirtir a
Tin, inkhawm thar chu a tlahniam ta a ni
Ka zawhna leh zawhnate hmangin ka bombard che a
:Hun chhung ngei pawha hmanlai

"?Aw Pathian, engvangin nge sual leh hrehawmna"
?Engvangin nge bumna leh inbumna (illusions) te hi
Chutichuan i hmun thianghlim êng chu ka la ta a ni
Letter eng tak tak chi khat

I chhanna dik leh rintlak tak takte min thlentir
Thlamuanna leh thlamuanna petu
Tunah chuan Salami biak in esoteric-ah chuan
Thlamuanna thinlunga i awmna hi nuam ka ti hle
Thu hriat theih loh, ngawi rengin kan inbia a
Aw thuruk hriatthiam theih loh Pathian

Chatuanin ka bia ang che
Ka thinlunga thusawi thiamna leh thiamna zawng zawng
!nen

I êng chu ka thlarauah a rawn eng chhuak a
I ropuina chu lo lang rawh se, Aw Lalpa
I finna êng chuan ti bo rawh se
Hriat lohna, inrem lohna leh inhuatna
Lei kam atang chuan chatuan atan
Kan chak lohna chu chaknaah chantir rawh
Tin, thutlukna siam turin kan chak lo ta a ni
Kan taksa hi electric pawimawh tak hmangin charge
rawh

Tin, i damna êngin rilru leh thlarau kha khat rawh
I ngaihsak lohna tuiah kan pil loh nan kan kut kha la
rawh

Kan nihna hi I hmangaihna leh finnain tikhat rawh
I hnaih hlein i hria ang u
Tin, i khawngaihna ni pawh
Kan chungah a eng reng a ni

Ka ngaihtuahna rilru na tak tak, nung tak takte pangpar
chu ka dah a

Ngawi renga awm dan structure-ah chuan
A rimtui ngawi reng hian hla a sa a
Tin, i ropuinate a sa bawh
Tin, i êng thianghlim êng nen
I awmna mawina chu ka hmu a
Ka duhthusam hlim tak chu a lo thleng dik ta
I êng chu ka thlarauah a rawn eng chhuak a
Puanzar te chu finna meiin a kang a
Chutichuan, i ropuina chu en teh
Ka lawmna chu a zual zel
Pathian Malsawmna Tuipui
Aw cosmic êng chu

Nitin hian van boruak chu rawng eng mawi tak tak
hmanga chei ka hmu thin
Lei hring hring chu emerald silk hmanga i thuam lai chu
ka en reng a ni
Ni êng lum takah i awm a ni
!Tin, hmun tinah a lang chhuak baw
Lalpa, ka thlamuanna darthlalangah i hmel hmu turin
min pui ang che
I awmna lalram zau tak chu lantir la, nangmah lantir
!rawh
Ka thinlung chu tawngtai turin zirtir la, ka thlarau chu
hrethiam turin zirtir baw ang che
Chu kawngkhar zawng zawng chu a lo inlan theih nan a
inhawng vek dawn tih
I awmna hi malsawmna a ni
Aw Hmangaih Thianghlim Ber
Tunah leh chatuan atan ka hrechhuak ang, chatuan atan
ka ta i ni a, i la ni reng baw
Hetah hian ka tihsual mumang, bo tawh leh theihnghilh
thlanmuala phum tawhte chu a awm
Ka harh tawh a, i thla hnuaia nunna ni êngah chuan ka
inbual a ni
Pathian malsawmna tuifinriat chu ka chhungah a luang
chhuak a
Tin, a luang chhuakna medium chu keimah ka ni tih ka
hria
Thil siam theihna thianghlim zawng zawng
Lalpa, nangmah ka zawn theih nan malsawm rawh
Thil dang zawng aiin ka ngaihsak zawk che
I knitters te tih ang bawkin

Thil phut leh mamawh tam tak a awm a
Khawvel hian kan chungah a nghat tlat a ni
Tin, a pawimawhna ber min hriattir baw
Tin, a tel lova nun theih a nih loh avangin

A nih loh leh anmahni tel lova tih tur
Mahse a mamawh bulpui chu a ni tur a ni
Pathian thlamuanna neih
A source a run dry ngai lo
A source chu a run dry ngai lo
Chu chuan nun chhunga thil awm zawng zawng chu a
thlum leh awmzia a pe a ni
Pathian hi kan nihna bulpui ber a ni tih i hre reng ang u
Tin, chu hmangaihna chu kan thlirna tukverh a ni
A hmel ropui tak hnenah
?Pathian awmna chu tuin nge hriat duh
Tin, chu duhna ropui tak chu ngaihtuahna leh thiltihin a
tichak a ni
Pathianin a dilna chu a pe ang
Tin, puan inte tihchhiat turin a pui baw
Chu chuan malsawmna êng hmuh theihna a tikhawlo a
ni

Kawngpuia hmalam pan tura tumruhte
Engmahin a dang dawn lo
Engmahin a dal lo vang
A tum a hlen chhuah hma loh chuan
A thinlung duhzawng a hmu thin
Thinrimnain thunun suh

He rilru natna hi a chung lama a lan dan aiin a thuk
zaw
Mi pakhat chuan tharum thawhna chhuahna pawn lam
lan chhuahna chu a remchan dan angin a thunun thei a,
chutih rualin thinrimna tihtawp leh thinrimna nasa tak a la
vawng reng thei He thinurna hi kawng hrang hrangin a lang
a, chu chu tharum thawhna, rilru hahdam lohna,
dawhtheihna nei lo, lungawi lohna, inhuatna, thinrimna, hlim
lohna, leh rilru natna (modiness) te hi a ni Dik tak chuan mi
zawng zawng deuhthaw hian mi thenkhat chungah thinrimna
an tawng thin degree

Thinrimna, a nihna eng pawh ni se, duhzawng tihhlawhtlinna kawnga lungawi lohna a\angin a lo chhuak Thlarau lam hlimna awm lohnaah chuan miten tisa lam duhna hmangin nawmna lam an hawi \hin—chutih duhnate chuan an pianphungah lungngaihna leh lungawi lohna chi a keng tel a, chu chuan thinrimna a ni a, chu chuan rilru natna leh hriatna sang zawkte a tichhia a ni

Chuvangin, thinrimna tihbo dan Chiang ber chu a chhan tihbo hi a ni: duhna Miin duhzawng a neih tam poh leh an lungawi lohna a nasa zawk ang, a chhan chu chu duhna zawng zawng chu tihhlawhtlin theih a ni lo, tisa duhna chu tihreh theih loh leh tawp ngai lo a nih avangin Duhthusam tihhlawhtlin emaw, tisa hlimna tawn emaw kan tum tam poh leh chu chu kan nghet zual sauh a, kan chak zawk bawk attachment, kan duhzawng tihlawhtling thei ang maia lang thilte laksak kan nih avanga kan hrehawmna a nasa zawk

Entirnan, nature hian kan taksaah ei tur a mamawh hun kan hre thei a, mahse attachment emaw craving emaw hian he sensation hi a tichak a, psychological distress-ah a chantir a nih chuan ni thum chhung riltam leh chaw nghei reng i nih chuan—hriselna lam thil vang emaw, thil dang vang emaw pawh ni se—i thinrim a rinawm ber A lehlamah chuan, yogi chu a awm lohna avanga tibuai lovin ni engemaw zat ei lovin a kal thei a, a chhan chu an neih vang a ni taksa duhzawng atanga inlakhnan (detachment) a practice thin

Duhthusamte hi thinrimna bulpui a ni tih kan hriat chuan, chu duhnate chu siam\hatna atana kan hmachhawn dan tur hriat kan duh a Hemi kawngah hian kawng hrang hrang a awm a:

A hmasain, chu duhzawngte chu hlen chhuak rawh

Chu duhnate chu a hlauhawm lo a nih chuan tihhlawhtlin chu thil dik lo a awm lo va, chutah chuan a liam mai ang

Buaina chu chutiang duhna tihhlawhtlinna chuan thil thar a
siam thei a, a nih loh leh chu duhna chu i chawm tam poh
leh a chak zawk a ni thei tih hi a ni

Pahnihnaah chuan, chu duhnate chu paih bo rawh

Duhzawngte hneh theihna kawng \ha ber pakhat chu i
rilruah bânsan hi a ni a, chu chu thlarau lam kan hriat chian
chhoh zel chuan thil awmdan pangngai a lo ni ta a ni Thlarau
lam zir leh thiltihnaa inhmangte chuan, entîr nân, meizuk
duhna an hloh Duhzâwng bânsan chu thlarau chu
duhthusam ber zui tûra a harh tâwk chuan a lo thleng a ni:
hlimna nghet tak Kan chhûnga thlarau lam hlimna kan tawn
hian, thil tih duhna chu duhthlanna chung a chelhna chu a
tichak lo va, a tizau baw

Duhthusam chak tak takte chu thiltitheih leh thil siam
chhuahna chaknaah kan chantir thei a, chu chu rintlak takin
a hlawkpui thei a ni Vawi tam tak chu, duhthusam ngei pawh
hi a chhe lo va; the problem lies in how people pursue it I
chhungril lama hlimna i hmuh dan i hriat chuan i duh zawng
zawng chu a hlen chhuak vek dawn tih i hmu ang a, chu chu
tihlawhtling turin thil chi hrang hrang tih tum a ngai lo

Hei hi duhzawng nei lo tur tihna anga ngaih tur a ni lo
Mihring kan nih angin duhna kan nei lo thei lo He leia kan
awm chhung chuan thilsiamte hian thil ti turin min fuih a
Harsatna chu kan thiltih rah chhuah kan beisei ang a phak
loh huna thinrimnain min thunun phal loh hi a ni

Ngaihtuahna hi thinrimna emaw, harsatna dang emaw
damdawi \ha tak a ni Hei hi a chhan chu ngaihtuahna hian
kan nihna dik tak nen inrem takin min hruai lut a, thinrimna
telin thil \ha lo chi hrang hrang laka fihlim takin min hruai lut
a, thinrimna telin Pathian lawmna leh remna chu kan
chhungah a awm a, kawng dik taka kan ngaihtuah chuan chu
hlimna leh thlamuanna chu kan nei a, chu chu a rah chhuah

angin thinrimna chu a pianphungah a bo vek \hin As a mass of sand cannot tustorful waves, so too a person who lacks inner remna chuan finna thlipui na tak chu a tuar thei lo

Mahse diamond chuan a pianphung pawimawh tak chu a vawng reng a, eng ang pawhin thlipuiin a sir zawng zawng a\ angin a rawn nuai pawhin Chutiang bawkin, thlarau thianghlim nei, crystal thianghlim ang maia nei chu harsatnain a chhehvel a lo nuai a, thiltawn thlipuiin nasa takin a ti nghing a nih pawhin a eng reng a ni

Engvanging nge dinhmun sang ber berte chu a hnawl?

Thu awmze nei tak a ni

Zirtirtu sawi angin Paramhansa a ni

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

Hun kal tawhah chuan mi fel thenkhat chu ramngaw ramri bula ruam kekawr iptea hermitage reh takah an khawsa a, chutah chuan remna thlipui a awm reng a, unau hmangaihna chu chu malsawmna inhnukdawkna chhinchhiahna a ni

Chu Unau Thianghlimte chuan thingte'n an pek thei rah tharte hmangin an khawsa a, an kut inzawm khawm hmangin tlang tuikhuah tam tak leh thianghlim tak a\anga tui nung, eng mawi tak, luang chhuak chu an la chhuak a, an in a ni

An mitmeng chu lungawina leh lungawinain a khat van lam nuihzatthlak takin diamond ang maiin a eng a, a eng a, hlimna chu an thinlungah a lo awm tawh a, thlamuanna nghet takin a khat ta a ni

Heng zawng zawng karah hian heng thlarau malsawmte zinga pakhat chuan thlarau lam hlimna a khat tawh niin a hria a, khawvel ropuina tem chu a duh hle a, rei lo te chhung

chauh ni khat chauh lal nih duhnain a man a nih pawhin,
chuvang chuan a unaute chu a thlah a, lal hlimna zawngin
Pathian kawngkaah a vak kual ta a ni

A kalkawngah chuan a thinlung zawng zawngin Pathian
hnenah a tawngtai a: "Aw Lalpa, Aw thilphal Aw tawngtaina
ngaithlatu leh beiseina tihlawhtlingtu, lalte hlimna hlimna ni
khat atan ka hlim theihna tur lal in lamah ka ke kawhhmuh
turin ka ngen che a ni" tiin.

A dilna a zawh meuh chuan a mit chu in ropui tak
pakhatah a tla a, a rilruin: "Aw, Khawngaihtu hun chu!
Pathianin ka mumang chu a tihlawhtling ta a, hlimna
duhthusam chu ka kutah a awm dawn ta" Chu in ropui tak
lam pan chuan a ke a pen nghal vat a

Vengtu tumahin an dang lo va, chuvang chuan
kawngkhar lian ber atang chuan daltu awm lovin a lut a, mi
pakhat mah hmu lovin roses leh basil thar ber ber leh nuam
ber berte nena inzawm huan mawi tak takah chuan a vak
kual ta a ni

Tichuan lal chaw eikhawmna hmunah chuan a kal a,
chaw tui ber berte phur dawhkante chu a hmu a, a lo thlen
hun nghak reng chungin chuti chung pawh chuan chutah
chuan chhiahhlawh pakhat mah a hmu lo A rilruin, "Aw
Lalpa, i thilphal tak em! He lal in ropui tak leh lalte tana tha
ei tur tha tak hi min pe a Hei hi I hnena ka dil chu a ni a, ka
duhthusam chu i tihlawhtling ta a ni, Aw Mi thilphalte thilphal
ber" a ti a.

Khawngaihtu ber chuan a thinlung duhzawng chu a pe
ta tih a ring tlat a, a nghah mek hlimnate chu a ngaihtuah
tan ta a, a thinlungah chuan Pathian Engkimtitheia chuan a
tawpah chuan hun rei tak a lo nghah tawh lal hlimna chu a
pe ta tih a Chiang hle Chawhmeh ei hmain lal inbualnaah a
kal a, a inbual a, silk puan mawi tak tak a ha a, chutah chuan

dawhkan mawi takah chuan a thu a, a thilhlán mawi leh nuam tak takte chu a ei tan ta a ni

Chutih lai tak chuan lal in kil khata khelh tawh chhiahhlawhte chu an lut a, thinrimna leh buaina nasa tak nen an zawtfiah a, "Tunge i nih, kan pu lal, ramsa man tura kal tawh, engtik lai pawha lo haw kan beisei tur chaw ei tur chu tu nge i nih?"

Hetah hian kan thianpa chuan Pathian Engkimtitheia chuan a fiah niin a ngai a, chuvangin an hnenah chuan: "Lal Ropui thian ka ni a, ni khat chhung lal hlimna hlim taka hmang turin a ngenna ngilnei takin hetah hian ka lo kal a ni" a ti a.

A rilru hahdamna danglam tak leh mahni inrintawkna danglam tak chu an hmu a, chhiahhlawhte chuan lal mikhual atan an hruai a, a lal chaw ei zawh chu an phalsak ta a, chumi hnuah chuan chawlh hahdam turin mutna pindanah an hruai a, a sawi "Lal Ropui" chu an leia lal, ramsa man tura kal hla tak a ni lo tih an hre lo va, Lalpa Pathian a ni zawk tih an hre lo

Darkar hnih vel a liam hnu chuan, thuhrlitu chuan chhiahhlawhte chu a lo tlai deuh tawh a, darkar khat hnuah a lo thleng dawn tih hriattir turin a lo kal nghal vat a, chaw thar leh tui tak tak a nghak turin a ti a

Chhiahhlawhte chuan, "A Lalber chuan mikhual a tir lo em ni, a chaw ei nuam leh a khumah mu turin?"

Lal tirhkoh chuan dervish vakvai zinga pakhat chu sawm lohvin lal in chhungah a lo kal tih a hre nghal a, lal chaw chu a ei a, tunah chuan a khumah a bengchheng ta a, He inngaitlawmna hmuh tur awm lo tak avang hian thinrim takin, chhiahhlawhte chu tiang rawn keng turin a ti a,

chutiang chuan dervish diltu chungah chuan an tikehsawm
thei ang

Sawi vak ngai lovin, kan thian duh tak chu a lal mumang
atang chuan a harh chhuak a, khawngaihna tel lovin thingpui
lumna ri chuan khawngaihna tel lovin a chungah a rawn tla
thla a Mahse, chhiahhlawhten bengchheng lo taka an vuak
leh sawichhiat lai chuan a nuih a za ta hle a, chu chuan an
thinrim zual sauh sauh a, chuvang chuan an beih
chhunzawm zel a, a hriatna a hloh thlengin An hruai chhuak
ta a, hriat lohvin, lal in kawngkhar atang chuan

Kan dervish thianpa chu a unaute hnena a kir leh chu a
tlai hle a, chuvang chuan nikhaw hre lo leh lal in pawn lama
muhil an hmuh thlengin an zawng a, an hermitage reh takah
chuan an phur leh ta a, Unau pakhat chuan a hmuiah hnute
a dah laiin, a rilru a hahdam leh tawh em tih en turin a ngen
a: "He bawnghnute hi tuin nge pe che tih i hria em?".. tiin a
zawt a. A chhang a: "Ni e, ka hria Ni khat lek lal hlimna
hlimpui ka duh avanga nasa taka min hremtu Pathian tho
kha tuna he bawnghnute min petu hi a ni" tiin a chhang a.

Unau dangte chuan an unaupa himna avangin Pathian
hnenah lawmthu an sawi a, ropuina leh hausakna huna
Pathian chibai buk a, manganna leh hrehawmna huna
Pathian phatsantute ang lo takin Pathian a rinna nghet leh
nghing thei lo chu an ngaisang hle a ni

Hetih lai hian Lalber chu a lal in ropui takah chuan a kir
leh a, chaw buatsaih turin thupek a chhuah a,
chhiahhlawhten zahngaihna tel lova tiang hmanga an vuak
laia a chaw ei ngam leh nuih tawp lo diltu chanchin a hriat
chuan thinrimnain rei vak lo a hneh ta a ni

Eng emaw chhan vangin lal chu chu thawnthu chuan
nasa takin a nghawng a, chu chuan a ngaihtuahna a tibuaiin
A chhiahhlawhte chu mi rethei huaissen tak chu zawng

chhuakin a hnenah hruai turin thu a pe a Kawng tinrengah
zawng turin an chhuak a, mahse a hlawhtling lo Beidawng
taka lal in lama an kir leh chuan dervish-a hermitage bulah
chuan an kal pel a, nuih ri ri nasa tak an hre ta a, chu chu a
nuihzatthlak hle tih an hre nghal a, chuvang chuan an chhuk
ta a, hermitage chhungah chuan nawr lutin an lut a, mi
ngilnei tak chu an man a, an lal hmaah an hruai ta a ni

Lal leh dervish an inhmachhawn chuan dervish chu lal ai
pawhin a nui nasa zawk a, a thinlung kulh chhungah chuan a
hlimna chu a thunun thei lo ang maiin Lal chuan a nuih dan
sawifiah turin a phut reng chung pawhin, dervish chuan a
chhang duh lo va, hremna na tak tuar tura vau pawhin a
chhang duh lo

Chutah chuan lal chuan hriat duhna avângin, fakna leh
tihlungawina a hmang a, chhiahhlawhte'n an vuak laiin a
nuih chhan a hrih chuan a lalṭhutthleng chu a hlan ta a ni

Chutah dervish chuan a rawn ti a, heti hian a sawi a.

"Ka sawi tur che hi ngaithla la, hrethiam rawh u,
Pathianin ni khat chauh lal hlimna suangtuahna ka duh
avangin na takin min hrem a, ka nuih a, ka nuih a ni a, a
chhan chu ka nunna nen ka tlanchhuak a, darkar tlemte
chhung lal nawmna ka hlim avanga he hremna zawng zawng
hi ka phu a nih chuan, khawvela nawmna leh lawmna, a bik
takin lal lam thil tih loh chu ngaihtuah ngai lote chu engtin
nge an awm ang." mite!

I lalṭhutphah min hlan chungchang erawh chu ka
chhanna chu: Ka lawm e, Nangmah tan vawng reng rawh,
Pathianah ka hlim a, ka nunah ka lungawi avangin ka
mamawh lo a, ka hlimna tibulaitu tur leh ka thlamuanna
tibulaitu tur engmah ka mamawh lo

Remna awm rawh se

Thlarau lam thusawi leh rilru put hmang
A hnuaia thute hi zirtirtu B Ramhansa Yogananda
: chungchang Shri Dayamata hnen atanga lak a ni
Ka zirtirtu duh tak nena kan inhmuh hmasak ber kha ka
la hre reng a, thinlung thilphal leh hmangaihna nei tak a nei
a, a tawn apiang chu thian hnai tak ang maiin an inhria a,
hun rei tak atanga inhriat tawh ang maiin a hmaah i thinlung
hawnsak chu thil harsa a ni lo

:Tin, tunah chuan thufing leh rilru put hmangte hnenah
Unau hmangaihna chi chuan mi thinlungah zung a kaih
hunah indona a reh ang

. *

Miin tuna a thiltih hian a hmalam hun tur remna leh
hlimna emaw, a hmalam hun hrehawmna leh hlim lohna
emaw a hril dawn a ni, a chhan leh a rah chhuah dan chu
ngaihthah emaw theihnghilh emaw pawh ni se bum theih a
nih loh avangin

. *

Tisa lama thlamuanna hi hlawhtlinna dik takah chuan a
tlem ber chauh a ni a, chu chu mi dangte tihnat avanga
tihhlawhtlin tur a ni lo

. *

Mi ropui ber chu mi zawng zawng aia tlem zawka inngai
mi inngaitlawm tak hi a ni Hruaitu dik tak chuan midang thu
a ngaithla a, mi zawng zawng rawngbawltuah a inhria a,
tumah a hmusit lo

. *

Mi pakhat nuihzatthlak tak nena a lo lan chuan thim chu
a bo vek Chutiang mite chuan thinlung ti engtu leh thlarau ti
lawmtu hlimna êng an thehdarh thin

I nunah thil mawi zawng zawng hriat reng tum la, rilru
pe rawh

Nunna hi leilung hnim hring takah a muhil a, pangpar-ah
mawina a mumang a, rannungah chak takin a harh a,
mihringah hian theihna tawp nei lo hriatna a nei a ni

Hmangaihna hi thlarau hla a ni a, Pathian hnenah a ri
chhuak a, a sa bawh

Nitin, minute tin, darkar tin hi chatuan i hmuh theihna
kawngkhar a ni Nun hi a tawi a, chuti chung pawh chuan a
kal zel a, a tawp lo Thlarau chu thi thei lo a ni a, mihring
awmna bung tawi takah hian chatuan buh seng i theih ang
ang i seng tur a ni

Vawiin hian beidawnna hnim hring zingah ka tlu leh
tawh ngai lovang tih ka insiam a, beiseina tihhlawhtlin loh
emaw, mumang tak tak lo emaw-ah pawh awm reng ka tum
tawh lova, ka inkhung hran leh tihkhawtlai reng phal ai
chuan, he ngaihtuahna fim tak hmanga thil tih hian ka thil
zawn hlimna hi a pianphungah min hruai dawn tih hriain,
finna nen ka che ang
. *

Lalpa, ni kuah lum takah chuan I awmna chu ka hre thin
a, thlipui nê̄m takah chuan I nun thaw hahdam tak chu ka
hre thin Nang ka theihnghilh lai pawha min hriat reng
avangin lawmthu ka sawi a che, Lalpa, I malsawmna tawp
nei lote chungah lawmthu ka sawi tak meuh meuh a, I
hriatrengna awm reng nen ka nun theih nan min malsawm
rawh
. *

Lalpa, he khawvelah hian thil hrual, rapthlak leh mawi lo
ang maia lang tam tak a awm tih ka hria a, mahse thilsiam
lehlam finna chhungril mit atanga lo lang chu a mawi hle a, a
tha a, a duhawm hle baw Chuvangin, he khawvel tlin lohna
leh tlin lohna hnung lamah hian I mawina sang ber, mawina
zawng zawng chung thuneitu chu ka hmuh theih nan finna
mitin en ka tum reng ang

:Thumal hmanga inremna awm dan

Mahni inthununna Mi dangte hmangaihna Rannungte
chung ngilneihna Mize tha hmangaihna Remna leh muanna
hmangaihna Mi ropui hmangaihna Mi rethei leh harsa zawkte
lainatna leh tanpui Rinawmna Hmangaihna leh zah avanga
mahni mawhphurhna hlen Felna leh siam\hatna hmangaihna
Nungchang mawi leh thil dik tih duhna Mahni inzah dan
Inngaihtlawmna Inngaihtlawmna Rinawmna Chivalry
Dawhtheihna Ngaidamna Thlarau ropui leh rilru êngte hnung
zui Frankness Nungchang \ha ngilneihna Simplicity and
clarity Balance Thlarau lam rilru put hmang Lungawina Taksa
faina leh rilru thianghlimna hmangaihna Inngaihtlawmna leh
chapona pumpelh \hatna hmangaihna Dikna Lawmthu
sawina Thil thianghlim zahna 623 MAM

. *

He nun hlimthla hnuaiah hian Pathian êng mak leh mak
tak chu a awm a, khawvel pum pui hi a malsawmna awmna
biak in zau tak a ni

. *

Pathian chungchang thuk tak leh tih tak zeta kan
ngaihtuah a, amah kan hmangaih thûk a, kan rin tlat chuan
kan hmaah kawngkhar chhiar sen loh a inhawng a Tin, A êng
kan hmuh a, a awmna kan tawn hian eng ang nun thil thleng
rapthlak emaw, hlauhawm emaw pawh ni se, A hmaa kan
thlamuanna leh muanna kan neihte chu a ru bo thei a ni

. *

Nunnaah leh thihnaah te, natna leh riltamnaah te,
retheihna leh hrehawmnaah te, khawvel buaina, buaina leh
buainaah te, Aw Lalpa, Nangmah ka inhumhim fo ang

. *

Entrepreneurial spirit quality danglam tak hi khawvela
mi pakhat danglamna a ni a, meialh kang ang maia ti engtu
chu Mi ropui tak tak chu thilpek duhtu, midangte fuih duhtu
leh anmahniah inrintawkna tuhtute an ni

. *

He universe-a thilmak mak tak tak kan hmuhte hian
Pathian awmzia min hriattir a; A awmna chu thilsiam zawng
zawng kil tinah a lang chhuak a, chu chu A khawvel pum
huap rilru atanga lo chhuak a ni

. *

Tlang atanga lo chhuk chuan dodalna a tawk lo va,
mahse sang zawka chhoh a duh meuh chuan dodalna nasa
tak a tawk ang Chutiang bawkin, suauna khur chhunga tlan
lut chuan kawng zawh a, thil \ha tlang lawn a tum hma loh
chuan dodalna a nei lo

. *

Mahni insiamthat tura theihtawp chhuah chhunzawm
zelin a hlimna a pung a, a hlimna a pun zel angin a
chhehvela mite hlimna pawh a pung zel bawk

. *

Ringhlelna, rilru chak lohna, lungkhamna, ngaihsak
lohna, bo, hlauhna, lungkhamna, zakzum, taksa lama rilru
hahna leh rilru lama harsatna, eng thil pawha tih tam lutuk,
discipline nei lo nun, ngaihven lohna, leh thil siam chhuah
thiam lohna te hi negative inhibiting factors an ni tih hre
reng ang che chutih laiin, hna siam\hat duhna, mi dangte \
anpui duhna, thil siam chhuah thlarau lam thil tum,
thlamuanna, huaisenna, rilru lam rilru put hmang thunun

theih loh leh chhe thei lo, inngaihtlawmna, dawhtheihna, leh
remna te chu khawvel chakna (cosmic energy) luang chhuak
thei leh nun dinhmun hmachhawn thei tura puitu kawng a ni
vek thung

. *

Tlawhtu pakhat chuan Pathian ngaihtuah chu thil awmze
nei loah a ngai a, chuvangin zirtirtu Paramahansa chuan heti
:hian a chhang a

Khawvel hian i thusawi hi a pawm a, mahse he khawvel"

hi paradis a ni em? Lawmna dik tak chu Pathian kalsantute
tan a ni lo, a chhan chu Pathian hi himna ropui ber a ni a,
amah chibai buktute chu he leiah hian chhungril thlamuanna
hmunpuiah an cheng a, Amah theihnghilhtute erawh chuan
an ni leh zan chu anmahni siam hremhmunah an hmang a,
hlauhna leh beidawna meih a kang a, chuvangin, Pathian
ngaihtuahin hnaih zawkin an awm a ni." Amah hi felna bulpui
."ber leh logic thlarau a ni

. *

Mihringte hi Pathian thilsiam zinga ropui ber, finna leh
ngaihtuahna thiamna neia pek kan ni a; chuvangin,
Pathianin mihringte duhthlanna zalenna leh duhthlanna
zalenna a pek chu an hun an khawhral tur a ni lo va,
chutiang chuan khawvel thil tum zawng zawng chu bansanin,
heng thilpekte petu Pathian chu an hmangaih thei ang

. *

Thinlung chungah hian thian tha leh rinawmte hiptu
magnet a awm a, chu chu midangte tana thilpek leh
thilphalna magnet a ni

. *

Kan thinlung hi beads a ni a, Pathian hmangaihna chu
an inzawm khawmtu leh inpumkhatna leh inremna
lallukhum-a inhnaih taka awmtirtu thread a ni

. *

Kan chenna ropui tak, he leiah hian min dahtu Pathian
chungah lawmthu i sawi ang u, kan chenna in chu kan tan a

duh ang a nih theih nan hlim takin, inrem takin, a duhzawng
nena inmil takin i nung ang u
.*

Mipui zingah kal bo la, nangmah ngeiin i chakna leh
theihnate hmuchhuak rawh I thlarau chu tlahniam suh la,
khawvel ngaihdan tha lote chu ngaihsak suh la, Pathian
thiltihtheihna tawp nei lo chu i hnenah a awm tih ring tlat
chungin, i ke pen chu thlawpin kaihruai ang che

Hriatthiamna êng neite chuan hriatna huan a\angin
thutak roses leh pangpar te chu an la khawm a, thlaraute
chu khawvel pum huap finna paradis-a luh theihna tura tling
mizia ropui leh thianghlim tak hmanga êng leh tihlim turin an
thawk a ni
.*

Mi fingte chu an inhnial lo va, thilte chu muangchangin
leh ngaihtuahna fim tak nen an zir Chiang zawk tih hre reng
chungin, mi fingte chu an inhnial lo va, muangchangin leh
ngaihtuahna fim tak nen thil an zir Chiang zawk tih hre reng
chungin, kan ngaihdan te hi kan rinna dik chauh a ni tih hi
kan huat tur a ni lo
.*

Thil tum \ha chu diamond langtlang tak ang a ni a, chuta
tang chuan Pathian êng chu kan nunah thianghlim takin a
eng a, a eng chhuak a ni
.*

Kan thinlungah Pathian hmangaihna meialh hal turin
kan ngen che a, kan thlaraubin Nangmah a duh em em a, a
chhûn zânin I ngaihhlut theih nân I hmangaihna min pe ang
che, Nangmah kan ngaihtuah lai hian hlimnain kan thinlung
a luah khat ang a, kan thlarau chu I hmaah a lawm ang

Hun kal tawh lungchhiatthlak tak chu ka hal a, hmalam
hun chungchanga hlauhna leh lungkhamna chi chu ka

ngaihsak lo va, hlahna leh lungkhamna vut darh zau tak
chungah chuan ka kal ta a ni

I hlimna bank

Rei vak lo ding la, ngaihtuah rawh! Nun awlsam leh
?hausak tak tak chu a tha zawk lo maw
I thawhrim em em sum chu i bank a bankrupt chuan a
bo thei a Mahse, i thutlukna nghet tak leh tumruhna nghet
tak bank-a thlarau lam hlimna i khawlkhawm chu a bo thei
ngai lo vang a hlutna chu a pung ang a, a pung zel ang
Nangmah ngeiin i happiness bank-a manager leh
investor i ni Heng hna pahnihi a famkim taka thawh dan
tur i hriat a, i hlimna deposit-a i tihpun zel dan tur i hriat
chuan hlawhchhamna hi i tan chuan thil theih loh a ni,
Pathian remruat chuan

. *

Ngawi renga muang takah chuan thutak chu hriatna
chungah ni êng chhuak ang maiin a eng chhuak a ni

. *

Miin hausakna chauh a hloh chuan engmah a hloh tak
tak lo, a chhan chu hriselna, thiamna leh enkawlina tha a
neih chuan hlim takin a la awm thei a, sum tam zawk a la
hlawh thei bawh Hriselna a hloh chuan a hlimna tam zawk a
hloh a Mahse, nun tum a hloh chuan a hlu zawng zawng a
hloh vek a ni

. *

Ka tan chuan tumah mikhuah angin ka en lo va,
Pathianin ka thinlunga a dah hmangaihna zawng zawng nen
mi zawng zawng ka hmangaih hi ka lawm a, ka hmangaihna
circle atang hian tumah ka pah chhuak thei lo

. *

I rilru i concentrate kim theih chuan i hriatna te chu
khawi hmunah pawh a lut thei a, i hriatna chu chaknain a
charge ta a ni
. *

Miin amah leh a chhungte chu midang chanchin sawi lo
tur leh an dik lohna leh tihsual sawi lo turin a zirtir tur a ni a,
chu ai chuan mahni insiamthat leh mahni tihsual siamthat
kawngah a rilru a pe zawk tur a ni
. *

Nupui pasal, nu leh pa leh an fate, thian leh thian, mahni
leh mi zawng zawng inkara hmangaihna thianghlim leh
thuhnuairawlh lo lo thanglian zel hi he leia kan zir tur zir tur
a ni
. *

Hrehawmna leh nuam tihna pahni zirlai atanga zir
chhuak lo, hrehawm tawrhna thlentu thiltih an pumpelh loh
vang leh hlimna kawng an zawh loh avangin lungngaihna leh
lungngaihna khat nun an kaihruai Mi tlemte chauh, hriat
lohna meipuiin a kang hnuah, hlim lohna leh lungngaihna
thlentu nungchangte sawi nawn leh loh an insum a, chutah
chuan nuam tihnain awlsam taka a tihbui thinte pawh an
awm bawh leh lungngaihna a phuar a, rilru lam dinhmun
nghet tak, hriatthiamna leh inthlahna neia hriat a mamawh
a ni
. *

Chhungril hlimna tel lo chuan mi chu harsatna leh
lungkhamna mantuah a inhmu a Tin, hlimna - ka thiante -
chu hlawhtlinna leh hausaknaah chauh a inngat lo, hlimna
dik tak chu nun hlawhchhamna, harsatna leh harsatna chi
hrang hrang taima leh thil tha beiseina nena hmachhawn a
ni si a
. *

Hriselna tha, rilru lama thawhrimna, hnathawh
tihlawhtlinna, leh finna te hi hlimna neihna atana thil

pawimawh tak a ni vek a, hlimna lui chhungril chu nun fiahna
lungpui khauh tak hnuaiah a luang chhuak reng tur a ni
.*

Nunna leh thihna hi awmna hun hrang hrang pahni a ni
a, mihringte hi chatuan nunah a tel ve a ni Miin rilru
thlamuanna leh chiang taka a hmuh hian a thlarau lam thila
tawp chin nei lo chu a khawih a ni
.*

I kawng daltu zawng zawng hneh turin i pianpui theihna
bakah pawn lam thil i neih zawng zawng i hman chuan
Pathianin thiltihtheihna a pek che chu i tihhmasawn leh
tihpunna hmangin i ti ang
.*

Aw Pathian Vênghimtu, All-Present, indona chhumte'n
gas leh mei ruah a surtir hunah, ka inhumhimna leh ka hmun
thianghlim ni rawh
Thihna leh nunah te, natna leh riltamnaah te, hripui leh
chhiatnaah te, manganna leh harsatnaah te, Nangmahah
hian inhumhimna ka zawng reng ang
Thlarau thi thei lo, naupan lai te, tleirawl lai te, tar lai te,
leh khawvel puak thut tak takte hian a khawih loh thlarau ka
ni tih ka hrechiang ang u
.*

Thian dik tak ni chungin thian nghet tak siam tûrin i
chanvo hlen chhuak rawh
.*

Mumang khawvelah hian kan hming te, kan taksa te,
kan hnam te, kan thil neih te, kan chak lohna te kan
theihnghilh a, hriat lohvin zalenna ropui tak kan nei a, chu
chu thlarau zalenna a ni Chu pianpui zalenna chu chutiang
bawk mahse hriatna neia hriatna kan neih a ngai a ni
.*

Thlarau lam hnate chu ngaihtuahna fim tak nena thawk
tur a ni a, khawvel hnate chu uluk taka ngaihtuah a ngai a ni
Mi pakhat chuan leiah a ke nghet taka dah a, hriat lohna

chhum chungah, finna boruak eng mawi takah chuan a lu
chu sang taka vawn tlat a ngai a ni

. *

Pathian êng leh venghimtu thiltihtheihna chu ka
chhungah a eng reng a, ka chhungah a luang chhuak reng a,
a thlamuanna khawih chuan ka thlarauah finna mit a rawn
hawng ta a ni

Dan nei lo nun chuan a neitu chu hlim lohna leh rilru
lama innghahna tlakchhamnaah a hruai lut Mihring chu
nungchang lama thununna leh thu bulte nei lo nun hmangtu
chu rilru lama lungkhamna leh lungkhamnain a khat mi a ni
a, mahni inthununna leh duhzawng thunun theih loh chungah
thunun zirtu erawh chuan hlimna dik tak thlen theihna
kawng a hre thung

. *

Ka thlarau lam mahni chauha ka awm lai hian ka
duhthusam chu a zual zel a, ka thinlung chuan Pathian
Hmangaih aw hriat a duh em em a, ka thlarau thlamuang
taka chatuan atana hla sa thianghlim ber ka ngaihthlak theih
nan ka hriatrengna fold-a khawvel aw thuk tak tak thup
zawng zawng chu ka hnawtchhuak vek ang

. *

Ka hmangaihnani chu nangmah ka ngaihtuahna
hnuaiah hian a pil ngai lo vang a, nangmah chauh lo chu ka
mit chu ka hniam ngai lo vang, nangmah min hriat nawn tir
lo tur thil engmah ka ti lo vang Hriat lohna leh âtna atanga lo
piang thiltih hian mumang rapthlak tak tak leh mumang
rapthlak tak tak a thlen a, chuvangin hlawhtlinna ropui tak
takte mumang thlum tak tak chauh ka phun ang, i fuihna leh
i kaihhruaina atanga lo piang an ni si a

. *

Hriatthiamna tel lo nun hi thlarau lam leh tisa lama
mahni intihhlumna a ni a, hriatthiamna neitute chu malsawm

an ni a, thlarau lam kawng leh nun kawngteah hriatthiamna
hi a mamawh ber a ni si a Hriatthiamna hi mahni kawng
tiengtu leh hlawhtlinna thlentu êng kaihruaitu a ni Nun tum
sang ber a thlen hma chuan he mizia pawimawh leh
pawimawh tak hi neih a ngai a, dinhmun tinrenga
hriatthiamna hi kaihruaitu a ni tur a ni hriatthiamna dik tak
nei rawh

. *

Pathian hian harsatna leh hrehawmna min thlen lo; chu
ai chuan, kan hriatthiamna leh hriatthiamna hmanga, emaw,
kan hriatthiam lohna leh hriatthiam lohna hmanga mahni in
tanpui emaw, tichhe tu emaw kan ni zawk

. *

Fiahna kan tawh emaw, eng dinhmun kan tawh emaw
pawh ni se, hriatthiamna min pe turin Pathian hnenah kan
tawngtai tur a ni. Hriatthiamna ringawt hian min humhim ang

. *

Ka thil tawnte chu a nasa leh zual a, a na zual zel chuan
ka thil tawn hmasa ber chu ka chhungril lama hriatthiamna
zawng chhuah hi a ni I don't blame circumstances and try to
correct to correct others chu ai chuan, ka chhungril lamah ka
lut a, ka thlarau lam kulhpui chu tihthianghlim ka tum a, chu
chhungril êng chu khuh bo thei, thlarau thiltihtheihnate lan
chhuahna tikhawtlai thei, emaw, anmahni inpuang chhuak
thei lo thei zawng zawng chu ka paih chhuak a Chu chu
hlawhtling taka nun dan tur chu a ni

. *

Harsatna atanga tlanbo chu chinfel awlsam ber angin a
lang thei a, mahse mi chuan a khingpui hlauhawm tak a
hmachhawn hian chakna a nei a Harsatna tawh lote chu an
thang lian lo va, an thutlukna pawh a chak lo

. *

Hriatthiamna kan neih hian hlauhna chu a bo vek a;
hriatthiamnaah chuan himna leh venhimna a awm

. *

Nunnaah hian thil tawn tam tak ka hmachhawn tawh a,
a harsa ber chu min hrethiam lo mite nen an ni Ka hmangaih
mite—ka thinlung ka pekte—min hrethiam lo va, min dodal
tih ka hmu tawh a Mahse chu chuan ka chhungah thinrimna
a siam lo a ni, a chhan chu thinrimna chuan hriatthiamna a
siam a, midang hriatthiam lohnain min tihnat ka phal lo a,
chu ai chuan, an lo dawngsawng a, thil tum tha tak an thawn
a nih chuan tanpui ka tum zawk a ni leh duhsakna tha tak a
ni

. *

Ka hlimna ber chu ka nena inmil leh min ringtute hnena
Pathian thilmak chungchang sawinaah a awm a, sawifiah
theih loh thlamuanna, zalenna leh himna min petu chu
Pathian êng an duhna tihpunnaah a awm baw

. *

He nunah harsatna i tawh zawng zawng hi i rilru tichaktu
tur leh thawhrimna nasa zawk thawk tura fuih tur che a ni a,
chutiang chuan level sang zawk i thlen theih nan I
dinhmunte chu i thunun theih nan i duhthusam chu tipung
rawh, i dinhmun chu thunun tir che ai chuan I nun atan
ruahmanna fel tak siam la, chutiang chuan i tih duh leh tih
tur tha zawng zawng i hlen chhuak thei ang

. *

He khawvela innghah lutuk te hian Pathian an
theihnghilh a, chuvang chuan kan ngaihhlut zawng zawng
kan hloh vek a ni Khawvel dan hian heng thilte hi min hrem
nan ni lovin, Siamtu aiin thilsiam kan hmangaih zawk em tih
fiahna atan min laksak emaw, kan nun a\angin a paih bo
emaw a ni

. *

Duhthlanna chak lote chuan "ni e" an ti fo thin a, thlarau
.ropui erawh chu literary "ni lo"-in a khat thung

. *

Vawiin hian ka thil tum hlu zawng zawngah hlawhtlinna
hmu turin thil siam chhuah thiamna ka neih theihna chu ka
tichak ang a, chutianga ka tih chuan Pathianin thiltihtheihna
min pek zawng zawng chu dik takin ka hmang vek tawh ang

. *

Hlimna dik tak chu a bulpui berah chuan mi rilru
dinhmunah a innghat a ni Lungawina te, lungawina te,
thlamuanna te, thlamuanna te hi hlimna chhinchhiahna
zawng zawng a ni

. *

Mi pakhat chuan hriselna tha, rilru tha tak, nun leh
hnathawh dik tak neih theihna tura thil tulte, rorelna dik tak,
leh hriatthiamna dik neih a tum tur a ni a, boruak dik lo
emaw, dinhmun dik lo emaw hnuaia inpek a phal tur a ni lo

. *

Mihringte hian anmahni khumtu rulhut an hrual fo a, an
phuarna hrui an khih fo thin An rilru leh taksa atanga hri kai
zawi zawia kal chu tihbo nan heng harsatna awm chhante hi
an hrethiam tur a ni Hei hian rilru lama siam tharna a thlen
ang a, hlimna kawng a hawng ang a, an nun thlirlawknaah
thlarau lam hriatna a lo chhuak ang a, Consciousness
chhunga chakna pawimawh tak takte harhtharna chu a ni tur
a ni hriat lohna thuk tak a\anga hriatthiamna leh hriatna
sang ber thlenga chawisang

. *

Hlahna nasa tak enkawltu chuan a pumpelh tum chu a
hip lut a, hlahna awm reng hian nerve a tichhe a, taksaah
natna a thlen thin Chakna, chakna leh chakna i khat chuan
natna chuan taksa a tlanchhiatsan thin

. *

Beiseina hlaa hlim thlarau chuan beidawnna aw khauh
tak chu a hre duh lo va, thlarau lam harhtharna arsi lam
hawia awm reng rilru chu rilru chak tak, zung kai tak, inthlak
danglamna emaw, inhnialna emaw hre lo a lo ni ta a ni
. *

Ngaihtuah chungin pangpar pakhat ka en a, ka hmu
nghal che a, Aw universes thlarau I awmna rimtui chuan a
rimtui hle a, a par chu sualna rimtui takin a rawn rim a, i
finna rangkachak êng chu a thinlungah a eng chhuak a
pollen dust I khawih tawp nei lo chuan bee chu a fuih a, i
thlum tui chu a in tan ta a ni
. *

Kawngpui sir lama thinghnah tha ber ber zinga thup i
thuruk tawp nei lo thilsiam mak tak takte chu min hmuhtir
rawh
. *

Pa leh nu tin hian pa nihna finna leh rilru hahtdamna leh
nu nihna ngilneihna leh ngilneihna an nei tur a ni a, heng
miziate pahnih hi an zinga pakhat zelah hian a inthlau leh
inzawm tlat a ni tur a ni
. *

Thlarau aṭanga lungngaihna tihbo nân hlimna leh
beiseina arsi ka theh darh ang a, lungngaite thlamuan nân
lainatna neia telna êng ka theh darh ang
. *

Vawiin hian hetah hian kan awm a, naktuk hian chhum
ang maiin kan chhuk dawn a ni—cosmic mumang-a thlalak
mai mai Mahse he lem, rei lo te chhunga awm mai mai
hnungah hian chatuan thlarau a awm a, kan thlarau chu a
then theih loh a ni
. *

Pathian chu thudik pakhat chauh a ni Kan tawngtai fo
tur a ni Nunna fiahnate hian Amah kan hriatrengna a dal loh
nan Hetianga ka tawngtai hian, hun dang zawng aiin rah
chhuah ropui zawk ka dawng thin Tichuan, thil pawt tak a lo

thleng a nih pawhin, Amah ngaihtuah turin min dal thei lo
va; chu ai chuan, A awmna thianghlimah chuan him leh him
takin ka inhria zawk a ni
.*

Heta nun hi himna tuipui kamah kan thlen hma loh
chuan hring leh buai tak angin a lang Chuvangin thudik tawp
ber pawimawhna leh ropuina hriatpuitu atan ka lo kal tih ka
sawi fo thin Khawvel thil tum rei lo te leh thil inzawmna chhe
thei lote chungah kan beiseina kan dah tur a ni lo
.*

Environment hian mihringah illusion a siam a, anmahni
mithmuhah pawh ropui takin a siam a ni Aspirant serious tak
chuan chu environment awareness hun eng emaw chen leh
rei lo te chhunga awm thin chu a chungah a tho chhuak tur a
ni a, a chhunga thutak chu a hriat chian a ngai a, chutiang
chuan he thutak hi a natural environment leh a nunah
nghawng awmchhun a nih theih nan

Pathian hnenah kaihhruaina min fuih a, a hnena min
hruai turin kan dil a, khawvel kan chhuahsan hmaa Amah
hmuchhuak turin min pui turin kan dil a, fiahna kan tawhte
leh kan tuar nasat dan te chu eng ang pawh ni se, Pathian
tanpuina a hnai tawh tih te, thinlung taka tawngtaina zawng
zawng, duhthusamnain a khat a, a hmangaihte chu a kalsan
lo vang emaw, chanvo khawngaihna hnuaiah a kalsan lo
vang tih beiseina kan hloh ngai lo tur a ni
.*

Hausakna hian hriselna, rilru thlamuanna, leh thil siam
chhuah theihna a tichiang hauh lo Amaherawhchu, efficiency
leh remna kan neih chuan a rah chhuah sum leh pai lama
hlawhtlinna inthlau tak kan nei ngei ang
.*

I chhungah hian ngaihtuahna thianghlim tak tak huan
mak leh mak tak, hmangaihna, ngilneihna, hriatthiamna leh

remna rirtui rirtui tak a awm a A pangpar chu leia pangpar
leh thil chi hrang hrang aiin teh theih loh khawpin a mawi
zawk a ni
. *

I hmangaihna thianghlim i pek hian rose rirtui tak i
phun tawh a, chu hmangaihna rirtui leh chu hriatthiamna
rirtui chu lei pangpar zawng zawng aiin a daih rei zawk a
!chu chu thudik chu a ni
. *

Miin a hlauh mai loh chu engmah a hlau tur a ni lo,
hlawhtlinna leh hriselna hmêlma lian ber a nih avangin Rilru
chu a tichhe a, a hlauh thilte a rawn chhuah chhuak a, natna
a tizual a, thinlung a tichhe a, nervous system leh thluak a
tichhe bawk a, chuvangin Pathian rinna, thil \ha leh thil siam
chhuah ngaihtuahna, beiseina nei, beiseina, leh Pathian
venhimna rinna hmanga hneh a ngai a ni êng chu hlauh thim
chuan a hneh thei lo, Pathian chu an hnenah a awm a,
Pathian nei apiang chu an him a ni
. *

Hmangaihna te, remna te, hlimna te, inngaihtlawmna te,
duhsakna te thlarau lam thilpek inthlengna hmangin
chawlhni hi a mawi leh thlarau lam thil a lo ni ta zawk a ni
. *

Kan thinlung Pathian lam hawi a, hmangaihna nasa ber
leh duhthusam nasa tak nena A hnenah kan dil hian,
ngaihdam leh pe thei hnai leh rang taka kan hmu ang, a
chhan chu chutianga kan tih chuan a khawngaihna khawvel
pum huap thinlung leh a Pathian hmangaihna thuhnuairawlh
tak chu kan khawih a ni
. *

Nun tak tak chu ei leh in, hnathawh leh mut mai ni lovin,
chhanna thilpek hi Pathian zawng leh hmu turin ka hmang
ang a, mihringah ka unaute rawngbawlina hmangin ka
chhandamna atan ka thawk ang
. *

Mi tam takin he leiah hian an lo kal a, an kalsan tawh a,
chuti chung pawh chuan hetah hian chatuan atana awm
reng tur ang maiin hetah hian awm tak takah kan la ngai
reng a ni Mi fing chu Pathian hre rengtu a ni a, Amah
ngaihtuah chhunzawm zel hi he leia pian leh thihna mumang
atanga zalenna kawng a ni si a

. *

Pathian chuan kan kawngah hian kan kawng dalu
zawng zawng leh kan hmachhawn tur fiahna zawng zawng
hneh turin thiltihtheihna leh chakna tha tak tak a dah a, chu
chakna hneh theih loh leh chakna tawp thei lote chu chhuah
chhuah tumin kan thawk tur a ni

. *

Mi danglam ngai lo an awm a; they grow old clinging to
the same habits and ways of thinking Hengte hi
psychological relics tia sawi theih Heng relics thenkhat hi
thlarau lam thil an nih avangin chutiang mite chuan nun tha
tak, thlamuang takin an khawsa a mahse an hriatthiamna
tihhmasawn emaw, an ngaihtuahna zau zawka siam emaw
chu an thawk lo va, an ding reng thin Anni hian thangtharte
mamawh, thahnemngaihna, leh ngaihven zawngte
hriatthiam theihna an tlachham hle Hei hi eng emaw chen
chu pawm theih a ni thei a, mahse an nih chuan condemn
and criticize the new generation without insight, they
become intellectually rigid A lehlamah chuan thalai tam tak
chu an upate ngaihdan an zah loh vang emaw, an thurawn
an ngaihthlak loh vang emaw hian tihsualah an tlu lut thin
Anni chuan kum upa zawkte chu hun kal tawhah an ngai a,
chuvangin an ngaihdan ngaihthlak emaw, an thurawn zawm
emaw a ngai lo a ni, a chhan chu an ngaihdan chu an tleirawl
laia hmanlai leh hmanlai tawh lo a nih vang a ni tunlai nih
duhna rilru pu chungin, dan hlui tam thei ang ber an
bawhchhia a Mahse, upate hian rit leh hlutna an nei tih an
hre reng tur a ni; kum tam tak an lo khawsa tawh a, thil tam
tak an hmu a, an zir chhuak tawh bawk a, thlah hlui leh thar

Member-te chuan inzir tawn tumin theihtawp chhuah a ngai
a, a chhan chu thil hlui leh tharte hian an thatna leh hlawkna
an nei vek a ni
.*

Kan Siamtu kan hnenah a awm tih hriat tluka fiahna
ropui zawk a awm lo A awmna hi kan beisei tur a ni a, amah
kan nghah tur a ni, kawng tinrengin min enkawl reng a ni
Eng ang manganna te, hrehawmna te, natna te pawh eng
ang pawhin nasa mah se, Pathian hnen atangin thlamuanna
leh thlamuanna i zawng ang u, finna leh kaihhruaina i dil ang
u, Amah kan rinchhan chung, amah kan hmangaih a, amah
kan zawn chung chuan min chhang ang tanpui
.*

Hmangaihna chu lilies par rimmtui leh nature mawina
lawmna roses chorus ngawi reng Hmangaihna hi thlarau hla
a ni a, nunna hla a ni a, leh boruak zau tak kara an zinkawng
chatuan atana planet-te zai rhythmic, balanced tak chu ni
êng in tur, par chhuak tur leh nunna elixir-in a tihreh theih
nan pangpar tuihalna a ni chu leilung hian a hnute tui
hmanga zung hring hring chawm leh a tui hmanga nunna
zawng zawng enkawl duhna a ni Thilsiam zawng zawng nung
leh nung reng tura ni duhna chak tak a ni a, mi harsa zawkte
humhim leh enkawl tura nunna rilru put hmang a ni Nausen
leh hmangaihtute thinlunga rawngbawlina hlan tura nu leh pa
ngilneihna tichhuaktu sualna nei lo nuihzatna a ni leh
thlamuanna lo kir leh beisei lovin Thian inzawmna pulse a ni
Thinlung chhe tawh siam\hattu leh hlaim tidamtu Thinlung
au thawm a ni Sawifiahna dodaltu chu Mihringte
hmangaihna a khat hla phuah thiam a ni a, a hrehawm
tawrhna a tuar a ni Chhungkaw pakhata member-te inkara
inpawhna circle zau zel, hmun zau zawk leh boruak zau
zawka lo thanglian zel Nunna thuthang a ni in the realms of
open minds and the skies of hearts studded with the stars of
noble emotions Hmangaihna chu thlarau hlimna a ni a, chu

chu hmangaihna thlarauten an duh em em a, an neih leh
inzawm tir an duh em em a ni
.*

Kan hnenah awm la, Lalpa, kan hnate hlen chhuak tur
leh thinlung tiharhtu leh thlarauah thlamuanna leh beiseina
tuhtu I awmna malsawmna chu hre turin min pui ang che

I nun chhunga car khalh laiin mahni inthununna brake i
hman loh chuan, ego atanga lo chhuak rilru natna thunun
theih loh leh duhna dik lo khawngaihna hnuaiah i awm ang I
ngaihtuahna fim lo taka thil tih, kawng dik atanga inthlak
danglam, leh hrehawmna leh hrehawm tawrhna khurah i tlu
loh nan a tul hunah brake i hmang thei tur a ni Sup

Thumal hman dik loh hi ralthuam thihna thlentu leh
tichhe thei ber pakhat a ni Thinrimna thlentu ber chu
thusawi na tak leh rilru ti na thei tak a ni Mi pakhat chuan
thusawi leh thusawi uar lo tak a pumpelh tur a ni a, inhnialna
leh inhnialna a\angin a inthiarfihlim tur a ni a, tharum thawh
duhna a\angin a inthiarfihlim tur a ni
.*

Pasal emaw, nupui emaw a thinrim a, a dang a
tihthinrim chuan, a tha ber chu a dangin a kal bo a, thil
awmdan a reh hma loh chuan chhan let loh a ni An zinga
pakhatin rilru na tak tak a sawi chuan, a dang tan chuan a
tha ber ang, a duh angin a chhang lo va, thinrimna a reh
hma loh chuan a rilru a hahdam zawk a ni Nupuiin a pasal a
au a, a au chhuahpui nasa takin a chhang a nih chuan, pasal
chuan vawi hnih a tuar ang: a hnen atangin a hmasa ber a ni
stinging words and then from his own harsh response,
ultimately harming himself first and foremost Hei hian
inthenna emaw, thil duh loh zawng dang emaw a thlen thei a
ni Tin, mi rilru na lutuk emaw, mi dang chu inngaitlawm taka
enkawl emaw pumpelh a pawimawh bawk a, chutih rual

chuan, inhnialna leh inhnialnaah inhmang lo tur a ni a, chu ai
chuan rilru hahdamna leh chhungril lama remna a lo awm
leh hma chu nghah tur a ni
. *

Tuman i thlamuanna hi ru suh la, tawngkam (a nih loh
leh ziaak) hmanga midang thlamuanna ru suh Thinrimnaah
emaw, hun lum takah emaw, mi pakhatin thil dik lo, a tum
ngai loh thil a sawi mai thei a, chutah chuan a inchhir mai
thei a, chutih lai chuan mi dang chuan chu thu chu kum
sawmhni chhung zet a hre reng ang Hetiang a nih avang
hian hriatrengna hi thil tha lo tak a ni The power of memory
is a blessing if used properly, but it is harmful kan chung
thil tha lo tihte dahkhawmna atana hman a nih chuan

Pathiana kan harh chuan mihring nun hi cosmic cinema
screen-a thlalak leh êng inzawmkhawm mai a ni tih kan
hrechhuak ang

Kan hriatnain a hriat theih leh a hriat theih thilte kan hre
thiam a, a tam zawkah chuan kan chhehvela thiltihtheihna
fiah lo tak takte chu kan hre lo reng a, Mahse ngaihtuahna
kan neih apiang hian vibration fiah lo tak a siam thin Hei hi a
ni mi pakhatin a nihna dik tak chu midang lakah a thup thei
lo a ni tihsual a neih chuan a rilru chhungril takah a hre
chiang hle a, a thup niin an ngai a nih pawhin, a chhan chu
thil dik lo tih hriatna chu ngaihtuahnaah a awm a, leh mi
dangte chuan an hre ang a, a chhan chu chu ngaihtuahnate
hrualna chu an thiltih hmangin kawng khat emaw kawng
dangah emaw a lang chhuak dawn a ni Hei hi thiltih \ha leh
ngaihtuahnaah pawh a hman theih Pathian kan ngaihtuah a,
a hming kan sawi hian—a ring takin, ri bengchheng takin, a
nih loh leh ngawi renga—ether-ah thlarau lam vibration kan
chhuah a, chu chuan A awmna malsawmna chu a ko a ni

. *

Aw Lalpa, I hmangaihna êng chu I cosmic chhungkaw
member zawng zawng chungah inang tlangin eng chhuak
rawh Mihringte hi a ngaihtuahna dik lo avang hian opaque,
êng laka inven theih loh a nih avangin mawhphurtu a ni I
thiltihtheihnain ka nihna chu luah khat la, he khawvel vapor
thim leh thim tak takte chu ti bo rawh se, chutiang chuan I
lem thianghlim, eng mawi tak lantir thei darthlalang Chiang
tak, polished tak ka ni thei ang

. *

Hmangaihna hi a tak a ni tur a ni a, thinlung atanga lo
chhuak a nih chuan a tak a ni

. *

Pathian êng lam i hawi chuan i kawng ti eng thei leh
tizau thei leh hriselna, hlimna, remna, zalenna leh
hlawhtlinna pe thei Pathian thiltihtheihna i hmu ang

. *

Sum hlawh chhuah a harsat chuan rilru lam inthlauhna
neih chu a nasa zawk a ni Mi pakhat chu a thusawi,
ngaihtuahna leh taksa thiltih danah ngilnei leh thlamuang
takin a awm tur a ni

Mite hian pianphung pahni an nei a: in awm dan leh
salon awm dan In lamah chuan kan hahtdam a, kan nihna dik
tak chu kan hre thei a, chuti chung chuan pianphung anga
awm lo ila kan duh fo thin a ni, a chhan chu nungchang
hmang hian thil tenawm tak tak, sawi chhuah loh tur kan
pholang thin a, a bik takin kan chhehvela mite tana harsatna
a thlen chuan

We adopt the salon mentality when we go out dressed
elegantly, smiling broadly, while our thoughts and feelings
are swirling inside In lamah chuan, "Mi pakhat chungah ka
lungawi lo a, a hmuh pawh ka tuar thei lo," kan ti a, mahse
mi pakhat kan hmuh chuan, "Hello! Engtin nge i awm?" Heng

inrem lohna leh rilru hrisel lo tak takte hian nervous system
leh taksa peng dangte a nghawng a ni

. *

Aw ka Pathian duh tak
I zau zawng tawp nei lo chu thlamuanna boruak
(horizons)-ah ka hmu tawh
Tin, ka nihna chhungril takah chuan i hlimna tiharhtu
chu ka tem ve bawk
Tin, ka chhia leh tha hriatna harh takah chuan i aw ri
chu ka hre ta bawk
Tin, ka thlarau lam ngaihdan te i thusawi chu ka ngaithla
bawk

. *

Aw Lalpa, duhâмна tenawm, mahni hmasialna
ramhuaite chu vantirhkoh sang tak, duhthusam sang tak,
hriat lohna hrehawm tak chu finna malsawm takah chantir
la, hnathawh lohna chu thlarau lam hlawhtlinna êng tak
rangkachak thianghlim takah chantir rawh

. *

Aw Lalpa, min tithianghlim la, kan chaklohna leh thiltih
lohnate chu thahnemngaihna leh tumruhnaah chantir la, kan
ngaihtuahna dik lote chu thutak hriatthiamnaah chantir rawh
Hmangaihna chu eng nge ni?

Hmangaihna chu lilies par rimtui a ni

Tin, silent roses chorus pawh a awm bawk

Thilsiam mawina lawmna

Hmangaihna hi nunna atana thlarau hla sak a ni

Tin, planet hrang hrangte balanced rhythmic dance te
pawh a awm bawk

Deep space-a a zinkawng chatuanah

Ni êng in tur chu pangpar tuihalna a ni

Tin, a par chhuak a, nunna elixir-in a chawm bawk

Leilung duhthusam a ni

A tuihal zungte chu a hnute hmanga chawm turin

Tin, nun bulpui nen nun chi hrang hrang enkawl

Ni duhzawng chak tak a ni

Thil nung zawng zawng nung leh thawkrim reng turin

Nunna tichaktu a ni

Naupang kum tling lote venhimna leh enkawlina pek

Pa hmangaihna tichhuaktu chu sual lohna nuihzatna a ni

naute chungah

Tin, hmangaihtute thinlunga automatic submission a
awm bawk

A thlawna rawngbawlina leh tawrhpuina pe turin

Thian nihna pulse a ni

Thinlung kehchhia tidamtu leh hliam tidamtu

Sawifiahna dodaltu thinlung kohna a ni

Mihringte hmangaihnain a khat hla phuah thiam a ni

A hrehawm tuar tu chu

Chhungkaw khata awmte inkara inpawhna circle a ni

Hmun lian zawk lam pan zel leh zau zel

Tin, field zau zawk pawh a awm bawk

Nunna ri bengchheng tak a ni

Thinlung inhawng (open minds) horizons-ah chuan

Tin, thinlung van boruak chu rilru ropui tak tak arsiin a khuh baw

Hmangaihna hi thlarau hlimna a ni

Thlarau Hmangaihtute duhthusam chu

Tin, a hnena thlen leh inbiak pawh a duh hle baw

Nunna ka hmu ta

Tlâng hring dup leh ramngaw hring dup karah ka kal lai chuan

Thingkung leh pangpar zinga che vel

Nun inkhelh leh hlim taka awm ka hmu a

Ni disk-ah chuan a rangkachak êng chu ka hmu a

Tin, chhum hring zingah chuan a bo tih ka hmu baw

Lui hlim tak karah chuan a nuih ri ka hre ta

Tin, ruahtui tla atang chuan mittui a tla zawih zawih baw

Thingkung hnah ah chuan a inher chhuak ka hmu a

Tin, daisies te chu hlim takin an zai baw

Vawh ri leh nightingale ri bengchheng tak takah chuan a ri ka hre ta

A thlalak chuan tlang chhip chu a khuh tih ka hmu

A dew chuan roses thinlung a ti hnim a, an hmu a fawp baw

A keah chuan dewy grass chu a inngat tih ka hmu a

Field weeds a spray lai ka hmuh ang bawk khan

Hmangaihna tla te nen chuan a tharna leh a mawina a
tipung a ni

Zing thli tleh chung a thawk rimtui tak chu ka hre ta

A thlamuanna chu ka hria a, a kut chuan malsawmna a
theh darh tih ka hmu bawk

Valley leh corner tinah

Nun hi a va ropui tak em!

Tin, a bula kal chu a va thlum em em bawk

Kut inkung a

A kawng malsawmnaah chuan!

Remna awm rawh se

Thil hriat loh emaw, subconscious genie emaw

Kawngpui kan zawh chhoh zel a, kan thlarau lam
hriatthiamna a thuk chhoh zel chuan chhungril lama dodalna
chak tak kan hmachhawn ang maiin kan inhria a Mahse he
hriatna hi thil awm lo mai mai a ni a the opposite is true Kan
chhunga chu "mihring hriat loh" awm dan mak tak, buaithlak
leh duhthusam tak chuan kan mihring hriatnain a hriatthiam

theih loh ram atanga lak chhuah sawifiah theih loh thilte a ei
niin a lang

He thil nung hi hmuh theih loh hmunah a awm niin a
lang a, planet dang atanga lo kal mi nen tehkhin theih a ni a,
ani hi ngaihvenna, ngaihtuahna, tih dan, thil tum leh
duhthusam hla tak takah pawh inzawmna nei lo mah ila kan
mikhual a ni

He thilsiam hriat loh hian kan nun aiin teh theih loh
khawpa ropui leh dik zawk, thih hnua nunna chungchanga
ngaihdan a nei niin a lang Kan leia kan awmna atana thil tul
leh hmantlak tak takte hriatthiamna tlemte chauh a nei niin
a lang

Kan ṭhian hriat loh chuan min ngaihsak lo ang maiin,
rinhlelh rual lohvin universe thuruk-ah a inhnamhnawih niin
a lang Tin, min hriat reng a, min tihlim a duh chuan, thil mak
tak, awmze nei lo ang maia lang, kan inthlauhna tichhe thei,
kan inthlauhna tibuaitsu, min tibuaitsu movement mak tak a
siam a ni

He thil hriat loh hian min nuihzat a, kan theihnate a
nuihzat a, kan rilru put hmang emaw, kan dinhmun
ngaihsakna emaw pawh ngaihtuah lovin kan rilru nena
inkhelh ang maiin kan ring fo thin A châng chuan min tithinur
a, min tithinur niin a lang a, lawmthu sawi tlâk duhsakna
emaw, hlâwkna tak tak emaw min pe lo

He thilsiam hian thilmak leh thilmak chi hrang hrang a ti
thei niin a lang a, mahse kan chhunga awm mah se, a
theihna tawp nei lo leh thiltihtheihna mak tak takte nena
inbiakpawhna leh hlawkna kan neih chu kan tan chuan a
harsa hle

He thil thup hi naupang chhe tak, lei leh van thuruk
hmuh theihna pek nen tehkhin theih a ni Chu thuruk chu a

hmang a, chu thiltihtheihnate chu a duh angin a thunun a, insumna leh chhanna nei lovin

Engkim a hre vek niin a lang a, mahse chu hriatna chu a hman dan tur dik tak a hre lo A kut chu ro hluin a khat a, chu chu kawng dik lo leh a hun dik lovah a khawhral a, a tichhe vek a ni

Tuihâlte hnênah chhang a pe a, rilțâmte hnêna tui a pe (leh ha nei lote hnênah sweets a pe) kan hmu bawk .

Lawmthu sawi lote chu thilpek a pe a, diltute chu thilpek a hlohsak bawk

A hnen atanga tlanchhiate chu a um zui a, amah tawh duhtute lakah a tlanchhiatsan thin

Chu chakna thup, a châng chuan thli leh thlarau tlanpui thei chakna mak leh mak tak hmanga mi chu eng nge ni?

Zing khaw vawt takah mi pakhatin room lum atanga a chhuah dawna a temperature balance thei tur khawpa vibration leh energy level tisang leh tihhniamtu chakna chu eng nge ni?

Chu thil hriat loh chu chemist thiam tak emaw, engineer fing tak emaw ngaihtuah ngai lo khawpa thiamna mak tak nêna a thawk a ni

Hetieng chakna hi he leia dam rei lo te chung hian a la khawm theih a ni em?

Ni lo, ka thiante u, chu "mi hriat loh" chuan he taksa mechanism hi hriatna pangaa kan tih hi a ti famkim theih nan kum maktaduai tam tak a ngai a ni Entirnan, rilru hriatna chuan thisenah sugar pump tur zat dik tak chu a hre thei lo, chu chu a tlem lutuk emaw, a tam lutuk emaw a nih chuan a rah chhuah chu a chhiatthlak hle ang

Kan hriat tlêm tê thiltihtheihna pakhat nen hmaichhanah kan ding a, chu chu kan hre chhuak tur a ni Chutianga tih theih dan tha ber chu tun thlenga kan thil zir tawhte dodâl a, zirtîrtu ropui takin: "Naupang tête ang in nih loh chuan Pathian ramah in lut lo vang" a tih ang chiaha inbuatsaih hi a ni.

Phên dangin sawi ila, mi pakhatin naupang awlsamna, thianghlimna leh rinna a pawm a nih loh chuan thlarau lamah hmasâwnna langsâr tak a nei thei lo vang

Scientific meditation hi chu chhungril thiltihtheihna thup chu hriat chian dan awlsam ber pawh a ni mai thei, mahse mi tam zawk chuan ngaihtuah duhna an tlachham a , chu hriatna chu anmahni duh danin emaw, ngawi renga thut mai maiin emaw an nei duh zawk a ni—an ngaihtuahna chu kawng tinrengah thlipui ang maiin a ri chhuak a nih pawhin Mi thenkhat chuan, "Nakin lawka mihring lo piang tur hian chu hriatna chu ka nei tur a ni a, ka hmanhmawh lo ang My subconscious may," an ti mai thei ni khat chu min kaitho la, mahse chu chu tihlawhtling tur chuan fimkhur taka theihtawp chhuah a ngai tawh lo".

Kum engzat nge kan nih, nunah vawi engzat nge kan hlawhchham tawh, midangte'n min ngaihtuah pawh a pawimawh lo Eng genes nge kan keng tel emaw, eng dinhmunah nge kan awm emaw pawh a pawimawh lo Heng zawng zawng hi kan chhunga awm mikhual thup tan chuan a pawimawh lo All it wants is for us to allow it to use our bodies, our energies, our minds, and our consciousness, and to surrender control of every aspect of our lives to it Hei hi min nghaktu sang ber thleng kan duh chuan kan tih tur a ni

Kan nuna thil thlengte kan ngaihtuah hian, chakna thup pakhatin min kaihruai a, hlauhawm tam tak lakah min chhanhim tih kan hrechhuak hi a dik lo em ni? Mahse,

hlauhawm chu thlamuang taka a liam meuh chuan, chu chakna chu kan theihnghilh vat vat em!

Chu thiltihtheihna chuan min kalsan ngai lo va, min kalsan ngai lo bawh ang Tin, kan mamawh apiangin min pui turin a awm reng a, zirtirtu ropuiin: "Khawvel tawp thlengin i hnenah ka awm" a tih ang khan.

Chhuan kal zelah mipa leh hmeichhe ropui tak takte chanchin kan chhiar chuan, thil thleng apiangah, eng ang pawhin tlem pawh ni se, eng hmanrua pawh hmang mah se, \awng\aina nasa tak hmang emaw, nemnghehna thuk tak hmang emaw pawh ni se, a rah chhuah chu a inang reng tih kan hmu chhuak a ni

Kan chhunga mi lian tak, lung ina tang hi a che reng a, vawi khat atan chhuah zalen tumin a bei reng a, Engtikah nge hriat rengin kan phelh ang a, zalenna leh hnehna chang turin kan zui ang?

Tûnah hian ãan ila, chhûngril lama mi lian chu chanvo i pe ang u, nun chu a thlum dâwnzia leh hlimna leh hnehna êngte nêna a eng ang, Pathian ãanpuinain kan hmu ang

Remna awm rawh se

India ram atanga scene hrang hrang leh vision pakhat

India hi kawng tinrenga khawvel microcosm a ni a, boruak, boruak, sakhaw, sumdawnna, art, hnam, ramngaw, tawng, leh nunphung chi hrang hrang awmna ram a ni

Indian civilization hi kum sang tam tak kalta atanga lo awm tawh a ni a, a roeltute, mi fing leh kaihruaitute chuan India leh Sindh rama Aryan civilization awm leh dikzia tilangtu record an hnutchhiah a ni

Europe rama khualzin tam tak chuan India ram an tlawh a, a kawththlera dawithiam, khandaih keng, leh rulhut chingte an hmu a, hei hi India-in a pek theih tha ber nia ringin, heng milemte hian India ram thupui dik tak an entîr lo tih an hre lo

Khawthlang ramte hian India ram chu sumdawnna kalphung dik tak, kalphung leh thu bul tam tak, leh thilsiam leh mihringte hmasawnna tur an zirtir thei tih hi a dik a Tin, India hian Henry Ford leh Thomas Edison-a te ang hruiatu hmathlir nei tak tak a mamawh tih pawh a dik a ni Mahse khawthlang ramte pawh hian India ram chanchin kal tawha a specialised tawh practical, spiritual lessons te chu consciously or subconsciously thirsty a ni

Khawthlang khawpuiah science a lo thang chak em em a, hma a sawn chak em em a, mite tisa lama mamawh—chenna tur te, ei tur te, leh silhfen te chu awlsam taka hmuh theih a ni a, Amaherawhchu, rilru lama thlamuanna te, thlamuanna te, leh thlarau lam thlamuanna te tel lo chuan taksa leh tisa lama thlamuanna chu a tawk lo

India ram ro hlu ber leh hausa ber chu kum zabi tam tak chhunga India thlarau lam mithiam hmathlir nei leh êng tak takte'n thlarau lam kalphung leh kawng an hmuhchhuahah a awm a He ro hlu hian mihringte thlarau lam leh scientific culture-ah a thawhhlawk hle a, a thawh chhunzawm zel bawk

India ram hi thuruk ram a ni a, mahse heng thurukte hi anmahni khawngaihtu, taima tak leh tih tak zeta thutak zawngtute tan chauh an thinlung hawnsaktu an ni

India hian khawvela tlang sang ber leh ropui ber berte a chhuang a: India hmar lama Himalaya tlang Darjeeling hi boruak mawi tak tak a nih avangin India ram Switzerland tia koh a ni fo thin Delhi-a kulh, kulh, leh lal in lal in danglam tak tak, Ganges lui zau tak leh Himalaya tlangram te, an lungpui leh ngaihtuahna hmun nuam tak tak te pawh a nei bawh leh Pathian êng leh finna chungchâng ngaihtuahna te a ni

India rama Agra khawpui hian khawvel thil mak pakhat, Taj Mahal, architectural art sang ber leh mihringte mumang mawi ber ber, polished marble leh exquisite alabaster-a inthum, mihring hmangaihna thi thei lo, a chhuang hle

India ramah hian ramngaw thim tak tak leh ramngaw zau tak tak, sakeibaknei leh sakeibaknei te an vak kual bawh a India pawhin van dum a nei bawh a, ni tlak dawnah ni êng chu orange meialh kang nasa takah a chantir chuan a ropuiin a mawi zawh a ni

India ramah hian khawthlang lam thei leh thlai chi hrang hrang leh rawng chi hrang hrang chhiar sen loh leh mi chi hrang hrang tam tak a awm bawh a, chung zawng zawng chu an inzawm khawm chuan India ram chu melting pot mak tak, mak tak leh theihnghilh theih loh a ni ta a ni

India ram hi inthlauhna nasa tak awmna ram a ni a, retheihna nasa tak bulah hausakna bawlhhlawh tak tak a awm a, finna thianghlina sang ber chu nitin nun harsa tak nen a awm dun a ni India ramah hian Rolls-Royce leh bawng tawhlair te i hmu ang a, chutiang bawkin sakeibaknei chu bawlhhlawh chi hrang hrang cheimawi tak takah leh sakawr khalh tawhlair ropui tak takah i hmu ang

India hmar lamah chuan mit dum leh sam dum kan hmu a, khawthlang lam lum zawkah chuan tropical ni lum avanga vun dum hring hring kan hmu thung

A tir atanga a tawp thlengin India hi mak tihna leh
inhnialna ram a ni tak zet a ni Nun hi kawng khat a zawh
chuan a monotonous ta a ni Mahse India ramah chuan nun hi
thil mak leh thuruk hmanga khat grand adventure a ni tih hi
ngaihtuah ngai loh angin a inhria a ni

India ramah hian taksa lam in sang tak tak emaw,
thlarau lam rilru tibwaitu tunlai thil man to lutuk leh
intihhlamna tam lutuk emaw a awm lo mai thei

Hnam tin hian tlin lohna an neih ang bawkin India hian
tlin lohna a nei tih hi a dik a ni

Mahse India hian thlarau lam skyscraper a nei a: thlarau
lam mi lian inngaitlawm tak tak, nunphung eng pawh a\angin
an mihringpuite hnena thlarau lam hlimna famkim lak
chhuah dan zirtir theitu

Hêng Sufi-ho, scientific foundation nei, anmahni
thawhrimna leh thil tawn hmanga thutak leh thil tak tak hre
chhuakte hian mi dangte chu an hriatna tipung tûrin an
tanpui thei a, an ni tin nun leilung a\angin remna leh
lungawina tui hahdam tak chu an la chhuak thei a ni

Ni tlak dawna ethereal vision

Zirtirtu fing Paramhansa chuan a hmuh dan hetiang hian
a sawi a.

Ka balcony atang chuan chhim lam ka hawi a,
suangtuahna thlawhnaah chuan hla tak horizon kamah
chuan ka zuang thla a Ka dingham leh vei lamah chuan
tlangram pahnih, rei lo teah thuruk sen hring hringah a lo
chang ta ka hmu a Ka han en leh a, kut hmuh loh pakhat
chuan deep blue veil-in a khuh ta a Ka hnungah chuan
Guadalajara khawpui chu a mu a, chu chu kum tlai lam karah
a inbual a ni.. ..
.. .. sunset Khawchhak van boruak

chu tunah chuan pink rawng nê̄m tak takin a chei tawh
Hmalam ka thlir chuan ka mit chuan rangkachak luia
tuifinriat dum hring dup khawpui mak tak mai chu a hmu a

He thliarkar dum, magical blue islands awmna
archipelago-ah hian, blue limestone tlang lian tak a lo
chhuak a, chu chu grey-white volcanic clouds-in a hual vel a,
chu chuan meialh sen-rangkachak lava geyser a rawn
chhuah chhuak a, chu chu rainbow ang maia inher chhuakin,
lui reh tak lam pan chuan a rawn inher chhuak a, rangkachak
meialh nasa tak chuan blue islands chu ê̄ng halos-ah a khuh
a ni

Chu rangkachak lui reh tak chungah chuan blue peak
leh a lallukhum meialh chu twins ang maiin a lang a,
dinglamah chuan lui te tak te, reh tak mai chu a eng chhuak
a, chu chu blue island pakhat rilruah chuan thla bial, chhum
thlipui kara a inbual ang maiin a innghat a ni

I wandered for a long time in the city of sunset and
mirage-like clouds, floating on the surface of the lake with its
delicate golden light And how magnificent were those golden
waters studded with red ice clusters scattered in every
direction to the edge of eternity

Eng nymph te te hi he leia thlarau \angkai tak tak an ni
tih ka ngaihtuah a, nunna fiahna zawng zawng hlawhtling
taka an paltlang hnuah, an duh angin an vak kual a, an
mumangte chu an taksaah an lantir phalsak an ni Nitin ni
tlak dawnin, heng nymph-te hian an van mumangte chu
tuipui leh rangkachak luitein a hual vel ethereal khawpuiah
an condense ang, Chutah chuan, lungngaihna
leh.. ..
.. .. he lei khawvel thang piah lamah hian
a lungngaihna leh hrehawmna zawng zawng nen,
hrehawmna zawng zawng piah lamah, heng thilsiamte hian
ê̄ng sen an thawk a, orange ê̄ng an in a, an inher a, an hnaih

a, êng rawng hrang hrang tuipui kamah an vak kual a, an inbual a ni

Hetah hian chu mermaid-te chuan an duhthusam chu an tihlawhtling ang a, an duh angin an fantasy chu an rawn pholang nghal ang a, chutah chuan an duh angin an inthiarfihlim ang a, an bo vek ang

Hetah hian, chu thilsiamte chuan lungawina leh lungawina ro hlute chu an hlim a, an khawvel mak tak, thilmak takah chuan anmahni tlawhtu zawng zawngte mumang chu thahnemngai takin an pe a ni

Hetah hian a duhthusam a thlen theih nan leh a duhthusam a thlen theih nan mihring anga nghah leh duhsak a ngai lo va, a duh angin a mumang a nei a, chu duhthusam leh duhthusam zawng zawng chu a duhthusamin a tihlawhtling ta a ni

Chu Islands of Dreams-a ni tlak khawpui chu ka subconscious thuk takah chuan mumang a ni a, vawiinah hian a thleng dik tak zet a ni Dik tak chuan ka thlarau ro hlu thup te chu ka hmuchhuak a, a êng chuan min khuh a, a eng mawi tak chuan min ti mitthla ta a ni!

Remna awm rawh se

Lamp eng chhuak thei

Kum thar tina thilpek min pek avang leh a thlen
famkimna beiseina leh thutiam min pek avangin Pathian kan
fak a, lawmthu kan sawi baw
Pathian nena inzawmna nei tur te, mimal nunah leh
khawvel dinhmunah inthlak danglamna mak tak tak thlen tur
te, remna leh mihring unau nihna nei tura thinlung taka dilna
aia thiltihtheihna lian zawk a awm lo
Mimal tawngtaina thinlung tak tak te, hriatna sang tak
te, leh hriatna lo pung zel te chu leia inthlak danglamna tak
tak thlentu thlarau lam chakna malsawm takah a chantir
theih nan Pathian hnenah kan tawngtai a ni

I êng leh êng êng êng kawngtea min kaihruai theih nân
leh, kan thinlung leh mi dangte thinlunga I hmangaihna kan
tiharh theih nân leh, êng nung meialh kan keng a, I
duhzâwng leh mite hlâwkpuî tûra kan talentte kan hman
theih nân, Aw Lalpa malsâwm rawh

Midangte tanpui tur leh an hrehawm tawrhna
tihziaawmna tur I cosmic energy leh kaihhruaina êng luang
chhuak thei tur conduit siam turin min pui ang che,
Nangmah vang hian mihringte leh keimahni tanpui theihna
kan nei si a

Hrehawm tuarte kan lainat theih nan malsawmna kan
dawng a ni
Khawvel hmun hrang hrangah ngaihtuahna tha leh tum
tha kan thehdarh thin
Remna leh unau nihna hi nunpui tawanna ni rawh se
."Vanah ang bawkin, leiah pawh"

Remna hi Pathian Engkimtitheia hming pakhat a ni a, }
chu chu Leiah a dah a, chuvangin in zingah thehdarh rawh
{u

* * *

Zirlai pakhat chuan zirtirtu Paramhansa hnenah a thil tih
\ha lote chu \angkai taka thlak a harsat thu a hrih a,
.thurawn a dil a, chuvang chuan a sawi a ni

Mahni insiamthatna tur beiseina i bansan tur a ni lo

Mi chu a \ha lam hawia inthlak danglam tumna a neih
duh loh chuan a tar chauh a ni

Chu stagnant state chu, ka chhut dan chuan, "pyramid"
.tak tak state a ni

Miin "Ka thlak thei lo" a tih a, a sawi nawn leh fo hian
A hnenah chuan: "Awle, chutianga awm tura thutlukna i
."siam tawh avangin i awmna hmunah hian awm reng rawh

Tuna mi pakhat dinhmun chu eng pawh ni se, mahni
inthununna, ei leh in \ha tak leh hriselna inkaihhruaina zawm
a\angin a \ha lam panin a inthlak thei a ni

Engvangin nge inthlak danglam thei lo i tih? Intellectual
stagnation hi chak lohna chhan thup a ni Mi tinin
hmasawinna tikhawtlai thei mizia kan nei vek a Heng mizia te
hi Pathianin mihring nihnaah a dah lo va, mihring siam a ni

Hengte hi tlin lohna i paih chhuah a ngai a, i paih chhuak
thei bawk

Mihring nunphung chu pawn lam atanga a chhungril
ngaihtuahna lanchhuahna chauh a ni tih hre reng ang che

Hrilhfiahna i siam hunah chuan chakna tam tak an lo kal
khawm ang a, an thlawp ang che a, i thutlukna \ha tak takte
chu an tichak ang

Tin, Pathian tanpuinain

Kumthar huan atan

Kum kalta chhunga echo ri te, a lungngaihna leh
nuihzatthlak tak takte nen chuan a bo ta vek mai

Tin, hetah hian kumthar hla fuihna thu, beiseina
:puangtu, leh thusawi ri bengchheng tak chu a awm a ni

."I nun chu famkim takin siam thar leh rawh"

Hlahna hlui hnim hringte chu kalsan rawh

Hmanlai huan chhuahsan a\ang chuan hlimna chi,
hlawhtlinna, beiseina, ngaihtuahna \ha leh thiltih \ha, duhna
ropui, sâng tak chi chauh a khawlkhawm a, a chhanhim a ni

Ni thar apianga lei hnim hring takah chuan chu chi chak
tak takte chu phun la, tui pe la, a lo thang lian thlengin
enkawl la, i nun chu par chhuah hlawkna hmuh tur awm lo
tak takte nen tikhat rawh

:Kum thar chuan a ti bengchheng a

Thlarau chu tiharh la, tih danah sal tang la, hmalakna"
thar, hlawkthlak tak tak thawk turin fuih rawh Beih hi bansan
ngai suh la, chatuan zalenna i neih hma leh karma (thil hmaa
thil tih tawhte zui reng leh zawn reng reng) i hneh hma loh
chuan chawlh hahdam ngai suh

Rilru thar leh hlimna thar reng rengin zu ruih chungin,
hlim tlang ila, kan chhuah leh tawh ngai loh tur van in lam
pan chuan kut inkung chungin i kal ang u

Hlawhtlinna chanchin a ni

Midangte tanpui nan duhthlanna ka hman hmasak ber
kha ka la hre reng

Chutih lai chuan ka thiante zinga pakhat nen chuan
:naupang tê chauh kan ni Ni khat chu a hnenah

."Mi za nga (rethei) kan chawm ang"

Mak ti zet hian a chhang a: "Mahse, pawisa pakhat mah
"!kan nei lo

Ka tiam a, "Chutiang chung pawhin project chu a kal zel
dawn a, pawisa chu nangmah kaltlangin a lo thleng ngei ka
.ring" tiin ka tiam a

Nuihzat hmel zet hian, "Eng project nge! Hei hi thil theih
"!loh a ni

Ka rinna ka hriatna chuan: "I nu chu engti kawng mahin
."tithinur suh la, a dil che zawng zawng ti rawh

:Ni khat hnuah chuan min rawn tlan phei a, min hrih a

Ka inbual lai chuan ka nuin min rawn call a, 'Tunah hian"
ka inbual lai hian min tibuai suh' tiin ka chhang dawn a,
mahse chu ai chuan a duhzawng ka zawt a, kan in bula awm
ka pi hmu turin min ngen a, chuvang chuan a hnenah: 'Ka
.ngaithla a, ka thu awih' ka ti a ni," a ti

Ka pi hmu tura ka kal khan ka hnena a sawi hmasak"
ber chu: 'Tunge chu tlangval rilru na tak i bula awm chu? I
rilru i hloh tawh em? He project ka hriat hi eng nge ni, in
'!?pahnih hian mi za nga in chawm dawn

Ka thinrim a, "Tunah hian ka kal ngei tur a ni," ka ti a, a
in chu ka chhuahsan tan ta a Mahse, min titawp a, "I thianpa
chu a â mai thei, mahse a ngaihtuahna chu a tha Take this
twenty-rupee note" (that was a considerable sum at the
.beginning of the twentieth century) a ti a

Mipa naupang chu mak a ti lutuk a a muhil mai mai a, ka
bulah a rawn tlan nghal a, thuthang min hrilh a Buhfai leh
ruai atana thil tul dang engemaw zat lei tura kan kal lai khan
thenawmte chuan kan ruahmanna chu an lo hria a, ei tur
tam zawk an rawn hlan a A tawpah chuan mi sanghnih
!(2000) kan chawm a

Chutiang bawk chuan a din hmasak ber library, Calcutta-
a Saraswati Library siamah pawh current thianghlim charged
a ni

Thil \ha tih i tum hian duhthlanna chak leh \angkai tak i
hman chuan i hlen chhuak ang Eng dinhmun pawh ni se, i
beih tlat chuan Pathianin i duhzawng i tihhlawhtlin theihna
tur kawng a siam ang

Chu chu Isua Krista'n a sawi thudik chu a ni: "Rinna i
neih a, i rinhlelh loh chuan... he tlang hnenah hian, 'Hlau la,
tuifinriatah in paih rawh,' i ti thei ang, tichuan a thleng ang"
.a ti

Tin, hadith ropui takah chuan: Pathian i au hian i]
.[dilnaah chuan tumruh takin awm rawh

I duhthlanna i hman reng chuan, eng ang harsatna pawh
awm se, hlawhtlinna, hriselna leh midangte tanpui theihna
chakna i la nei thei tho ang a, a chung berah chuan Pathian
nen inremna i nei thei ang Chu chu duhthusam chu a ni:
inhnialna leh thil tha tih hlawhchhamna tuifinriat ti vawttu
duhthlanna leh thil tha tih theih lohna leh beisei tur
tihhlawhtlinna chu

* * *

I nihna thuk tak êng tak chu han en la, chutah chuan
mawina, finna leh thianghlimna neih theihna tur
thiltihtheihna tawp nei lo i hmu ang

I chhunga mize sang zawk lantir theihna i nei tih rinna
nghet tak nen kum thar lo hmuak turin Pathian
Engkimtitheia kan ngen a ni

Thiltih tawhte boruak leh thil tih tawhte rah chhuah
chuan mizia, mizia leh tih dan biktein a khuh che a, mahse
hengte hi hun eng emaw chen atana lo lang mai mai a ni a,
chu mi hnuaiah chuan i nihna dik tak – thlarau ropui tak –
chu a awm a, chu chuan he khawvel stage-a i chanvo i
thawh laiin i neih duh leh i lantir duh hlawkna leh mizia thlan
theihna zalenna famkim a nei a ni

Thlarau lam duhthusamte chu in chhungah a rawn inher
chhuak a, in thinlungah a rawn thawk chhuak a, kum lo awm
tur atana in agenda-a dah turin a fuih che u em? A chhanna
chu a ni a nih chuan hun kal tawh kha theihnghilh la, chuta
zir chhuahte chu vawng reng la, i thil tum chu tihlawhtling
turin Pathian malsawmna nen kal zel rawh

Ni tin chu nungchang leh duhzawng ṭha lote thunun
theihna hun remchâng thar, thlamuang taka awm theihna,
hmangaihna pêk theihna leh he khawvêla beiseina leh
hlimna thehdarh theihna hun remchâng tharah an ngai a

Thil \ha tihdanglam i duhna i tiharh a, i thiltih hmanga i
thlawp meuh chuan, Khawngaihna neitu Lalpa hnen a\anga
hmuh theih loh khawvel chaknate chuan i thawhrimna chu a
tichak \an a, I thutlukna siamah i beih nasat poh leh i nunah
thil \ha chaknate chu a lianin a chak zawk ang—hei hi
Pathian dan danglam thei lo a ni

Ni khatna chu a harsa mai thei, mahse ni hnihna chu a
awlsam deuh mai thei a, ni thumna chu a awlsam zawk mai
thei Ni engemaw zat hnuah chuan hlawhtlinna chu hmuh
theih a ni tih i hmu ang Tin, kum khat chhung zet an beih
chhonzawm zel a, an thawhrimna chhonzawm zeltute chuan
an inthlak danglam ang

Thlarau lam duhthusam neitute hnenah heti hian kan ti
a ni: Pathian nena inzawmna neih duhna hi in nunah thil
ropui ber ni rawh se Pathian ngaihtuah leh Amah
ngaihtuahna hmang hian A ta kan nih avangin chatuan atan
min hmangaih tih rintlakna chiang tak kan dawng a, kawng
dik lo lam panna kawng dik lo kan zawh pawh ni se

Thuhnuairawlh taka hmangaih kan nih nia kan inhriat
hian, chu chuan theihtawp chhuah tûrin min chêtîr a, hun
kal tawh chu a hlawhchhamna leh lungngaihna zawng zawng
nêna kalsan tûrin min ãanpui a ni lâwm ni? Hmangaih kan nih
leh min hmangaihtu a awm nia kan hriat hian kan thlamuang
a, kan thinlung a lawm thin

Hnathawh tur leh tih tur zawng zawng awm mah se, kan
thuk zawnga luhchilh a, mahni inzawh chhuah a, Pathian

hmangaihna leh thlamuanna nena kan thlarau tihharh turin
hun engemaw chen kan ruat a ngai a ni

Pathian kan hmangaih a, ni tina Amah tihlawm tura tih
tak zeta kan thawh chuan thlarau lama kan hmasâwnna chu
engmahin a dal thei lo vang

Ka thiante u, Pathian tanpuinain kum tharah hian i
mumang pawha i la ngaihtuah ngai loh himna chu in tawng
dawn tih hre reng ang che u

* * *

Thutiam (will charged with determination) nen
Mihring thlarau theihnaah rinna famkim nen
Pathian rinna nghet tak nen
Kumin hi thlahthlam ila, kum thar hi lo hmuak ila

Khawvel hian inthlak danglamna a tawk mek a, chu
inthlak danglamna chuan kan nunah nghawng a neih mek lai
pawhin, nitin thil thleng chak tak takte chu finna leh
hriatthiamna nena kan thlir chuan hriatthiamna kan nei ang
a, zirlai kan zir ang

Hun stage-ah hian chanvo kan nei theuh a, chutah
chuan tunlai thil thlengte hi hmalam hun mumang-ah a
inthlak a ni

Thil thleng dramatic tak takte leh a kaihhnawih
dinhmunte hian thil tum pakhat a nei a: kan chhunga thil \ha
tam tak, pakhat hnu pakhatin tiharh Kan thil tawn apiang
hian fing tak leh \angkai taka hmachhawn turin kan
chhungah chakna thup a pholang \hin

Pathianin kan chhunga a dah theihna ropui tak tak kan
nei a, chu chu a thawh chhuah chuan kan nunah malsawmna
petu pawimawh tak a lo ni ta a ni

Pawn lam thilte hi kan thununna hnuaiah awm reng lo
mah ila, kan hmasâwnna leh mihringte hmasâwnna
kawngkhar bulpui ber, kan chhûnga awm kan duh chu kan
thlang thei reng a ni

Zalenna duhtu thlarau zawng zawng hian a tha zawnga
inthlak danglam tura inpekna rilru pu a ngai a, hun
remchang ber chu tunah hian a ni a, chu chu tumnate chu
thutlukna siam leh inthlak danglam tura inpeknaah a inngnat
a ni

Mihringte hi thil awm reng, rilru leh thlarau lama siam
thar thei lo kan ni tur a ni lo Kan chhunga mi huaisen nihnite
chu tihharh a ngai a, hlauhna leh rinhlelhna phurritte chu
paih chhuah a ngai a ni

Miin Pathianin a hmangaih tih leh a bulah a awm reng
tih a inhriat chian chuan, hun kal tawh emaw, hmalam hun
pawhin a ti hlauhawm thei lo vang

Mihring nun meialh piah lamah chuan Pathian meialh a
awm a
Mihring ngaihtuahna êng piah lamah chuan Pathian êng
ropui zawk chu a eng chhuak a
Thil hriatna thlipui piah lamah chuan khawvêl pum huap
hriatna tuifinriat zau tak a awm a ni
Mihring hmangaihna piah lamah chuan thinlung tikhattu
leh a duhzawng tihlawhtlingtu Pathian hmangaihna chu a
pulsate a ni

Thil danglam leh inthlak danglamnain a thunun
khawvela danglam lo constant pakhat chu Pathian nena kan
inzawmna hi a ni

Thutlukna hnahnung ber chu chu inzawmna malsawmna
chu tihchak a, nunna, chakna, hmangaihna leh hlimna petu
thilphal ber nena inrem taka awm chu ni rawh se

Mihringin a thlarau chauhna leh a ngaihtuahna thuk
takah a Siamtu a hriat theih nan

Khawvel pum huap Pathian dan, thutak leh hmangaihna
dan nen a nun a inremtir em tih nitin a inzawt tur a ni

Kan chhunga Pathian thlamuanna hi i vawng tlat ang u
Chhia leh tha hriatna aw i ngaithla ang u
Midangte pawh huam turin kan lainatna i zau zawk ang

u

Kan ngaihtuahna \ha leh thiltih inrem tak takte hmang
hian Pathian khawngaihna zarah he khawvelah hian inthlak

danglamna bulpui ber thlen thei thil \ha chaknate chu kan
tichak thei a ni

* * *

Tûn laiah chuan mi chuan kawng dik a zawh dân tih a
inringtawk thei a, mahse naktûkah chuan chu chu a kalsan a,
a thu tlûkna ðha siamte chu kalsan duhna a nei thei a ni

Kan nuna chak lohnate hi pawm tur a ni lo Thlemna leh
pawm lam nghawng zawng zawng karah pawh an thu bulte
nghet taka awm thei chu zalenna kawngah a awm a, finna
chu a kaihruaitu êng atan la apiang chuan nun rilru put
hmang, a tikhawtlai leh daltu te chu a hneh ang

Mi fingte chuan an finna chu a tâwp thlengin an vawng
reng a, eng dinhmun pawh hmachhawn tur pawh ni se,
huaisen tak leh rinna nghâl loh nên nun an hmachhawn a ni

Tupawh a duhzawng bânsan a, a dinhmun a inpe a,
theihtawp chhuah tawh lo chuan a inthiam loh phah a, hunin
a kal pel ang

Mihring hi a nungchang dik leh dik lo enkawltu a ni a,
"Ka danglam thei lo," a tih hian hlawhchhamnaah a inchhir a
ni

Miin nungchang \ha lo leh ngaihtuahna \ha lote beihna
karah pawh a chak a, a zalên tih a inhriat chian chuan, thil \
ha zawk tih tum chu a bansan dawn lo tih a sawi hian, a

chhunga awm \ha chaknate chu a tanpui tur leh thlawp turin
kawng a hawng a ni

Miin a thiltih chu eng ang pawhin dik lo mah se, a nun a
enchiang a, mahni tanpui leh thil dik tih tumin theihtawp
chhuah a ngai a, thil dik lo zawng zawng chu Pathian
tanpuinain thil \haah a chantir vek ang

Archives atang hian: Thinrimna leh Sakeibaknei
Hriatrengna

Chhûngril remna duhtute chuan thinurna lo chhuah dân
leh a rah chhuah râpthlâk tak tak a thlen fo dân an hrethiam
tûr a ni

Thinrimna avanga chhungril lama inthlahna hloh avang
hian mi tam tak chu an duh loh zawngin misual leh thisen
chhuak mi thattuah an chang ta a ni

Duhna tihbuai hian rilru a mit a tidel Duh duhna vur
chuan mi rilru a rawn luah chuan a hriatna a hloh a, mihring
ropui tak tan pawha phu lo takin a che thin

Rinna hloh chuan thiltih dik leh tum ṭha zawng zawng
tichaktu pianpui hriatthiamna chu a tibuitu a ni

Mi pakhat rilru lam lirthei steering wheel a chhiat chuan
accident an tawk ngei ang a, hrehawmna leh hrehawmna
kawngkhar chhungah an inhmu thei bawk

Entîr nân: Pasal chu hlim takin a khalh a, park lam
panna kawngah chuan a nupui chuan park ni lovin a nu leh
pate in lam pan tûra kawng thlak turin a ngen a, hetah hian
a hlimna chu thinrimnaah a chang ta a ni

He entîrna hi ka thlan chhan chu thil thleng tlangpui a
nih vang a ni A tlangpuiin, a rah chhuah chu pasalin a nupui
ngenna a hnawl emaw, thinrimna leh lungawi lohna a pawm
emaw a ni a, hei hi thil thleng tlangpui a ni A pahnih hian
thinrimnain a luah a, boruak a buai a, remna a tibuai a ni

Thil engemaw takah chuan thinrimna chu tharum
thawhna nei tan chuan lungngaihnaah a chang thei thin
Thinrimna hian hriatrengna a nghawng thei a, a nih loh leh
driver chuan fimkhur tak leh fimkhur taka lirthei khalh a
theihnghilh thei a, a nih loh leh traffic signal a en loh phah
thei a, chu chuan intlansiakna emaw, Pathianin a phal loh
chuan thihna emaw a thlen thei a ni

Thutawp atan chuan thinurna chuan duhthlanna
steering wheel chu nunna tawlailir-ah a khar a, a tisa leh
thlarau lam thiltumte a thlen theih loh phah a ni

elephant hriatrengna

Hriatrengna" an tih faculty hi Pathian hnen atanga"
mihringte hnena thilpek a ni a, malsawmna ropui tak a va ni
em! Hriatrengna pawh rannungte hnenah pek a ni a;
chutiang a nih loh chuan an fate chu an hre thei lo vang
Rannung thenkhat chuan hriatrengna tha tak tak an nei a,
chu chu a hnuaia sakeibaknei chungchânga thawnthu hian a
târ lang a ni

Sakeibaknei lian tak pakhatin thing a phurh lai chuan,
Khawchhak lama sakeibaknei zirtir tam takin an tih angin,
naupang pakhat chuan arawn pan hnai a, a zungpuiah
chuan zungbun hmangin a chil a, a tlanbo ta a ni

Chu thil thleng hnu kum khat a liam a, chu sakeibaknei
baw k chuan kawngpuiah chuan naupang pakhat chu a taw k
ta a, chu chu sakeibaknei tan chuan phuba lakna hun
remchang tak a ni Chuvangin, a trunk chu naupang chu a
khuh a, nasa takin kawngpui sir lehlamah a paih chhuak ta a
ni Chutiang chuan rannungte hian hriatrengna an nei ve tho
a ni

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Mumang tam tak ka nei tawh a, tunah chuan ka harh
tawh a, ka thlarau maicham-ah chuan nangmah, ka Pathian
ka hriatrengna meialh ka chhem a ni

Ka mit, a khuhnain mut muthilhna a chhuahsan tawh
avangin i hmel mawi tak chu ka en a, a êng thianghlimte chu
ka hmu nuam ka ti hle

Tin, i khawngaihna avangin chu hriselna leh natna chu
ka hrethiam ta a ni

Nunna leh thihna

Mumang chi hrang hrang an ni

Novel "Dreams Painted in Bright Colors" tih chu ka
.chhiar zo ta
Illusion eng mawi tak takte curtain-ah chuan

Tin, tunah chuan thudik awmchhun angin ka hmu che a
ni

Channel hrang hrang hawn reng

Mi tam zawk chuan harsatna lian tak an tawh hma loh
chuan Pathian hi an ngaihtuah ngai lo va, chumi hnuah
chuan a rawn inrawlh a, an harsatna ata chhanchhuak turin
an beisei a ni

Enlightened zinga pakhat chuan heti hian a sawi: "I dam
chhung nipuah Pathian i mikhual tura i sawm loh chuan i
.dam chhung thlasik laiin i hnenah a lo kal lo vang" a ti

Hei hian Pathianin min puih duh lo tihna a ni lo A
tanpuitu kut phar a, kan hrehawm tawrhna ata min
chhanchhuah a duh a ni Amaherawhchu, kum tam tak
chhung a dan kalh zawnga kan nun a, ngaihtuahna hmanga
Amah nena kan inbiak loh chuan rilru chu thil dik lo tam
takin a phur a, Pathian nena inbiakpawhna kawngte chu
hlauhna, mahni hmasialna duhna, rilru natna, rilru natna,
rilru natna, rilru put hmang, fits of
anger,
. mitdel rilru khauhna, nungchang \ha
lo, leh thil \ha lo Chutiang chuan Pathian \anpuina kan hnena
luang chhuak thei tur kawng inhawng a awm tawh lo

Kan ngaihtuahnate kan buatsaih loh a, channel kan
hawn reng loh chuan kan nun zin chhunga kan kawng
tinreng paltlang tur harsatnate chu kan hmachhawn thei
dawn lo - leh kan hneh thei dawn lo bawk

Pathian hmangaihtu chuan a hming malsawm tak chu
ngaihtuahna thuk tak leh hmangaihna thuk tak nena sawiin
a hmu niin an sawi a, eng thil pawh ti se, he thil hi a naupan
laiin a tan a, taima takin a vawng reng a, a muthilh lai
pawhin Pathian hming a sawi chhuak thei a ni

A lo upat deuh deuh chuan ramngaw zau tak,
sakeibaknei râpthlâk tak tak, rulhut, rulhut, leh rulhut
rimchhia tam tak awmna chu a paltlang ang a, puan leh
pheikhawk pheik khat chauh a ha lo

Mite chuan a huaisenna chu mak an ti hle a, mak ti takin
heti hian an zawt thin: "Chutiang sakawlh rapthlak tak tak
leh rulhut tha lo tak takte chuan an tichhe ngai lo em ni?"
:Ani chuan heti hian a chhang ang

Absolutely, ka hliam ngai lo, a chhan chu Pathian"
."hming ka keng tel fo a chu chu ka venhimna a ni

Pathian venhimna hian min hual vel tih pawh kan hre
thei a, kan vanduaina tihziaawmna tur leh kan harsatnate
hneh tura min pui turin a awm reng a, mahse a malsawmna
dawngtuah kan insiam reng tur a ni a, Amah ngaihtuahin, A
hnenah tawngtaiin, kan mawhphurhna hlen lai hian kan
thinlungah Amah nen kan inbiak a ngai a ni

Chutianga kan tih chuan thlipui kan tuar thei a, buaina
chinfel theih loh leh harsatna khirh tak takte chuan min hneh
thei lo vang a, kan thutlukna pawh a titawp thei lo vang

thlarau lam chapona

Inngaihtlâwmna hi thlarau lam kawnga hlâwkna lian ber
a ni a, inngaihtlâwmna neih hian mahni \hanlenna a ti chak
a, a vênghim bawk

Inngaihtlâwmna chu zawngtuin a thil tum, Pathian nêna
inrem leh A awmna hriatna a thlen duh chuan a thlarau nun
a dinna lungphum a ni tûr a ni

Khawvel hian hlawhtlinna, thil neih leh dinhmun
chungchangah inchhuang a, midangte duhsakna leh
ngaihsan hlawh chhuah tumna a fuih a, mahse a zawngtu
chuan a ngaihtuahna chu mahni tenau, "ego" a\angin mahni
sang zawk lam pan a ngai a ni

Inngaihtlawmna dik tak chu Pathian chu engkim a ni tih
chiang taka hriat a, Pathian duhsakna dawng tura
duhthusam lian zawk siamin ego tihlungawi tumna chu paih
bo tihna a ni

Pathian hmangaihna tihhmasawn a, mahni hmasialna
bansan a, kan thil zawn leh kan thlen emaw, kan hmuh

emaw zawng zawng bulpui ber Pathian lam hawi hi a ni baw

Thlarau lam chapona hi thlemna langtlang tak a ni a,
Pathian hriatna emaw, Amah nena inbiak theihna emaw a
khuh tlat avangin he hrehawmna hi a zawngtu chuan a
fimkhur a ngai a ni

Zirtîr chuan inngaihtlâwmna nei tûra tih tak zeta a beih
loh chuan, thil awm lo thang leh thil âthlâkna thangah a tlu
lut duh hle ang

Dik tak chuan mi chuan chak lohna tam tak hnehin
kawng lakah nasa takin hma a sawn thei a, chuti chung
pawh chuan chapona thlemna avangin a tlu thei a ni

Khawvel pum huap Lalpa leh Chhia leh Tha Chhiatna
Enchiangtu chuan thinlung chhungril lam thil awm chu a hria
a, an thlarau lam thil chhuangtute chuan an hloh ngei ang

Thlarau lam thil tawn chhuangtute chu mahni
inngaihlutnain an tibawlhhlawh a, a nih loh leh thu dangin
sawi ila, mi bik anga an inngai tan a, malsawmna an dawnte
pawh an hloh thei a ni

Mahni inchhuanna chuan a chhunga Pathian
malsawmnate a hnehtu chuan thlarau thilpekte chu a hmang
sual a, chutah chuan Pathianin chu zirtir hnenah chuan
inngaihtlawmna zirtirna a pe a, chu zirtirtu hnenah chuan
thlarau lam hriatthiamna a neih hma leh a kawng a siam
that hma loh chuan a malsawmnate a laksak a, Mahse hei hi

hmangaihna avang hian a ti a ni, a chhan chu zirtirtu
thinlung chu inngaihtlawmna zawng zawng nen Pathian
hnenah a inhawng a, Pathianah a innghat vek tih a hriat
chuan, chutah chuan tehfung famkim a hmu ta a ni Pathian
khawngaihna a ni

Zirtîr nun chu inngaihtlâwmnain a khat a nih chuan,
inngaihtlâwmna rimtui chuan Pathian ngaihsakna a hip a,
zirtîr chungah malsâwmna a lo chhuk a, a nun chu
thlamuanna leh hmangaihna a khat a ni

Mihring nihphung

Ngaihtuahna hi a tawp lo, i zirlai field emaw
specialization emaw chu eng pawh ni se, chu material-ah
chuan i rilru i dah tawh chuan chu lam hawiin hun tiam nei
lovin a kal ang I hman theih leh hlawkna i hmuh theih tur
finna emaw thu hriatna emaw pawh a tawp lo

Ka thiante u, heng thute hi midangte aiin a danglam
deuh deuhin in hrihfiah tih in hria em? A chhan chu mi
pakhatin ngaihtuahna kalphung a inang lo vang a ni

Mi tinte chu an nihna leh ngaihtuahnaah an danglam
vek avângin, eng dinhmunah pawh an chhân lêt dân leh
chhân lêtna chu mi dangte aiin a danglam a An chhûngril
lam mizia chu an ngaihtuahna, an rilru put hmang, an chhân

lêtna leh an chêtîrna zawng zawng zatve a ni—chungte
chuan an magnetism awmzia, a nih loh leh an neih hipna
thiltihtheihna chu a hril a ni

Magnetism hi ðhiante, ðhiante lainatna leh duhsakna i
hip theihna chakna ropui ber a ni

Hriat hlawh leh ngaihsak kan duh vek a; tumahin
ngaihsak loh emaw, theihnghilh emaw an duh lo Naupangte
pawhin ngaihven hlawh leh hip tumin kawng engemaw takah
tumruh takin thil an ti thin

Midangte hmangaih leh ngaihhlut nih kan duh baw k a
Mahse, mi engzat nge midangte hnen atanga kan phu nia
?kan hriat hriatthiamna leh ngaihsakna pe thin

Kan inngaitlawm hle a, mahni tlin lohnate pawh kan
ngaidam a, chutih rualin midangte thil dik lo sawisel leh dem
turin kan inpeih kim vek a ni

Mi dangte hmaah ding chungin kan naupan lai atang
tawhin kan tlin lohna zawng zawng kan hrilh thei ang em? A
chhanna chu a ni lo

Mahse nungchang tha kan zir loh chuan midangte
nungchang tha kan kawhhmuh thei lo

Keimahni ngeiin midangte chak lohna kan tuar a nih
chuan tuar lo turin dikna kan nei lo

Khawvel hi midang siamthat duh mahse mahni
insiamtha duh lo mipuiin a khat a, Constructive self-
assessment kan neih loh chuan kan inthlak danglam lovin ni
leh kumte a liam mai ang

Kan mamawh chu mahni insiamthat hi a ni a, a chhan
chu kan insiamthat hunah chuan kan entawn tur tha tak
hmangin mi sang tam tak kan siam tha thei dawn a ni

Dik tak chuan, thusawi aiin thiltih hian thu a sawi ring
zawk a ni

* * *

Thlarau lam fuihnate chu a tharin a awm reng a,
thlamuanna leh hlimna a keng tel bawk

Thlarau lam hriatna chu thlipui nê̄m tak angin a intan a,
chutah chuan hriat lohna bawlhhlawh, sualna chi hrang
hrang, leh mahni hmasialna bawmte nuai botu thli
malsawmna a lo nih thlengin a chak zual sauh sauh a ni

Enlightenment ngainatute pung zelte'n khawvel pum
huapa inremna leh thlarau lam hriatthiamna level-a kai
chhoh an duhnaah hian chhinchhiahna fuh tak tak a lo
chhuak mek a ni

Remna thlipui nê̄na kan inrem phawt chuan kan thlarau
mizia leh kan Pathian bulpui nê̄na kan inzawmna chu kan hre
chiang zual sauh a ni

Pathian hmangaihna chuan ngaihtuahna a tithianglim
thin
Emotion a tifai thin
Tin, hriatna an tiharh baw

Pathian finna chu a thuk a, a awlsam a, a sang hle a,
chu nena inmil apiang chuan a kal bo loh nan kawng dik
kawhhmuh thei chhungril compass a nei a ni

Pathian finna leh Pathian hmangaihna chu kan
ngaihtuahnain min phal ang tawkin a hnaih a ni

Electric generator pakhatin khawpui êngte chu electric
chakna a pe ang bawkin, Pathian nena inremte chuan an
thlarau leh an chhehvêla thim awmte tibo tûra tanpuitu êng
chakna an dawng a ni

Pathian hmangaih tak tak a, an nun chu khawvêl dân
nêna inmiltîrtute chuan chakna, remna leh malsâwmna tam
tak an nei a ni

Pathian Engkimtitheia hnenah malsawmna leh infuih
tharna sang ber min pe turin kan ngen a ni
Tin, kan thutlukna chu rah chhuah neia hnathawh
theihna leh mahni hmasial taka rawngbawl theihna chakna
leh theihnain min luah khat rawh se
Tin, thatna zawng zawng, khawngaihna leh awmna
zawng zawng bulpui Amah hriatrengna nei reng chung a kan
nung tih pawh

Archives atang chuan: Duhthusam thing chanchin

Hun rei tak kal ta khan Hermit pakhat Harry-a chu
Hindustan ramah a khawsa a, kum tam tak chhung chu
Himalaya tlangah hian thing hmuh tur awm lo tak, Wish Tree
an tih zawngin a vak kual a

Thufing chuan heng thing mak tak takte hi hermit-te
chauhvin an asceticism leh thlarau lam discipline khauh taka
an kalpui avanga lawmman atan an hmu thin tih a sawi a,
heng thingte hian an hnah hnuaia thu apiang duhzawng leh
duhzawng tihhlawhtlin theihna an nei niin an sawi

Hermit Harry chuan hun rei tak chhung austerities hrang
hrang a tih avang te, a duhthusamin harsatna a tuar avang
te, leh a tan discipline khauh tak a ruat tawh avanga a
inpekna avang te chuan chu thing chu hmuh a phu tih a rilru
chhungril takah chuan a hria a

Mahse heng thlarau lam thil zawng zawngte karah hian
zir tur a la awm a, Pathian hriatna a duh laiin, duhna dang,
tlem zawkte pawh a vawng tlat baw

Chu duhzawngte zingah chuan Duhthusam Thing hmuh
duhna chu Tlang kawng hrual hrual tak takte chuan a
thinlung duhzawng thil tum leh a duhthusam thuk ber
tihhlawhtlinna kawnga a kekawr bul hrual chu a tichhe vek
tawh A chhungril rilru put hmang chuan a duhzawng chu
tihhlawhtlin a nih dawn tih a tichiang reng a, chu thing chuan

a thlarau lam thawhrimna lâwmman pianpui angin a nghak
reng a, chu chuan a theihna leh a pel a ni mi pangngai tuar
thiamna

Kan thianpa chuan a intuition-ah a dik a ni Himalaya
tlangram ruam pakhatah chuan thing hnah zau tak a hmu a,
chu chu a thlarau lam hriatna avang chuan hun rei tak a lo
zawn tawh leh a hmuh duh em em ro hlu a ni tih a hre nghal
a ni

Chutah tak leh duhthusam tak nen chuan thing hnah lo
dawngsawngtu chu a pan hnai a, a hnuaiah chuan a thu a He
thing danglam tak thiltihtheihna mak tak takte hi tawn tumin
Harry chuan a mit a chhing a, a rilruin, "Hei hi Duhthusam
Thing a nih chuan ka tan chuan kulhpui ropui tak angin lo
!lang rawh se

Chu ngaihtuahna chu a rilruah a lo kal meuh chuan
thing bulah chuan lal in ropui tak a lo lang a, chu chu huan
mawi tak tak, roses thar, basil rimtui tak tak leh thing sang
tak takin a hual vel a ni

Harry chu he thilmak hi a lawm hle a, a duhthusam ber
chu tihhlawhtlin a nih avangin a hlim hle a, a tawpah chuan
hun rei tak a lo zawn tawh Wishing Tree chu a hmu ta a ni A
duhthusam leh tur chu a sawi chhuah hmain rei tak a nghak
lo va, heti hian a sawi: "Ka chhehvelah hian nula hmeltha
zaipawl pakhatin rangkachak plate-a ei tur tha ber ber leh tui
ber ber minrawn pe a, tangkarua zawnzawn aia thlum
zawk in tur min leih tir tih hmuh ka duh a ni," a ti jugs into
."goblets rangkachak eng ang maia eng

Mit khat lek chhungin a duhthusam chu a thleng famkim
ta a, a hmaah chuan rangkachak plate-a thil tui chi hrang
hrang dahna dawhkan a hmu a, nula hmeltha tak takte
pawhin lal leh lalte nena inmil ei leh in chi hrang hrang an
hlan bawk a ni

Kan thianpa chuan ruai ropui leh hlimawm tak kan ei
hnu chuan a chenna thar chu a enfiah tan ta a, marble
staircase mawi tak takah chuan a chho a, lunghlu hring hring
hrual chambers of dazzling brilliance-ah chuan a kal kual ta a

A tawpah chuan kan hermit vannei tak chu kea kal chu a
chau ta hle a, leihnuai pindan pakhatah chuan thlamuanna
leh chawlhna a zawng ta a Chu pindan kawngkhar hniam tak
takte chu Wishing Tree ropui tak hnah sei tak takte chuan a
khuh vek a

Tukverh bula khum pakhata a mut lai chuan duhthusam
thing hnah thuk tak takte chuan êng chu a dang tih a hmu a,
a thinlungah chuan mahni chauha awmin hlauhna a rawn lut
tih a hria a, ngawi reng chu thawm tlemte chauhvin a titawp
a, chu chu huan atanga lo chhuak emaw, lal in bang piah
lama zalen taka vakvai ramngaw ramsa atanga lo chhuak
emaw a ni tih a ngaihtuah a ni

A rilruin: Ramngaw sakeibaknei pakhatin tukverh atanga
a luh theih chuan engtin nge ni ang? Chutiang a nih chuan
min ei zo vek ang a, ka tan chuan tawpna a ni ang

Chu hlauhna ngaihtuahna chuan a rilru a rawn luah
meuh chuan sakeibaknei râpthlâk tak chu tukverh atangin a

rawn chhuak a, hlauthawng tak hermit chu a man a, ei tûrin
a hruai bo ta a ni—a chanvo râpthlâk tak a ni tak zet a ni

Vanduaithlak takin Harry chuan Wishing Tree hian
ngaihtuahna tha leh tha lo a thliar hrang lo tih a hre lo A thil
tum chu a humhalhtute duhdan tihhlawhtlin mai a ni Dik tak
chuan Wishing Tree hian hermit Harry rilru lem chak tak chu
a keng tel famkim a, chu chu a ngaihtuahna hnahnung ber a
ni

Mi tinte chu an duhzawng thing hnuaiah an khawsa a,
chu chuan an duhzawng zawng zawng tihlawhtlingtu chu
thing chu duhthlanna a ni Mihring duhdan, Pathian
duhzawng lantîrna chuan a bulpui berah chuan mi pakhat
beiseina leh duhzâwng tihhlawhtlin theihna thiltihtheihna a
nei a ni

Mahse, a duhzawng, duhzawng leh ngaihtuahna thunun
dan hre lo chuan a Lalpa hnenah vawi sangkhat lawmthu a
sawi tur a ni a, a chhan chu a ngaihtuahna thunun loh chu a
thleng nghal mai lo va, chuti lo chuan duhthusam ramhuai
chuan thlarau thlamuanna tichhetu, hlimna ruh
tikehsawmtu, hlimna ruh chu tikehsawmtu, thlarau
thlamuanna oasis-a chantirtu sakeibaknei, ravenous tak
takhte automatic embodiment a siam ang ram hring hring
(barren wasteland) a ni

Hei hi Mihring duhzawng chak tak leh finna chak tak mai
ni lo, Wishing Tree hnah hnuaia ̣thu chungin thil ̣tha leh ̣tha
lam ngaihtuah turin zirlai ̣tha tak a ni

Mi chuan hlauhna, hlawhchhamna, natna leh hriat
lohnate ngaihtuah reng tur a ni a, chuti lo chuan heng thil
tha lote hi hriat loh thim a\angin ramhuai ang maiin an lo
chhuak ang a, buaina lian tak tak, hmachhawn emaw,
thunun harsa tak tak an siam ang

Ngaihtuahna \ha lo chuan a vawn tlattu tan chauh
chhiatna a thlen a; mahni leh mi dangte tana thil \ha a duh
chuan ngaihtuahna \ha takin thlak rawh se Tin, hlawhtlinna
chu Pathian a\anga lo chhuak a ni

* * *

Tisa thilpêk bâkah Pathianin rinna leh thlarau lam
hriatthiamna min pe a

Tin, Amah lam hawi a, Amah ringtute hnenah chuan
Pathian hriatna sang ber a pe bawh

Thilpek malsawmna chu thinlung khawihtu, mize khauh
tak tidanglamtu, thlarau lam ngaihsak lohna laka thlarau
tiharhtu, mihring chhungkaw pakhata telte inkara
inhriatthiamna leh inremna fuihtu a ni

Pathian hretute chuan an thu fing leh entawn tur
famkim hmangin an zirtir mai ni lovin, Pathian hmangaihna
thianghlim leh thuhnuairawlh nei lo min pe bawh Chu
hmangaihna êngah chuan kan theihna sang zawk thlirna
thar kan nei a ni

Pathian thlante hi he khawvelah hian a khawngaihna
hriatna min pe turin an lo kal a, kan thinlung chu beidawnna
chi hrang hrang leh khawvel thim ata kan chhuah zalen theih
nan leh kan chhungril êng min kawhhmuh turin an lo kal a,
Pathian rochanah chanvo kan nei tih leh cosmic
consciousness nen kan inbiak theih thu min tiam a ni

Mihring chu a Siamtu nêh a inrem chhoh zêl chuan a
sualte chu a chim a, a chak lohnate chu chaknaah a insiam
a, a thlarau chu a bulpuiah a thianghlim a, Pathian hnaih tak
a ni tih a hrechhuak ta a ni

Pathian êng eng reng reng chu a duhtu chungah a lo
eng chuan, Pathian nihna chu a chhungah leh mi dangteah
pawh a awm tih a hrechhuak a, chu chu thil inbumna hnuaia
awm thlarauah a eng chhuak thei lo tur puan thuk tak tak a
awm chung pawhin

Pathian Engkimtitheia hnenah thilpek min pe turin kan
ngen a ni: kan hriatna chhunga remna sang ber,
hmangaihna sang ber leh sawifiah theih loh hlimna kan
hriatna chu

Kan tih tur awm chhun chu hmangaihna leh inrintawkna
nen khawvel pum huap thinlung, a hmangaihna tawp nei lo
leh a pekna tawp nei lo lam hawi hi a ni

Pathian chuan malsawmna min pe duh a, a thilpek a\
angin min pe duh a, mahse kan thinlung kan hawng tur a ni
a, kan duhthusamte kan pholang tur a ni a, a khawngaihna
tam tak dawngtuah kan insiam tur a ni

Thinlung zawng zawnga Pathian kan koh hian
lungkhamna te, rinhlelhna te, hlauhna te ang chi daltu
zawng zawngte chu a bo vek a, Pathian hnaih leh min
hnaihzia kan inhria

Mi zawng zawng tan thatna leh malsawmna kan
duhsakna kan hlan e

Kan thiante, thlamuang takin awm rawh se

Ka chatuan mikhual ni rawh

Aw Lalpa, kawng dikah ka ke kawhhmuh ang che
Tin, ngilneihna thiltih hmangin ka kut te chu ka sawn
bawk

Ka mitte hi malsawm rawh, ka hmuh tur chu an hmuh
theih nan
Ka thusawi hmang hian i infuih tharna chu luang chhuak
rawh se
Tin, ka thusawi thlum leh nê̄m tak hmang hian midangte
chungah i ngilneihna chu theh darh bawk ang che

I rimtui chu ka thlarau pangpar atang hian lo chhuak
rawh se
Tin, i awmna biak in lama thlarau hip turin

I khawih hian ka thinlung malsawm rawh se

Mi zawnz zawnz nen a inrem thei lo ang a, a inrem thei
lo mai thei

Ka ngaihtuahna hmangin hna thawk rawh
I thlamuanna tuikhuah hian midangte ka hruai lut ang
che

Ka chatuan mikhual ni rawh
Tin, ka thlamuanna leh hlimna biak inah hian awm rawh

Ka theihnghilh ngai lovang che Lalpa
Nang tel lo chuan nun kawng ka zawh lovang

Hun kalna kawngah ka bo ta
Kawng min kawhbmuh a, i hnenah min hruai kir leh a

Emotional longings nasa tak min pe rawh
Tin, i chung a inpekna nung echo-ah pawh
I malsawmna aw chu ka lo ngaithla teh ang

* * *

:Zirtirtu chuan zirlai pakhat chu a fuih a

Thlûk leh thang dik lova tlu lut chu rei lo tê chhûnga chak
lohna chauh a ni

Nunna mazes-ah i bo tawh a, kawng i hmu leh thei tawh
dawn lo tih ngaihtuah suh I tlukna leilung ang chiah hi i thil

tawn atanga i zir chhuah chuan, i thil tawn atanga i zir
chhuah chuan, i tlu leh theihna tur lungphum atan pawh
hman theih a ni

I nunah tihsual bikte i hriatchhuah a, tihsual leh tawh lo
tura i rilru i siam chuan, i tlu leh a nih pawhin, chu tluknain
nghawng a neih chu i tum lo tak tak aiin a tlem zawk hle ang

Kan tum zawng zawngah hlawhtlinna kan beisei tur a ni
lo

Kan tumna thenkhat chu a hlawhchham thei a, mahse
tum dang erawh chu a hlawhtling ang

Hlawhtlinna leh hlawhchhamna hi a inzawm tlat tih hria
la; neither can exist independently of the other Chuvangin
hlawhtlinna ropui tak kan neih chuan kan chapo emaw, kan
inngaitlawm emaw tur a ni lo va , hlawhchhamna kan tawn
chuan kan beidawng tur a ni lo va, kan beidawng tur a ni hek
lo

* * *

Professor lar tak pakhat hian a dam chhung hun tam
zawh chu hriselna tha lo takin a hmang niin an sawi a, kum
sawmli a tlin hma hian nervous breakdown vawi hnih a nei a,
thinlung natna khirh tak a nei a ni

A hnathawh chhonzawm chu a harsa hle a, ni a liam zel
a, a dinhmun chu a chhe zual zel a, kea kal leh zirlai pek

kawngah harsatna nasa tak a tawk ta a, taksa chetna tlemte
pawhin a na hle a, a rilru a hah hle bawh

A tawp berah chuan - in dam chhung chu rei rawh se - a
doctor-te chuan a dam chhung chu chhiar tel a ni tawh tih an
hrilh a, doctor-te'n an natna an hmuhchhuah chuan tanpui
theih lohna leh beidawnna a tizual a ni

Chumi hnu rei vak lovah chuan thlarau lam retreat infuih
tharnaah a tel a, chu chuan thilte chu thlirna thar a\angin a
hmu a, Pathian hnaih tak niin a inhria a ni

Chumi chawhnu chuan kea kal turin a kal a, pine
ramngaw pakhatah a lut a, thinghnah chungah chawlh
hahdam turin a thu a, a nihna zawng zawng nen a tawngtai
lai a inhmu a, a thinlung chhungril ber atangin Pathian
hnenah tidam tur leh a taksa chak lohna atanga chhuah
zalen turin a ngen a ni

Tichuan Pathian hnenah a hnena lo kal a, a nun luah tur
leh a taksa dinhmun siamthat turin a ngen ta a ni

Hemi chungchangah hian heti hian a sawi: "Chutah
chuan ramngaw-ah chuan Pathian nen inzawmna ka nei a,
ka taksa cell tin hi Pathian awmna nen chuan an khur vek
.niin ka hria" a ti

Ni engemaw zat hnuah tlang pakhat a lawn thei a, chu
chu a hmaa a tih theih ngai loh thiltih a ni Hemi
chungchangah hian heti hian a sawi: "Tlang chhip ka thlen
chuan hlauhna leh chak lohna rilruin min kalsan a, ka hre leh

tawh ngai lo Chuta tang chuan ka rilruah thinlung thar a
."rawn beng tih ka hre ta a ni

Tin, chu chu a thleng tak tak a ni, a chakna, a chakna
leh a literary output tam tak avanga hriat hlawh tak a nih
avangin, a doctor-te hnen atanga chu natna hmuhchhuah a
nih hnu kum sawmli dawn lai a dam ta a ni

Vawi tam tak chu, kan ngaihtuahna leh thiltih dan thlak
danglam tura nawr kan nih hian—a tulna avang emaw,
hrehawmna avang emaw pawh ni se—Pathian hnena inpe a,
bul tan thar leh tura nawr kan ni thin Chumi hnuah chuan thil
siam dan chu a intan a, nunna chaknachu kan ngaihtuahna
leh taksaah hian tihbuai lohvin a luang lut thin Hemi avang
hian thlarau lam inthlak danglamna dik tak chu rilru lam
emaw taksa lama hrehawm tawrhna nasa tak karah a thleng
thin

Prayer of Abandonment" an tih dilna a awm a, chutah"
:chuan diltu chuan

Aw Lalpa, tun dinhmunah hian he harsatna hi ka"
hmachhawn mek a, mahse a rah chhuah chu i kutah a awm,
ka Pathian duh tak I thupek a ni a, i duhzawng ka pawm ang
."a, ka tana i duh zawngah ka lungawi ang

A nihna takah chuan mi tam tak tan chuan hetianga
thinlung taka tawngtai hi a harsa a, chu chu mahni duhna
leh "ego" duhnate bânsan tihna a nih avangin, hei hi mi tan
chuan thil harsa ber pakhat a ni Tupawh chutiang ti thei
chuan Pathian a rinna famkim a lantir a ni

Mahse hei hian passive leh dependent kan ni tur tihna a
ni lo va, kan lam atanga theihtawp chhuah lovin Pathianin
kan harsatna zawng zawng a chinfel sak vek tur kan beisei a
"Tin, 'Hna thawk rawh!'" ti ila, thiltih tel lo rinna hi nunna nei
lo a nih avangin

Mi chu pindan pakhatah a ̣thu a, kawngkhar a khar a,
thil dang ti lova Pathianin a hausak ang tih a inringtawp reng
chuan Pathianin a tawngtaina chu a chhang lo vang, a chhan
chu hausakna tur emaw, thil dang emaw a nih theih nan hna
"a thawh a ngai a ni

Hnathawh" emaw thlarau lam thawhrimna emaw nei lo"
rinna mittel chuan rilru êng chu a timit a, mahse mi chuan a
rilru a hmang a, thil dik tak a tih a, thil siam\hatna tur a tih
chuan Pathian enkawlina a dawng ang a, Pathian chhanna a
hmu ang

* * *

Khawvela hausakna zawng zawng aiin ̣thian dik tak chu
a ropui zawk
An thinlunga hmangaihna neitute chuan mi dangte an
hre takzet ang
Glass bottle chiang tak atanga thlir a, a chhunga thil
awm chu a hmuh ang mai a ni

Chutianga mi dangte hriatna chu Pathian hmangaihna
leh chu hmangaihna nena midangte hmangaihna a\anga lo
chhuak a ni

* * *

Thlalak-ah hian: Master Paramhansa-a chuan a ṭhian
nihna hlu tak, a bula inbiak pawhna zawnga, amah nena
inhmuh nuam titu Native American ṭhian ṭhenkhat nen

Kan tihdanglam theihna nei lo anga lang dinhmunah kan
inkhung fo thin Kan ngaihtuah theih zawng zawng kan tum a,
chutah chuan kan tana tha ber nia kan hriat dan anga kan
dinhmun thlak danglam turin thinlung taka Pathian hnena
tawngtai hi a tel a ni Chuti chung chuan, kan duh em em chu
—sum leh pai lama tanpuina emaw, hriselna emaw, thil dang
emaw pawh ni se—a thleng lo mai thei a, beidawnna leh
beidawnna rilruin min hnutchhiah a ni

Mahse kan chhunga Pathian thiltihtheihna nena kan
inzawm theih loh chuan inpekna awmzia kan hriatthiam loh
vang a ni

Vawikhat chu mi fing pakhat chuan harsatna zawng
zawng hi ngaihtuahna hmanga chinfel theih a nih thu a fuih
a, mahse mi tam zawk chuan ngaihtuahna hi Pathian man
tum emaw, A hnen atanga thil dang hmuh tum emaw a ni lo
tih an hre lo Pathian nena kan inzawmna hi kan hriat hmasak
a ngai a, kan nunah tlukna atana ding leh kan hnena Pathian
thiltihtheihna luang chhuak tur tihtlemtu ego tenau tak
emaw "ego" emaw chu kan thlahthlam tur a ni

Hmeichhe pakhat kum riat chhung zet chu rualbanlo leh
damlo a awm reng a, a hna a thawh leh theih nan Pathian
hnenah tidam turin a tawngtai fo thin A tawpah chuan a beih
hlawk lo ang maia lang chu a lungawi lo hle a, Pathian
.duhzawngah a inpe ta a, hetiang hian a tawngtai ta a ni

Ka nunna hi i kutah ka dah a, Aw Lalpa Keilo leh"
rualbanlo taka awm reng tura min duh chuan chu chu i hna a
ni a, mahse hriselna aiin i lakah hian ka duh zawk a, thil chu i
."duh leh i tih danah i ta a ni

Kar hnih chhungin a dam kim tawh a, a natna khum chu
a chhuahsan ta a ni

Hei hi thil inthlau tak angin a lang thei a, mahse a
ngaihdaan bulpui ber chu mahni hmasialna leh mahni
hmasialna a\anga lo chhuak A Dilnate hnuaia intukluh ai
chuan Pathian hnenah kan ngen fo \hin tih hi a ni

Mahse, a châng chuan kan duhzâwng chu finnain a
kaihruai lo va, chuti chung pawh chuan kan ðhatna tûr ni lo
thil neih chu kan tum tlat a, kan dinhmun thlâk tûrin Pathian
a rawn inrawlh lo

Kan thil neihte hi a châng chuan kan dinhmun
hmachhawn tûrin a tawh mai thei a, mahse a hnuaah chuan
kan thunun theih loh harsatna lian tak tak kan hmachhawn
a, harsatna nasa takah min hnutchhiah a, Amaherawhchu,
kan ego chu dah bovin, "I duhzâwng chu tihfel rawh se,
Lalpa, ka duhzâwng ni lovin," tia thinlung tak leh tih tak zeta
kan ðawngtai theih chuan kaihhruaina luang chhuak tûrin
kan thinlung kan hawng a, Pathian thiltihtheihna leh

malsâwmna tam tak chu kan chungah a rawn luang chhuak
a ni

Kan harsatna sutkian nan theihtawp chhuah mah ila,
mihring thiltihtheihna hi a tlêm tih kan hriat a ngai a, Pathian
thiltihtheihna tawp nei lo tân kan inhawng a ngai tih kan
hriat a ngai a , mahse mi tam takin he thutak hi an hriat
hmain tanpui theih lohna tluantling an tuar a ngai niin a lang

Hla pakhat a awm a: "Ka tang chuan min chhuah zalen
.turin i lo kal" tih a ni

Tin, chu chu Pathianin a tawpah chuan Amah chauh hian
dinhmun harsa tak tak a thlak danglam thei a, harsatna
chinfel theih loh a chinfel thei tih min zirtir dan pawh a ni

* * *

Pathianin kan tawngtaina zawng zawng (min rawn tlawh
. theih nan) ngaithla mah se
Mahse a chhang ngai lo

Kan dinhmun hi naupang tê tîn a nu a koh ang mai a ni
Mahse nu chuan a hnena lo kal a ngai lo tih a hmu a
Chuvângin, a buai leh ngawih reng theih nân infiamna
thil a thawh a ni

Mahse naupangin thil dangin a thlamuan duh loh chuan
Nu ber chauh a hnenah a rawn kal thin

Chutiang bawkin Pathian hriat duh apiang
Naupang ang mai a ni tur a ni
A aiawhtu atana nu awmnaah a lungawi lo

magnetic lama hmasawwna

Miin a duhthlanna magnetism chu a siam chhuak thei a,
chu chu Pathian thiltihtheihna sang ber hip nan emaw, rilru
chakna nei turin emaw, nitin nunah thil tulte hip nan emaw
pawh nise

Pathian chuan mihringte chu taksa a pe a, chu chu kan
enkawl a ngai a ni An taksa magnetism chu thil neih leh rilru
chakna chauh atana hmangtu leh hmangtute chu a tawpah
chuan bum an ni ang Mahse, an thlarau lam magnetism
tipungtute chuan chu thiltihtheihna malsawwna chu an
mamawh ngaihtuahin an thil duh zawng zawng
tihlawhtlingtuin an hmu ang

Khawvel pum huap dan tha taka hnathawk thei a awm
a, chu chu ka nunah ka tawng tawh a, a thawk tih ka
nemngghet tawh bawk

Mi pakhat tan chuan rilru thupekte chhangtu taksa chak
tak, hrisel tak neih a pawimawh hle Mi rilru hah tak, rilru
chak lo tak chu thil tum leh chakna nei lovin hna thawk tura
kal chu han mitthla la, chutah chuan sakawr pakhatin
intlansiakna hmuna tlan chhuak tura inpeih tawh chu a tan
theihna tur signal a dawn veleh han mitthla teh Chutiang chu
taksa chu a awm tur a ni

A châng chuan kum upa lam \henkhat hrisel \ha leh \
halai chakna nei \henkhat kan hmu \hin
An taksa chu tleirawl leh magnetism-a khat angin a lang
a, kum upa tawh mah se, mize hmuhdawm tak tak an nei a
ni

halai chakna nei \henkhat kan hmu \hin

An taksa chu tleirawl leh magnetism-a khat angin a lang

a, kum upa tawh mah se, mize hmuhnawm tak tak an nei a
ni

Slouching leh slouching hian chakna a tichhe (drains energy) Mite chu an thutna hmuna an thut dan en rawh; thenkhat chu muhil leh muhil angin an lang a, chutiang chuan i hmuh meuh chuan i chau tih i hria Midangte chu ding chungin an thu a, an awmna hmun nung tak an nei tih i hria a i en meuh chuan anmahni nen i inzawm ta a ni

energy) Mite chu an thutna hmuna an thut dan en rawh;

thenkhat chu muhil leh muhil angin an lang a, chutiang

chuan i hmuh meuh chuan i chau tih i hria Midangte chu ding

chungin an thu a, an awmna hmun nung tak an nei tih i hria

a i en meuh chuan anmahni nen i inzawm ta a ni

Tu pawh slouching-a thut phal a, fimkhur lo taka a ruhro
(spine) curvature leh bending-ah hian a dinhmun dik lo
hmanga a thawhpui He thut chi hi rilru lam dinhmun pawh a
nghawng a, ngaihtuahna chu a tichhe thei bawh

(spine) curvature leh bending-ah hian a dinhmun dik lo

hmanga a thawhpui He thut chi hi rilru lam dinhmun pawh a

nghawng a, ngaihtuahna chu a tichhe thei bawk

Dinglam leh dinhmun tha taka ṭhute chu thil ṭha leh
beiseina nei zawk an ni Thil awmdan bik avanga ding thei
lote chuan chu chu an beiseina, thil \ha thlirna leh rilru lama
an awmna chak tak hmangin an khum thei a ni

beiseina nei zawk an ni Thil awmdan bik avanga ding thei

lote chuan chu chu an beiseina, thil \ha thlirna leh rilru lama

an awmna chak tak hmangin an khum thei a ni

I thil tih apiangah i rilru kha dah fo la, eng ang pawhin
tenau emaw, pawimawh lo emaw pawh ni se, chutih rual
chuan i rilru chu a inthlak danglam theih nan dah la,
chutiang chuan a tul chuan ngaihvenna dang lamah i inthlak
thei ang Mahse, a chung berah chuan, engkim hi
ngaihtuahna fim tak nen ti rawh, hei hian i charisma nasa
takin a tipung dawn a ni

tenau emaw, pawimawh lo emaw pawh ni se, chutih rual

chuan i rilru chu a inthlak danglam theih nan dah la,

chutiang chuan a tul chuan ngaihvenna dang lamah i inthlak

thei ang Mahse, a chung berah chuan, engkim hi

ngaihtuahna fim tak nen ti rawh, hei hian i charisma nasa

takin a tipung dawn a ni

Eng field pawha sumdawng hlawhtling tam zawk chuan
magnetic power hman dan an hre chiang hle

Mahni inthununna hian magnetic edge a pe a, chubakah
rilru natna leh duhzawngte nghawng loh rilru inthlau tak neih
theihna a pe baw

Emotional fervor chu chaknaah a chantir a ngai a, rilru
thiltihnaah a chantir a ngai a, magnetism a lo chhuah theih
nan finna chuan emotion a thunun a ngai baw

Intelligence leh emotion inzawm chuan magnetism a
siam Magnetism nei mi chuan inrintawkna nen thu a sawi
thin

A thusawi chu rilru fim takin a sawi a, mahse a thusawi
hi rilru natnain a inzawm tlat Kan thusawi leh thiltih zawng
zawngah kan thinlung tak tak a ngai a, mahse rinawmna
hian midangte tithinur emaw, tihmualpho emaw a kaw

Thlai leh thei te hian magnetic property an nei a, a bik
takin thei te hian chaw ei dan a tikhawlo lo va, a tikhawlo lo
va, protein leh starch ei tam lutuk hian taksaah toxins a dah
tel baw

Organ natna nei eng pawhin taksaah inthlauhna a siam
ang A bik takin pum chu hrisel leh hrisel taka vawn reng a
ngai a; entirnan, pum chhunga gas hian harsatna a thlen a,
chu chuan magnetism a nghawng tha lo hle

Chaw tam tak ei hian rah duhawm lo tak a nei a, chaw
nghei hian mi magnetism a pholang thei a, chutiang bawkin
chaw thenkhat chu a chang chuan skip a ni a, mahse hei
hian hriselna tichhe thei khawpa riltam tihna a ni lo

Ni khata vawi thum sa ei thinte hian mit a chak lo va,
magnetism an nei tlem hle a, Amaherawhchu, ei leh in
mumal chauh hi a tawk lo va; mamawh chu ngaihtuahna fim
tak, nungchang ropui tak, leh nun kawng dik taka kal a ni

* * *

I rin tlat chuan

Rinna famkim, rinhlelh rual lohvin

Pathian thiltihtheihnain i chhungah hna a thawk tih

I ngaihtuahna, tawngtaina leh rinna hnung lamah

Thuneihna tawp nei lo pe turin

Nun dinhmun zawng zawng hmachhawn turin

Tin, Pathian chu i hnenah a awm tih i rin chuan

A enkawlina hian i ke pen tin chu a zui zel a ni

A malsawmna chu i hre reng ang

Tin, a awmna chu hre bawh ang che

I nun kawng tinrengah

* * *

Pathian chu hmangaihna a ni a, thil siam tura a
ruahmanna chu hmangaihna tih loh chu thil dang a\angin a
lo chhuak thei lo va, a zung kai thei lo bawh chu ngaihtuahna
awlsam tak chuan mihring thinlung chu logic dang zawng
?aiin thlamuanna leh beiseina a pe tam zawh lo em ni
Thutak chhungril thlenga luhchilh tawh mi hriatna
zawng zawngte chuan khawvel pum huap Pathian
ruahmanna a awm tih an hriattir a, chu chu a mawh a, nuam
tihnain a khat a ni

Pathian chuan chakna vantirhko, nunna luang chhuak,
taksa khawnvar hmanga luang chhuak angin min siam a
Mahse, taksa khawnvar chhe thei lo leh chak lohna lam
kan ngaihtuah avangin, khawnvar chhunga chatuan nunna
chakna awm, inthlak danglam leh inthlak danglam thei,
chatuan leh chhe thei lo thil neihte kan hriat dan tur kan
theihnghilh ta a ni

. ,Khawvel hriatna i paltlang hunah chuan
Taksa leh rilru pawh i ni lo tih hriatchhuah
Mahse, i awmna chu i hre reng a ni
I nihna dik tak chu chu hriatna thianghlim, tikhawtlai
loh chu a ni
Khawvel pum huap thil zawng zawng dahkhawmtu

Pathian hmangaihna chuan thil neih zawng zawng chu a
tithianglim a, thil tum ropui tak leh duhthusam sang takah
a chantir a, hmangaihna nget tak, inhriatthiamna leh inzah
tawna chiah tak, emaw, hmangaih tak thihna avanga lo
awm inlaichinna avanga lo awm fo thin natna atang chuan
thinlung chu a tidam a ni

Pathian kan hmangaih kim chuan chu hmangaihna ropui
zawka tel ve a nih loh chuan hmangaihna dang reng rengah
kan lungawi thei lo va, chu Pathian hmangaihnaah chuan
thinlung zawng zawng hmangaihna kan hmu dawn a ni, a
chhan chu Pathian chu khawvel pum huap hmangaihna bul a
nih vang a ni

Khawvelin a pek che a, a hnua a laksak che zawng
zawng, lungngaihna, hrehawmna emaw, lungngaihna emawa
a hnutchhiah che zawng zawngte chu Pathianah hian nasa
zawkin i hmu ang a, beidawna leh lungngaihna rah chhuah
awm lovin i hmu ang

Ka duhthusam net chu ka paih ta a
Ka ngaihtuahna tuifinriat zau takah chuan

Ka rilru a tibuai fo thin
Aw Pathian Hmangaihna
!Aw, prey hlu tak
Mahse, ka diving chhonzawm zel a
Remna thuk takah

Tin, chawlsan lovin ka hmangaihna net chu nangmah
lamah ka paih a
Pakhat hnu pakhat
Ni khat chu ka man ngei ngei tur che in
Ka duhthusam tawp lo che chu network a ni

He ka hmangaihna net hi hmun tinah ka paih chhuak
thin

Nunna thlipui buai tak chungah
Tin, arsi eng mawi tak takte chungchang pawh
Tin, thlarau tha thuk takah pawh

Ka hriat chhun chu ramsa mantu ka ni tih hi a ni
Tin, man tumin ka bei chhunzawm zel ang che
!Aw duhthusam leh ro hlu ber

* * *

Thlarau lam tidamtu pangngai emaw, puithiam emaw
hian sual ngaihdam theihna emaw, thurawn zawnga an
hnena lo kal mi sualte zalenna tur emaw thiltihtheihna an nei
lo va; an tih theih awmchhun chu thlarau lam damdawi pek
mai a ni a, chu aia tam chu a awm lo

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -
Pathian khawngaihna leh tanpuinain - an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni

Thil \ha leh \ha lo zawng zawng hi thluak cell-ah thup
vek a ni a, ngaihtuahnaah chuan thil \ha emaw \ha lo emaw,
rilru put hmang emaw angin a lang \hin

Mi chuan a thluak cell-te chu chutiang tih dan
thiltihtheihnain a charge avangin thil tih dan hrisel lo tak tak

a tuar a, chu chu duhthlanna, ngaihtuahna, thinlung taka
tawngtaina leh positive affirmation chhunzawm zel hmangin
a thil tih duh loh zawng zawng chu remna leh muanna
nunphung tha takah a chantir thei a ni

Hei hi dik taka kaihhruai nunna chakna chuan thluak
cell-te nihna danglam tak chu thlak danglam tura hna a
thawh hian a thleng a, chutiang chuan chu cell-te chu thil
tha, dik leh mawi zawng zawng nen a khat vek a ni

Chumi awmzia chu ngaihtuahna dik lo hmanga khat
thluak cell-te chu thluaka chak taka khawn khawm a, thil
ropui leh \angkai tak atana hman a nih chuan thil pawimawh
tak takin a kang tihna a ni

Mi chuan a taksa taksa nena nghet taka innghah chuan
a thiltih pawimawh tak chu a taksa ruh leh hriatnate nen a
inzawm tlat a, mahse thlarau lam ngaihtuahna nei mi chuan
a taksa ruh leh taksa chu active relaxation dinhmunah a dah
a, an rilru chu hriatna atanga hla takah a dah a, chutiang
chuan nunna chakna chu nervous system-ah a awm tawh lo
va, thluak-ah a pung khawm ta a ni

Hemi avang hian meditation hi thluak cell te thlarau lam
siamna leh rilru atanga thil tih dan duh loh zawng zawng
zung chu tihbo dan tha ber a ni

Thiltih dan chu thiltihtheihna a ni a, chu thiltihtheihna
chu miten thil tha tihnaah hmang lovin thil tha lo tiin an
hmang sual a ni

Hriat lohna te, ngaihtuah chian lohna te, pawl \ha thlan
loh te, leh thil \ha tih ngaihthah te hian mi chu nungchang \
ha lo thang leh thangah a hruai lut fo \hin a, chu chu a duh
loh zawnga a chung a kal mi chu a ei zo vek thei, hnim hring
ang mai a ni

Duhthlanna leh rorelna dik tak aiin ðhian nihna nghawng
:chu a chak zawk a ni

Mi rilru na tak chu ðhian suh, mi sual chuan i mizia a)
(tichhe thei si a

Mi fingte chu thawhrimna tel lovin zahawm takin an che
a, chhiatna ngainatute erawh chu sual leh sual ti tura nawr
luihtu nungchang chaknain thil tha lo leh huatna ti tura nawr
an ni thung

Pathian Engkimtitheia hnenah ngaihtuahna tha min fuih
turin kan ngen a ni
Thil \ha leh mawina kan hmuh theih nan
Thil \angkai leh \ha lo kan thliar hrang \hin
Tin, a lam kan hawi theih nan
Tin, kan beisei baw
Thil tha zawng zawng chhuahna bulpui
Tin, thil \ha zawng zawng bul a ni baw

* * *

He nun thlalak hnuaiah hian Pathian êng mak leh mak
tak chu a awm a ni

Khawvel pum pui hi a malsawmna a awm theihna tur
biak in zau tak a ni

Pathian chungchang hi uluk tak leh thuk taka kan
ngaihtuah hian
Tin, hmangaihna nasa tak nen kan hmangaih baw
Kan ring tlat a ni
Kan hmaah kawngkhar chhian sen loh a inhawng a

Tin, A êng kan hmuh hian
Tin, a awmna pawh kan hre thei baw
Nunna thilthleng rapthlak tak tak, rapthlak tak tak
zawng zawng hian a ti thei vek lo
Remna leh muanna min laksak turin
Pathian hnaih ber nia inhriatna min siamtu thilte chu

* * *

Nunnaah leh thihnaah
Natna leh riltamnaah
A nih loh leh retheihna leh hrehawmna
Tin, khawvel inthlak danglamna, buaina leh buainaah te
pawh
Aw Lalpa, Nangmahah hian inhumhimna ka zawng fo
thin

?Hmangaihna chu eng nge ni
Hmangaihna chu lilies par rimtui a ni
Tin, silent roses chorus pawh a awm baw
Thilsiam mawina lawmna

Hmangaihna hi nunna atana thlarau hla sak a ni
Tin, planet hrang hrangte balanced rhythmic dance te
pawh a awm baw
Deep space-a a zinkawng chatuanah

Ni êng in tur chu pangpar tuihalna a ni
Tin, a par chhuak a, nunna elixir-in a chawm baw

Leilung duhthusam a ni
A tuihal zungte chu a hnute hmanga chawm turin
Tin, thil nungte chu nunna bulpui hmanga chawm turin

Ni duhzawng chak tak a ni
Thilsiam zawng zawngte active taka awm reng turin
Nunna tichaktu a ni
Naupang kum tling lote venhimna leh enkawlina pek

Nausen chungu nu leh pate hmangaihna tichhuaktu chu
thiam lohna nuihzatna a ni
Hmangaihtute thinlunga mahni inpekna (spontaneous
submission) a ni
A thlawna rawngbawlina leh tawrhpuina pe turin

Thian nihna pulse a ni
Thinlung kehchhia tidamtu leh hliam tidamtu
Sawifiahna dodaltu thinlung kohna a ni

Mihringte hmangaihnain a khat hla phuah thiam a ni
A hrehawm tuar tu chu

Chhungkaw khata awmte inkara inpawhna circle a ni
Hmun lian zawk lam pan zel leh zau zel
Tin, field zau zawk pawh a awm baw

Nunna ri bengchheng tak a ni
Thinlung inhawng (open minds) horizons-ah chuan
Tin, thinlung van boruak chu rilru ropui tak tak arsiin a
khuh baw

Hmangaihna hi thlarau hlimna a ni
Thlarau Hmangaihtute duhthusam chu
Tin, a hnena thlen leh inbiak pawh a duh hle baw

* * *

Thihna - in dam rei rawh se - chu tawpna a ni lo va,
mihring hnena hun eng emaw chen atana chhuahna pek a ni
a, chu chu rorelna dan khawvel pum huap chuan tuna a
taksa leh a chhehvel hian a thil tum a hlen chhuak tawh tih a
rel hunah emaw, a rilru a buai em em a, a chau em em
emaw, a tuar em em a, leilung nun phurrit a phur thei tawh
lo emaw a ni

Hrehawm tuar mekte tan chuan thihna hi thawhleahna
emaw, taksa hrehawm tawrhna ata thlamuanna, muanna leh
hahchawlhna harhtharna a ni

Tarte tan chuan kum tam tak chhung nun thim tak kara
beihpui thlakna leh thawhrimna atanga an hlawh chhuah
pensionna a ni

Thlarau tha zawng zawng tan chuan chawlh hahdamna
lawmawm tak a ni

Mihringte hian a chhunga thutak pholang thei
thiltihtheihnate chu kan tihchak a hun tawh hle a, hlimna hi
he thupuan nen hian a inzawm tlat a, chu chhungril lam
thlirna thleng duhtute chuan tum nei takin theihtawp an
chhuah a ngai a, an rilru chu Pathianin an chhunga thutak a
dahte khawih turin thil siam chhuah ngaihtuahna hmangin
an chawm tur a ni a, an nihnaah thiltihtheihna malsawmna
tam tak awmte chu an hlawkpui tur a ni

Thlarau lam hlimna tuihna tem lovin taksa hriatnate
?tihlungawi duh tu nge awm ang
Satisfaction leh nawmna zawng zawng bulpui, divine
spring atang hian hloh takin investment a siam a, chuvangin
a sumdawnna a hlawhchham a, a intellectual output pawh a
tlem hle

Pathian hriat duhte chuan Pathianin an duhsakna chu
Pathianin a lo pe ang a, a chhan chu a thilphal leh mi \ha a
nih avangin Amaherawhchu, mi tam zawk chuan khawvel
duhzawngte chu an tlan pel a, tisa lama hlimna rei tak daih
loin an in thlamuan a, chu chu an hlen chhuah loh vang
emaw, an hlen chhuah avang emaw chuan hrehawm an
!tuar \hin

Sum leh pai lama hlawhtlingte pawhin a tâwpah chuan
an nunah luah khat harsa khawpa ruak an nei ang

Finna thupek ngaihthah a, chhia leh ṭha hriatna aw
ngaihthah hian kawng dik lo, hnim hring, hlauhawm leh
hrehawm takah a hruai a, felna kawng zawh erawh chuan
kawrfual aṭanga chhuah zalenna leh thil dik tih theihna
thiltihtheihna neihna a thlen a, chu chu instinct dik lo leh mi
hruai sualnain a thupek ni lovin

Hlimna zawngtute chuan nunah harsatnate hmachhawn
a, chinfelna zawng chhuaktu mi fingte thiltawn chu an
hlâwkpui thei a ni

Dik tak chuan Pathian thiltum nena inmil apiang chu
lungawina leh muanna tuipuiah a inbual a, a vannei tak zet a
ni

* * *

Ngaihtuahna kan neih apiang hian vibration bik a siam
thin

I taksa pum pui, i rilru leh i taksa peng zawng zawng
hmanga Pathian i ngaihtuah a - i chhungrilah "Aw Lalpa" tih i
sawi nawn fo hian, i nunah Pathian awmna rawn thlentu
vibration chak tak i siam a ni

Pathian chu kan chatuan hmangaih leh kan ṭhian reng
reng a ni tih kan hriat chian chuan, hmangaihna dang zawng

aiin min hmangaihna a ropui zawk tih kan hriat chuan, a
hnaihzia kan hria a, a awmna kan khawih a, kan thinlung a
thlamuang a, thlarau lam thlamuanna chungnung ber kan
nei ta a ni

Pathian i ngaihtuah a, i thinlungah leh i taksa pum puiah
hlimna ri nasa zual zel i hriat a, chu hlimna puak darh chu a
chang chuan i chungah a lo thleng a, Pathianin i thinlung
duhthusam chu a chhang tawh tih leh hlimna i tawn mekte
chu chu malsawmna dawngtu chhanna finfiahna a ni tih hria
ang che

Habits hi automatic psychological tools leh mechanisms
a ni a, hna tul tak tak awlsam tak leh thawhrimna tel lova
thawh theihna tura puitu a ni

Mi tam tak chuan chak lohna leh hlawhchhamna tih
dante chu sal atan an phal a, mi pakhat chu a nun dan
danglam chuan a inveng thei a, chu chu himna leh hnehna
tuipui kamah a thlen hma loh chuan nungchang tha lote do a
tum tlat a nih phawt chuan

Duhthusam thunun theih lohte chuan nungchang hrisel
lote chu beiseina dik lo leh hlimna lem leh lungawina rei lo tê
chauh tiamna hmanga chawm leh thiam loh chantîrin a fuih
a ni

Chutiang hun lai chuan chak lohna leh buaina hun lai
chuan thunun theih loh thil tih dan hneh duhtu chuan an
nihna dik tak hrethiam tur leh \ha taka hmachhawn theih
nan an hriatthiamna thiltihtheihna a koh a ngai a ni

Thiltih \ha lo chuan rah chhuah rapthlak tak a nei a, thei
rimchhia leh rimchhia tak tak a nei bawk

Hêng thil tichhe thei thil tih dânte hi thunun loh chuan a
chak zâwk ang a, chu mi chu an kut nghet tak leh an
thununna nasa takah a vawng reng ang

Chutiang tih dante chu a hlawk lohzia leh a chhiatna chu
rilruin a rin tlat chuan an nghawng chu a tlahniam a, a
tawpah chuan mihring nunah a bo ta a ni

Chutiang chuan kan ngaihtuah a, chu chu kan nihna a ni

Kan ngaihtuahna rilru put hmang hriat lar tak takte hian
kan talent te, kan theihna te, leh kan mizia te chu a hril a ni

Mi thenkhat chuan ziaktu, lemziak thiam, mimal taima,
emaw, mi rilru hah, thawk lo, leh a dangte angin an ngai a
Mahse, tuna i nihna ni lo mi dang nih i duh chuan engtin nge
?ni ang

Mi thenkhat chu talent bik neia piang an ni a, chu chu i
tlakchham a, mahse neih i duh thu i sawi mai thei Chu chu a
dik a ni Mahse, chutiang theihna emaw, neih hmasak duhna
emaw tihhmasawn tumin an thawk tawh a ni He nunah ni lo
... ..se, a hmaa i neih tawhnaah
.. ..

Chuvangin, i nih duhna tur outline turin tunah hian i
thawk tan tur a ni

Tunah hian i hriatnaah hian eng orientation pawh i tuh
thei a, i din thei bawk a, chu chu i rilruah ngaihtuahna nghet
tak i pump lut a, chutah chuan i thiltih chuan a zawm ang a, i
taksa pum pui chuan chu ngaihtuahna chu a chhang let ang
a, chutiang chuan a che ang

* * *

Thlarau lam hriatna hi hmangaihna khum chhungah a
piang a, chu chu huatna tichhe thei thiltihtheihna aiin teh
theih loh khawpin a ropui zawk a ni

Mi dangte chungah kan sawi emaw, kan tih emaw apiang
hi hmangaihnain a chêtîr tur a ni

Midangte kan tichhe tur a ni lo va, thiam loh chantir tur
a ni lo va, kan hmangaih a, Pathianin malsawmna min pekte
hi kan chanpui tur a ni

Kan thil neihte hi kan ta tak tak a ni lo; hun eng emaw
chen atana hman tura min pek an ni a, he khawvel kan
chhuahsan hunah kan laksak an ni ang

Possessiveness chungah kan tho chhuak tur a ni a, kan
theih ang ang kan pe tur a ni; tichuan automatic-in kan tan
thatna leh malsawmna kan rawn thlen ang Pek tur chuan
pek a ni

Vawi tam tak chu pawisa pakhat mah ka nei lo a, mahse
Pathian bank-ah ka inngnat a, hausakna thianghlim chuan
min zui a, Pathian thiltihtheihnain min thlawp baw

Pathian leh A tanpuina ka rinna famkim hi nunah ka
guarantee ber a ni a, min ti beidawng ngai lo va, min ti
beidawng ngai lo baw

Thlarau lam hriatna i neih hunah, i kalna apiangah leh i
mamawh eng pawh i neih hunah chuan, khawvel pum huap
dan chuan i tan a hlen chhuah theih nan hna a thawk ang
Mit hmu thei hmanga thilsiam enfiah

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

He universe hi a va mak tak em! Chutah chuan
Pathianin a thilsiam mak tak takte a tarlang a, a taksaah
hian Mihringte hi he khawvela mitthi ang maiin kan kal tur a
ni lo va, chu ai chuan kan ngaihtuah a, kan thil hmuhte hi
kan zirchiang tur a ni a, Pathian leh a vicegerent, mihringte
hian he leia an thil tihte hi an ngaihlu tur a ni a, cosmic
structure hi a va dik tak
em!... ..
... .. Kan siam dan leh thilsiam machinery-te
hnathawh dan mumal tak, cosmic law angin, precision leh
perfection (thil zawng zawng ti famkimtu Pathian hnathawh)
epitome a ni

Pangpar kan hmu vek a, a mawina leh a tuizia chu kan
hlim tlang vek a, mahse pangpar awmna thuruk hre theitu
chu tu nge nei? Mi chuan ni tin a thil hmuh zawng zawng,
lehkhabu emaw, musical instrument emaw, in emaw, thing

emaw pawh ni se, siamtu hmanrua leh thilte chu a ngaihtuah a, a ngaihtuah a ngai a ni

Entîr nân, motor chu thil awlsam anga ngaih a ni fo Mahse, an siam khâwmna leh siamna factory-te chu i tlawh a nih chuan an design chu a buaithlâkin a buaithlâkzia i hre chhuak ang Nitin chanchinbu siamnaah eng nge tel tih leh chu chu print tu machine-te pawh ngaihtuah bawh ang che Mihring kut engmahin chutiang rang taka hna a thawk thei lo

Mihring siam thilte hi hetiang taka buaithlak leh inzawm tlat a nih chuan, thing leh mau, rannung, leh mihring siam dan hi a buaithlak tawp lo chu engtin nge ni ang!

Taksa insiam dan leh mamawh hriat chian nan medical science zir nan kum sawm a ngai a, chu chu thil pangngai ang maiin a lang

Thlai chu glass bawm chhunga tuiah a lo thang hmasak ber lai a nih chuan a zung chu sam sei tak ang mai a ni Mahse, phun a nih chuan Pathian finna nena inthuan leh a zung chhunga awm chakna chuan thlai chu lei leh tui atanga a thanna atana mamawh ei tur tha tak takte chu a la chhuak thei a ni

Thlai hnah chawmtu tui chu gravity dodal zawnga chunglam hawia luang chhuak hi thil mak tak a ni tak tak lo em ni? Thlai hnah emaw, thinghnah emaw atanga a hnah chu a phelh leh chuan, chu tui luang chhuak tur tidanglamtu tube-te hnathawh dan buaithlak tak chu a hmu thei a ni

Pathian hriatnaah ka awm hian, thlai hruiah pawh nunna ka hmu thin Ka mumang pawha thilsiam thilmak thup te chu ka hmu thei ang Hêng thilmakte ngaihtuah hi Pathian ropuina leh ropuina hmaa hlauhna leh zah taka ding hi a ni

(Tin, mi inngaitlawm leh thuhnuairawlh tak kal dan nen ka kal bawh)

(Pathian hi a chapo lo va, a chapo lo baw)

Pathian duhzâwng chuan thil nung tinrêngte pianzia chu a ruat a, chu chu a dinhmun t̃ha tak leh a hna thawk thei t̃ura a mamawh zawng zawngte nễn a ni a, heng ei leh in mamawhnaah hian tlakchhamna eng emaw a awm a nih chuan, ent̃îr nân, thing leh mau, rannung leh mihringte chuan a rah chhuah avângin an tuar ang

Mi pangngai chuan an ei leh in a\angin taksa mamawh chemical element hrang hrang zawng zawng a hmu vek Amaherawhchu, mi tam tak chuan ei leh in lama kaihhruainate chu an ngaihthah a, hriselna \ha neih theihna tura thil \ul zawng zawng emaw, ei leh in inthlauhna \ha lo emaw ei \hin Ei leh in \ha lo hi mihring natna tam tak thlentu lian ber a ni Nutritional deficiency hian thlai, a ei leh inah chemical component pawimawh thenkhat a tlakchhamna hmunah nghawng a nei nghal mai mai a ni

Mihring leh thil nung zawng zawng inkara inthlak danglamna pawimawh tak a awm Mihring leh rannung inkara inthlak danglamna hi hriat lar tak a ni Mihringte hian oxygen kan thawk a, carbon dioxide kan thawk chhuak a, thingte erawh chuan carbon dioxide leh tui an hip a, an khawlkhawm a, chu chu photosynthesis hmangin a chhe vek a, carbohydrates (carbohydrates, oxygen, leh hydrogen compound, starch leh sugar ang chi) a siam a ni.

Hetiang a nih avang hian thingte hian mihring tana pawimawh oxygen an paih chhuak thin Photosynthesis hi zanah a tawp a, a chhan chu ni ễng a rinchan avangin Amaherawhchu, thil dang, thawkna (respiration) tih hmangin thingte hian boruakah carbon dioxide an paih chhuak fo thin a, a bik takin zan lamah chuan photosynthesis atanga counteracting effect a awm loh laiin, chu chuan carbon a hip lut a, oxygen a siam chhuak thin

Zanah boruak a reh tlangpui a, lei bulah carbon dioxide
rit tak a awm thin Hei hi a chhan thenkhat chu khumah, chu
chu lei chunglam atanga mut dan a lo piang ta a ni

Science hian he universe-a thil awm dan (complex
mechanisms) tam tak minrawn pholang a—kan zavaia siam
chhuahna elements te Mahse hriatna tam tak a la awm a,
kan hriatna (senses) thiltihtheihna thup (latent powers) te hi
kan chin chhuah chuan hriatthiamna thuk zawk leh hausa
zawkan nei thei ang Kan mit hmanga kan hmuh tur thil a
awm a, mahse kan ti lo Kan beng hmanga kan hriat tur thil a
awm a, mahse kan hriat loh vang a ni taksa khawvêl zau tak,
têm têa thil tawnte thiam leh innghat tlat

Chu inzawmna a\anga zalenna chu tisa lama himnate
hnialna a ni lo va, kan tisa chaknate—Pathianin min pek—
thlarau lam theihna famkim thlenga zau zawka tihzauhna a
ni zawk

Taksa lamah chuan mihringte hian a hmuh theihna
tihpun dan hrang hrang kan hmuchhuak a Mit saruak hian
rawng hriatna tlemte chauh a dawng a mahse, lungpui dum
hring thenkhat chuan ultraviolet êng hnuaiah hian rawng
eng (shimmering hues) an lantir He êng hi tikhawtlai a nih
chuan lungte chu an rawng dum hmasa berah an kir leh thin
Taksa khawvela rawngtam tak, van boruak dum ang chite
chu matter particle chi hrang hrang ațanga êngrawn lang
chhuak ațanga siam, mit hian universe-a thil awm zawng
zawng siamtu vibration range tlemte chauh a hriat theih
avangin mihringte hian a hmu thei lo.. .. .

... ..
subtle, ethereal spectra hidden in all that surrounds them
Kan hmuh chuan an ropuina leh mawina chu mak kan ti hle
ang Leilung rawng nung ber berte pawh hi planetary emaw
ethereal realm emawa rawng ropui tak takte nena khaikhin
chuan dull leh dull takin a lang

Chutiang chuan, mit emaw, beng emaw pawhin hriat theih zawng zawng chu a hre thei lo Mihringte chuan ethereal, rimtui rimtui tak takte chu kan thawk thei lo va, ether zau tak kara a pianzia, lem leh a rilru natna nalh tak tak chhiar sen lohte chu kan hmu thei lo

Mihringte hian mahni hriatna chhunga thil awmte pawh kan hre thei lo fo thin Mitdelte chuan khawi hmunah pawh mawina an ngaisang Midangte chuan mit nei lo ang maiin an che a; an hmu lo va, an hrethiam lo baw—"bengchheng, mitdel, leh bengchheng, chuvangin an hrethiam lo"—a chhan chu hmun mawi takah pawh engmah an hre thei lo a ni

Mexico ka tlawh a, Lake Zuquemilco-a "floating gardens" ka hmuh chuan an mawina chuan ka thinlung a luah khat a, Pathian lemziak thiam ropuizia leh ropuizia chu ka hre ta a, chutiang thilsiam thil mak takah chuan a inhmang ang maia lang mi dang pakhat a awm a, mahse chhungril rilru put hmang chuan ka thil hmuh chu a hmu lo tih min hriattir a, chu thlirna nuam tak takte chung a ngaihdan ka zawt a, ani chuan, "Ka ngaihtuah a ni," tiin a chhang a ni ram tam zawk chin theihna tura tui chhuah dan tha tak chungchang".

Engineer a nih angin lui chu a ngaihdan a\angin a thlir a Chutiang chuan kan ngaihdan leh bias angin thil kan hre vek a ni

Thlarau tin hi hriatna, ngaihtuahna leh rilru natna chi hrang hrangin a khuh vek a—mihring mizia emaw, hriatna emaw siamna atana puitu zawng zawngte chu Mimal tinte hian an siam dan danglam tak, vibration danglam tak an nei a, naupan lai atanga mi pakhatin a tih zawng zawng hi thluakah hian compressed capsules of tendencies and inclinations angin a awm reng a , heng hmuh theih loh capsules te hi kan hmu thei lo a nih avangin mak kan ti hle by people's actions, each according to their own whims

Thenkhat chu chhan awm lovin hlimnain a hneh awlsam a, emaw, anmahni a\ang pawhin sawifiahna dodal zawnga thinrim leh rilru natna (mody) an ni \hin Mi dangte chu sawiselnaah an buai reng a, inrem lohna siamin, thuthang an thehdarh a, midangte pholannaah an buai reng a, anmahni chhungril lam erawh chuan tihthianghlim leh tihthianghlim an mamawh hle thung These psychological tendencies bury the soul and prevent a person from revealing their higher potential Mihringte hi kan va buaithlak em em a, mahni inrintawkna nei thei tak kan ni! Mi tin hi, anmahniah chuan, bung tam tak awmna thawnthu an ni a, thil thleng inzawmkhawm leh scene hrang hrang a awm a ni

Ei leh in, mut leh hnathawh bakah hian mihringte hian nun atanga thil awmze nei tak kan neih beisei a ni Ngaihtuahtute hian an chhehvel an ngaihtuah a, an thil hmuhte hian mak an ti fo thin Anni hian ngun takin an enfiah a, engvangin nge thil a thlen emaw, a thlen loh emaw chu kawng engemaw takah an zawt thin Entirnan, ha set khat kan hmu a, chutah set hnihna kan hmu a, chuti a nih chuan engvangin nge set thumna pawh kan hmuh loh? Engvangin nge system hian hetiang hian hna a thawh?

Mihringte chuan zawhna lian tak nei lovin natural limitations chungchanga ngaihdan dik lo tam tak chu awlsam takin kan pawm a, chu chuan chu ngaihdan chuan an nun leh chanvo a thunun thei a ni Ngaihtuahtute chuan awlsam takin status quo chu an pawm lo va chu chu tihdanglam tumin an bei zâwk a, hei hi hmasawanna thlentu dik tak chu a ni

Mihring hlawhtlinna leh thil siam chhuah tlemte, kawng khat emaw kawng danga mihringte rawngbawltu ka hmuh hian ka lawm thin Mihring rilru a\angin thil mak tam tak a lo chhuak tawh! Mahse, rilru ngei pawh hi a thil siam zawng zawng aiin a buaithlak zawk a ni

Lal pakhatin a chief minister chungah duhsakna leh hmangaihna nasa tak a lantir chungchang thawnthu a awm a, chu chuan lal in enkawltu dangte thinlungah inhuatna leh inhuatna a siam a, chu chuan lal bias langsar tak chu a hmuchhuak a, Lal chuan chu chu a hriat chian chuan, engvangin nge rawngbawltu chu a duh ber a nih chhan sawifah a duh a ni

Ni khat chu lal leh a hote chuan hla tak a\anga music rawn ri an hriat chuan a chamberlain pakhat lam chu a hawi a, "Kan chanchin hi zawng chhuak rawh u" a ti a.

Rei vak lo hnuah chu pa chu a lo kir leh a, inneih kawngzawh a nih thu a sawi a Lal chuan, "Tu inneihna nge?" mahse, chamberlain chuan chhanna a nei lo

Chutah chamberlain dang a tir leh a, lal zawhna hnahnung ber chhanna nen a lo kir leh a, mahse a dang pakhat mah a chhang thei lo Mi engemaw zat chungah pawh chutiang bawh chu a thleng a ni

A tawpah chuan lal chuan a chief minister chu a ko a, chu thil chu chhui turin a ti a Minister chu a chhuak nghal a, a lo haw leh chuan lal chuan zawhna tam takin a rawn bomb ta a, chung zawng zawng chu minister fing leh rintlak tak chuan chipchiar takin a chhang thei vek a ni

Mi rilru na leh rilru hlim lo tam tak chu kawngkhar vengtu hriat loh ang mai an ni Anni hi â tak tak an ni hauh lo, mahse an rilruah chuan an rilru a hah em em a, a tulna piah lamah theihtawp an chhuah lo I can excuse physical laziness, as there may be a justifiable physiological reason, but there is no excuse for intellectual idleness! Rilru lama hna nei lote chuan ngaihtuah an duh lo a, a chhan chu ngaihtuahna pawh hi an tan chuan hna hahthlak tak niin a lang

Ngaihtuahna hi thil mak leh mak tak a ni Rilru rilru put hmang leh hriatnate chu tumahin an thliar hrang thei lo A theihna chu a tawp lo Chuvangin, eng thupui pawh ngun taka i en a, ngun taka i ngaihtuah chuan chu thupui nena inzawm zawhna eng pawh chhanna i hmu ang

I rilru put hmang chu i ngaihtuahna nen a inmil tur a ni I rilru put hmang chu i ngaihtuahna nen i inmil loh chuan i thutlukna chu a dik reng dawn lo tih hriatna hi hriatna chi khat a ni a, hriatna zawng zawng dahkhawmna Hriatna hian rilru a inthlau tur a ni, chutih hunah chauh chuan i chhunga Pathian lem thianghlim chu a bulpui berin a lang chhuak thin a ni Chutiang chuan yoga hian rilru leh hriatna thiltihtheihna inthlauhna siam dan tur a zirtir thin Those who do not possess both in tehfung inang an puitling lo

A zawngtu chu thlarau lamah a hmasawn a, Pathian a hnaih poh leh Pathianin awmna mak tak takte chu a hnenah a puang chhuak nasa zawk thin Taksa thil tinreng hnuaiah hian ethereal pattern of colored light a awm a Ethereal emaw planetary realm emaw ah chuan engkim hi nunna nen a nung vek There is no such thing as lifelessness there

Cosmic factory thup chu ngaihtuah phak bak a ni Universe pumpui hi Pathian rilruah chuan ngaihtuahna pakhat a ni! Galaxy te pawh hi mihring hriatthiam theih loh khawpa mathematical danin a thawk a, a thunun a ni Engkim hi a dik leh famkimna system angin a thawk a, chu cosmic mind chu eng rilru chak tak nge a nih! Infinite absolute hian engkimah hna a thawk a, nunna kan tih motion vortice hrang hrang zawng zawng hi chu cosmic mind hnuaiah chuan an awm vek a ni

Kum za danah mi maktaduai tam takin he lei hi an chhuahsan a, chu aia tam zawk pawh an piang Supply leh demand a awm a, an pianpui thil buaithlak zawng zawng nen Chuti chung pawh chuan Pathianin mihringte mamawh

phuhruk nan ei tur tam tak a pe a Mihring chauh hian leia
retheihna leh hrehawmna hi a mawhphurtu a ni A hun a lo
thleng ta, hausakna leh tamna hun, mi zawng zawngin
hriselna leh hlimna leh muanna nena kan khawsa hun hi a lo
thleng ta a ni mihringte mahni hmasialna leh hnam tlemte,
mahni hmasialna nei mi tlemte'n hnam chanvo an tihbuai
loh chuan a theih a ni

Mi tam zawk chu he mumang nun chhung zawng hian
muthilh thuk takah an awm reng a, hriatna nei chauh chu a
harh a Mi pangngai rilru luahtu thilte chu a ngaihtuah lo va, a
ngaihtuah ber chu hausakna leh tisa lam nawmna zawng leh,
a chunglam thiltih leh ngaihven zawng zawnga hun
khawhralna a ni

Mihringte hian he khawvel hun rei lote chhunga thlemna
rei lo te chhunga awmte chu an um zui a, hlimna dik tak,
sawifiah theih loh chu an chhungah awm mah se, taima taka
an zawn leh hmuhchhuah duh tak tak chuan an hmu ngei
ang

He khawvel piah lama thup Pathian laboratory
hmuchhuak turin rilru hi fing tak leh dik taka hman a ngai a
ni Vawi khat chu Pathian khawngaihna zarah thilsiam mak
tak tak tawp nei lote chu ni khat chhung ka hmu a, Pathian
hnenah heti hian ka sawi a: “Aw Lalpa, mitdel ka nih lai khan
I lam panna kawngkhar pakhat mah ka hmu lo Mahse ka mit
leh ka hriatna i hawn avangin tunah chuan hmun tinah
kawngkhar inhawng ka hmu ta... in pangpar thinlungah te,
thian rinawmte aw-ah te, leh thiltawn ropui tak takte
hriatrengnaah te Dik tak chuan ka dilna ri bengchheng
apiang hian I awmna thianghlim biak in zau takah chuan
kawng thar a hawng a ni”

A zawngtu chu chak tak leh nghet tak, thilsiam puanzar
hnuaia Mi Thianghlim Ber thup hmu tura an tumruhnaah
nghet tak leh tumruh tak a ni tur a ni Mi pakhat chuan

khawvel thil phut tawp nei lo a\angin a inthiarfihlim tur a ni
a, thinlung leh thlarauva Pathian nena inbiak hmain zanah
mut turin a inpe lo tur a ni Nunna thil phut chu a tawp thei lo
a, chuvangin ni tin mahni leh Pathian nena awm turin hun
kan hlan a ngai a, chu chu hla tak a ni khawvel thawm leh au
thawm leh nunna ri Chutah chuan nun hi lens thar hmangin
kan hmu ang a, a chhan chu a thlirna thar kan nei dawn a ni

Scientist-te chuan an thil hmuhchhuahte chu thilsiam
dan leh scientific principle bikte zawmin an siam thei ang
bawkin, mi thinlung zawngtu pawhin thlarau lam dan zawm
a, Pathian hriatna chu nunah an thil tum ber a siamin
Pathian a hmu thei ang Hemi tum tak hian mihringte hi he
leiah hian an lo kal a, mi tam zawk tan chuan thil tum
hnuaihning zawkah lo chang tawh mah se Mahse mihringte
hian nun tum chu theihnghilh a, thil ngaihtuah buai takin a
inbum a ni superficialities leh thil tenawm tak takte

Tin

Hriselna emaw, hausakna emaw, thil neih hlawhtlinna
emaw, thil neih emaw pawh hi chatuan atan a awm lo Chuti
a nih chuan engvangin nge boral leh bo vek tura ruat thilte
chauh hi i ngaihtuah?

Thim ata êngah min hruai lut turin Pathian
Engkimtitheia ka ngen a ni

Huatna atanga hmangaihna thlengin

Khapna atanga zalenna thlengin

Hriat lohna atanga finna thlengin

Natna leh thihna a\angin chatuan nunna leh chatuan
chawlhna thlengin

Tin, kutah min vuan a, a hriatna kawngah min kaihruai
rawh se

Tin, A hriatnaah min harh reng bawk

Tin, A finna van lam panna kawngkhar zawng zawng
hawnsak turin

Rinna, hlimna, rilru thlamuang leh lungawina nen i nung
ang u

Kan dam chhung nitin

Remna awm rawh se

Nun awmzia zawn chhuah

Kan hriat lohna hmun atanga he khawvela lo kal kan nih
avangin nun bul leh thiltum ngaihtuah hi thil awmdan
pangngai a ni He khawvel siamtu chanchin kan hre a, a
chanchin kan chhiar bawk a, mahse a hnena thlen dan tur
kan hre lo Kan hriat zawng zawng chu khawvel pum pui hian
a Pathian rilru awmzia a puang chhuak tih hi a ni Dardhlalang
te tak te leh hmanrua te te leh dik tak te hian dar siamtu chu
min ngaihsan tir ang bawkin, leh a lian leh complex
machines of a factory amaze and inspire our admiration for
their inventor, chuvangin thilsiam mak tak takte kan hmuh
hian an hnung lama finna thup chu mak kan ti hle a, heti
hian kan zawt thin: “Pangpar chu tuin nge a hmel nung tak
pe a, a hmai chu ni lam hawiin a pe? A rimtui leh a mawina
chu khawi atanga lo chhuak nge? rawng mak leh hlimawm
tak tak?”

Zanah chuan arsi leh thla hian an tangkarua êng chu
kan chhehvelah an theh darh a, van boruak zau takah hian
heng van lam thilte kaihrulaitu hriatna hi ngaihtuah turin min
fuih a Thla bial êng nê̄m chu nitin hnathawhna atan a tawk lo
va, chutiang chuan rilru fing leh nê̄m tak chuan zan lama
chawlh hahdam a rawt a Tichuan ni chu a lo chhuak a, a êng
êng tak chuan kan chhehvel khawvel chu chiang takin min

hmu thei ta a ni leh thlamuanna, kan hmaa hna lo langte chu kan thawk thei a ni

Kan mamawh phuhruk dan kawng hnih a awm a: taksa lam leh thlarau lam Kan hriselna a chhiat hunah, entirnan, Doctor hnenah enkawl turin kan kal thei a Mahse, doctor emaw, midang emaw tanpui theih loh hun a lo thleng a, chu chu kawng hnihna lam kan hawi a: kan taksa, rilru leh thlarau siamtu thlarau lam thiltihtheihna lam kan hawi thin Taksa chakna hi a tawp a, a hlawhchham chuan Pathian thiltihtheihna tawp nei lo lam kan hawi thin Hei hi kan sum leh pai lamah pawh a huam tel a ni mamawh Kan theihtawp kan chhuah a, kan la hmu tlem hian chu thiltihtheihna lam chu kan hawi thin

Mi zawng zawngin an harsatna chu a chhe ber niin an ngai Thenkhat chuan an dodalna a chak loh avangin mi dang aiin pressure an nei zawk a Tin, mi rilru chakna inang lo avang hian chakna chi hrang hrang an hmang Miin harsatna nasa tak a tawk a, a rilru a chak lo a nih chuan an hneh thei dawn lo Rilru chak tak neitute chuan an harsatnate chu an hneh thei a, an harsatnate chu an tichhia a, an daltu lungphumte chu an nghing thei Yet even mi chak ber berte pawhin hlawhchhamna an tawk fo thin Tisa lam, finna lam leh thlarau lam harsatna leh harsatna tam tak leh nasa tak kan hmachhawn hian he tisa khawvelah hian nun thiltihtheihna a tlem zia kan hrechhuak thin

Kan thawhrimna hi hriselna \ha leh sum leh pai lama himna neihna atan chauh ni lovin, nun awmzia zawn chhuahnaah pawh a ni tur a ni Nun thiltum chu eng nge ni? Harsatnain min hneh chuan kan chhehvel lam kan hawi hmasa a, hahdamna pe thei tura kan rin thila insiamremna zawng zawng kan tum a Mahse, impasse kan thlen chuan, "Ka beih zawng zawng a hlawhchham vek a; eng nge ka tih belh theih ang?" kan harsatna chinfelna \ha tak zawn chu

uluk takin kan ngaihtuah \an a Tin, kan ngaihtuahna a thuk
tawk chuan kan chhungah chhanna kan hmu \hin Hei hi, a
takah chuan, \awng\aina chhanna chi khat a ni

Tawngtai: Thlarau lam mamawh a ni

Tawngtaina hi thlarau lam mamawh a ni Pathianin diltu
angin min siam lo, a anpuin min siam si a, Pathian Lehkha
Thu Thianghlimin he thu hi a puang Mi hausa ina kal a,
thilpek diltu diltu chuan diltu chanvo a dawng a Mahse fapa
chuan a pa hausa hnen atangin engkim a hmu thei a,
chuvangin diltu angin kan che tur a ni lo

Mi thenkhat chuan engkim neiin luxury leh comfort-ah
an piang niin a lang a, thenkhat erawh chuan buaina leh
hlawhchhamna hiptu angin an lang Khawiah nge Pathian
anpui chu anmahniah a awm? Pathian thlarau thiltihtheihna
chu kan chhungah a awm vek a Mahse engtin nge chu
thiltihtheihna chu kan neih theih ang? Tun hma pawhin i
tawngtaina chhan a nih loh avangin i beidawng tawh pawh a
ni mai thei, mahse beiseina leh rinna chu hloh suh I
tawngtainate chu a hlawhtling em tih hriat nan chuan i
chhungril thuk takah tawngtaina thiltihtheihna hi rinna
bulpui i neih a ngai a ni

Mi thenkhat tawngtaina chu dil duh an thlan avangin
chhan lohvin a awm mai thei Chutiang bawkin, mi pakhat
chuan Pathian hnena dil tur a hriat a ngai Leilung leh a
chunga thil awm zawng zawng hi nei turin i thinlung zawng
zawng leh i theihna zawng zawngin i tawngtai thei a, mahse i
tawngtaina chu pawm a ni lovang a chhan chu thil nunna
nena inzawm tawngtaina zawng zawng hi a pianphungah a
tawp vek a, a dik tak chuan, a tlem tur a ni Mahse tawngtai
dan dik tak a awm tih sawi a ni sawmkua leh pakua nunna!
"Harsatna ui" tihbo dan tur kawng tha tak i zawng tur a ni
Tawngtaina hlawhtling tak thuruk chu diltu dinhmun atanga
diknane mi dinhmun thlak danglam hi a ni Chutiang thlarau

lam thil chu Pathian hnenah i dil chuan i tawngtaina chuan
thiltihtheihna leh finna a nei vek ang

Hlawhtlinna chi chu duhthlannaah a awm a ni

Mi tam zawk chuan an tana thil pawimawh tak
tihhlawhtlin an tum hian an hlauthawng hle a, an lungkham
hle thin Lungngaihna leh hlauthawng taka che hian Pathian
thiltihtheihna a hip lo va, mahse duhthlanna muang tak leh
nghet taka hman hian khawvel chaknate chu a ti nghing a,
tawp nei lo atanga chhanna a rawn keng tel a ni Absolute
The seeds of success for everything you intend to achieve lie
within your will A will that is broken and crushed by
harsatnate chu rei lo te chhung atan a paralyzed ta a Mahse,
mi tumruh leh tumruh tak, "Ka taksa chu a chhe vek thei a,
mahse ka duhzawng lu chu a sang reng ang a, thutlukna
siamin a hruai ang," titu chuan duhthlanna sang ber a lantir
a ni

Duhthlanna leh a kaihhruaina dik tak hi mi dinhmun
chawisangtu leh chawisangtu a ni Miin duhthlanna hman a
bansan hian mi pangngai, thilthleng kal zelah a hlawhtling lo
Mi tam tak chuan kan duhthlanna hi thil awmdan thlak
danglam nan kan hmang lo tur a ni an ti a, Pathian
ruahmanna tibwaitu hlauhna avangin Mahse engvangin nge
Pathianin duhthlanna hi min hman duh loh chuan min pek?
Vawikhat chu mi rigid pakhat ka hmu a, chu chuan
duhthlanna hman hi a ring lo tih a sawi a, a chhan chu mahni
inngaihsakna a chawm a ni tiin ka chhang a, "Tun
dinhmunah hian i duhthlanna hi i hmang a, nasa takin, min
dodal nan I hmang a, thu sawi nan, ding turin, kal nan, ei tur
atan, movie en nan, leh mut nan pawh I hmang I duh zawng
zawng i duh Duhna nei lovin, robot i ni ta" It is a person's
duty to harmonize their will, governed by duhzawng, Pathian
duhzawng nen Chuvangin, tawngtaina dik tak chu a taka
hlan a nih chuan a takin duhthlanna a lo ni ta a ni

I tawngtai chu i hmuh theihna tur i ring tur a ni In nei turin i tawngtai a, chutih rual chuan i rilruin, "Engtin nge in i lei theih ang, mi â?" you are weakening your will with such thinking I rilru atanga "Ka ti thei lo" tih thumal i hnawhchhuah hunah chuan thiltihtheihna sang zawk i nei tih chu a Chiang a, in te hi van atangin a tla lo va, in neih theih nan chuan duhthlanna i hmang a ngai a, i thil tum tihhlawhtlin nan thil siam\hatna i nei tur a ni I chhel a, hlawhchhamna i pawm duh loh chuan i duhthusam chu i lantir thei ang A, chu duhthlanna chu i hman reng hunah chuan i ngaihtuahna leh thiltih hmangin i duhzawngte chu a thleng famkim ang a, i duhthusam leh duhthusam zawng zawng chu i hnenah a lo thleng ang Tumruhna leh chhelna nena i beih chhunzawm zel chuan, i duhzawng chu he khawvelah hian a awm tak tak lo a nih pawhin, eng emaw ti takin rah chhuah chu a lo lang ang

I thluak atang khan "Ka thei lo" tih chi chu hal rawh

Duhthlanna chak lo chu mihring duhzawng chak lo tak a ni Fiahna leh hlawhchhamnain a tihchhiat leh a tihchhiat hunah chuan Generator tawp nei lo nen a inzawmna a hloh a Mahse mihring duhzawng hnung lamah chuan Pathian duhzawng a awm a, chu chuan beidawnna leh hnehna pawh a hre lo Thihna pawhin, a chakna zawng zawngin, Pathian duhzawng chu a titawp thei lo va, a tikhawlo thei lo va, chu tawngtaina chu Pathianin chu tawngtaina chu a chhang ngei ang, chu chu tumruhna leh chhelna duhnain a hruai a ni

Mi tam zawk hi chu an rilru a hah a, an rilru a hah a, taksa lamah emaw, rilru lamah emaw, an pahnih emaw pawhin Ngaihtuah duh mahse mut chauh an ngaihtuah Mut a tlakbuak meuh chuan muthilh thuk takah an tlu ta a, chu chu an tawngtaina tawp a ni ta! Hetiang dinhmunah hian duhthlanna chu a phum Mi pangngai thluak chu "Ka ti thei lo" tih chiin a khat a ni Chhungkaw pakhata piang, mizia leh

ti h dan thenkhat neia piang, hengte hian a nghawng a, hei hi an ti thei lo tih emaw, chutiang emaw chu an ti thei lo tih an ring tlat a ni duhdan

Duhthlanna neih duhte chuan company \ha an mamawh Mathematics thiam ropui nih i tum a, i classmate-te'n Mathematics an duh loh chuan i thahnemngaihna a reh ngei ang tih rinhlelh rual lohvin Mathematics thiam tak takte nena in inpawh hunah chuan i duhthlanna chu a lo chak ang a, "Midangte an hlawhtlin theih chuan kei pawhin ka hlawhtling thei ang" i ti thei ang.

I duhthlanna siam chhuah mai mai tur thil lianah hmanhmawh suh Hlawhtling tur chuan i tih theih loh nia i ngaih thil tenawm tak tak hmangin i duhna chu i test hmasa tur a ni I thawhrimna i thawh chuan hlawhtlinna a zui ang

Ka thiante leh midangte'n ka tihhlawhtlin ngai loh tur min hrilh zawng zawng chu ka la hre reng a, chuti chung pawh chuan ka ti ve tho Hêng mi tum ṭha tak takte hian an ngaih dân hmangin chhiatna nasa tak an thlen thei a ni Pathianin an lakah min vênghim rawh se, an thurawn Inpawl na hian duhthlannaah nghawng lian ber a nei Zu leh music ri nasa tak nena zai tura kal chuan, ngawi renga hmun thianghlma ngaihtuahna a neih ai chuan, khawvel vibration leivut thick tak hmangin rilru a tibawlhhlawh a, making it difficult to shake off Mi pakhat duhthlanna chu a thiante nghawng avang hian a chak emaw a chak lo emaw tih loh theih loh Mahni thawhrimna hmang chauha duhthusam tihhmasawn chu a harsa hle I entawn tur entawn tur tha tak I mamawh a ni Lemziak thiam nih i duh chuan lemziak tha tak takin a hual vel a, lemziak thiamte nen inpawl rawh Thlarau lam mi nih i duh chuan thlarau mi, mizia ropui tak tak nei te nen inpawh rawh

Rinna leh tawnhriat inthlauhna nasa tak a awm Rinna hi thudik bulpui anga i hriat emaw i chhiar emaw i pawm tawh

thil a\anga lo chhuak a ni Experience erawh chu mimal taka i hmuh leh hriatthiam tak tak a ni Pathian tawng tawhte rinna chu a nghing lo thei chu a tem a, a hre chiang hle bawh

I rinna tichaktu te nena inpawlna zawng rawh

Pathian chungchang ngaihtuahna te, hlawhtlinna te, tihdamna te, leh a dangte chu i rilruah hian rilru lam capsule ang maiin a awm vek a, chu chu enchhin rawh I ngaihtuahna fiah turin i duhna chakna hmangin a lantir tur a ni Duhthusam chakna tul tak nei tur chuan duhthusam chak tak nei mite nen i inzawm tur a ni Pathian duhzawng hmanga tihdam i duh chuan i rinna tichaktu leh i duhzawng tichaktu te pawlna zawng rawh

Pathian hretu dik tak zawngin India ram zau zawng leh zau zawng ka fang kual a, mahse an tlem hle Zirtirtu ka hmuh apiangin an mimal rinna an sawi chhuak a Mahse thlarau lam thilah chuan Pathian chungchang thu mai maia lungawi lo turin ka inpeih reng Amah hi tawn ka duh a, a awmna dik tak ka hre duh Ka hrih chu mimal thil tawn hmanga ka hriatthiam loh chuan awmzia a nei lo

Vawikhat chu, ka thianpa pakhat nen India ram mithianghlimte chungchang kan sawi dun lai khan Ka thianpa chu broker a ni a, ka thahnemngaihna chu a tawmpui lo a, chu ai chuan, "Mi thianghlim i tih zawng zawngte hi a takah chuan Pathian hre lo charlatan an ni" a ti a, ka inhnial lo va, mahse thupui ka thlak a, brokerage profession chungchang chu kan sawi tan ta a, hemi chungchang tam tak min hrih hnu chuan zaidam takin, "Chu chu i hria em" ka ti a Calcutta-ah hian broker rintlak pakhat mah an awm lo va, an vai hian dawthei an ni tih pawh?" A thinrim hle a, thinrim takin, "A nih leh broker chungchang eng nge i hriat?" Kei chuan, "Chu chu ka sawi tum tak chu a ni Tin, mi thianghlimte chungchang eng nge i hriat?" A tawng thei lo a, muangchang tak leh ngilnei takin ka chhunzawm a,

"Brokerage chungchang engmah ka hre lo, nang pawhin mi thianghlim chungchang engmah i hre lo".

Sakhaw nunphung hian mi tam takin an thlarau lam ngaihtuahnate chu nunpui tawannaah an letling thei tawh lo tihna hmun a thleng ta He hmunah hian mimal thil tawn a\ angin ka sawi duh thil ka hriatte chu finna lamah chauh ka sawi duh lo Mi tam zawk chuan thutak chungchang lehkhabu tlemte chhiarin mahni inrintawkna nei loin thutak hnung lama thudik awm chu man tumin theihtawp chhuah lovin Thlarau thutak puan chhuah hrui hringte hian kan tan a tangkai lo va, ngaihdan \ha kan hnutchhiah lo We must distinguish between mi pakhat sermon leh an nun chanchin Mi tupawh mi dangte zirtir duh chuan an thil zir chu a takin a tawng tawh tih leh a thusawi chu tawnhriat neiin a hrethiam tih a lantir hmasa tur a ni

Nunna Adventure: Eng Nge A Ni

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Masoud-a lehlin a ni

Nun hi ngaihtuah theih adventure ropui ber a ni Nun thenkhatah chuan phurna leh rilru hahna a tlachham mai thei a, thenkhat erawh chu vawi sawmthum aia tam mahni intihhlum tum mi pakhat chanchin ka hriat thin fiahna mak tak tak nen a khat a, a vawi khatnaah pawh thil engemaw takin a nun a titawp thei lo a nih chuan Khawvela mihring zawng zawng, boral tawhte, leh lo la awm turte nun chanchin hriat chu a va ropui dawn em tih han ngaihtuah teh! Mihringte thil tawn zawng zawng hi cosmic memory-ah ziah luh a ni: Pathian hriatrengna, leh hriatrengna mak tak a va ni em! Engkim hretu hriatna chu hriatthiam a harsa a, chutih rualin Engkim hretu Thlarau hriat hi thil awm tawh zawng zawnga adventure ropui ber a ni

Thudikte hi suangtuahna aiin a tak tak zawk, a nghet zawk a, a thupui zawk a, chuti chung chuan an bul chu Pathian rilrua ngaihtuahna zawng zawng a ni vek baw Atomic matter zawng zawng pawh hi Pathian ngaihtuahnaah a insiam a, chu chu ngaihtuahnaah a inthiarfihlim leh thei a, chu chu thilah a insiam leh thei a ni Mihringte pawhin ngaihtuahna ngaihtuah theihna an nei a, mahse an suangtuahna chu a takin a lantir thei lo a, mahse an suangtuahna chu a chak taw lo a nih chuan he leiah hian thil an siam thei a ni Mihringte hian anmahni chhungah hian Pathianin khawvela a rilru thilsiamte a taksaah a lantir ang chiah thil siam theihna chu kan nei a Mahse Pathianin a pek rilru thiltihtheihna chu an hman tur angin an hman loh avangin mihringte tan chuan an ngaihtuahnate chu thila insiamrem theih a ni tawh lo

Pathian hriatna ngaihtuah kan tum hian engtin nge engkim a hriat reng theih ang leh a hriatthiam theih ang tih kan ngaihtuah a, a chhan chu kan rilru theihna tehfung hmangin engkim kan teh a, kan mimal thil tawn azirin thil kan hrethiam a ni Hriatrengna chak lo neitute chuan midang zawng zawng hriatrengna chu anmahni hriatrengna ang bawka chak lo niin an ngai thin Mahse, hriatrengna nalh tak tak nei mi an awm a, chu chuan lehkhabu pum pui chu line tlemte i hriatreng theih angin awlsam takin a hrechhuak thei a ni Theihnghilh tawhte chuan mi pakhatin awlsamna mak tak maia thu hriatna khawlkhawm leh lakchhuah theihna hriatrengna (receptive memory) a nei tih rin harsa an ti fo thin

Jeweler chuan a lunghlu a hre reng a, lehkhabu enkawltu pawhin a lehkhabu-a number awmte chu a hre reng baw Chutiang bawkin Pathian chuan he khawvela a thil siam zawng zawng hi a hre reng a, thiltihtheihna zawng zawng neitu a nih avangin, A hriatna famkim leh tawp nei lo

chu engkim hretu a nih avangin he khawvela thil thleng zawng zawng hi a hrechhuak nghal vek a ni

Hriatrengna hi amah ngei pawh hi theihna mak tak a ni Tin, mihring hriatrengna hi Pathian hriatrengna chak tak nen hian a inzawm tlat a Entirnan, i movie en tawh zawng zawng chipchiar tak chu i hrechhuak thei lo va Mahse, chu movie pakhat chu ka entir leh che a nih chuan, i hrechhuak nghal mai ang That sacred memory within you is constantly recognizing past experiences As soon as you see the entire storys, you reall the entire story and say, "Oh, I've seen this movie before, tin, a tawp dan pawh ka hre reng bawk".

Kum tam tak kal ta khan kan hmu tawh chung pawhin engtin nge thlalak che thei tak takte chu hetiang chipchiar taka kan hriat reng? A chhan chu thil thleng zawng zawng hi thluaka record vek a nih avangin mind needle chu test disc- ah i dah meuh (or mind-computer interface i play veleh) i memory chuan chu test chu a la let leh tan ta a ni

Chhungril hriatrengna thiltihtheihna chu Pathian atanga lo chhuak a ni a, tihsual theih loh A theihnghilh ngai lo Mi pangngai hriatrengna hian thil tawn zawng zawng chu vawi khatah a vawng reng thei lo Mahse, a thianghlim, chhungril hriatrengna chuan engkim chu a rualin leh chatuan atan a vawng reng a Chuvangin, hriatrengna tha emaw, chak lo emaw tih ngaihdan hi subjective perception mai a ni Mi pakhat chuan a hriatrengna chu a chak lo tih a inhriat tir a, chuvangin hriatrengna chak lo tak a nei tih a inhriat tir a, chuvangin hriatrengna chak lo tak a nei tih a inhriat tir a ni from this belief to its opposite Mihring hriatrengna chu Pathian hriatrengna thianghlim, engkim hriatrengna lan chhuahna a ni tak zet tih inhriat tir turin theihtawp chhuah nasa tak a ngai a ni

Mihring hriatrengna ropui ber chu Pathian hriatna famkim (absolte consciousness) êng mai mai a ni a, chutah

chuan mihringte thil tawn zawng zawng leh nun chi hrang
hrang leh lan chhuahna zawng zawngte chu a inziak lut vek
a ni

Pathian thilsiam chanchin hi thawnthu mak leh mak tak
a ni! Engtin nge Pathianin he leia thil nung awm zawng
zawng hi a siam chhuah? Tin, engtin nge Amah nena kan
awmna dik takah min hruai kir leh theih nan puan in leh
puan hnung a\angin hna a thawh? Pathian thilsiamte cosmic
adventure leh mihring chhiar sen loh mimal adventures nena
a inzawmna dik tak sawifahna kimchang tak pe turin
mihring tawng hian min pui thei lo

Mihring dam rei zawng chu kum sawmsarih vel a ni tih
kan hmu a, chutih laiin rulhut dam rei zawng chu kum
sawmruk leh za inkar a ni Redwood thing chu kum sang hnih
chhung a dam thei Sakawr dam rei zawng chu kum
sawmnga leh sawmruk inkar a ni a, sakawr pakhat chu a tam
berah kum sawmthum leh paruk vel a ni It is obvious, then,
that some being has determined these variing lifespans Yet
we hear of some great yogis who lived kum za tam tak
chhung Chung zinga pakhat chu Babaji ropui tak a ni a, a
taksaah a la dam laiin kum zabi tam tak chhung a nung tih
hriat a ni a, tleirawlina famkim a hmang bawk Trilanga Swami
pawh kum zabi thum dawn lai a dam a: kum 1601 khan a
piang a, kum 1881 khan a thi bawk (thenkhat pheii chuan
kum zabi thum aia tam a dam tih pawh an sawi!) A dam
chhung mak tak mai bakah hian a thilmak tih avangin a
hmingthang hle bawk 130 kilograms, ei tam lo mah se Ni
tam tak chhung chu a ngaihtuah fo thin a, Ganges lui tuiah
ke hrual chungin a thu a, a nih loh leh a chang chuan tuipui
hnuaiah hun rei tak a inthup thin Lungpui kang chungah ni
lum takah saruak leh che lovin a mu tih hmuh a ni fo thin A
thilsiam dan ngaihsak lohna a tih thin chu a hmutu zawng
zawngte tan chuan chu chu a hriat nawn tir fo thin Pathian

hriatna nena inzawmna hi dan zawng zawng zingah a sang ber a ni

Yogi-a Autobiography- a ziah angin , khawvel pum huap bumna emaw, inbumna emaw mumang a\anga harh chhuak a, universe chu Pathian rilruah ngaihtuahna mai a ni tih hrechhuaktute chuan taksa chu an duh duh an ti thei a, chu chu concentrated or frozen force chi khat aia tam a ni lo tih hriain, tunah chuan natural scientist-te chuan matter chu confined activity tih loh chu engmah a ni lo tih an hrethiam a, chu chu fully enlightened a ni master-te chuan matter thunun kawngah hmasawmna nasa tak an nei tawh a, theory a\anga practice-ah an kal ta a ni

Dik tak chuan, thil tak tak hi suangtuahna aiin thil mak zawk a ni Kan ngaihtuah thei ang, dinhmun dik takah chuan, vital energy emaw seminal fluid emaw hmanral a nih loh chuan, leh ei leh in mumal leh ngaihtuahna dik tak nen mihring taksa chu hun tiam nei lovin a awm thei Seminal fluid contains concentrated vital energy hmanral a nih loh chuan he thiltihtheihna hi a muhil reng a, taksa, rilru leh rilru hriselna tihpunna atan pawh hman theih a ni a, chubakah finna lama thil siam chhuah thiamna leh thlarau lama thanlenna atan pawh hman theih a ni

Lehlintu hnena hriat tur: He thuziak-ah hian President Abu Ali Ibn Sina chuan heti hian a sawi:

Ni khatah chaw vawi khat ei la, i chaw hmasa kha a hmin hmain ei loh tur a ni

I semen chu i theih ang tawkin humhalh la, chu chu nunna tui chu nausen pum chhunga leih a ni si a

Taksa chunga nawrna nasa tak a awm Mouse chu thangah a man chuan a thinlung chu a pangngai aia nasain a na a Chutiang bawkin mi pakhatin a bill a pek theih loh

chuan an thinlung pawhin chutiang baw k chuan a ti thin! Tin, chutiang chuan, psychological stress hian a tichhe ta a ni! There are other types of stress as well Laboratory experiment-ah chuan khawpuiah thawm tihbo hian mipui nunah a vaiin kum sawm vel a belhchhah thei tih an sawi a, Mahse, khawvel mak takah kan cheng a ni

Adventure hi naupai laiin thlarauin nausen pum chhunga luh theihna tura a beihna atanga tan a ni Planetary emaw ethereal realm-ah hian thlarau maktaduai tam tak chuan naupai laiin sperm leh egg in pumkhatna cell fertilized cell-a luh hmangin Leiah kir leh an tum a, Thlarau chu thi anghlim emaw, sual emaw pawh ni se, zalenna tawp ber a neih loh chuan Leiah hian pianthar duhna chak tak a awm a ni Naupai lai hian ether-ah êng a eng a, sperm leh egg in zawmna avang chauhvîn thlarau pakhat a lut a Mihringte hian nausen pum chhungah luh tumin an bei nasa hle a, a chhan chu thlarau tam takin luh tumin an inel a Hlawhtlingtu chu nangmah, kei leh kan za hian kan ni a, hnehna awlsam tak a ni lo!

Dik tak chuan Pathian hnena chenna hmun tam tak a awm Ethereal plane sang zawk leh hnuai zawk, êng langtlang leh chakna pawimawh tak takte atanga siam chu taksa taksa thih hnua thlarauten an kalna van (or hremhmun) a ni Chuta an awm hun chhung chu an karma ang zela ruat lawk a ni Mi pakhatin thil neih duhna emaw, leilung karma emaw (a thiltih tawh, a tihral loh rah chhuah) a tihhlawhtlin loh chhung chuan, Pathian lam pana an hmasawn zel tur chuan leia mihringah an kir leh a ngai a ni

Nausen pum chhunga a luh hnu chuan thlarau chuan heti hian a ngaihtuah a: "Eng nge ka tih? Hun rei tak chhung chu ka zalên a, mihring taksa phuar leh khap tlat a\angin ka zalên a, etheric plane-ah chuan taksa eng takah chuan

awlsam leh thawhrimna tel lovin ka kal a, tunah chuan taksa pianphungah ka tang leh ta a ni".

Mahse, a pum chhunga thla 9 chhungin heng dinhmun tharte hi a thiam zawi zawiin Hei hi a hremna chu a ni: thla 9 chhung chu cell thim takah a awm a, chutah chuan mi dang kal tlanga thaw a chhuah a ngai a, mi dang thisen kal danah innghatin chaw leh thisen a dawng tur a ni A thlarau leh dinhmun chu midangte chungah a innghat a, Pathian hnenah chuan: "He tan in atang hian min chhuah tir rawh! Ka hmu thei lo, ka hre thei lo, ka ni." pan"

Hremhmun emaw, purgatory emaw a awm a nih chuan, chu chu nu taksa thla 9 chhung chu a ni: thim kara tanpui theih lohna tluantling, thing ang maia hmun khata inkhung, hun kal tawhte hriatrengna rei lo te nei, chu chu mut hun chhungin a zui a Tin, chu hriatrengnate chu a lo kir leh chuan, nausen chu a zai a, nu taksa chungah theihtawp chhuah nasa tak a nei a, ka hriatna chu heng nau neih hma dinhmunteah hian ka sawn a, ka hriat chu ka hre chiang hle ka ti a ni

Nu taksa chhunga nausen mut leh harh chu a muthilh leh harhnaah a innghat lo Nausen duhthusam chetna chu thlarauin a hun kal tawh a hriatrengna a\angin a lo chhuak a Chutiang chuan, nausen pum chhungah chuan hahnain a hneh hma loh chuan chawlh hahdam takin a che a, a muhil ta a, Chumi hnuah chuan rei vak lo a harh a, a che leh \hin It feels hunger and satisfies it through nourishment transferred via nu thisen a ni

Nausen piang thar chuan, eng emaw chen chu nu thinlung na leh thisen kal dan vibration te chu a hre thei a, heng aw te hian a taksa a hriattir a, zalenna a duhna chu a tichak a Chutiang chuan, thlarau thil tawn hmasa ber chu ngaihdan pahnih inkara inbeihna a ni: mihring anga Leiah kir

leh duhna leh thlarau khaptu mihring pianphung atanga
chhuah duhna

Mihring thlarau (taksa) chu sangha zungpui nalh tak nei
ang maiin a intan He lem hi chu a hnuah rannung ang maiin
a lo thang lian a, chu chu nausen pum chhunga coiled-ah a
lo chang ta a ni Kan sawi tawh ang khan, nun kal tawhte
hriatrengna thenkhat chu a lo lang leh a, chu chuan nausen
chu a che tlem phah a, nausen chu nu taksa chhunga
mihring angin a lo thanglian chhoh zel chuan inbeihna chu a
nasa zual sauh sauh a, thlarau chuan, "Let me out!"
Duhthlanna a chak em em chuan nausen a piang Nausen
piang hma (kar 37 aia rei lo naupai hnua piang) chu Thlarau
duhna chak tak leh rilru khauhna nasa tak nei an ni Nu
taksaah thla 9 chhung awm reng an duh lo va, chuvangin a
hma aia hmaa piang an ni

Nausen chu tap chungin he khawvelah hian a lo kal a, a
chhan chu, mi fîng leh mithiamte sawi angin, thlarau chuan a
hmaa a lo pian tawhte chu a hre reng a, mihring inbeihna chi
hrang hrang vawi khat tal tuar leh turin Leiah hian kir leh a
duh tawh lo

"thaa" ri rit tak chu a inzawm ta a, chuvang chuan
landmark leh submissive ruins inkar hmun a lo ni ta a ni

Hmun thianghlîma thutiam a hriatreng hian a tap a,
mittui tla leh tawp lo

Hêng hriatrengnate chungchângah hian, nausen chu
khawvêla a lo kal hmaa a kut a vawn hmaa ngenna ang maia
dîlna dinhmun pawh a awm bawk: "Lalpa, leia pianna vawi
hnihna min pe lo turin ka ngen che a ni".

Nau piang thar au thawm chhanna physiological chu
thawk tan nan lung a inhawng tur a ni tih hi a ni a, naute au
thawm hmasa ber chu lungte tihchak leh nunna thaw insiam

tir tumna a ni Nausen a pian chuan thawk a tan a, thlarau, muthilh hnaih tak dinhmuna awm chu nunna zalen tak nei thil nung a lo ni ta a ni Mihring chuan thlarau chu a lut tih a ring sual a ni pian tirh lai taksa chu a ni a, mahse thlarau chu a awm tawh lo a nih chuan taksa chu a bul tanna cell te te a\ angin a lo piang lo ang Thlarau chuan nausen chu a pian hmain a chhuahsan ta a nih chuan naute chu a thi tawh ang

Mihring taksa hi taksa lam thil bulpui sawm leh paruk atanga siam a ni a, chu chu taksa mihring pianphung chhunga awm etheric taksa bulpui ber entirtu chakna element langtlang sawm leh pakuain a thlawp a, a chhawm nung bawk He etheric taksa hi taksa taksa chetna leh hnathawhna bulpui a ni Planetary element sawm leh pakua te hi finna, rilru lam leh thil pawimawh tak tak an ni The nineteen components are intelligence, the self (ego), feeling, the manifest mind (sensory awareness), hmuhna, hriatna, rim, ei leh khawih hriatna nena inmil hriatna hmanrua panga, chi thlah, chhuahna, thusawi, kal, leh kut hnathawh thiamna nena inmil thiltih hmanrua panga, leh taksa hnathawh crystallization , absorption tih theihna nei nunna chakna hmanrua panga (assimilating food after digestion), waste elimination, metabolism (chaw chu thil nung-a chantir emaw, chakna pe tura hman emaw), leh circulation He element sawm leh pakua awmna planetary shell langtlang tak hi taksa taksa, coarse element sawm leh paruk atanga siam chu a boral hnuah a awm reng a ni Heng element zawng zawng hi yoga technique hmasawn tak tak hmanga hriatna thianghlim takah a chantir thei a ni

Nausen a pian hian êng a hmuh chuan a mit a chhing a, thawm a hre a, a rim a, a thlum a, a thawk a Aw chu a tan chuan thil pangngai ang maiin a lang a, tisa taksaah vawi khat a nung leh tih a hrechhuak leh a Pian hmaa a dodalna chu a thawk hmasak ber nen a tawp ta As the illusion takes hold that "existence" depends on the body and breathing, it

is drawn to the physical..
.. khawvel a ni
a, zawi zawiin a thiam ta a ni

Hun a kal zel a, naupang chuan an taksa thunun tumin theihtawp a chhuah nasa hle a, eng chen nge boruakah an kut leh ke an beng a, an taksa pianphung nena inmil tura insiamrem tumin i hmuh fo thin? Hei hi subconscious-in a kaihruai a, thlarauvin a hun kal tawh a hriatrengna hmangin Hriatrengna chu a awm reng a ni Mihringte hian thihna hi vawi tam tak an tawn tawhte an hriat reng avangin pianphungah an hlau a, chutiang bawkin a hmaa hrehawmna nasa tak an tawrh tawh avangin hrehawmna an hlau baw

Naupang chu naupang tê a nih chhoh zel chuan an nu leh pate leh chhungte'n an nghawng Mi zawng zawngin an danglam vek an duh a, an ðhian misualte pawhin anmahni ang leh an nungchang leh thiltih ang zela awm an duh baw! He buaina karah hian naupang chuan nawrna nasa tak a nei a Amaherawhchu, zalenna nasa tak nei naupang tê tête chuan a hnuah pawti takin, "Ka nu leh pate hian ka nungchang chhiazia min hrilh se ka duh khawp mai; ni ta se, tunah hian ka ðha zawk mai thei," an ti.

Miin puitlin hmaa a tuar tur rilru leh rilru lama harsatna tam tak a awm Hetih lai hian hriatnate chu a thawkrim zawk a, tlangval emaw, hmeichhia emaw chuan chhungril lama indona pawimawh tak a nei a He hriatna nena inbeihna hi a nasa hle a, thalai te tan chuan hnehna hnuhnung ber chu an pianphung (instincts) chungah hnehna an channa leh an duhthusam tihtawp lohte tihtawp hi a ni

Nung hi a ropui hle a, mahse chakna tam tak chuan min tichhe turin an lo nghak reng a, Africa rama rannung ran nen adventure chu nun hlimthla nen khaikhin chuan engmah a ni lo Tin, history-a adventure engmah hian nuam tihna leh phurna lamah a tluk lo Reason vangin mihringte hian ramsa

lakah inven dan kan hre chiang hle a, mahse mahni
nungchang tha lo leh a rah chhuah chhiatna laka inven dan
tur erawh kan hre lo Mihring hmelma paw ber a ni is
themselves Hmelma zawng zawng aiin, natna hrik thihna
thlentu, bomb tichhe thei emaw, hlauhawm dang emaw aiin,
mi pakhat chu a dik lo a nih chuan a inhlau tur a ni Miin a
thlarau lam mizia hre lo tak tak chung a nun a, a
nungchang tha lote chu a thunun a phal chuan mahni
hmelma an lo ni ta a, he nunna indonaah hian hnehna chan
theihna kawng tha ber chu mahni inhmelhriat hi a ni Thlarau
lama hmasawn tawh chu mi pakhat thian a ni a, chutih lain
mahni hmasawn lo chu an hmelma a ni

Ramhnuai, hriat loh ram kan chhui dawn tih ngaihtuah a
awlsam Lawng hmanga kan kal dawn anih chuan lawng a pil
a nih chuan lawng chu kan inchhanchhuah theih nan nunna
chhanhimna lawng kan keng tel tur a ni Mahse nunna thil
tawn tam takah chuan fimkhurna zawng zawng kan lak lai
pawhin kan nunna chhanhimna lawngte hi a leak thin

Ramsa chi hrang hrang tamna ramngaw-ah chuan, chu
sakawlhthe lakah chuan fimkhur takin i awm thei a, mahse
hlauhawm fiah lo, rûm tak takte hneh chu a harsa zâwk hle
Engtin nge mi pakhatin min hual reng reng hrik maktaduai
tam takte lakah a invên theih ang? Kan hmuh leh hriat theih
hlauhawm laka fimkhur kan nih hian kan him niin kan ngai a,
mahse kan invenna hi natna hrik laka min humhim turin a
taw lo Thisenah hian thisen var te hian heng natna hrik te
hi an do fo thin Drugs only numb them White blood cells are
the soldiers that confront and destroy them If your blood is
weak, these "soldiers" will not be able to help you In the
lungs of many seemingly safe and secure individuals, vicious
tuberculosis bacilli lurk, ready to pounce on their host and
destroy it Nature chuan heng germ attack te hi do let turin
protective barrier a siam a, mahse chu barrier effect chu
taksain a do theih loh chuan rei tak a daih dawn lo He

insualna hi kan chhunga nunna ramngaw hmuh lohah hian a chhunzawm zel If you exained your food under a microscope, you would not taste it Germs feast on it, and you swallow a zawng zawng! I tui in pawh hi heng thil nungte hian a khat a ni Khawvelah hian vegetarian pakhat mah an awm lo a ni, a chhan chu mi zawng zawng hian nitin natna hrik maktaduai tam tak an ei thin Chuvangin, mihringte hian ei hi kan bansan dawn em ni?

Nunna ramngaw him taka kal tur chuan ralthuam \ha tak tak hmanga inthuam a ngai a, sipai thiam tak a nih a ngai Mahni invenna kawng dik hre lote chuan an nunna an hloh thuai a Mahse, mi fing, thil thleng tur zawng zawng—natna, ngaihtuahna inhnialna, nungchang \ha lo, chanvo khauh tak, leh karma \ha lo tak—hei adventure-ahhian hnehna a chang ang, chu chuan caution a mamawh a ni, vigilance, leh kan chhungril hmêlma, pawn lam hmelma zawng zawng aiin hlauhawm leh tumruh zawkte hmachhawn leh hneh theihna tur hmanrua leh strategy thenkhatte pawh a awm bawk

Kan nun kawng kan zawh chhunzawm zel hian kan taksa, rilru, nungchang leh thlarau lam natna thlentu natna leh chhante hneh dan tha zawk kan zir chhuak thin Taksa natna leh rilru lama harsatnate thlamuang taka kan hneh tawh chuan nun hi adventure mak tak a ni tak zet a ni tih kan sawi thei a Mahse hnehna dik tak a chan hmain nun hi a thlum tih sawi chu a finthlak lo Pathianah chhuah zalen a ni a, an tan nun a tawp lo Thlarau lamah an chhoh a ngai a, chutah chuan adventure bung hnuhnung ber chu a zo ang

Miin mi dang hrehawm tawrhna a hmuh chuan Pathian hnenah lawmthu an sawi a, chu thil tawn bik chu an paltlang lo a, mahse tuin nge hria, an turn a ni thei a, taksa tichhe thei thil awm thei chu chhiar sen loh a ni a, chuvangin thil thleng leh mak tihna zawng zawng atan chuan fimkhur leh inbuatsaih a ngai a ni

Scientist chuan: "Chaw hrisel, hrisel tak tak ei la, hrisel laka inven nan hriselna inkaihhruaina zawm rawh" Politician chuan: "In hmelma lakah nangmah leh in ram humhim turin sipai huaissen takin awm rawh u" a ti.

Khawvel mak takah kan cheng tak zet a ni Hmangaihna, ngilneihna leh inpekna entawn tur nute pawh hi midang fate that turin an zirtir mek a ni A va rapthlak tak em! Mahse, a châng chuan, indona hian thil tha a thlen a; kan hlauhawmna leh duhna chak lohna min chhuhsak a ni

Nunna ramngaw leh ramngawte chu hmêlmain a khat a: natna, retheihna, hrehawm tawrhna, nungchang tha lo, leh duhna kawng dik lo ngaihtuah tur leh dan zawm tur dang chhiar sen loh a awm bawk a, chutiang zawng zawng chu kan rilruah dah vek kan tum chuan nun hi tuar theih loh khawpin a lo awm ta a ni Nun kawng tinrengah harsatna a awm tawh a, mite chu hypnotic spell chi khat hnuaiah an awm tawh niin a lang Chuvangin mihringte hian kawng hrang hrang kan enchhin a, rilru thiltihtheihna leh theihna ramri nei lote hi kan tichak a hun tawh hle

Pathianin venhimna kawng mak tak min pe a: rilru chu Machine gun, electric, poison gas, damdawi eng pawh aiin a chak zawk He rilru hi enkawl leh tihchak a ngai Nun adventure-a thil pawimawh tak chu rilru thunun leh thunun leh engtik lai pawha Pathian nena inrem taka vawn reng hi a ni Hei chauh hi nun hlawhtling leh hlim tak neih theihna thuruk pakhat a ni

Mihringte hian taksa hmanrua leh tihdamna hmanrua hmang mah se, heng hmanruaahate hian rinna nghat lovin a hnung lama Pathian thiltihtheihnaah hian rinna kan nghat zawk tur a ni Damdawi kan rinchhan lo va, Amah kan rinchhan loh nan leh a hmasa berah chuan kan rilru thiltihtheihnaah hian hriatthiamna leh duhthlanna min pe turin Pathian kan dil tur a ni

Mihringte hi chu rilru training leh ngaihtuahna hmanga Pathian nena inremtirna hmanga chu rilru dinhmun chu kan thlen theih dan tur zirtir a ni lo Amaherawhchu, taksa khawvel leh a taksa damdawi te hnial i tum hmain rilru chu i thununna famkim hnuaiah a awm tur a ni Chu chu i thlen hma chuan taksa tanpui nan kawng awmze nei tak tak i la a tha ber Mi pakhatin halral lovin meipui kang a man theih hunah chuan thiltihtheihna khawvel chu an hnial thei a, rilru chu engkim a ni tih an puang thei ang Chutiang a nih loh chuan matter hi a awm a, a dan angin logical leh practical takin a buaipui tur a ni

Pathianin hneh theih loh ralthuam min pe bawk a, chu chu lungngaihna leh hrehawmna zawng zawng kan hneh theihna tur a ni: finna ralthuam, Pathian nena inremna hmanga kan hmuh theih Natna te, beidawnna te, vanduinna te hneh dan awlsam ber chu min Siamtu nena inrem reng hi a ni

Mite chu nunna ramngaw chhunga naupang têt têt ang mai, anmahni mimal fiahna leh hrehawmna aṭanga zir tûra nawr luih, natna leh nungchang ṭha lote kawnga tluk an nih angin Ṭanpuina kan zawng nawn fo tûr a ni a, kan ngaihtuahna leh thiltihte chu Pathian leh a dân danglam lote nêna inmil tûrin kan bei tûr a ni

I mit hmuh hmaa khawvel a thim a, nun harsatnain a hneh che chuan Pathian chu a hnai tih hre reng la, a awmna kulh chhungah hian him leh him takin i inhriat a, Nun kawng hrang hranga i beih lai leh tichhe thei thil chi hrang hrang i tawrh lai pawhin, chu chu nangmah tihchhiat tumna a ni lo tih hre reng la, i rinna fiah tur leh i chakna muhil lai tiharh nan a ni tih hre reng ang che Nunna indonaah hian kan chhel a ngai a, kan chhehvela thil tha lo zawng zawngte chu hmachhawn la, kan chhunga Pathian awmna thiltihtheihna zawng zawng huapzoin tichhiain hneh rawh Tin, nun kawng

zawh tawp lamah chuan heti hian kan sawi ang: Aw Lalpa, huaissen taka vawn tlat a, a tawp thlenga beih chhunzawm zel chu a harsa hle a, mahse chakna min pek kha kan hlahna aiin a ropui zawk a, chu thiltihtheihna ropui tak takte zarah chuan kan hneh a, I-ah hian siam kan ni tih kan hrechhuak ta a ni divine image Khawvel Lalpa i ni a, hmun tinah i awm a, chuti a nih chuan eng nge kan hlah a, tu nge kan hlah, kan hnena I awm chhung chuan?

Miin mihring a lo ni tawh tih a hriat chian meuh chuan an hlahthawn a lo pung a, tlanchhuahna a awm lo niin a lang Eng fimkhurna pawh la se, tihsual a luh theihna tur gap a awm reng Pathianah chauh lo chuan thlamuanna dik tak a awm lo va, Amah tel lo chuan remna a awm lo Africa ramngaw chhungah emaw, indona hmunah emaw, retheihna leh retheihna hmuiah emaw kan awm emaw, retheihna leh retheihna hmuiah emaw pawh ni ila, kan ri bengchheng a ngai a ni Pathian: I hneh theih loh awmna venhimna hnuaiah ka awm a, Aw Lalpa! Nun hmatawngah ka hmasawn a, I venhimna leh enkawl na hnuaiah ka awm niin ka hria!

Hriselna leh himna kawng dang a awm lo I thil tih apiangah rilru leh ngaihtuahna (logic) hmang la, Pathianah i rinna famkim dah rawh Pathian chuan Amah ngaihsaktu leh a dan zahtu zawng zawngte chu a ngaihsak vek a, A hnena hawi zawng zawngte chu an thinlung leh thlarauvin a pawm a, a malsawmna a leihbuak a, an eizawmna chu chhunzawm zel leh tihtawp loh a nih theih nan a enkawl baw

Mi tam tak chu natnaah an tlu lut a, nungchang tha lo tak takah an insiam a, mahni inhnukdaw thei lovin an awm tawh lo tihna a ni lo va, kawng tinrenga nunnain a dah thang atanga tlanchhuahna tur a awm lo tih hi sawi tur a ni lo Mi pakhatin a hmachhawn tur fiahna leh hrehawmnate hi hun eng emaw chen atan chauh a ni a, a thutlukna leh pakhat hnu khata hneh tura an duhna activation-ah a inngat a ni

Hun bituk chhunga hlawhchhamna chuan nun indonaah hnehna a chan tihna a ni lo mi chuan dinhmun aiin a chak zawk tih leh Pathian hnena an awm chhung leh Pathian a awm chhung chuan engmah an hlau lo tih a nemnghet fo thin a, nun leh thihna hi hriatna dinhmun hrang hrang pahni a nihzia a chhungril takah a hrethiam thin

Pathianin engkim min fiahna tur leh kan chhunga thlarau thi thei lo a lantir nan Hei hi nunna adventure leh a thiltum awmchhun chu a ni Mi tinte adventure chu a danglam bik a, hriselna, rilru leh thlarau lama harsatna zawng zawngte chu hriatthiamna, duhthlanna leh Pathian rinna nen hmachhawn turin an inpeih reng tur a ni a, an thlarau chu taksaah eng thil pawh thleng se a thi lo tih hriain Dik tak chuan, ralthuam reng reng—eng ralthuam eng pawh ni se—a thi thei lo chu thlarau chu tichhe rawh Mei emaw, tui emaw pawhin a kang thei lo, Pathian Pakhat chauh anpui a nih avangin

Thihna hi a tawpna a ni lo tih hriat hi a ropui hle a, he hriatna hmang hian rilru lam chakna leh inbumna atanga zalenna kan nei a, natnain a lo nuai a, taksain hna a thawh tawh loh chuan thlarau chuan a thi tawh tih a ring a, mahse Pathianin a khawih a, a la dam tih a tiam a Indona hmuna sipai pakhat, bomb emaw, shrapnel emaw-in a vuak chuan, "Ka thi tawh, ka Pathian!" Mahse Pathian chuan, "Tih tak zetin! Ka hnenah i sawi lo em ni? Engmah hian a tichhe thei lo che Thlarau thi thei lo i ni a, i thi tawh tih i mumang mai mai i ni" Tichuan thlarau chuan taksa atanga thihna kal tlangna tawn chu a lantir fo angin a hlauhawm lo tih a hrechhuak ta a ni The limited awareness of the soul's existence within the body is responsible for the belief that the loss of taksa chu engkim tawpna a ni a, a takah erawh chuan thlarau chu a nung a, a thi lo a ni, a chhan chu Pathian nung leh chatuan Pathian anpui a nih vang a ni

Yogi dik tak chuan eng dinhmunah pawh an rilru an thunun thei a, zawngtu chuan hetiang dinhmun a thlen hian zalenna an lo chang a, nun hi thil tawn thianghlim a ni tih an hrechhuak ta Zawlnai leh mi ropui tak takte chuan he thudik hi an lantir a, engmahin an thlarau ropui leh thianghlimte chu a tichhe thei lo a ni Pathian hmangaihna chu a famkimin an tawng a, chu hmangaihna tak tak chu nun kawng zawh turah chuan thil ngaihnaawm leh nghet ber a ni

Mihring hmangaihna chu thuhmun nei lo Pathian hmangaihnaa zung kai a nih loh chuan awmzia a nei lo Nula leh tlangval chu an inhmangaih a, chutah chuan huatnaah an tlu lut thei Mihring inngaihzawna chu a famkim lo va, dinhmun tam takin a phuar a, Pathian hmangaihna erawh chu a famkim a, a tawp thei lo

He nun adventure hi mi pakhatin duhthlanna leh finna ringawt hmanga hlauhawm leh tihsual a hneh hunah chauh a famkim ang, mi ropuiten an tih ang bawkin Tichuan an hawi kir leh ang a, "Chutiang fiahnate chu a harsain a hlauhawm hle a, ka tlu hnai hle a, mahse tunah chuan Pathianin ka mit a hawn a, hriatna thianghlim min pek hnuah keimah leh keimah ka inringtawh ta a ni," an ti ang.

A tawpah Pathianin: "Chutiang fiahna rapthlak, hrehawm tak zawng zawng chu a tawp ta chatuanin i hnenah ka awm a, engmahin a tichhe thei tawh lo che" tiin min hrilh hian nun hi adventure mak tak a ni kan ti thei.

Mihring rilru chu natna leh harsatna hmachhawnin, harsatna pakhat hnu pakhatin hnehin a tichak a, Rilru tichak lo apiang chu a hmelma pawl ber a ni a, a tichaktu apiang chu a himna hmun a ni I hmaa harsatna leh vanduai lo thlengte chu hmusit rawh

(Abu al-Qasim al-Shabbi thusawiah chuan):

Natna leh hmêlma ka nei chung pawhin, tlâng sâng tak
chung mupui ang maiin ka nung ang

Ni eng mawi tak chu ka en a, chhum, ruah leh thlipui te
chu ka nuihzat a

Pathianin he nun hi mumang mai a ni tih min hmuhtir
Pathiana i harh hunah chuan hlimna leh lungngaihna
mumang rei lo te angin i hre reng ang a, chu aia tam chu a
awm lo

Tin, chutah chuan Pathian Pakhatah chuan chatuan atan
thi thei lo i ni tih i hre tawh ang

Remna awm rawh se

Thlarau lam chawmna

Engkim hi a liam vek ang a, a bo vek ang a, Pathian
chauh hi khawvel pum huapa thlipui leh thlipui na tak tak
zawng zawng laka chatuan awm reng leh him taka
inhumhimna a ni

. ***

Mihring inṭhianṭhatna rei lo te chu a awm lo va, mahni
hmasialnain a tihbawlhhlawh fo baw, a chhan chu mahni
hmasialna a reh chuan hmangaihna pawh chutiang baw chu
a ni Thlarau ṭhian nihna leh hmangaihna dik tak, thinlung
taka hmangaihna erawh chuan chu ṭhian nihna chu enkawl
a, chu hmangaihna thianghlimna humhim turin
mawhphurhna insemna rilru min tuh a, chu hmangaihna
thianghlimna chu humhim turin mawhphurhna insem kan
neihna rilru a tuh a ni Mi pakhat hriatthiam kan tum hian, a
rilru tibwaitu chu kan ti thei lo va, chu chu kan hriatthiam
tum loh chuan, compatibility chu a awm lo mai mai

. ***

He khawvel hi ka thlah hun ni a lo thleng ang a, mahse
he leia ka awm chhung chuan ka lawmna ber chu Pathian
thilmak chungchang min ringtute hnena sawi leh chu
thlamuanna, zalenna leh himna min petu Pathian êng chu an
duhna tihpunnaah a awm a ni

.Mahni inrintawkna: 1.1

Ka tih tur zawng zawng hi Pathian hnen atanga ka
chakna lo boral chauhvîn ka hlen chhuak thei Chuvangin ka
duhthusam hmasa ber chu Amah tih lawm hi a ni Pathian hi
ka thinlunga hmangaihna hmasa ber, ka thlarau duhthusam
ber, leh ka duhzawng leh rilru thil tum ber a ni

. ***

Kan nihna dik tak—thlarau—thi thei lo Kan awm a, kan
awmna pawh chatuan a ni Tuipui chu tuipui kamah a lo kal a,
chutah chuan a bo lovin tuifinriatah a kir leh a; chu ai chuan
tuifinriat nêñ pumkhat a lo ni ta zâwk a, a nih loh leh tuipui
dang angin [tuipui kamah] a kir leh thei a ni

. ***

Electrical device wire a chhiat chuan specialist chuan a
thlak thei a Mahse, nerve tissue chu irritation nasa tak
avanga a chhiat chuan nerve te hian an hnathawh a hloh a,
tuin nge thlak thei ang? Chuvangin, nervous system hlu tak
kan buaipui hian fimkhur leh fimkhur ber a ngai a, a chhan
chu a chhung atangin a lo piang thar leh a, a chhiat chuan

siamthat theih a ni lo va, hmanraw dang hmanga thlak theih
a ni lo bawk
. ***

Zirlaite chuan an zirtirtu, Paramhansa nen nature-ah
:picnic an hmang dun a, ani chuan an hnenah
Thlamuang taka inhriatna leh hlimna hausa nih hi a va
ropui tak êm! Pathian chuan nun awlsam tak leh thlarau lam
hlimna tawn turin min duh a ni
. ***

Miin a thil hmuh chu mumang mai a ni tih hre turin
mumang chhiatthlak tak atanga a harh ang bawkin, Pathian
hriatna chuan mi chu mut leh buaina mumang atanga harh
chhuak turin a fuih a, hriatna thar leh nun awmzia leh
thiltum hriatthiamna dik tak nei turin a fuih a ni
Thlarau lam harh chhuahna zing kan tawn duh a, thil
chiang tak êngte kan hmuh duh chuan chhungril aw chu kan
ngaithla a, a fuihna chu kan chhang let tur a ni
Thlarau zinkawng tibwaitu leh a kalna tikhawlotu, thil
awm lo lung leh hriat lohna lungte chu kawng a\angin kan
paih chhuak tur a ni Ngaihsak lohna muthilh a\anga harh
chhuahna kawngkhar chu duhthusam kut hmangin kan kik
tur a ni, chutiang chuan hlimna thlipui kan thawk chhuak
thei ang a, kan ngaihtuahna tinrengah, kan hriatna tinrengah
leh kan thiltih tinrengah van lam electric kan rawn thlen thei
ang
. ***

Duhthusam \hain \ha lo a hneh loh chuan hlimna dik tak
chu tem theih a ni lo va, duhna chu thutak tuikhuah leh thil \
ha awm zawng zawng bul tanna lam hawia kawng dik a
kawhbmuh loh chuan a tem thei lo
. ***

Hausakna zawng zawng aiin ðhian dik tak chu a ropui
zawh Mite ðhian dik tak i nih theih chuan Pathian i hmu ang
. ***

Pathian chu thlarau \ha chung a luang chhuak finna leh
infuih tharna êng chhuahna bulpui a ni Hmangaihna thinlung
rimtui rimpui atanga lo chhuak van rimpui a ni Amah hi
thlarau chu hlimna thianghlim taka khattu hlimna ropui ber a
ni

. ***

Lalpa, thutak tawp ber ka hmuh theih nan ka thlarau
chu êng turin ka ngen a che, Lalpa, thilsiam lan chhuahnaah
—pangpar te, thingah te, leh thil mawi zawng zawngah te
inpuan chhuah ka hmu ang che Thlarau lam ngaihtuahna
thuk tak hmangin remna kawngkharte chu zau takin ka
hawng ang a, a awmzia dik tak ka hriatthiam theih nan ka
nun siam\hat tumin nasa zawkin ka bei ang

. ***

Mi dangte nena kan awm hian ka awm kim vek a,
anmahni nena inpawh tawnaah hian hlimna nasa tak ka nei
a, keimah chauha ka awm lai pawhin chu hlimna chu ka hlim
ve bawka Tin, hna ka thawh hian ka chakna leh duhzawng
zawng zawng nen ka thawk a, hlimna nasa tak ka nei bawka
Duhthusam tak tak leh chhungril hlimna nen kan thawk

tur a ni a, chuti lo chuan kan chakna kan hloh ang a, kan
chakna pawh kan siam thar thei tawh lo ang Kan thinlung tak
tak leh kan duhthlanna rualin thinlung tak tak kan neih reng
tur a ni bawka, thinlung tak tak nen chuan midangte nen
inrem zawkin kan thawk thei si a

. ***

I hnena hmangaihna hloh chu lungngai suh, thihna
avang emaw, mihring nihna danglam leh danglam reng
avang emaw pawh ni se Hmangaihna ngei pawh hi a bo tak
tak ngai lo va, a thi tak tak ngai lo va, rei lo te chung atan i
lakah thup a ni zawk, chutiang chuan i zawn rengnaah a
nihna dik tak chu i hmuchhuak mai thei ang Tin, hmangaihna
chuan a tawpah chuan Pathian Hmangaih tak chenna angin i
hmuh hma loh chuan hun eng emaw chen chu a thup
chhonzawm zel ang i thlarau chhungril thuk ber berteah

. ***

Mi chu ni tin rilru lam dinhmun nuam lo ang bawka awm
tur a ni lo Miin thinlung takin a tawngtai a, a tawngtai chu
Pathianin a pe ang tih a rin tlat chuan Pathian malsawmna
leh tanpuina a dawng ang
Thil \ha lo zung kai thuk tak a awm chuan rilru lam
tihbuai leh inhnialna siamin, toxic habit chu neutralized a nih
hma loh chuan activate-in tihbuai leh sawn theih a ni
Mi chuan a tha zawngin a inthlak dawn tih a inringtawk
tur a ni a, tuna a tawrh mek chak lohna thenkhat karah pawh
a chak dawn tih a Chiang tur a ni
Miin inthlak danglamna \ha tak siam a tum lai tak chuan
mi danglam tak ni tawh ang maiin a inhria ang a, chu rilru
put hmang chuan chakna pawimawh tak tak leh chhungril
hlimna tam tak a thlen ang

. ***

A châng chuan Pathian chu a hmangaihte hnênah êng
ropui tak, cosmic aw, hlimna tawp nei lo, a nih loh leh
hmangaihna thlum ber angin a inpuang thin
A nih loh leh hriatthiamna, finna leh hriatna angin
A êng chu chatuan chhûngin cosmic wings angin a inzar
pharh a, a darh a, a châng chuan chu êng thinlungah chuan
he lei hi mumang ang maiin ka hmu thin
Chuvang chuan khawvel hi mumang a ni tih ka
hrechhuak ta a ni

. ***

Nang leh i thin dik takte chu eng ang pawhin inrem lo
mah se, in inkarah inhriatthiamna leh inbiakpawhna a awm
reng ang Chutiang thin nihna chu inzah tawwnaah a innghat
a, in tan chuan awmzia a nei hle a, Pathian hmangaihnaa
innghat thin nihna chu inzawmna awmchhun, awm reng
tura ruat a ni

. ***

Thlarau hlimna êng chu mi rilru chhungril lam hawia
hriat theih a ni Hei hi rilru hmanga thlarau ram thup, mahni

chhungril thuk taka awm ngaihtuahna inlarna mawi tak takte
hlim taka hmanna hmanga tih theih a ni

. ***

He leia mi pakhatin a tihhlawhtlin zawng zawng hnuah
nunna hi a ruak ang maiin a lang a, a tawpah chuan engkim
an kalsan a ngai dawn a ni Mi pakhat chu a thil neih zawng
zawng a\anga a inthen hun tur ni a lo thleng ang Mite chuan
mi hausa te chu an hausakna leh thiltihtheihna avang hian
an ensan ang a, mahse anni pawhin engkim an kalsan ang a,
an thiltih chauh hian he lei atang hian a zui ang

. ***

Zirtir pakhat chu thlarau lam thil tawn pakhatah a
hlawhchham a, pawl leh lungngaihna nen a inpuh tan ta a
:Zirtirtu, Paramhansa chuan a hnenah
Misualah inngai suh, i tih chuan i chhunga Pathian
hriatna chu i tibawlhhlawh a ni Engvangin nge i chak lohnate
nen in inzawm? Chu ai chuan he thudik hi nangmah ngeiin
nemnghet rawh: "Pathian ka hnaih a, Ani chuan min
:hmangaih a ni" A hnenah tawngtai rawh
Ka Pathian, lawmawm lo emaw, tha emaw pawh ni ila, I"
ta ka ni Ka hriatrengna leh ka duhthusam che ka harh la, Aw
."Lalpa

. ***

Mi fing Paramahansa chuan tlawhtu inngaitlawm tak, a
:chanchin sawi lutuk chu a biak hnuah a sawi a
Pathian khawngaihna ruahte hi chapona tlang sang"
takah a inkhawm lo va, awlsam takin inngaihtlawmna
."ruamah a luang thla zawk a ni

. ***

He Leilung hi khawvel pum huap chhungkaw pakhat
humhalhtu in lian tak ang a ni a, a lairil lumna chu niin a pe
a, thla khatin a ti eng a, arsi inang chiahin a chei baw A

member-te chuan boruak inang an thawk a, chaw inang an
ei a, tui inang an in Mihring taksa zawng zawng hi natna leh
hlam tuar thei zawng zawngah hian Tawng zawng zawng
hnuaiah hian ngaihtuahna pakhat a awm a, mi zawng zawng
hnam zia leh mizia zawng zawng hnuaiah hian mihring
nihphung pakhat a awm a ni

. ***

Lalpa, ka thiltih apiangah I awmna hi ka hre thei ang I
kaihhruaina êng khuh botu hlahna thlalak chu tibo turin min
pui ang che I lo kal lehna zing ka nghah lai hian ka
duhthusam pangpar chu ka thinlung huanah par se

. ***

Ka duhthusam rosary-ah ka tawngtaina chu ka sawi
chhuak a, a beads chu Pathian hmangaihna thread-in a khih
a

Ka Pathian duh tak, Nangmah hla thlum ber berte hla
satu nunna nightingale min siam rawh Nang ka mumang leh
Nang ka duhna atang hian ka siam ang che
I hnena thlen turin ladder ka lawn a
Nunna luipui lian takah chuan i cosmic nun ka hmu a, ka
duhzawng luite, harsatna thlaler kal tlanga luang chhuakte
chu kaihruai turin ka ngen che a, chutiang chuan i cosmic
ocean nen an inhmeh theih nan

. ***

Sual chu Pathian hriat lohna leh Amah ngaihsak lova
awmtirtu eng pawh a ni

. ***

Nunna leh thihna hnah chung a i ruahtui tla khur, i
Pathian tuifinriat, tuipui kam nei lo lam pana luang chhuak
ka ni
I ruahtui tla vakvai ka ni a, a tawpah chuan vanram in
lamah ka kir leh ta a ni

Hun kal tawh, tunlai leh hmalam hun pangpar chung
zai i chatuan vur tla chu ka ni
I ruahtui tla, hmangaihna zu rui, i finna tui thianghlim
leh thianghlim tak nena inpawh turin lei thlemna hnah
chungah him takin ka tlan kual a, keimah hi hloh ka duh lo
va, i tuifinriat zau tak nena inzawmkhawma tawp chin nei loa
zau zawk ka duh zawk a ni Ni e, Pathian tuihal hmui
tinrengin a hnim pil vek ka duh zawk a ni
. ***

Midang zawng zawngin an hriatthiam loh che hian
Pathianin a hrethiam che Amah chu hmangaihna nei tak a ni,
ngilnei taka ngaihsak che leh khawngaih rengtu che
Midangte chuan hun rei lote chhung atan an hmangaihna an
pe che a, chutah chuan an kalsan che a Mahse Pathian
chuan a kalsan ngai lo che a, a kalsan ngai lo che
. ***

Duhthlanna chuan ngaihtuahna chu chaknaah a chantir
a, hlawhtlinna ropui tak changtute chu duhthlanna nghet tak
nei mi an ni Miin a duhthlanna a tihpun hian eng ang
harsatna nasa tak pawh tawh mahse, dinhmun tha lo takah a
tlu lut lo va, nun indonaah hneh loh an ni dawn lo tih an
inhriat chian fo zawk a ni
. ***

Rationalist chapo tak pakhat chuan master
Paramahansa chu philosophical issue buaithlak tak tak a
sawiho laiin a tibuai a, chuvang chuan master chuan nui
.chungin: "Thudik hian zawhna a hlau ngai lo" a ti a
Zirtirtu chuan, "Pathianin min kalsan emaw, min kalsan
emaw chu thil theih a ni lo Min tanpui tur leh kan thlarau lam
hmasawnna chak zawk nan kawng engkimah a ruken hna a
.thawh thin" a ti a
. ***

Mi ropui tak takte chuan Pathianin ngaihtuahna hmanga
thil tih theihna hmangin engkim an tihlawhtling a, chu chu
ngaihtuahna hmanga tihhmasawn theih thiltihtheihna a ni

He ngaihtuahna senga Pathian thiltihtheihna kan hman hian
hlawhtlinna kan chang thei a, kan taksa, rilru leh thlarau
pawh kan tipung thei a ni
.***

Khawchhak mite chu, dan angin, thlarau lam thila
inhmang tak tak an ni Anni chuan nun hi philosophy lam
hawiin an thlir a, an pianpui ngaihtuahna (natural tendency
toward contemplation) an nei thin Mahse, khawthlang mi
tam tak chuan thlarau lam hriatna zawn ai chuan an hun awl
neih chu engmah lo leh rilru hah takin an hmang a, chuti
chung pawh chuan thlarau lam hriatna sang tak an la nei tho
a ni
.***

Miin a mit a chhing chuan he khawvel pum pui hi buaina
leh hrehawmna chauh lo chu engmah a ni lo tih a ngaihtuah
a, mahse finna mit a hawn a, a thlamuanna leh a inthlauhna
a vawn tlat chuan movie nuam tak en ang maiin he khawvel
hi a hlim ang
.***

:Ngaihtuah tan nan
Thu la, i ruhro chu dinglam hawiin, i mit hahdam lo chu i
mitmeng hmangin khuh rawh I taksa lian tham hriatna a\
angin i rilru chu chhuah tir la, i taksa ruh leh ruh rit tak takte
nena inzawm nerve te chu ti hahdam rawh Sa hring hring
hring bundle dense tak tak phur leh tihchet tumna chu
theihnghilh rawh
Relax la, i rilru chu taksa phurrit hriatna a\
angin chhuah
zalen rawh I taksa rit zawng hi ngaihtuah suh la, i thlarau
chu rit nihna nihna nghet tak a\
angin chhuah zalen a ni tih
hria ang che I ngaihtuahna chu sang, hnuai, vei leh
dinglamah, tawp nei lo emaw, i duhna hmun apiangah emaw
thlawk rawh se

Taksa atanga i rilru chhuah zalenna chu hre la,
ngaihtuah rawh Mumang la, nung la, he sang tak hi hre rawh
Hmun nget takah i thut reng chuan he zalenna hi a pung
zel ang a, a pung zel ang

I mitmeng kawngkhar kha khar la, rilru lama thlemna
lamte chu titawp rawh I rilru chu i thinlung tuikhuah tawp nei
lo leh tawp nei loah chuan chhuk rawh I rilru chu thisen
pawimawh tak luang chhuak i thinlungah chuan thun la, a
rhythmic beating i hriat hma loh chuan a hruiah i
ngaihtuahna kha nget takin dah la, a beat apiangin nunna
rilru chak tak chu hre rawh

Chutiang bawka khawvel pum huap nunna chuan
mihring maktaduai tam tak leh thil nung dang maktaduai
tam takte thinlung kawngkhar a kik lai chu han mitthla teh
I thinlung bengchheng lo chuan i hriatna kawngkhar
piah lama thiltihtheihna tawp nei lo awmna chu zawi zawiin a
puang chhuak a Engkim huapzo nunna rilru na tak takte
:chuan a rawn ti chhuak che a

Ka nun lui tlemte chauh dawng suh la, i hriatna huam"
zau zawng hi tizau la, i thisen, taksa, rilru, hriatna leh thlarau
."chu ka cosmic nun pulse-ah hian ka thun lut ang che

. ***

Kan thil tih tur leh chu chuan engtin nge min nghawng
dawn tih hi kan ngaihtuah fo tur a ni
Impulse leh instinct-a thil tih hi zalenna a ni lo va, thiltih
dik lo avanga thil thleng lungawithlak lo chu kawl a ni Kan
hriatthiamna hriatnain min hrih thilte chu a tha a, a rah
chhuah dik tak a nei tih hi tih tur a ni, lungawina leh zalenna
a thlen avangin He fing taka kaihhraina hian vanneihna leh
malsawmna a thlen a ni

. ***

Zirtir chuan Pathian nena inrem a nihzia a hriat chuan
thlarauah a lawm a, lawm takin: "Aw Lalpa, nang aia mak leh
.thlum zawk khawvelah hian ka hmu lo" tiin a au chhuak thin

. ***

Thli chu a rawn inkhel ta a
Tin, thing chu a thaw halh a
Tin, ni chu a nui suk baw
Tin, lui chu a inher baw
Tin, lei hian a kawr dum arsi hring chu a thlak danglam
baw

Eng rangkachak puan mawi takah chuan
Tin, nature hian a mawina lantir hi a ngaina hle baw
Hun hlimawm tak takte rawng thlak danglam
Tin, gurgling stream chuan a tum fo baw
Thlarau atanga infuih ngaihtuahna thuk tak chungchang
sawi chhuak

Tin, savate chuan hla sak leh trill an duh hle baw
A thinlungah thil hriat loh a rawn inher chhuak a
Mahse mihring hian theihna a nei a ni
Thusawi thiam leh Chiang tak, leh awmzia thar neia
thusawi tur

Khawvel pum huap Master chungchang
hmun tina awm
Chu chu thilsiam dangte pawhin an ti thei lo
A puan chhuah leh a awm thu puan chungchangah

. ***

Zirtirtu Paramhansa chuan zirlai pakhat chu thil tihsual
lian tak a neih avangin thunun a ngai tih a hmu a, a hnuah
:chuan thaw halh chungin a sawi ta a ni
Hmangaihna hmang chauha midangte nghawng ka duh"
dan, kawng danga zirtir loh dan tur a awm lo tih ka hriat hian
."ka thinlung a na a, a na thin

. ***

Ngaihtuahna hmun thianghlimah chuan meialh pahnih
ka hal a: zing khawvar leh ka harh chhuahna meialh Ka
duhna nasa tak puan mawi tak takte chuan I awmna zawng
zawng huapzo ke chu a hual vel a I hmangaihna rimtui, ka
thinlung bawm chhunga par chhuak chuan ka nun kil tin a
tuam chhuak Ka hlauhthawnna leh ka ngaihtuahnate

thlalakte chu I êng tak takah chuan a bo ta a ni êng, Aw
Pathian, he nun rei lote mumang ațanga chatuan atâna min
kaithotu Chatuan fimkhur tak leh mit râpthlâk tak nê, I
hmêl tawp nei lo chu ka en reng ang a, a lan dân danglam
!leh awm reng chu ngaihtuah chungin

. ***

Thinrimna emaw, huatna emawin mi a hneh chuan mize
hrisel lo tak an nei thin Thinrimnain a ei zo mi chuan an rilru
put hmang a thunun thei lo va, midangte pawh a tichhe thei
a, chuvangin, rilru natna tharum thawhnain a thiltih a thunun
leh thunun phal chu thil tihsual a ni a, chutianga tih chuan
thinrimna khauh tak leh rilru hahna zawng zawng awmna
cell-ah a inkhung a, chu chu lungngaihna leh rilru lama
harsatna zawng zawng thlentu a ni To escape heng rilru
dinhmun nuam lo tak takte hi, taksa hriatna nena inzawm
tlat heng rilru put hmang leh rilru put hmangte hi tihbo a
ngai a ni Meditation [chu chu thinlung, thlarau leh rilru nena
Pathian lam hawi tihna a ni] chu kawng a ni

. ***

:Confirmation te chu

Ka ngaihtuahna leh thute chu ka veng ang a, chuta tang
chuan thil mawi leh dik chauh a lo chhuak ang a, Pathian
rinna famkim nen ka kal zel ang, A thiltihtheihna chu keimah
ah a luang chhuak tih ka hria a, hmun tina a awm chuan min
hual vek tih leh A ngaihsaknain min enkawl tih ka hria
Lalpa, matter puan ka hrual a, I hmangaihna ka hmu ta
a, tunah chuan I Pathian duhzawng pholanna atan ka chakna
leh theihna zawng zawng ka hlan vek tur cosmic mind leh
thlarau lam mawina lantir nana lirthei ka ni tih ka hrechhuak
ta

Nang ka ngaihtuah apiangin ka chhungah duhthusam
kang chhuak nasa tak a lo chhuak a, ka rilru natna chu a
tithinur a, ka thinlung a\angin ka nihna cell tinah a rawn
luang chhuak a, Pathian hmangaihna a luah khat a Ka
duhthusam thuk ber chu i nihna chhungril ber thleng a, i

hmaa hlim taka awm hi a ni Vawikhatmah ka thlarau
kawngkhar chu a inhawng a, aw, i êng eng mawi tak ka
.....!hmuh chuan min hnehtu hlimna chu
.....

. ***

Nang nena inpumkhatna hmang hian, Aw Thlarau
Engkim huapzo, cosmic nun pulse tak tak ka lo ni ang
Thlarau tuipuiah ka inbual ang a, mihring rilru thianghlim
thlipui chungah ka zai ang a, mi zawng zawng chu hlimna
malsawmna nen ka rawn surtir ang a, universal torrent of
sublime aspirations ka chhuah ang
Midangte lainatna mittui tla zawng zawng ka ni ang Mi
thianghlimte rangkachak ngawi renga awm leh rilru hring
beiseina par chhuakah ka awm ang Aw duhthusam petu
rinawm! Ka chatuan meialh chu i êng tawp nei lo nen a
inzawm hunah chuan mit tinah ka eng chhuak ang

. ***

Nunna thlasik ni-ah chuan thlarau ngilneite huana par
chhuak thatna pangpar thlum tak takte a\angin rilru natna
tui (nectar) chu ka khawl khawm a, ngaihdamna basil sang
tak distilled essence, inngaihtlâwmna hnah rimtui tak tak,
leh ngaihtuahna lotus pangpar rimtui tak tak leh hmuhnawm
lo tak tak, leh thlasik harsatna leh thlasik vur tla chilh tak
takte chu ka thinlungah ka dah khawm a ni painful pain of
earthly separation lash around me, I seek warmth and solace
in the nectar stored in the cell of my heart Chu cell-ah
chuan, i awmna malsawmna dawngin, Pathian bee chuan ka
kum upa lam duhthusam thlum tak chu a in lai ka hmu fo
thin a, thlamuanna, hlimna leh thlamuanna ka nei thin

. ***

Chhungril thlamuanna tel lova thil neih hausakna neih
chu luia tuihalna vanga thih ang mai a ni Thil mamawhna hi
pumpelh a ngai a nih chuan thlarau lam retheihna hi hmuhsit
a ngai a ni, chu chu mihringte hrehawmna leh hrehawmna
zawng zawng bul a nih avangin Nu leh pa hausa tak takte

chuan an fate hnena sum tam tak an hnutchhiah thinte hian
an rilru lama thanlenna chu an titawp fo thin a, an
hmasawnna leh hlimna chu an tikhawlo fo thin a, chu chu
anmahni thawhrimnaah a inngnat a ni
:Smile Day pual hian

Hun harsa takah chuan i aw, ka cosmic nu, a thusawi
chu ka hre ta a: "Ka venhimna ni chuan i darkar eng ber leh
thim ber berteah pawh a êng vek a, lungngai suh, ka fa, ring
la, nuihzat rawh! Ka damna êng chu i nuihzatthlak tak takte
hmangin eng rawh Hlim takin, ka fa, min ti hlim a, min ti
!lungawi bawk

. ***

. ,Aw, Lalpa

I rilru hnehna thlipui chuan ka rilru boruak thianghlim
leh thianghlim tak atanga chhum zawng zawng chu a
hnawtchhuak vek a, tunah chuan thianghlim leh thianghlim
takin a lang Mit thianghlim tak nen, hmun tinah nangmah
chauhvin ka hmu che I ni malsawmna êng chuan ka nihna
chhungril thuk ber berte chu a rawn luhchilh a, kum tam tak
riltamna nen chuan i êng malsawmna chuan min chawm a ni

. ***

Zirtirtu Paramahansa chuan zirtir pawl pakhat hnenah

:chuan

Thlarau mit hmanga Pathian hriatna thuk taka i luh"
chuan, chhungril khawvel thil mak tak takte nena eng
dimension palina chu i hmu ang Chu dinhmun chu thlen
harsa tak a ni a, mahse, a va mak leh lawmawm tak em! I
ngaihtuahnaah thlamuanna engemaw chen hmuhnaah
lungawi suh la, Pathian thlamuanna leh a hlimna tuihal chu i
thinlung zawng zawngin duh zawk rawh

. ***

Khawvelin a mamawh chu unau hmangaihna,
inpumkhatna, intluktlanna, leh Pathian hmangaihnaa khat
thinlung leh a nungchang dan zawm Miin an thiltih tawh,
hmun leh hun bika an tih tawhte a hriat loh avanga harsatna

leh harsatna lo awm thin Tuna an hrehawm tawrhna hi an
sawi chhuah ngaihtuahna leh thiltih atanga lo chhuak a ni a,
chu chu hriatna leia zung kai a, thing leh mauah a lo chhuak
a ni chu ngaihtuahna leh thiltih nihna tak tak lantîrtu rah
chhuah

Pathianin a duh em em temple chu thlamuanna, remna,
hmangaihna leh mawina temple a ni a, chu temple-a lut
apiang chu thlarau lam thlamuannain a khuh ang a, Pathian
awmna chu a khawih ang

Mi pakhatin mahni insiamthatna tur leh midangte
hlawkna tur thil siam\hatna kawngah a inhmang tur a ni a,
Pathian hriat duh chuan nitin thil \ha tih leh a theih ang anga
midangte \anpui tum tur a ni

Pawn lam nungchang hian mi chhungril nun a lantir
Pawn lam thil hausakna hian hlimna a thlen thei lo, a chhan
chu hlimna chu miin a inthunun dan leh a nun kal danah a
innghat a ni

Zing tin ka harh hian thutlukna \ha \henkhat ka siam a,
ka hlen chhuak ang tih ka intiam a Chumi hnuah chuan chu
thutluknate chu nilengin ka thlirlet a, hlen chhuah tumin ka
infuih \hin Keimah ngeiin ka tiam chu ka hlen chhuah tawh
tih ka hriat chuan hnehna ka chang tih ka inhria chutiang a
nih loh chuan, mi pakhat chu rilru natnain a nuai bo a, rilru
ṭha lo takin a thunun tih a hmu thei a ni

In lamah inṭhianṭhatna hi inṭan tur a ni I chhungkuaah i
nena inmil bik mi i hmuh chuan chu ṭhian nihna chu enkawl
hmasa phawt la Chumi hnuah chuan, hlutna inang nei i hriat
mi pakhat lam hawia hip i nih chuan, chu ṭhian nihna chu
siam rawh Mahni hmasial duhna zawng zawng leh mimal

chhut dan zawng zawng chu tihbo vek tur a ni a, mi thate
nena inthianthatna chu tihngheh tur a ni

Pathian hmangaihtute hi ka unau dik tak an ni Mihre lote
ka khawngaih a, mi chapote nena inpawl na ka pumpelh thin
a, mahse Pathian hmangaihtute nen hian ka inhnaih hle a,
anmahni nena inbiak pawh ka hlim hle

Pathian hmangaihna chu sawifiah theih a ni lo va,
mahse thinlung a thianghlim a, khawvel pum huap
Hmangaih duhna chu a nasa zual a, Rilru leh hriatnate chu
Pathian lam hawia a awm chuan thlarau lam hlimna chu
thinlung tuikhuah a\angin a luang nasa hle a ni

Ka thinlung chhungril takah chuan lalthutphah thuruk ka
din che I lo thlen beiseiin ka hlimna meialh chu a eng lo va, i
lo lan hunah a eng leh zual ang

Thinrimna lungchhiatthlak takah inhmang chu thihna
zawi zawi a ni a, chutih rualin fiahna buaithlak leh
lungngaihna zawng zawng karah pawh nitin hlim leh
beiseina neia inhriat tum chu thlarau lam pian thar a ni
Pathian i hmuh hunah chuan lungawina dik leh nghet
tak i tawng ang Mihring inthianthatna chu a inher chhuak
thei a, a chhe thei bawh a, mahse Pathianin a thlahthlam
ngai lo vang che Mi dang zawng zawngin an kalsan che pawh
ni se, Pathian chu i hnenah a awm a nih chuan he nunah
hian engkim i nei a, chanvo famkim leh tam ber i chang tawh
a ni

Master Paramahansa chuan Pathian eng hmuh theihna
:rinhlelhtu pakhat hnenah chuan
I rinhlelh chuan i hmu lovang; i hmuh chuan i ringhlel lo"
."ang

:Zirlai hun tikhawtlai pawl pakhat hnenah chuan
In nun inrualrem tur a ni a, in hun hman dan tur in"
enkawl tur a ni Pathianin inrelbawl na a siam; ni tlak thlengin
."ni a chhuak a, arsi te chu zing thlengin a eng chhuak thin
.***

A tam zawkah chuan miten anmahni ngaihdan angin thu
an sawi a, an che a, mi dang ngaihdan a\angin thil an hmu
tlem hle emaw, hmuh an tum lo emaw a ni Mi pahnih
inhnialna an neih chuan inhnialna a lo zual a, chuta tang
chuan inhnialnaah a lo chang ta a nih chuan, inhnialna chu
tuin nge bul a tan tih ngaihtuah lovin, an pahnih hian
mawhphurhna an nei a ni
.***

Zing lamah ka tho ang a, ka hmangaihna muhil chu ka
tiharh ang, ka thlarau chhunga remna Pathian hnena
inpekna dik tak ênga a tiharh theih nan Aw Lalpa, inpekna
lungpui hmanga sak hmuh theih loh biak inah chuan, ka
thinlung thilpek ingaitlawm tak, nitin dilna nena siam thar
thinte chu pawm rawh
.***

Finna kulhpuiah inveng la, hmun thianghlim ropui ber
Hriatthiamna famkim chuan engmahin a tichhe thei lo che
.***

Zirtirtu Paramahansa chuan zirtir pawl pakhat hnenah
:chuan

Simna tih awmzia chu thil tihsual inchhir mai mai a ni lo"
va, tih nawn leh tawh lo tura insum tihna a ni I Sim tak tak
hunah chuan, a lama kir leh lovin thil tha lo kalsan i tum tlat
thin Thinlung hi a khauh a, awlsam takin a nem lo Tawngtai
leh dilna nen ti nem la, Pathian malsawmna i chungah a lo
chhuk ang
.***

Chhungkaw chhungah chawmtu emaw, enkawltu emaw
thenkhat, pa emaw, fapa emaw pawh ni se, khawtlang
thenkhatah chuan nu emaw, fanu emaw pawh kan hmu fo

thin a, chu chu an ngaihdan thunun leh tihluh theihna tur
dinhmunah an ding tih an hriat avangin thuneihna sang tak
nei an ni

Heng dictator tenau te hian an thinrimna chu an
chhungte chungah an chhuah tur a ni lo, anmahni mamawh
leh inngat tlatte chungah an chhuah loh tur a ni An ti a nih
chuan an hmangaih tak takte zahna leh zahna an hloh dawn
a ni

. ***

Mi pakhat chu a pian tirh ata a chak lo a, a chak thei lo
tih sawi chu thu dik lo a ni a, chutiang mi chu ropui a lo ni
thei a, nun kawng tinrengah thil mak tak tak a tihlawhtling
thei a ni

Miin a hmangaihna leh a tum \ha chu midangte a hriattir
theih chuan a hmangaihna chu a zau ang a, thinlung zawng
zawnga luang chhuak khawvel pum huap hmangaihna nen a
inzawm ang

. ***

Thlarau thlamuannaah te, leh rilru lam ngaihtuahna leh
duhthusam lo pung zel huanah te hian Pathian hmangaihna
tawp a awm lo va, malsawmna awmna hretu leh
inpumkhatna tuihna temtu chu malsawm a ni

. ***

:tawngtaina a ni

Lalpa, naupang sual nei lote I chungah rinna leh I hnena
inpekna famkim min pe la, ka tawngtaina hnung lama I
hnaihzia ka hriat theih nan, ka rilru zawng zawngah I awmna
ka tawn theih nan leh, I finna êng tak hian ka hriatthiamna
leh hriatna a chhawm nung tih ka hriat theih nan mal min
sawm ang che

. ***

Zirtirtu Paramhansa chuan zirlai pakhat a fak hnuah,
:heti hian a sawi belh leh a

I tha tih an hrilh che chuan i nihna aia tha zawk nih"
tumna chu i bansan tur a ni lo I hmasawna chhonzawm zel
."chuan nangmah leh i hmangaih te tan hlimna a thlen ang

Tunlai khawvel hruaitute hi êng leh thawh ho ni ta se,
kum tlemte chhungin indona leh retheihna hi an tiboral thei
ang, Thlarau lam hriatna (Pathian awmna hriatna) chauhvin
khawvel hi a chhandam thei a, chumi tel lo chuan remna a
awm thei lo Mihringte hian amahin bul a tan a ngai a, hun hi
a hlu lutuk a, a hlut lutuk a, Leiah Pathian ramrawn thlenna
kawngah pawh mihringte mawhpurhna a ni

Thian nihna chu khawvel pum huap thlarau lam hipna a
ni a, chu chuan thlaraute chu Pathian hmangaihna inzawmna
nena inzawm khawmtu leh inhnaih tawna a ni a, chutiang
chuan thilungte chuan an tuihalna a ti reh a, thlaraute chu
mihring kawng hrang hranga van hmangaihna luang chhuak
chu an tem a, an lawm a ni

Pathian hmangaihna tipungtu leh hlimna leh hausakna
huna Amah nena an inzawmna tichaktu chuan a mamawh
hunah Pathian chu a bulah a hmu ang a, mahse chu
inzawmna tihngheh leh tihngheh tum lo chuan a fiahnate
chu amah chauhin a hmachhawn a ngai dawn a ni - finna leh
thuhnuairawlhna famkim nen - Sahaba chungnung ber a
hmuh theih hma loh chuan

Khawvel pum hi duhâmna tihreh theih loh leh tihreh
theih loh avanga buaina leh hlohna tuipuiah a pil mek a ni
Duâmna leh duhâmna indona a hring chhuak Hero dik tak

chu nunna indonaa mahni inhnehtu hi a ni Sum leh pai,
hmingthanna, duhâmna leh he thu bul kalh zawng zawng
hian kan thlamuanna leh hlimna a tichhe vek a ni
.***

Pathian chu thlarau thlamuang takah a lo lang a,
lawmna rilru puitling tak hmangin a awmna chu kan hre thei
a, chutiang chuan kan thlarau lam duhthusamte chu a lo
thleng famkim a, kan duhthusam leh hmangaihna chuan a
tum a thleng ta a ni
.***

Thlarau lam hriatna chu natural science leh technology
lama hmasawna nena inmil tura tihhmasawn a nih loh
chuan mimal leh hnamte chu hrehawmna leh chhriatna
labyrinth-ah an bo vek ang
.***

Pathian chuan a hnena lo kal a, amah hre chiang turin
min duh a, mahse mi tam zawk chuan duh lo mah se,
khawvel hi an mit a thim a, harsatna thanga an tlu emaw,
natna man an nih emaw chuan, a hnenah ngenna leh a
tanpuina dil turin an hmanhmawh thin
.***

Mi tam tak chuan Pathian zawn an hreh a, an zawn
chuan nun chu a thim ang a, hlimna leh mawina a nei lo ang
tih ringin Mahse a kalh zawng tak a ni Pathian nena inremna
famkima ka tawn hlimna thianghlim chu sawifiah theih loh a
ni Chhun leh zan thlarau lama hlimna dinhmunah ka cheng
He lawmna hi Pathian malsawmna a ni a, Pathian hriatna tih
awmzia chu hrehawmna laka zalenna leh thlamuanna leh
lungawina inhriatna a ni
.***

He nunah hian mi tam zawk tan chuan thumal
pawimawh tak chu "keimah" Thlarau lam rilru put hmang leh
duhna nei te chuan mahni inngaihtuah ang bawkin midangte
an ngaihtuah thin Mahni chauh ngaihtuah thinte hian an
chhehvela mite hmelma leh thinrimna chu anmahni chungah

an rawn keng tel thin Mahse midangte rilru put hmang leh
ngaihven zawng ngaihtuah thinte chuan midangte chuan
anmahni an ngaihtuah a, an rilru put hmang an ngaihtuah
thin tih an hmuchhuak thin

Khaw pakhatah mi zakhat awmin, pakhatin midang hnen
atanga laksak an tum a nih chuan, pakhatin hmelma
sawmkua leh pakua an nei ang Mahse, pakhatin midangte
tanpui an tum a nih chuan, pakhat zel hian thian sawmkua
leh pakua an nei ang

Chutiang chuan ka nung a, mi dangte hnena thilpek
hmangin engmah ka hloh lo Dik tak chuan ka thilpek zawng
zawng chu Pathian khawngaihnain a tipung a, tunah chuan
engmah ka duh lo a ni, a chhan chu ka chhungril thuk taka
ka neih chu khawvelin a pek theih zawng zawng aiin a ropui
zawk a, a hlu zawk bawk a Mi pakhatin a zawn tak tak chu
hlimna a ni a, hlimna chu vawi khat a thlen chuan a thlentu
dinhmunte mamawhna chu a bo ta a ni

. ***

Midangte hnena tum tha i thawng chhuah hian i hriatna a
zau thin I vengchhung i ngaihtuah hian chu ngaihtuahna nen
chuan i nihna thenkhat chu a thawng chhuak thin Mahse
ngaihtuahna ringawt chu a tawng lo kan ngaihtuahnate chu
thiltiha dah turin kan inpeih reng tur a ni Altruism hian a
practitioner hnenah malsawmna tam tak leh hlimna nasa tak
a thlen a, a chhan chu altruism hmang hian mahni hlimna a
humhim thin Ka tum ber chu midangte hlim tir hi a ni a, a
chhan chu ka hlimna hi an hlimna atanga lo chhuak a ni

. ***

Ngaihtuahna hi harsatna zawng zawng bul leh hlimna
tuikhuah a ni Mihring hi a thil tawn zawng zawng aiin a chak
zawng a ni, a chhan chu Pathianin a rilru leh taksa thunun
theihna thiltihtheihna a pek avangin, a rilru chu ngaihtuahna
tha loin a rimchhia tur a ni lo

. ***

Pathian nena inremte chuan nun harsatna lian ber leh
hlauhawm ber berte chu an hneh thei a Tin, he khawvel pum
huap mumang hi a chang chuan mumang ang maiin a lang
thei a, mahse Pathian nena inrem taka kan awm hian chu
mumang atang chuan kan zalen ta a ni

. ***

Bacteria chi khat chu darkar hnih chauh chhunga piang,
pung, leh thi a awm He bacteria chi hian mihringte'n hun rei
tak, kum sawmriat chhunga tih theih tur chu ni khatah
emaw, a aia tlem lo emaw chhungin a tihlawhtling thei a ni
Kum sawmsarih emaw kum sawmriat emaw kan dam
chhung hi chatuan hun rei lote chauh a ni a, a tlem berah
chuan kan chung a thil thleng zawng zawng hi a chung a kan
sawi tak bacteria-te chung a thil thleng ang chiah chiah hian
a thleng vek a ni

Chuvangin hun kan khawhral tur a ni lo va, duhthusam
leh duhthusamte pawhin min thunun kan phal tur a ni lo va,
kan chhia leh tha hriatnain a pawm loh thil tih pawh kan
pumpelh tur a ni Miin amah leh a ngaihtuahna, a rilru leh a
thiltih te a thunun hunah chuan tumah emaw, engmahin
emaw a thunun thei lo vang

. ***

Nunna hi leilung hnim hring takah a muhil a, pangpar-ah
mawina a mumang a, rannung leh mihring hriatnaah chak
takin a harh a, a theihna tawp nei lo chu a hrechhuak a ni

. ***

:Mi finge chuan

Pathian hmangaihna leh nungchang \hatnain a chêtât
thiltih \ha rah chu inremna leh thianghlimna a ni Mahni
hmasial duhna leh duhthusam-in a chêtât thiltih rah chu
hrehawmna leh hrehawmna a ni Thil \ha lo rah chu hriat
lohna leh âtna a ni

Thil tha tih hian hlimna a thlen a, mahni inhmangaihna
avanga khawvel thiltih hian hrehawmna leh hrehawmna a

thlen thung Thil sual chhunzawm zel erawh chuan mi
hriatthiamna leh hriatthiamna a tichhe vek thung

Thenkhat chuan mi fing hming chu hetiang hian an ziaak
a: Paramahansa emaw Paramahansa Yogananda emaw

A hnuai lam atanga chunglam thleng: Hlawhtlinna
chanchin

Master Paramhansa Yogananda-a thusawi dang a awm
bawk

:A hnuaia link ah hian

wwwswaidayogacom ah hian a awm a

Hei hi thawnthu dik tak lehlin a ni a, mi pakhat)
hlawhchham reng reng chungchang lehlin a ni a, mahse thil
siam chhuah ngaihtuahna leh positive affirmation a practice
avangin a tawpah chuan a hlawhchham chhante chu a hneh
thei a, hlawhtlinna chu a duhzawngah a hmang tangkai thei
(ta a ni

Pianphung atanga hlawhtling mi an awm ang bawkin, tih
dan avanga hlawhchham pawh an awm bawk

Ka thianpa leh zirlai (S) chu a pian tirh atangin
hlawhchham tak a ni tih chu a dik a, mipa fing, taima leh
sum lakluh duh tak a ni a, mahse hna emaw, eizawanna
emaw a ngaihtuah meuh chuan hlawhchhamna thilte chuan
a tir atang khan a hual vel a ni

Ni khat chu kut ruakin ka hnenah a lo kal a, leiba
neitute'n an rawn zui a, thiante'n an kalsan a, thurawn min
dil a

:A buaina chhan ka zawt a, ani chuan

Ka pu, kei hi hlawhchham ka ni Eng emaw chhan"
vanging ka hre lo, hna ka thawh tan veleh ka hloh nghal a, ka
hnathawhna hmun pawh a tichhe bawh Employer chuan min
hnathawh tir hnu rei vak lovah a sumdawnna a hloh
Chuvanging hna zawng ka hlau ta hle a, min hnathawh tir tur
employer te hamthatna a tihbua hlauvin, ka hlawhchhamna
instability avang hian ka hna hi ka hloh ngei ngei dawn tih ka
chiang a ni, a chhan chu company hian a ti that will employ
me will declare bankruptcy and close its door, and dismiss
me as a result Chuvanging, midangte nena ka inzawmna
avang chauha midang sumdawnna tihchhiat theihna tur
dikna ka nei lo

Company tenau takah hna ka hmu thei a, tlai tin, a mut
hma leh a harh hunah pawh a hnuaia affirmation hi a rilruah
:sawi nawn leh turin ka ngen a ni

Nitin leh nitin ka hnathawhna kawngah ka hlawhtling"
."chho zel a

Thla khat a liam a, (S) chuan heti hian min vaukhân a:
"Ka pu, i hnathawhna company chu a nghet lo chho zel a, a
dinhmun pawh a beisei awm lo a, a tlakchhiat vek hmain
chuta tang chuan min chhuah tir turin ka ngen a che, a
chhan chu company a hlawhchham hunah engtin pawhin ka
hna ka hloh dawn a ni Mahse tuna ka ban hian company chu
ka vacillations vanduaithlak tak takte avanga thil thleng lo
"leh hlauhawm tak chu a chhanhim mai thei

Ka nui a, (S) thusawi chu ka ngaihven lo va, chu ai
chuan a thusawi chu sawi uar chhonzawm zel tur leh a hna
chu vawng reng turin ka ngen a Kar tam tak hnua chuan
tlai khat chu ka hnenah a rawn kal a, thaw halh chungin a ti
:a

."Ka hlauh ang kha a thleng chiah"

"?A zawt a, "Eng thil nge thleng

Ani chuan, "Ka hrih ang che leh ka lo sawi lawk ang

."ngeiin company chu a chim ta a ni

A hnenah chuan dodalna thu sawiin: "'Ni tin leh nitin ka

hnathawhna kawngah hian ka hlawhtling zual zel a ni' tia i
intiam lai khan chu thu chu parrot ang maiin i sawi nawn leh

thin tih hi a dik lo em ni? Tin, rinhlelhna octopus pakhat
chuan i thluak folds te chu a chelh reng a, chuvang chuan i

rilruah: 'Nang mi â, i dinhmun chu eng ang pawhin i chhe
zual zel a ni," tih hi a dik lo em ni hlawhtlinnaah inhriat tir

""!tum rawh

Ani chuan: "Ni e, dik tak chuan chu chu thil thleng tak

."tak chu a ni

chuan a rilruah vibrations leh ngaihtuahna tha lo rit (S)

tak takte chu a lo lang nghal vat a, a bik takin positive
affirmation tih nawn leh hunah chuan paih bo turin a fuih a,

a chhan chu conscious mind chuan rinna nghet tak neiin
subconscious emaw unconscious mind emaw a nghawng thei

a, chu chuan magnetic resonance dan hmangin conscious
mind chu habit thiltihtheihna hmangin a nghawng thei a ni

Ka sawi belh leh bawk: "Thil \ha ngaihtuahna leh tih

dante chu subconscious mind-ah a luhchilh a, zung a kai

hma loh chuan a nemnghet fo hian subconscious mental

barriers rochun emaw, acquired emaw tihbo nan a tawk a ni

thil siam chhuah thiamna, dinhmun \ha tak tak, leh pianpui
rilru put hmang (innate tendencies) Hriatna sang zawk chu a

theihna tawp nei lo hmanga khawih theih i nih chuan, chu
hlawhtlinna chu i la tlanhhiatsan reng a, i hriatthiam theih

"loh chu hun remchang thar i siam thei ang

Tin, ka pui thei bawk (S) hna dang, a hmasa aiin a lian

zawk Mahse thla ruk hnuah (chu chu kan thianpa hnathawh

hun rei ber a ni), chawhnu khat chu heti hian min ti a:
“Company dinhmun hi a chhe chak hle a, chuvangin
”khawngaihin min chhuahsan thuai rawh u

A ngaihtuahna chu ka ngaihsak lo va, mahse a hna
chhonzawm turin ka ngen a, kar tlemte hnuah chuan (S)
chuan nui chungin min hrilh a: "Ka tana hna pahnihna min
"!ruahmansak kha, ka pu, thli nen a kal ta

Muangchangin ka ti a, "Lungngai suh, hna dang ka
".zawng leh ang che

Ani chuan: "Awle, ka pu, a neitute nena kan inzawmna
avanga company dang tihchhiat chu i mawhphurhna i lak
".phawt chuan dodalna ka nei lo

Thawhrimna nasa tak hmangin company lian takah (S)
tan hna tha tak ka hmu a Kum khat a liam a, engmah a
thleng lo, mahse (S) chuan a hmaa mite ang bawka tihchhiat
a nih hlauvin kar tin chhuahsan a tum thin

A tâwpah chuan a sum chu a sumdâwnna lama invest
tûrin ka ngen a, a hlauthawng hle a, mak ti zet hian min en
reng a, heti hian a sawi: "Hei hi ti tûra min fuihna chu a ni
em? Ka invest chuan taima taka ka sum khawlkhawm chu ka
"?hloh ang tih i ring lo em ni

Inrintawk takin a tiam a: "I sum leh pai leh chakna chu
project tha takah i invest tur a ni a, chu chu investment lian
tham ngai lo local catering center ang chi a ni a, i
".hlawhtlinna hi ka ring tlat a ni

Kum tlemte chhungin (S) chu property tam tak leh
warehouse lian tak tak neitu a ni ta a ni

Vawikhat chu a hlawhtlinna chu a ring tlat a, a thil tih
zawng zawngah hlawhtling takin a inhmu ta Nikhat chu nui
chungin ka hnenah heti hian a sawi a: "Pathian leh i tanpuina

zarah hlawhchhamna atanga mi hlawhtlingah ka inthlak ta a,
hlawhchhamna ka hneh a, ka hlawhchham chhunzawm zel
chu ka tih tur ka hriatthiam loh vang a ni tak zet tih ka
hrechhuak a Mahse midang hnathawh ka tihchhiat hnuah
engtin nge ka hlawhtlin theih ka hre lo a ni." ka vacillations
."hlawhchhamte chu

Chuvângin, heti hian ka hrilhfiah a: "I hnathawhna tûr
ngaihvennate tihchhiatna i thlen lo Mite thununtu attraction
dân, vibrations inang lo aţanga inngat, negative emaw
positive emaw-in hna a thawk a (like attracts like)

I pianpui tlin lohna chuan company tlakchhiatna kawng
zawh tawhte hnenah a hruai che a, a lehlamah chuan,
hlawhchham i ni a, company te pawh chu tlakchhiatna
kawngah an awm baw

He thawnthua moral chu hlawhtlinna dik tak chu hriatna
sang zawk thiltihtheihna tawp nei lo tiharh hmanga
duhthlanna hmanga mi mamawh siamnaah a awm tih hi a ni
He thiltihtheihna hi hriselna, hlawhtlinna, finna leh hlimna
neih theihna tura ngaihtuahna leh ngaihtuahna tha leh thil
siam chhuah dan dik tak zir hian tiharh theih a ni

Remna awm rawh se

Thlarau buh seng a\angin

Mi thenkhatin an hmuh theih loh chhan i hria em
Engtiang pawhin theihtawp chhuah mah se, kawng dik
?tak hmangin nunah eng nge an zawn
Pakhatnaah chuan mi tam zawk chuan thahnemngai
takin hna an thawk a ni
An ngaihvenna hmun sawma thena hmun khat chauh an
hmang
Chuvang chuan hlawhtlinna chang tur hian thiltihtheihna
an nei lo
Chu bâkah, a chhan chu thiltih dik lo vang pawh a ni thei

Tun hma pawhin an lo ti tawh a, an tan harsatna a thlen

a ni

Frustration leh hlawhchhamna case rei tak tak te nen

Mahse i pawm a ngai ngai lo

Karma tikhawtlai leh tikhawtlai te

I chhungril takah chuan i ring tur a ni lo

I thil tum tihlawhtling thei lo

I thil tum i hlen chhuah loh hunah

A chhan chu mahni inrintawknaah a awm fo thin

I duhthusam tihhlawhtlinna kawngah i thiam lo tih

Mahse, i inrintawk hunah

Thuneihna tawp nei lo i nei tih

Thil ropui tak tak i tihlawhtling thei a ni

Pathian nena inzawmna hian hriatna vibrations a

tidanglam thin

Lungkhamnain a tikhawtlai rilru kawngte chu a hawng

a ni

Thil neih lama buai lutuk

Ngaihtuahna leh rilruah thlarau lam thil a belhchhah a ni

Chuvang chuan will-a shackles chu a chhe ta a ni

Tin, thlarau chhungah zalenna leh hmuhnawm tak

horizon a lo chhuak baw

Hei hi thlarau lam dan a ni a, a hmangtu zawng zawngte

hlawkna tur dik tak a thawk a ni

Ngaihtuahna êng chu darh lova a focus lai chuan

Pathian thiltihtheihna ropui chu a lo thleng a ni

Tin, chu thiltihtheihna avang chuan

Thlarau lamah te, rilru lamah te, leh tisa lamah te

hlawhtlinna i nei thei a ni

Chu thiltihtheihna malsawmna chu ka la chhuak ta a ni

Ka nunah hian vawi tam tak

Tin, Pathian thiltihtheihna chu a bo ngai lo tih Chiang

takin ka hria

I duh chuan chutiang baw chuan i ti thei baw

Thiltihtheihna dangte chuan hlawhtlinna engemaw zat a
thlen thei a ni
Hlawhtlinna daih rei lo tak a ni
Mahse rilru chu Pathian magnetism hmanga charge a
nih chuan
Chuta tang chuan êng ropui tak a lo chhuak ang
Pathian awmna a lantir a ni
A tlukpui nei lo chu
Hriattute chuan an ti
Pathian hriatna chu Pathian Lehkha Thu zirin a nei thei
lo
Finna leh finna hmang pawhin a ni lo
Philosophy-a luhchilh pawhin ni lo
Chu ai chuan Pathian khawngaihna avang zawkin chu
hriatna thlum chu tem theih a ni zawk
Thinlung thianghlimte chauhvin Pathian an thlang a, ani
chuan a thlang thin
Tin, A khawngaihna avang chuan A êng an hmu thei
bawk
Philosopher leh theologian-te hian an hriat a ngai a, an
pawm a ngai bawk
Pathian nihna chu tawp chin nei lo a ni tih
Hriatthiam theih leh chhui chian theih a ni lo
Ngaihtuahna zim (narrow-minded thinking) thlirna
tlemte nen
Pathian hre tur chuan keimahni ngeiin a awmna kan
tawn a ngai a ni
Pathian chu amah hmangaihtute hnenah a inpuang thin
Thlarau lama hlimna sang ber hriatna angin
Mihring hriatna chu a hneh hle
Tin, thutak sang zawk a awm tih nemnghehna Chiang
tak a keng tel bawk
Mihring tawn hriat tawh aia tam
Logic emaw theology emaw engzat pawhin a ti thei lo
Chu chu he fiahna mak tak hi

A chhan chu thlarau lam thil tawn hi chhungril lama
hriatna atanga innghat a nih vang a ni
Tin, dimension nem tak leh êng eng mawi tak, mit tidel
thei tak hriatna (intuitive perception) pawh a ni
Chu thil mak tak tawn chu hmuh theih nan
Pathian hmangaihna hi a pawimawh hle
Pathian ngaihtuah ngun tak
Thlarau malsawmte awmnaah chuan
Thlarau tuifinriat chu keimah ngei pawhin ka psyche-a
thlipui tenau tak a lo ni ta
Tihchhiat theih loh
Tin, he leilung stage-ah hian a rawn lang em tih pawh
A nih loh leh thih hnuah cosmic consciousness ram
chhungah a thup ta a ni
Chatuan, thi thei lo hriatna ka ni si a
Chatuan kuahnaah leh Thlarau Chungnungbera
kulhpuiah humhim a ni
Vawiin hian midang tan thil tangkai tak ka ti dawn a ni
riltamte tan ka theih ang ang ka ti ang
Ka chhia leh tha hriatna thlamuang tak kulh hnuaiah
hian him leh him takin ka awm a ni
Thim hlui chu a kang ral vek tawh
Vawiin chauh hi ka ngaihven a ni
Thil tha ber êng meialh ka ni
Tin, beacon nih ka duh bawh
An lawng pil leh chhia thlarau te tan
Lungngaihna tuipuiah chuan
Vawiin hian Pathian chu thlamuanna nghing karah ka
hria
Chu chuan ka thinlung hrui a khawih a, khawvel pum
huap hmangaihna nena inmil takin
Tin, ngaihtuahna muang leh thlamuang tak lalthutphah
chungah chuan
Remna Pathianin ka hnathawh malsawm sela, ka thil tih
hi awlsam zawkin min siamsak rawh se

Vawiin hian ka unaute ka kaihruai ang
Remna Kawngkhar thlengin
Pathian Biak In lam panna
Lungngaite thlamuan turin ka thawk ang
Tin, an thlarau pawh a lungawi bawk
Tin, zalenna boruak (horizons of freedom) lam pan
chuan ka tlan chak ang
Duhna khaptu zawng zawng bânsanin
Tin, Pathian hnaih duhna chu vawn tlat bawk
Chu chuan a masterpiece-ah ngaihtuahna a thlen a ni
Tin, ka hmangaihna ram lamah pawh
Hnam leh chi hrang hrang mi ka sawm ang
Ka hnêna an lo kal a, an awm theih nân
Pathian hmangaihna eng chhuahnaah chuan
lam thil hlute
Khawchhak-Chhim lam Magazine
Hun remchang rangkachak
Nun hi nunpui tlak a ni
Mahni inhriat theihna hun remchang rangkachak a pe a
ni
A hriatna tihthar leh awmna map-a a hmun tur sawifiah
Tin, a awm chhan tihhlawhtlinna tura hnathawh
He hriatna hian rilru leh taksa a tichak a ni
Tin, thinlung chu chakna nasa takin a khat bawk
Hlimnain a luang khat a, lawmnain a zuang thla thin
Hei hi mihring Siamtuin mihringte tana a duh chu a ni
Thenkhat chuan nun hi bo leh hahnain a khat niin an
ngai
Mi tam tak chu an bo a, an chau bawk
Mahse boredom tih awmzia chu mahni hloh tihna a ni
Life operations room nena inzawmna leh inbiakpawhna
atan
Nun nuam tak siam turin
Miin daltu a paih chhuak tur a ni a, a tihbo a ngai a ni

Chu chu amah leh nunna nena a organic inpumkhatna
inkarah a ding a ni
I ngaihtuahna chu naupan lai hun laiah i kir leh ta a nih
chuan

Chutih laia i awm tih i hre reng pawh a ni mai thei
Thahrui thar leh hlimna nen a khat
Insawn duhna nasa tak i nei a
Jump, inkhelh leh thil dang tam tak tih
Chutih lai chuan tun hnaia ethereal khawvel atanga lo
kal i ni

Tin, nun thinlung nen pawh a inzawm tlat baw
Tin, nang leh nunna inkara inbiakpawhna wire te pawh
Smooth leh efficient taka hnathawh theihna sang tak
A chhan chu awlsamna hriatna i rawn keng tel a ni
Hlimna, hlimna leh thlarau lam tharna
Puitling a nih chuan
Sum tam tak i hloh a ni
Chu chakna leh rilru natna atang chuan
Mahse a chang chuan

Ngaihtuahna hriat chian tak tak a lo thleng thin
Tin, duhthusam thli chuan a rawn nuai che a
Memory flash engemaw zat a rawn keng kir leh thin
Hun kal tawh hla tak atang khan
Zing lama muthilh muang leh thuk tak atanga i thawh
chuan

I hlim a, i hlim hle baw
Nitin nunah thil tibuaite'n an rawn beih che hma loh
chuan

I hriatna hmun tam zawk a luah a ni
Tin, midang aiin a tak tak leh hmanhmawhthlak zawk a
lo ni ta a ni
Harsatna zawng zawng, inhnialna leh lungawi lohna
zawng zawng karah pawh
Mi chuan mahni inbiakpawhna kawngah hna a thawk tur
a ni

Ro hlu chhiar sen loha hausa
Hei hi nun hlimna leh ropuina siamtu chu a ni
Ngaihtuahna leh thiltih man tlawm tak takte hi pumpelh
tur a ni
Tin, khawvel nun thil tenawm takah pawh
inhnamhnawih lo
A chhan chu vawi khat chu consciousness-ah a din tawh
a ni
Thluak cell-ah a innghat tlat a ni
Thlarau atanga remna leh muanna hnawhchhuah a nih
hma loh chuan
Tin, anmahni nen chuan ngaihtuahna thianghlim leh
vision thianghlim tak tak te pawh a awm bawh
Chuvangin, chutiang chakna inmil lote chu paih chhuah
a ngai a ni
Ngaihtuahna leh thinlung atanga thian tha lo rilru put
hmang paih chhuah a\angin
Eng rangin an hnena a thlen theih nan
Hriselna, energy charges, leh malsawmna te current te
Paste mak tak mai
Master Paramhansa zirtirna atanga infuih tharna
Ngaihtuahna chu leilung chi hrang hrang, dice emaw,
tuifinriat rul emaw anga siam theih, mahse flint ang chi
khauh tak ang mai a ni
Mi tin hian an nun ziaktu leh an chanvo siamtu nih
theihna kan nei vek a ni
He paste mak tak hi kut khat lek la la, chuta tang chuan
kutchhuak mak tak siam sela, hlimna tam tak a dawng ang
Khawvel hmun hrang hranga lightning flashes te hi
focus leh channel in wire-a in leh kawngpui ti eng turin a
harsa a, mahse hei hi tih theih a ni
Universe thiltihtheihna hmuh theih lohte chu system
pakhata koh leh dahkhawm chu thil awlsam a ni lo Mihringte
chu thang lakah a humhim a, sual lakah a venghim a, chu
chu a theih chuan Sual awm leh thiltihtheihna nei chung

pawhin êng pawh a awm a, thil tha chu sual aiin a chak zawk
a, a daih rei zawk a, a chhan chu chatuan leh chatuan thutak
chuan a thlawp tlat a, chu chu khawvel pum huap chakna
chak ber a ni a, a tawpah chuan a la chak zawk dawn a ni
Ngaihtuahna \ha, \ha tak takte ngaihtuah hian rilru leh
khawvel pum huap thil \ha lo chhuahna bulpui inkara
inzawmna \ha tak siam emaw, a nih loh leh kawng chiang
tak siam emaw tihna a ni a, chu chu \hatna ngei a ni Mi
pakhatin thil \ha a ngaihtuah tam poh leh a vibrations te chu
rilru leh taksaah a hip lut nasa zawk a ni Heng vibrations te
hian rilru leh taksa dinhmun tam tak siam danglam theihna
thiltihtheihna an nei a, an chak em em a, chu chuan
automatically dispel discordant vibrations that are
inconsistent with

the.. ..
.. .. mimal rilru leh taksa insiam dan
Miin, "Ka chau tawh" a tih hian chau tihna chu a chak
hle a, a chhan chu a pawm a nih avangin, chu chuan thiltih a
tihtlem a, chakna kal dan a tikhawtlai a, Mahse, "Chawlh
hahdam ka mamawh" an tih chuan rilru leh taksa tichaktu
vital currents-ah an inhawng a, chawlh rei vak lo chhungin
chakna surge pawh an tawng thei baw
Psychological state lungchhiatthlak tak thlentu
lungngaihna chu i ngaihtuah loh emaw, thil tawn nuam tak i
hriatchhuah emaw, i hmangaih, i rintlak leh i hlim taka i
hriatte ngaihtuah a, chutih rualin lungngaihna chu eng ang
pawhin dense leh ominous angin lang mah se, thlasik chhum
kal tlang a ni tih chiang takin i pumpelth thei a ni
Miin a tawrh dinhmun harsa tak takte hi ngaihthah
emaw, ngaihthah emaw tur a ni lo Chu ai chuan, heng
dinhmunte hi a tak tak leh fing takin a hmachhawn tur a ni a,
a chelh theihna tur leh a nghawng tihziaawmna tur kawng \
ha tak zawngin
Hei hian an thiamna leh scientific method hmasawn tak
hmanga service tam tak leh hlu tak pe thin therapist-te

rawngbawlna tihtawp tihna a ni lo chu ai chuan, ngaihtuahna
\\ha chuan taksaah damna chi chu a phun a, chu chuan
enkawlna hmanrua pakhat a lo ni ta zawk a ni
Chutiang bawkin, "Ka damlo" tih ai chuan tihdam
mamawhna lam ngaihtuah zawk tur a ni He rilru put hmang
hian rilru leh taksa chu tihdamna hmanrua leh chakna
dawngtuah a siam a, he chakna hian cell leh tissue-a a luang
lut tur pores emaw channel emaw a hawng a, dinhmun hrisel
lo leh dik lo chu a siam tha a, taksa machinery nalh tak takte
chu a recalibrate leh a, taksa machinery nalh tak takte chu a
recalibrate leh thin Thus, a person accustomed to frequent
bouts chak lohna leh hahnate chuan, hun kal zelah,
ngaihtuahna \\ha chuan heng episode awm zat tihtlem nan a
pui tih a hmu ang a, chu chuan chakna thar leh hriselna tam
tak a thlen a, chu chu Pathian, natna leh natna zawng zawng
Tidamtu \\anpuinain a ni
Huatna buh seng chu

Nasi leh Zakir te chu an inhuat em em a, an insualna
chu sikul zirlai naupang an nih lai atang khan a intan a, an lo
puitlin chuan An inhuatna chu a zual a, pheikhawk zawrhna
sumdawnna lamah pawh inelna an lo ni ta a ni
Vawikhat chu nula kut inneihnaah an inel a, Nasi chu
Zakir aiin a chak deuh deuh avangin nasa takin a vuak a,
nikhaw hre lovin a awmtir a Zakir-a a hriatna a lo let leh
chuan a chung a thil thleng chu mualphona, inchhir leh
huatnain a hneh ta a ni
Kum tam tak a liam hnuah Zakir chuan khawpui
pakhatah hna thawk tur leh awm turin a insawn ta a
Nasi chuan thil thleng chu a theihnghilh tawh a, mahse
Zakir chuan Nasi-a'n a chung a mualphona leh mualphona a
thlen chu a hriatrengna atangin a thai bo thei lo Chuti chung
pawh chuan a sawi nawn leh zel a, a rilruah heti hian a sawi
nawn leh zel a: Nasi chu ka ngaidam ang a, ka chung a thil
tihsual chu ka hre reng lo vang

Mahse thla engemaw zat hnuah Zakir chuan nitin
ngaihdamna a puan lai hian a chhungril takah chuan phuba
lak a duh tih a hrechhuak a, phuba lakna a tuihalna tihreh
theihna hun remchang a nghak a ni
Rei vak lo hnuah chuan Nasi chuan a khingpui hlui Zakir-
a insawnna khawpui lam pan chuan a hruai lut tih a hria a,
thil engemaw a thleng dawn tih chu rinhlelh rual a ni lo
Zakir-a erawh chuan khawpui chhunga Nasi awm chu a hre
chiang hle a, a che vel chu uluk takin a enfiah tan ta a ni
Tlai khat chu Nasi chu kea kal leh "thli thianghlim rim"
turin a kal a, khaw lum leh ruah sur lai pawh ni se
Kawngpui hla takah amah chauha a kal lai chuan open-
air warehouse pakhat a paltlang a, Zakir chuan rukru leh
fimkhur takin a zui a Hun remchang a lo awm chuan
compound interest hmanga account chu settled a tum ta a ni
Hlim lutuk chuan storeroom bang pakhat atanga tile
nghet tak tla chu a hmuchhuak a A man a, a khingpui hlui lu-
ah nasa takin a vuak a, leiah a tla thla a, chutah a lo kalna
kawngah chuan a rawn tlan let leh a, a awmna a hre lo
Darkar engemaw zat hnuah ruah a sur a, chhum a
inthen a, bang chung lama khur pakhat atang chuan thla
êng êng a rawn lang a, Nasi chu a harh a, leiah a muhil a, a
chak lo hle a ni
Eng thil nge thleng tih hriat a tum a, a bulah tile pakhat
leh a chung a bang khur a hmuh chuan warehouse bula a kal
lai chuan a vanduai vangin chu tile chu bang chung atang
chuan a tla thla a, a lu chungah a tla thla ta a ni, tiin a
thutlukna a siam ta a ni
He thawnthua moral chu mihringte hian thiltih rah
chhuah chu theihnghilh theih loh ni mah se, midangte
chung a an thil tihsualte chu theihnghilh kan tum a, a rah
chhuah chuan hriat lohna thimah ngawi reingin a zui zel a
Bawng pakhatin mi sang tam tak zingah a bawngnhute a
hmuh theih ang bawkin, kan thiltih rah chhuah pawh hian
min zawn chhuah chhunzawm zel theihna tur leh kan thil

tihswalte pawh hi a finfiah theihna a nei a ni location, hun rei
tak hnuah pawh

Nasi hian finna neiin, chu thil thleng hnuah chuan a
khingpui Zakir nen buaina chinfel a, ngaihdam dil tum ta se,
a khingpui thinrimna chu a tihziaawm mai thei a, thil chu a
zual zel lo ang

Mahse thil chu a danglam lo va, a rah chhuah rapthlak
tak chi chu hmalam hun thim tak pum chhungah a lo thang
lian a, a lo thang lian a, piantharna chhiatthlak takah a tawp
ta a ni Mak tihna duhawm lo tak takte pumpelh nan chuan
rilru leia inhnialna sual chi chu halral a ngai a, hmalam
thlirna chuan thiltih a hmachhawn hmasa tur a ni, khawvel
pum huap dan chuan mahni rah chu seng seng turin a ti a ni
thiltih, a tha emaw, a chhia emaw, a thlum emaw, a thlum
emaw pawh nise

Thiltih apiang hian rilruah hian rilru put hmang leh rilru
put hmang anga dah khawm hnuhma a hnutchhiah tih hre
reng ila, hengte hi fing tak leh fimkhur taka enkawl a nih loh
chuan, a rah chhuah hlauhawm tak tak a thlen ang Mahse,
thiltih sual chi chu finna meipuiin a hal chuan a lo thang lian
leh thei tawh lo vang

Awareness tihpun awmzia
nun hmasa ber

Thlarau chuan taksa machine chu a tichhe thin
Chumiah chuan a inbun tlat hma loh chuan
Chuvang chuan kan nun a ngai a ni
Taksa thil phut hian min hneh loh nan
Thiltihtheihna tehfungte hian min tihbuai niin kan inhria

lo

Rilru lama thanlenna hi thil siam chhuah a ni
Taksa thanlenna emaw, thanlenna emaw atan
Natural evolution ang chuan
Thlarau tho chu a lo chhuak zel a ni
Rilru level-a kai chhoh hmangin
A nih loh leh thil siam chhuah thiamna leh tamna level

Chutiang chuan talent danglam tak tak a lantir
Chu chuan mihringte a thliar hrang a ni
Thilsiam dang zawng zawng chungchang
Tichuan a chho ta a
Thlarau lam hriatna level thlengin
Chu chuan awmzia leh hlutna a pe a ni
Thilsiam hausakna atan
rilru lama hlawhtlinna
Thiamna lama hlawhtlinna hi a hlawkthlak hle tih chu
rinhlelh rual a ni lo
A chhan chu thil tha zawng zawng hi a hlu vek a ni
Tin, zawi zawiin chu chu a hnuaia stage-ah kan
hrechhuak ta a ni
Taksa awareness tihpun a ni
Thlarau lam hriatna lamah
Taksa leh rilru thlarau lama siamna hmangin
Taksa chakna pawimawh tak takte tihral lohna hmangin
Tin, rilru êng, scout chu focus-in
Thil pawimawh tak takah
An nih hma loh chuan
Thiltih dan tangkai leh inrem tak
Thlarau chuan a kal tlang thei a ni
a rilru put hmang a sawi chhuak
Tin, a talent neihte pholanna pawh a ni
Tin, a thlarau lam thiltihtheihnate activate bawh
Thlarau lam zalenna tih awmzia chu thlarau zalenna
tihna a ni
Hriat lohna khur atang chuan
Tin, a phu tawh level-ah chawi sang rawh
Tin, hriatna tlemte tikhawtlai atanga chhuah tir bawh
Mihring nun hi a mawi em em fo thin
Mahse attachment a ni
Paradis sava pakhatin a cage-ah a inngat ang mai a ni
Chutiang chuan cage kawngkhar i hawn chuan
Sava chuan chhuah a hreh hle

Habit leh cage chhunga hun rei tak an hman vang a ni
?Chu chu mak a ti lo maw
Sava hian a ram zau tak chu chhuahsan a duh lo
Hmun tawp nei lo zalenna lam pan chuan
?Tu hnen atangin nge a lo chhuah
Hei hi keini tan pawh a hman theih
Hun rei tak kan dam avangin
Taksa cage-ah chuan
Hmun zau zawka a chhuah chu kan hlau hle
Mahse finna chuan kan dictate a ni
Thlarau Sava Zalenna
Khapna cage atang chuan
Tin, hriatna ramri nei loah chuan chhuah tir baw
Chhungril hlimna vawi khat chu an tem leh ang
Law of motion hi cause and effect, a nih loh leh action
leh reaction danah a inngnat a ni
He nunah hian tha taka piang mi chu tisa lo piang
hmasaah khan {an kut a phar avang khan} chutiang chu a
ni a, thil tha tih a tum chuan thil tha tehfung chu a duh
zawngin a tip nasa zual ang (a neitu hnenah chuan tam zawk
pek a ni ang a, tam zawk pawh pek a ni ang)
Mize \ha tlemte chauh neitute chuan anmahni beitu leh
hnehtu rilru put hmang \ha lote avang hian chutiang tlemte
pawh chu an hloh thei a ni
Thil tha lo lam hawi mi chuan a nun hmasaah khan chu
rilru sual chu a nei tawh ngei ang a, heng rilru sualte hian a
tizual thei a, a thunun thei baw. Thil dik lo tih duhna
engemaw zat neitute chu a hmain chutiang chu an ni a, a
thain a tha lo zawk a hneh chuan mizia tha tak takte chuan
an thlarau a\angin thil dik lo tih duhna chu a hnawtchhuak
ang
Hei hi a chhan leh a rah chhuah dan (karma) dan
pianphung hnathawh a ni Mahse, mi pakhatin a tihbo duh
thil tih dan duh loh tak tak a neih palh chuan tanpui theih loh
leh tang tlat anga inhriat loh tur a ni Tunah hi chu chu tih

dan phungte hneh theihna hun remchang tak a ni a, chu chu
hun kal tawha thutlukna siam leh ngaihtuahna dik tak neih a
ni

Mi chu nungchang tha lo man ata a chhuah zalen thei a,
ngaihtuahna leh thiltihah nungchang tha a siam thei a, chu
chuan duhthusam rah a chhuah ang

Mi pakhatah hian engtiang chiahin nungchang \ha lo
zung kai mah se, anmahni ngeiin chutiang tih dan chu
ngaihtuahna leh thiltih bikte tih nawn lehna hmanga siam an
nih thu leh chu nungchang \ha lo chu ngaihtuahna \ha leh
siam\hatna hmangin an thlak thei tih an hre reng tur a ni
Ngaihtuahna \ha leh \ha lo chu mihring hriatna dinhmun
inthlau tak a ni A nihna takah chuan mumang chhiatthlak tak
tak tuar ai chuan mumang nuam tak neih hi a tha zawk
Hriatna hi a inthlak danglam thei a, a sensitive baw k a it can
assume any state it desires or dream the dreams that appeal
to it Mahse, mite buaina chu an hriatna ram—anmahni
duhthlanna leh duhthlanna—chutih hun kal tawha lo piang,
deviant tendencies leh erroneous orientations-in a thunun an
phalsak hi a ni Chutiang chuan, an hriat theihna
thiltihtheihna chu tlanchhia leh a pil bo reng a, chutiang
bawkin metaphysical guardianship-a innghat chu a hnung
lama innghat metaphysical guardianship pawh a ni
hriatthiamna leh hriatna kulhpui

Nungchang \ha lo zuarte chuan pianpui lo nun avanga
hrehawmna na tak chu an tem hunah chuan, an nungchang \
ha lote chu eng ang pawhin zung kai leh tichhe thei mah se,
chhandamna zawngin hriatthiamna leh nun dikna êng lam an
hawi ang

Tichuan, nunphung inrem taka nunpui hmanga
nungchang \ha siam leh enkawl tura an thawh chuan,
chhungril hlimna chu an hmuchhuak leh ang a, mahni
inthununna leh nungchang \ha neih a\anga lo chhuak pianpui
angin remna an nei ang

Pathian Engkimtitheia hnenah hian harsatna zawng
zawng ata kan zalen theihna tur leh kan ngaihtuahnate
kawng dik leh hlawkthlak takah min kaihruai turin tanpuina
min pe turin kan ngen a ni

Thlarau lam thila hriatna (consciousness) siam
Mi thenkhat chuan an nun an hmang thin
Rilru dull leh hriatthiamna tlemte nen
An ei a, an muhil baw

Tin, nawmsakna engemaw zat an nei baw
Ngaihtuah thuk tak an nei tlem hle
Dik tak chuan mi tam zawk chuan
Thuk taw an thleng lo

Thlarau lam ngaihtuahna tuipuah chuan
A chhan chu an rin tlat a ni a, thilsiam khawvel
Thil awm zawng zawng a ni
Mahse he nun hi

Mumang rei lo te chauh a ni
?Chuti a nih chuan engvangan nge rush leh panting hi
?Tin, khawvel duhsakna hlauh chhuah tum
A tha zawk lo maw

?Pathian tihlawm tum hmasak
Rannungte hian duhthlanna zalen an nei lo
A chhan chu Pathianin a instinct hmangan a phuar a ni
Mahse mihringah finna a tuh a
Mihringte hian zalenna kan nei a
Tho emaw, tlu emaw pawh nise

Thil tha emaw, a tha lo emaw thlang chhuak
Consciousness a inhnim pil lai hian
In rough sensual pleasures ah chuan
Concept dense, dark tak takin a thunun a ni
Hlimna paradis atangan a tlu ta a ni

Thlarau lam hlimna hriatna chu a hloh ta a ni
Tin, thlarau hriatna chu a mit a tidel baw
Pathian lam panna kawng a hmu thei lo
Mahse hriatna hi thlarau lam thila siam theih a ni

Pathian ngaihtuahin
Tin, thinlung tak leh thuk takin A hnenah dilna a dil
bawk

Malsawmna kawngkhar a inhawng theih nan
Eng leh Lawmna Lalram hrulaitu
hriatna thuk ber berte a thup
Zirtirtu Paramahansa sum khawl atang chuan
Sentiments leh kaihhruaina



Master Paramahansa Yogananda zirtirna te
Thinlung chu mi hnena a awm lai hian
Chu lam pan chuan a hip lut a ni
Chu mi mizia zawng zawng
?Tuin nge mi tha ngaihtuah
An ngilneihna chu a hnenah a hlan a ni
Tin, hmangaihna nena inspirational figure-te ngaihtuah
thinte pawh
Inspirations a lo thleng thin
Tin, tu pawh zuitu, ngaihtuahnaah pawh
Mi chhia leh tha hriatna nei
nungchang ropui tak tak
Tin, tum ropui tak chu
An ropuina leh nungchang pawh a insem ve tho
A chhan chu ngaihtuahna hi magnet ang maia polarize a
nih vang a ni
Like hian like a attract thin
Ni tha leh thlamuanna awm rawh se

. ***

Mi zawng zawng hian hlimna nghet tak kan zawng vek a

ni

I kut ah chuan vut ah hawi suh
He zirchianna hian thil tam tak a thlen a ni
Thil awm lo, harsatna leh beidawnna a\angin
Mihringte hian hlimna thar kan zawng thin
A vuai lo va, a tlahniam lo va, a bo lo baw
Tin, mihring hian a thil tawn atang hian a zir chhuak thin
Leilung hlimna hi hlimna a ni
Hun rei lote chhung atan leh a nghet lo
Chu chu a thil zawn a hmuh hnuah a hmuchhuak fo thin
A hlawhtlinnaah hian a la lungawi lo hle
Chutah chuan duhthusam dang hlen chhuah a tum leh

thin

Duhthusam hlimna hmu lovin
Mahse, a tum leh a
!Square one-ah kir leh ila, a dang dang
Lawmna dik tak chu thlarau lam hriatchhuahna hlimna a

ni

Pathian ngaihtuahna leh Amah nena inbiak pawhna
hlimna

Thinlung thlamuanna leh thlamuanna hlimna
Pathian hmangaihna hlimna
Tin, chu hmangaihna nen chuan midangte hmangaih

baw

Tin, rinhlelhna nghet tak, nghet tak nei lo hlimna pawh
Thlarau chu thi thei lo a nih thu
Tin, a hlimna chuan a zui zel tih pawh
A chhuah hnuah pawh
He hun rei lote chhunga leilung awm hi

. ***

Lalpa, min pui rawh
Nangmahah ka lawmna ka hmuh theih nan
Khawvel hi nuam ka tih ka beisei

Tin, ka leia hna ka thawhna hmangin
Tin, ka hriatna tihthianghlim dan min zirtir bawh ang che
A tha leh tha lo i thliar hrang theih nan
Chuvângin, hlâwkna leh tha lam chauh hmang rawh
Lei lam nawmsaknate hi ka hlimpui ang u
I hlimna thianghlimin a chawm thlarau lam hlimna
Tin, nangmah siam turin min pui bawh ang che
Ka nunah thil pawimawh tak a ni
Tin, nitin ka hnathawhna atana thil pawimawh tak a ni
bawh

Ka bulah i awm niin ka hria
Englaipawhin
Tin, level tinah pawh

. ***

mihring duhzawng
Pathian duhzawng lanna a ni
Tin, finnain a kaihhruai a nih chuan
A thiltihtheihna chu a tawp thei lo ta a ni
Pathian duhthlanna hian cosmic energy a thunun a ni
Cosmic energy atanga hlawkna hmu turin
A stock a tlahniam ngai lo
A supply pawh a tawp ngai lo
Taksaah sawn tur a ni
Thil tha ngaihtuahna wire hmangin
leh inremna tak tak a ni
Pathian duhzawng nen

. ***

Zirtirtu ropui tak takte hian rilru hah leh ngaihsak lohna
an fuih ngai lo; rather, they teach the path of balance Mi
pakhat tan chuan a taksa chhawm nung tur leh a
thawmhnaw leh ei tur ngaihtuah turin hna thawh hi thil
awmdan pangngai a ni Amaherawhchu, mi pakhat hna chu
midang nena inkalh emaw, inhnialna emaw phalsak a nih
chuan chu chu tih tur dik tak a ni lo

Sumdawng mi sang tam tak hausakna khawlkhawmnaah

buai an awm a, chuti chung pawh chuan anmahni chung
hrehawmna leh thinlung lama harsatna an thlente chu an
hre lo reng a ni If the pursuit of luxury causes one to neglect
their duty to maintain their health, then it is not a duty at all

Mi chu inrem tak leh inthlau takin a thang lian tur a ni

Chu taksa chhunga thluak chu a chak lo a nih chuan taksa
chak tak siam chhuah tum lutuk hian awmzia a nei lo Rilru
pawh hi a lo thanglian tur a ni

Hriselna tha, nun nuam tak, rilru chakna nasa tak nei,
chuti chung pawha hlimna la tlachham reng reng chu nunah
a la hlawhtling lo

Tupawh, "Ka lawm a, ka hlimna hi tumahin an laksak

thei lo," ti theitu chuan hlawhtlinna sang ber a thleng a, a
chhungah malsawmna lem chu a hmu ta a ni

Mihring chu Pathianin a anpuia a siam tih hi a chhuang
tur a ni Mahse a chhuang a, a thinrim a, a thinrim awlsam a,
mi dangte a ensan a, chutiang rilru dinhmunah chuan taksa
a kalsan chuan Pathian hnaih tak niin a inhria lovang

Vawikhat chu Pathian mi pakhat chu luiah a inbual lai

chuan mi dang a lo kal a, chu mi fel bulah chuan a sakawr
chu a sil tan ta a, tumruh tak leh fimkhur lo takin tuiin a
hnim a Mithianghlim zirtirte chu an buai ta hle a, beitu chu
vuak a, hnawhchhuah an duh a, mahse an zirtirtu chuan,

.“Chutiang ti suh, kalsan mai rawh” a ti a

Vawilehkhatah sakawr chuan a neitu chu a vawm a, a ha

engemaw zat a tikehsawm a, a tikehsawm bawh Mi tha
chuan hmangaih takin a rawn pan a, a enkawl a, a tidam tan
ta a Misual hremtu chu mi thianghlim ni lovin, thilsiam dan
khauh tak a ni

Pathian leh a khawvel pum huap dante chuan Amah

ringtu, a tanpuina zawngtu zawng zawngte hrehawm

tawrhna tihziaawm nan leh nun kawng zawh tura
inthlunzawm leh infuih tawnna zawng zawngte hrehawm
tawrhna tihziaawmna turin hahchawlh lo leh chhunzawm

zelin hna a thawk \hin {Tin, Pathian chu a chhiahhlawh chu a
chhiahhlawh chu a unaupa a tanpui chhung chuan tanpui
.turin a inpeih reng a ni}

Thil dangin a nghak thei

Engkim hi Pathian a awm vangin a awm a Tin, a awm
avangin kan awm a, a thatna leh a awm vangin nun
hausakna leh lawmna kan nei ta a, chuvangin Pathian
chung a kan lawmthu sawina chu a thuk tur a ni a, kan
lawmthu sawina chu a nasa hle tur a ni, “I lawm chuan ka
tipung ngei ang che [in duhsaknain],” a ti a, Pathian hnenah
lawmthu kan sawi chhunzawm zel tur a ni

Mihringte tâna Pathian a pawimawhzia chu tehkhin rual
a ni lo va, chuti chung pawh chuan mi tam zâwkte chuan thil
nunna hi an ngai pawimawh ber a, chuvângin Pathian an hre
tak tak lo

Pathian ngaihtuah chungin thil tih tur leh khawtlang
mawhphurnate chu hlen chhuah a ngai a, a chhan chu
Thihna Vantirhkoh – in dam chhung chu rei rawh se – leia
chengte chu nitin, pakhat hnu pakhatin a chhuhsak thin a,
engtik lai pawhin he thi thei in hi kan chhuahsan a ngai mai
thei a ni

Kan ngaihtuahnate hi Pathian nena inzawm tlat chungin
he khawvelah hian chhia leh tha hriatna thianghlim tak nen
kan kalpui tur a ni Mi zawng zawng rawngbawl ka tum a,
mahse keimah chauha ngaihtuahna senga ka awm lai hian
tumahin ka ngaihtuahna tibuai ka phal lo Thil dangin a
nghak thei a, mahse Pathian nen nitin inremna kan vawng
reng tur a ni a, ani hian he leia kan mamawh zawng zawng
min pe a ni

His Honor the Judge chuan mi dang tan nunna emaw
thihna emaw awmzia nei thil nalh tak chungchanga a
thutlukna hnahnung ber a chhuah lai chuan, chutih lai tak
chuan chu ni a a chung a chhungkaw buaina lo thleng chu a
ngaihtuah a, in lama a rorelna chu tihpuitlin a nih loh
!avangin a lungawi lo hle

Chutiang roreltu chuan ngaihtuahna seng lo vanga mi
sual lo thihna thlen thei tur thutlukna dik lo a chhuah chuan,
ani leh chu, sual zawng zawng Roreltu, Roreltu Chungnung
ber hmaah chuan puh leh thiam loh chantir a ding ang: chu
chu mi dangte duhsakna hre lo leh inpawlna hmun awm lo
khawvel pum huap dan a ni
Mi tam tak chu sum lakluh kawngah an hlawhtling lo va,
sumdawnna enkawlina kawngah pawh an hlawhtling lo
Thil hriatthiamna finna an tlachham a, a chhan chu an
hnathawhna hmuna an awm hian an chhungkaw harsatnate
an ngaihtuah a, in lama an awm laiin an rilru chu
hnathawhna lam thilah a buai hle a ni
Chuvangin, vawi khatah thil pakhat aia tam ngaihtuah
tur a ni lo

. ***

Vawikhat chu, nilengin
Chamber of consciousness-ah chuan ka lo thleng ta a
Tin, hla thluk kawngkhar chu a inhawng ta a
A hmuhnawm te, a rimtui te, a thlum te, a khawih te
Tin, hla thluk nalh ber ber leh rawng mawi ber berte
pawh ka dil baw
Ka hmaah a lo kal a, a zai theih nan
A chang chuan ka nui a, a chang chuan ka tap baw
Ka mit a meng chhuak chuan
Experience hliamte hian min ti na hle
Hriatthiamna kawngkhar chu khar rawh
Tin, hmun tawp nei loah lut rawh
Mut leh mumang khawvelah
Chutah chuan thlamuang leh hahdam takin ka mu a
Thim puan hnuaiah chuan
Chawlh hahdam tawh ka neih hnua
Mut atang chuan kawngkhar dang ka hawng leh a
Tin, mumang pindan chhungah chuan lut rawh
Chuvangin experimental leh research film ka en thin
Thil hriat loh cinema-ah chuan

Ka duh ang anga ka hnathawhna hmun
Tin, memento thlum tak takte velvet dream ka weave

bawk

Silk curtain-ah chuan
Chutah chuan cosmic duh tak hming ziaak rawh
Mahse heng chamber pahnih pawna ka awm lai hian
A châng chuan hriat reng chungin universe thuk tak
hriat lohah ka venture thin

Thim thim ber, tihduhdahna nasa ber hneh
Ruam thuk tak tak paltlang
Chatuan hmun tuipui kam thleng
Chutah chuan pumkhatna khawvelah chuan
Duos a awm lo, mumang pawh a awm lo
Annoyances, hrehawmna pawh a awm lo
Chu ai chuan, vision kimchang tak a ni zawk
Tin, hlimna thar reng reng bawk
Tin, van leh lei eng pawh

. ***

Pathian nena inrem taka kan khawsa tam poh leh
Kan theih phawt chuan
thlamuang taka khawsa
Mahni leh khawvel nen

Kan ngaihtuahnate hi kaihruai turin i bei fo ang u
Absolute leh infinite lam hawiin
Hlimna tehkhin theih a awm lo
Lawm takin Pathian ka zawng thin
Tin, amah pawh biak pawh theih a ni
Ngaihtuahna tha tak tak nen in hual vel rawh
Heng ngaihtuahnate hian a pui ang che
Inhnaih zual zel

Pathian hnen atangin thatna leh lawmna zawng zawng a
lo chhuak thin

Mi zawng zawng tan remna leh hmangaihna

. ***

Unit chu chhiarpuiah a awm

A hriatna pakhat chauh a\angin: mimal nunphung
.(individual essence)

Pathianin chhiarpui hi a siam a ni
Count chu hmuh tumin a bei a
Cosmic unity-ah vawi khat tal kir leh ila
Tuipui chung atanga thlipui a tleh lai hian
Wave chhiar sen loh a siam chhuak thin
Thlipui a reh hunah
Tuipui chhungril takah chuan tuifinriat thlipui chu a pil
leh ta a

Thilsiam chi hrang hrang leh chi hrang hrangah
Inherent latent unit a awm a
Tuipui hi thlipui (wave) bulpui ber a nih ang bawkin
Chhungkaw hriatthiamna hian mi a hnaih tir thin
Ram hrang hrangte hian anmahni inpumkhat tir tur leh
an kalna tur kaihruaitu tur hruaitu an nei a
Social group hrang hrang, thil inang lo tak tak nei an
awm bawk

Mihringin Pathian a hmuh hunah
A chhungah chuan chakna zawng zawng chu a
inpumkhat tih a hmu chhuak a ni
A rilru a ti eng a ni
A hriatnaah chuan nun thlirna thar a lo chhuak a
Nun hi a thlum ta hle mai
Tin, thlamuanna chuan thlarau a luah khat thin
Tin, nun tibulaitu te pawh a inthlak danglam thin
Mumang ang chi thil pakhat hnenah

A zawngtu chuan nun sikul a zir zawh a, a dinhmun sang
zawka a kal hun a lo thlen chuan hlimnain a tuam a, nun
indonaah a ti tha hle tih leh Pathian duhsakna a hlawh
chhuak tih a hrechhuak a, Amah nena inhmuhkhawmna
hnaih tak chu a Chiang hle bawk
Khawvel pum huap hmangaih tak nen chuan a
duhthusam chu a lo thang lian a, chu duhthusam chu thlarau

lam fuel-ah a chang a, chu chuan theihtawp chhuah lovin
remna, êng, leh hlimna thar awm reng, tawp nei lo ramteah
a hruai a ni

* * *

Pathian khawngaihna ruahte chu chapona tlang sang
takah chuan a pungkawm lo va, awlsam takin
!inngaihtlawmna ruamah a luang thla zawk zawk
Zirtirtu Paramahansa chuan Pathian khawngaihna zarah
cosmic deception illusions atanga kan chhuah zalen dan
:rang tak chungchang a sawi a, heti hian a sawi
He universe-ah hian harsatna leh hrehawmna"
tuifinriatah kan pil mek niin a lang a, chuvangin Pathianin he
mumang rapthlak tak atanga min kaitho turin min ti nghing a
."ni

:Zirtîrte zînga pakhat chu fuih chungin
I thil zawn zawn zawn leh thil tam tak chuan"
."Pathianah a nghak reng che tih hria ang che
Zirlai pakhat, nungchang \ha lo lama zung kai thûk tak
:ang maia lang hnenah chuan
I duhthlanna i tlakchham chuan duh loh zawnga thil tih"
theihna (chu chu duh loh zawnga thil tihsual loh tihna)
."thiltihtheihna chu tihhmasawn tum ang che
Mahni inhriatthiamna (self-affirmations) te
Vawiin hian hriat lohna lem ka tikehsawm ang
Chu chuan ka chhunga thlarau hmun thianghlim chu a
tibawlhhlawh a ni
Tin, chu chu Pathian Eng Thianghlim chu ka hre reng
ang

Ka nihnaah a radiate reng a ni
Tin, ka rilru leh thlarau atanga illusion thim chu a ti bo
bawk

Tin, min siamtu chuan min kalsan lovang tih pawh
* * *

Nunna thlipui tin hnuaiah
Pathian awmna tuifinriat tam tak chu a awm a ni

Thinlung thawk apiang hnung lamah
Cosmic hmangaihna tuifinriat tawp nei lo chu a
chhungah a awm a ni
* * *

Zan tin hian taksa ka ni lo tih ka inhnukdaw ang
Chu ai chuan tak saa cheng thlarau chu a ni zawk
Tin, ka thlarau nihna chu chatuan atana thi thei lo a nih
thu

Ka harh hunah chuan confirm leh ka hre reng ang
* * *

Mut dan structure-ah chuan ka harh chhuak ang a, ka
chakna chu ka siam thar leh ang
Mahse chu chu a taw lo
Ngawih renga leh ngaihtuahna hmun thianghlim ka
mamawh a ni

Nitin ka hnungtawlh theihna hmun
Ka hriatna horizons chhui chhuah tumin
Tin, ka thlarau thuruk chhui chhuak baw
Ngawi renga awm awmzia
Stillness tih awmzia chu ngaihtuahna tihrehawm tihna a
ni

Taksa tihlum leh a mamawh thunun
Chutiang ti thei chuan thlamuanna hahdam tak a tawng
ang

Khawvel thianghlim tak tak atanga sublime waves leh
impressions te chu a hre dawn a ni
Tin, tu pawhin ngawi renga thuk zawka luhchilh chuan,
chuti a nih chuan

A chhungah Pathian ram chu a hmuchhuak ang
Mi chu kawngpuiah a kal chhung chuan
A hun hman zawng zawng hi a hlu em em a ni
He ram (the passage house)-ah hian rei vak lo kan awm
a ni

Engkim hi hun rei lote chungchauh a ni a, Pathian
hriatna erawh chu chatuan a ni

Thinlung leh thlarau atangin engmahin a thai bo thei lo
Khawvel thlemnate hian min tibwaitu kan phal tur a ni lo
Kan thiltum ropui ber leh kan tum sang ber: Pathian
atanga min hawisan avangin
Pathian hriat chian theih a ni
Universe hrang hrangte hotu kan zawng chhuak tur a ni
Tu êng atang hian arsi te chu an eng chhuak thin
Tin, A thiltihtheihna hmangin thinlungte chu a na hle
bawk

Temple of Silence-ah hian kan zawng tur a ni
Duhthusam leh duhthusam taka Pathian kan koh hian
Tin, duhthusam kang tak nen kan ngaihtuah hian
Amah chu kan hmu ang
Pathian hriat loh chungchang ka sawi lo
Lalpa ka hriat chian tawh chungchang a ni zawk
Tin, ka tan chuan a dik a ni
Taksa thil zawng zawng aiin a tak zawk a ni
Kan mihring nun thlipui chhawmdawltu leh chhawm
nungtu chu Pathian tuifinriat a ni
Pathian tih loh chu engkim tel lovin kan ti thei
Pathianin inpek tawn turin min duh a ni
Kan mamawh phuhruk kan tumna kawngah hian
midangte mamawh chu kan tanpui tur a ni a, kan hlawh chu
mi vannei lo zawkte hnenah kan sem chhuak tur a ni tih hi
kan hre reng tur a ni
Khawvel pum huap chhungkaw pawimawh tak kan ni a,
chutiang tel lo chuan kan nung thei lo tih i hre reng ang u,
thingrem siamtu, thil siamtu, a nih loh leh loneitu tel lo
chuan nun hi eng ang nge ni ang? Rawngbawlina leh thiamna
inthlengna hmang hian Pathianin midang ngaihtuah turin
min duh a, mahni tan chauh nun hi thil tihsual lian tak a nih
avangin
Mahni hlimna kan ngaihtuah hian midangte hlimna tur
pawh kan ngaihtuah tur a ni Engkim bânsan a ngai lo

Khawvel pum huap chhungkaw tan, chu chu thil theih
loh a nih avangin Mahse midangte hi kan lainat a ngai a, an
mamawh chu kan mamawh angah kan ngai a ngai a ni
Pathian chuan kan inhnuhdawh ang zat zat chu inpe
tawn turin min duh a, midangte hi kan nihna ropui zawk an
nih avangin

Bumna nasa tak chu chhang let la, do let rawh
Mi chu thinurna, inhuatna leh inhuatna mantu a nih
chhung chuan a zalen lo An rilru put hmang leh thiltih danah
hotu an ni tur a ni a, tichhe thei rilru put hmang, duhthusam
thunun theih loh leh duhna dik lo lakah an zalen a ngai a ni
Nangmah leh nangmah i rinawm tlat chuan finnain i
ngaihtuahna a thlawp ang a, dikna chuan i thu tlûkna a
kaihruai ang a, hriatthiamna chuan i rilru a ti eng ang
Hriat lohna avanga thiltih tawhte chi chu ngaihtuahna
leh finna meiah "roast" a ngai a, chutiang chuan a lo chhuak
thei lo va, a lo thang leh thei lo ang Hei hi bumna beihna
nasa tak do let leh tihtawp dan tur a ni
Cosmic illusion - a nih loh leh Setana chuan mihring chu
thutiam dik lo leh thlemna hip thei tak tak hmangin a bum a,
chu chu tisa lam hlimna (mirage) zawm turin a bum a, a
thiltihtheihnate chu a thunun a, a chhan chu thil tak tak nei
lo khawvel hlimna a tiam a, chutiang chuan thlarau huana
tam tak awm hlimna dik tak rah chu a ei loh nan nasa takin a
thawk a ni

Mi fingte chuan thutak leh thil dik lo inthlauhna chu an
hria a, hriatthiamna kawngah an thiam hle a, Ngaihtuahna
thuk zawka an luhchilh rualin, duhthlanna zalen a
pawimawhzia leh thil dik tih theihna leh a rah chhuah tha lo
leh a rah chhuah nuam lo tak takte pumpelh tûra duhthlanna
zalênna hman a ngaihzia chu an hre chiang hle a ni
Zirtir pakhat chuan zirtirtu Paramahansa hnenah ruat
lawk, chanvo, hrehawm tawrhna leh hrehawmna
:chungchanga a ngaihdan a zawt a, ani chuan

Mihringte hian mahni duhthlanna hmangin mahni
chanvo kan siam a, kan thil tum leh thiltih hmangin kan
chanvo kan ruat a Chutiang chu i thlang a nih chuan
hrehawm tawrhna lakah i in chhuah zalen thei a ni Pathian, a
bulpui ber chu hmangaihna a ni a, a hmangaih chu thiltih dik
lo leh ngaihtuahna dik lo avanga hrehawm tawrhna tuar a
duh lo a ni Mihringte chu hriatthiamna chakna leh
duhthlanna zalenna a pe a ni Mahse, thutlukna dik lo leh
duhthlanna dik lo leh duhthlanna fing lo, mihringte hian
anmahni leh mi dangte chungah hrehawmna leh hrehawmna
an thlen a ni
I zalen tur a ni a, i thutlukna chu tumahin an laksak che
emaw, an thunun che emaw phal loh tur a ni a, boruak,
nunphung leh nunphung dik lote hian a khap che a, i
nunphung pawh i thunun lo tur a ni
Finna nen che la, chhia leh tha hriatna aw ngaithla la, i
tih tum i kalpui hmain thiltih rah chhuah tur ngaihtuah la, i
nungchang dik lo avanga midangte tihnat loh la, Pathian
hnenah tanpuina leh kaihhruaina dil rawh
Chhungril inkaihhruaina anga hnathawh
Kan thil tum chu kan sawifiah hmasa tur a ni a, chutah
chuan kan theihna kan lantir theihna tur thiltih dik takah min
kaihruai turin Pathian kaihhruaina kan zawng tur a ni Kan
rilru a reh a, a hnua hmalak dan tur chiang taka kan hmuh
theih hma loh chuan kan ngaihtuah tur a ni Chumi hnua
chuan chhungril kaihhruaina kan dawn ang zelin kan che tur
a ni a, kan duhthusam chu a thleng ang
Rilru a thlamuang hunah chuan thil i hrethiam thuai ang
a, awlsam takin i hrethiam ang a, chu chu a va ropui tak em!
I duhthusam chu i tihlawhtling ang a, hun rei lote chhungin
engkimah hlawhtlinna chu i tan ziah a ni ang a, a chhan chu
cosmic force hian dan dik tak a enkawl thei a, a hnathawh
dan a finfiah thei a ni
Mi \henkhat chuan kan thluak cell-te hi tihchangtlun
theih loh emaw tihdanglam theih loh thil \henkhatin a siam

niin an sawi Hei hi a dik lo Pathianin a anpuia min siam a nih
avangin engmahin min tikhawtlai thei lo va, kan hmasawinna
pawh a tikhawlo thei lo Mahni inenfiah chuan hei hi a dikzia
kan hrechhuak ang, Pathian \anpuinain
Mihring tin hian thiltihtheihna tawp nei lo kan entir a ni
Chu chakna chu kan thiltih apiangah kan lantir tur a ni
Thil siam kan duh hunah
Pawn lam thil chauh kan rinchhan tur a ni lo
Chu ai chuan chhungril thuk takah kan luhchilh a ngai
zawk

A chhuahna tawp nei lo kan zawng mek a ni
Hnathawh dan hlawhtling zawng zawng
Thil siam chhuah zawng zawng
Tin, musical vibrations refined zawng zawng pawh
Ngaihtuahna rilru hneh thei tak tak
Tin, hnathawh tha ber ber leh mak ber berte pawh
Pathian chhinchhiahnaah chhinchhiah a ni
Kum leh hun kal tawh zawng zawngah ka zawng tawh
che a ni

Duhthusam leh duhthusam kawngpuiah
Tin, tunah chuan ka chungah i awm tih ka hrechhuak
ta

Tin, ka rilru thianghlim ber berte pawh a tichak bawk
Ka lakah hian inthup tawh suh
Emotion pangpar hnung lamah
Ngaihtuahna leh thlarau pulse
Ka thlarau hi i finna lunghlu hmangin chei rawh
Tin, I hlimna thlipui chu min pe bawk ang che
Thim khuh tu che chu ka lakah paih bo rawh
Ka mit hmuhna leh ka hriatna chungchangah
Aw Nang arsi leh van dum piah lama awm
Tin, boruak leh thilsiam leh thilsiam zawng zawng layer
piah lamah pawh
Hmangaihna ka thusawi chu pawm rawh

I hmangaihna, i êng leh i thlamuannaah ka nihna hi
thunluh rawh

I hmel thianghlim ber min hmuhtir rawh
Ka ngaihtuahna chhungril takah chuan ka hre che
Ka rilru thuk ber ah i awmna hi ka hre thin
Tin, ka hmangaihna huana par i par ka hmu bawh
I awmna rimtui hian min tikhat rawh
I rimtui malsawm takah hian ka hlim thei ang
Van leh arsi piah lam atangin ka hnenah lo kal rawh
Tin, ngaihtuahna leh rilru put hmang pawh
I hmel thianghlim ber min hmuhtir rawh
Ka thlarauah i awmna hi ka hrechiang ang
Tin, ka chhehvela mite pawh
Khawi hmunah pawh

A hnuaia paragraph te hi magazine * Inner Culture*
atanga lak a ni a, Master Paramhansa zirtirna atanga lak
chhuah a ni

Hlawhtlinna thuruk chu rilru tha tak neihnaah a awm a
ni: hausakna, tamna, beiseina, hlimna, leh thil tihlawhtlinna
hriatna Hei hian kan chungah hian dinhmun tha lo tak takte
beihna tuar thei, a bul berah chuan mihring siam chhuah,
hneh theih loh kulhpui a siam a ni

Remna leh muanna kan neih theih nan kan bei tur a ni
a, kan chhungril lama la awm lo reng reng hi keimahniah kan
thlen thei lo tih kan hriat chian a ngai a, Pathian chu thil tha
leh nawmna zawng zawng bul a ni tih kan ring tlat tur a ni a,
kan rinna leh kan positivity ang zelin a khawngaihna min
rawn luahtir ang a, a malsawmnain min hneh ang tih kan
ring tlat tur a ni

Zawlneite leh mi ropuite chuan hlawhtlinna thuruk chu
an hre chiang hle a, history chuan lal leh lalram hming aiin
an hming chu thi thei loin a siam a, hun chuan an awmna
record a\angin an hming a thai bo thei lo vang
Khawchhak lam hotute chuan taksa lama hausakna leh
thlarau lam hausakna an neih theih nan dan hriat leh fiahin

zawng zawng an lo enchhin tawh a, midangte pawhin he
philosophy hi an zir chhuak a, an hlawkpui a, an nun chu a
tha zawka thlak danglam a, an dinhmun thunun thei turin,
nang pawhin chutiang bawk chu i ti thei ang
Hlawhchhamna emaw mamawhna emaw ngaihtuahna

hmanga an rilru tibawlhhlawhtu apiang chuan an
ngaihtuahna mamawh leh hlawhchhamnain a khat thiante a
hip ang a, vibration leh quality inang boruak a siam ang
Chutiang ngaihtuahna chuan an neitu chu lungngaihna,
lungngaihna, lungngaihna leh beidawnnain a khat a,
chutichuan a dinhmun a chhe zual a, a dinhmun a chhe zauh
zauh a, a chanvo leh chanvo nia a ngaih chu a inpe ta a ni
Hnehna chu thil chiang tak anga a pawm loh chuan
tumah hneh loh an awm lo va, a hlawhchham chuan a dik
lohna chu a hman dan emaw, dan emaw-ah ni lovin, dan
hmang dik lotuah a awm zawk a ni
Thil engemaw tih kan tum tlat a, kan thil tum thianghlim
leh kan thutlukna dikzia kan chian chuan hlauhna chu kan
dah bo a, thil awmdan chu kan hlau lo va, chu dinhmun
chhehvela khapna leh tikhawtlai te pawh kan ngaihven lo
I mamawh chu eng nge ni? Hmingthanna a ni em? A nih
loh leh mimal magnetism? A nih loh leh thiltihtheihna? A nih
loh leh security? A nih loh leh hriselna? Nge hlimna? A nih
?loh leh remna

I duhzawng i hriat a, i duhzawng i hmuh theih dan i hriat
a, nangmah chhung leh i chhehvela dikna leh dikna zawng
zawng hmang tura i inpeih a, nangmah leh nangmah tan
zalen taka thutiam i siam a, hnehna i pawm loh tur thu i
thutlukna nghet tak i siam a nih chuan, i hmuh tum chu i ta a
ni a, i duhzawng tihhlawhtlinnaah i lawm a ni
Zirtirtu Paramhansa chu mahni inhriatna sawifiah tura
.an tih chuan heti hian a sawi a
Mahni inhriatna chu, taksa, rilru leh thlarau nena,"
Pathian awmna pum pui nen kan inpumkhat tih
hriatchhuahna a ni Chu awmna chu kan hnaih mai ni lovin,

Pathian pum pui pawh hi kan pumpui a ni a, tunah pawh hian
hun danga kan awm ang bawkin Amah kan hnaih tawh a,
kan tih tur awm chhun chu Amah kan hriatna tihchangtlun hi
."a ni

Hna tenau tihfelnaah rinawmna hian engtikah emaw"

chuan nun hian min nawr luih tir tur thutlukna harsa tak
.takte chelh tlat turin min tichak a ni" a ti

Heti hian a sawi: "Thlarau lam zirtir hi chi thum an awm
a, chungte chu biak in-a kal ringtu leh chu chauha lungawi
ringtu... rinawmna leh dikna nun hmangaihtu, mahse Pathian
hriat chian tumin a tul anga theihtawp chhuah lo ringtute...
leh Pathiana mahni nihna dik tak hmuchhuak tura inpekna
.ringtu ringtute" a ti

Ani chuan: "Pathian chuan a chibai bûktute mamawh
engpawh a hlen chhuak thuai a, a chhan chu thawhrimna
tichhetu leh beiseina tibulaitu mahni hmasialna rilru put
.hmang laka an zalên avângin" a ti a ni

Tlang thuk tak leh van boruak reh takah te, ka thlarau
chhungril leh ngawi rengna lungpui chhungah te hian
Pathian awmna ka hre a, a chatuan hlimna chu ka hre baw
Tin, a tuihna thianghlim, tawp ngai lo leh chatuan atana
kang ngai lote chu ka in ang Pathian ngaihtuahna leh
ngaihtuahna tuifinriat thuk takah ka pil ang
Finna leh Pathian lawmna lunglu ka hmuh hma loh
chuan

Lalpa, thlarau thilphal min pe ang che
Ka neih chu midangte hnena hlan turin
Tin, ka rilru lui reh takah chuan hmu turin min pui baw
ang che

Thlarau lam thla reflection, i awmna êng nena eng
chhuak

Vawiin hian Pathian ngaihtuahna leh ngaihtuahna
tuifinriat thuk takah ka lut dawn a ni
Finna leh Pathian lawmna lunglu ka hmuh hma loh
chuan

Lalpa, thil dang zawng aiin kahmangaih zawk ang che
A chhan chu nangmah tel lo chuan tumah leh engmah
ka hmangaih thei lo
Aw Lalpa, i hmangaihna tehkhin rual loh chu ka chibai
bûk ang che
Thinlung ngilnei leh hmangaihna nei zawng zawng
lal̤thutphah chungah
Nunnaah leh thihnaah
Lungngaihna leh harsatna hunah
Nangmah ka rinna hi Lalpa, a la awm reng a ni
Chak leh nghing thei lo
Firm leh nghing thei lo
Ka duhthusam leh dilna thawk apiang
Ka thlarauah kawngkhar leh tukverh a inhawng a
Chuta tang chuan Pathian hlimnaah ka kal pel thin
Ni a eng ang chiah hian
Kawngpui lian ber berteah
Chutiang chuan Pathian hmangaihna êng chu ka hre
thei ang
Mipui tamna hmun zawng zawngah
Nitin ka hnathawhna atan
Lalpa, malsawm rawh
Zing khawvar ruala ka thlarau tiharh turin
Tin, i malsawmna kawngkhar bulah ka rawn keng tel
bawk a ni

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Pathian chu cosmic stillness a ni
Chutah chuan thil zawng zawng a lang chhuak a ni
Chuta tang chuan ngaihtuahna êng zawng zawng a lo
chhuak vek a ni
Chuvangin thlamuanna practice ka tum ang
A awmna hlim tak ka hriat theih nan
Pathianin a ngaithla tih ka hria
Ka duhthusam ri bengchheng apiang atan
Khawvel pum huap hmangaihna a ni

Pathian hmangaihna hmangin
Ka hmu thei
Hmangaihna hmangin a zawngtu chuan Pathian a hnaih
zawk thin
Hlimna tuikhuah thianghlim a in thin
Lalpa, min pui rawh
Ka taksa charge turin
I cosmic card kha a ni
Tin, rilru tidam turin
Focus leh optimism nen
Tin, thlarau tidam rawh
Ngaihtuahna atanga lo piang thlarau lam hriatna
hmangin
Aw Lalpa, i hrethiam ang u
Sensory pleasures hi a chunglam leh hun rei lote
chhunga awm a nih thu
Thlarau hlimna a nih laiin
A tak tak leh siam thar zel a ni
Pathian chu kan sawi chhuah mai mai a ni lo
Chu ai chuan nunna bulpui ber leh awmna thuruk a ni
zawk
Ramri nei lo a zau zia chu kan hre lo mai thei
Mahse a awmna chu kan hre thei
Tin, a awmna pawh kan hre thei bawk
Vawiin hian thlamuanna hmun thianghlim chu ka chei
ang
Pathian duhthusam pangpar nen
Tin, Amah, hmangaihna leh lawmna Pathian chu ka ko
thin
Pathian hnenah a inpuang turin ka ngen a ni
Ka thlarau mit hmangin
A êng a darh zel hi ka hmu thei ang
Khawvel kil tinah
Ka mamawh pawimawh tak takte chu ka suangtuah ang

Ka duhthlanna leh thil siam chhuah theihna chu ka
activate ang
Ka dawhthei a, ka dawhthei baw
Pathian khawngaihna leh tanpuinain ka thil tum ka hlen
chhuah theih nan
Lungawi lohna hi hlawhchhamna avanga lo awm a ni tih
ka hre chiang hle
Chuvangin, theihtawp ka chhuah ang
Hlimna nghet tak neih theih nan
Engmah phal lohna hmangin
Min tihbuai a, hlawhtlinna lam pan tura ka zinkawng min
tihbuai avangin
Thil tenau te mind map ka siam ang
Tin, chu chu embody turin ka thawk mek baw
Ka duhthusam lian tak tak ka tihlawhtlin theih hma loh
chuan
A tanpuinain chawimawiin awm rawh se
Siamtu êng êng kan ni
Taksa taksaah hian hun rei lote chhung kan nung a
Ray te chu an awmna hmunah an kir leh a ngai a ni
Chumi awmzia chu taksain hlutna a nei lo tihna a ni lo
Chu ai chuan kan ngaihtuah tur a ni lo
Chumi leh a tikhawtlai theihna hnuaiah kan awm a ni
Pathian hian tumah duhsakna a lantir lo
Chu ai chuan, dân nghet tak leh danglam ngai lo
hmangin a chhâng lêt zâwk a ni
Pathian dan bawhchhia apiang
A chungah hremna leh hrehawmna a thlen thin
Tin, chu dan anga nung apiang
Pathianin lawmman a pe ang a, a tawngtaina a chhang
ang
Chhungril thlamuanna leh lawmna hmangin
Thinlung taka tawngtaina ka hlan ang
Ka duhzawng ka hmang fo thin

Ka tawngtaina chhanna lungawithlak leh tling ka dawn
hma loh chuan

Center for Thlarau lam hriatna chu hmatawngah a awm

Tih tak zeta thutak hmuchhuak ka tum chuan Pathianin

ka hriat a awlsam phah ang a, lungawina ka hmu ang

Tin, ka rilruah zawhna leh zawhna lo thleng thei zawng

zawng chhanna lungawithlak tak tak

Thlarau lam hriatna lairil chu hmaiah, mitmeng inkar,

thlarau mit awmna hmun, thlarau lalram luhna kawngkhar a

ni Chuvangin, he thu hi ka ngaihtuah ber ang

Ka boruak inthlak danglamna nen hian ka hriatna a

inthlak thin tih ka hrechhuak a, chuvangin ka chhehvel hian

illusion leh deception hmanga min poison hunah chuan

environment tha zawkah ka thlak ang

Thian nihna vawng reng tura thuruk

Zirlai pakhat chuan zirtirtu Paramhansa hnenah:

"Master, ka inṭhianṭhatnate hi vawng reng chu harsa ka ti

.hle" a ti a

:Zirtirtu chuan a chhang a

I ṭhianta chu uluk takin thlang rawh An chungah ngilnei

leh rinawm takin awm la, mahse inhlat deuh reng rawh

Inzah tawanna chu nang leh anmahni inzawmna ni rawh

se, anmahni nena inremna ramri chu pel suh

Midang nena inrem chu thil awlsam tak a ni a, mahse an

hmangaihna leh zahna vawng reng i duh chuan he thurawn

hi i zawm tur a ni

Tupawh a thlarau magnet chu cosmic magnet-ah

ngaihtuahna thuk tak nen a hnawih chuan chu magnet-ah

chuan a tel ve a, a thil neihte chu a nei a, thil tha leh dik

zawng zawng chu a hnenah a rawn keng tel vek a ni

Mahni inhriatthiamna (self-affirmations) te

Ka concentration leh meditation thiamna ka tipung ang

a, lehkhabu \angkai leh bungraw \ha tak tak ka chhiar ang a,

midangte rilru put hmang kangaihtuah nasa zawk ang

Pathianin thil \ha min pek zawng zawngte hi ka lawmpui
ang a, thil \ha lo tak takte pawhin ka nghak lo vang a, thilpek
petuin malsawmna tam tak min pekte chu ka hre reng ang
Vawiin hian ka neih hi attraction chakna ang zela ka tan
thil tha ka thlen theihna tur thlarau lam magnet nih ka tum
dawn a ni

Taksa ta zawng zawng hi a chhe thei vek a, thlarau ta
zawng zawng hi thi thei lo leh boral thei lo a ni Chuvangin ka
nunah hian thil neihte hi ka ngaihtuah hmasa lo vang
Pathian ka zawng hmasa phawt chuan ka duhthusam
zawng zawng chu a lo thleng ang a, lal in ropui takah emaw,
inngaitlawm takah emaw ka cheng pawh a pawimawh lo
vang Ka hriatna a zau ang a, ka thlarau lam hriatthiamna
pawh a par chhuak ang, rinawmna, thinlung tak tak leh
rinawmna nena ka nun a, midangte thlamuan a, nun
zinkawngah lainatna, ngilneihna, hmangaihna leh fuihna ka
hlan chuan

* * *

Zirlai pakhat chuan: "Zirtirtu, thlarau pakhat chu
"?chatuan atan a bo thei ang em
.Mr Paramhansa chuan heti hian a chhang a
A theih loh! Thlarau tin hi Pathian peng hrang hrang,"
inthen theih loh an nih avangin chatuan, thi thei lo, boralnain
."a khawih loh a nih avangin

Zirtîr zînga pakhat chuan thlarau lama hmasâwnna
chhinchhiahna zawng tûrin theihtâwp a chhuah lo va,
:chuvângin zirtîrtu chuan a hnênah
Thlai i phun a, a than dan enfiah nan nitin i laih chhuah"
."chuan a zung chu leiah a chelh lo ang a, a lo thang lo ang
Amah chu uluk takin enkawl la, mahse hriat duh lutuk
suh

Thlarau lam Hriatna thlirletna

Zirtirtu fing tan chuan

Paramhansa Yogananda chuan a rawn ti a

**Mihringin kan neih duh hriatna zawng zawng,
science leh art branch tinah, atom thuruk pawh tiamin
Universe leh mihringte chanchin, ether-ah hian
vibrations angin an awm vek a ni**

**Heng vibration te hian min hual vel a, direct-a kan
hmuh theihna tur kawng a awm Hei hi thlarau hriatna
hmanga tih a ni**

**Hei hi logic hunlai a ni Experience zawng zawng hi
hriatthiam theih nan uluk tak leh fimkhur taka zir
chian a ngai a ni**

**Tin, a thupui hriatthiamna hmang hian illusion
daltu chu hneh theih a ni Engkim hi chhan a awm a,
he thlirletna hunlai hian,**

**Chu hriatthiamna chu kan neih theih nan kan
thawh a ngai a ni**

**Thlarau lam hlimna dinhmunah chuan hetiang
hian ka lut thei a ni:**

"Pathian, Pathian, Pathian".

**Chu dinhmun chu ngaihtuahna hmangin ka lut
thei a ni**

**A nih loh leh natural landscape mawi tak hmuh
hmangin**

**A nih loh leh Pathian êng leh hmangaihna êng
chhuak hmêl enin**

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**Hriatthiamna leh hlimna hmangin hriat chu kan ei
zo vek a, chutah chuan hriat loh chhui lam kan hawi a,
a chhan chu hriatnain a tih loh vang a ni**

**Satisfaction nghet tak min pe Chu lungawina chu
min pe a nih chuan he planet Earth-ah hian hetiang
hian rei tak kan awm lo ang**

**Hmalam hun thlirna nei lovin, hmasawn tumna nei
lovin, leh chhui chhuah tumna rilru pu lovin thil
hriatah lungawi reng reng**

**Ngaihtuah leh sawifiah tura infuih tharna awm lo
se chuan mihring chite tan chuan stagnation leh
inertia a awm ang a, chu chuan extinction a awm ang
Tin, a bo vek bawk**

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**Heta nun hi himna tuipui kamah kan thlen hma
loh chuan a hring leh buaithlak ang maiin a lang
Khawvêl thiltum rei lo tê leh thil neih lama
inzawmna chhe thei lote chungah kan beiseina kan
nghat tûr a ni lo**

**Chutiang attachment flimsy tak takte chuan kan
thil tum ber a\angin hriat lohvin min hlat tir \hin**

**Kan nihna dik tak atanga min hlat tir bawk ang
bawkin**

**Bee hian hna a thawkrim a, hun harsa tak takah a
inbuatsaih a, thlasik a lo thlen chuan thlasik thar
atanga a khawlkhawm chu nuam a ti hle**

Tin, summer pawh a ni

**Chuvângin, Pathian remna khawizu khawih
khâwm dân leh dinhmun khirh tak tuar thiamna kan
zir a ngai a ni**

Nunnaah kan tawk thin

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**He khawvel danglam takah hian
Risk leh rinhlelhna nen a khat a ni
Chutiang khawpa mahni chauha i inhriat chu
Pathian chauhvin a kalsan lo vang che**

I beiseina chu a beidawng lovang

Lalpa, malsawm rawh

Thlarau chakna leh hlawhtlinna chi enkawl turin

Ka chhungah thup a ni

Tin, in lawm zawnga ka hman theih nan

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**A châng chuan miin amah chauha awm tûrin
engkim a kalsan a ngai a, chutiang chuan thiltum a
ngaihtuah thei a ni
nunna**

**Mi tam zawk chu hnam dan leh kalphung
(traditions and patterns) current-ah an pil bo a; a
nihna takah chuan anmahni nun tak tak an la hmang
ngai lo**

**Khawvel nun an hmang a nih chuan eng nge an
tihhlawhtlin a, khawiah nge an tawp?**

**Chuvangin, mi pakhatin thlamuanna a hmuh theih
nan nitin hna leh "tih tur" a\angin a chang chuan a
inhnukdawk hi a finthlak hle**

**A rilru a buai a, amah leh amah inhriatthiam a
tum a, a tum tum chu a ruat a tum a ni**

*** * ***

**Pathian hmangaihtu, chuvangin mi zawng zawng
hmangaihtu chuan midang tihsual leh tlin lohnate a
hmangaih tihna a ni lo**

**Pathian hmangaihtu chu a danah a ding nghet tlat
Ka thiltih chu Pathian tana inhlan a ni tih ka hriat
chian chuan ka rinnate chu a dik lo mai thei tih ka
hriatna chu a bo ta a ni**

**Ka dikloh hunah siamthat ka inhuam a, mahse ka
dik hunah chuan chu chu ka thlahthlam dawn lo**

Chhungril lam hriatna

**Chu rilru put hmang chu rilru natna atanga lo
piang ni lovin thutak atanga lo chhuak a ni a,
chuvangin ka rinna a tichak a, ka thutlukna siamah
min nghet tlat a ni**

**Miin a hausaknaah midangte hamthatna a telh loh
chuan nun hahdamna awmzia a hre lovang**

**Ka sawi tum chu midangte tanpui duhna dik tak a
ni a, chutiang chuan anmahni tanpui theih nan chuan
hmanraw hmanral theih loh i hmu ang**

Thil tha tih hian i nunah hna a thawk thin

**Eng dinhmun pawh ni se, chu dan chuan i tan hna
a thawk reng ang a, i mamawh zawng zawng a pe vek
ang che**

*** * ***

**Thianghlimna thuk tak chu thlarau lam kawngah a
pawimawh hle Thianghlimna leh thutakah chuan
thlarau zing a lo chhuak thin si a**

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**I hmangaih tak i hnaih hian an ngaihtuahna chu i
hre thei a, mahse hla taka mi pakhat ngaihtuahna chu
i hre thei lo mai thei**

**Sensory field thiam tak i neih loh chuan i piah lam
a ni**

**Concentration leh meditation technique hmang fo
thinte chuan an rilru a thlamuang zawk a, chu chuan
an ngaihtuahna a tithianghlim zawk thin**

**Science lama an thil tih dan avang hian hla tak a\
ang pawhin mi dangte ngaihtuahna leh thil tum chu
an hre thei a ni**

!

Kut ruak in a rawn let leh a

**Master Paramhansa zirtirna atanga siam
thawnthu**

**Lal pakhat fanu chuan nupui neih theih kum a
thlen chuan a pa, lal chuan nupui pasal neihna atana
a kut zawngtu apiangin a tlin ngei ngei tur thu a siam
a**

**A hlawhtlinna Condition chu potential suitor tinte
chuan tumah hriat lohvin thil an ru vek ang**

**Ni ruat takah chuan thusawi thiamte chu kawng
tinreng atangin an rawn pungkawm a, an ralthuam
chi hrang hrangte chu an rawn keng a, pakhat zel
chuan hla an sa a**

**Chumi zingah chuan condition tihhlawhtlinna
hmanga thil tum tihhlawhtlin beiseina pawh a tel**

**Chutichuan, tlangval pakhat, a hminga engmah
nei lo a lo lang a, lal hnenah chuan a ti a.**

**"Your Majesty, i thil dil chu tihhlawhtlin theih a ni
lo A chhan chu thil ka ru a, khawvela tumahin ka
thiltih hi an hre lo a nih chuan, mahse."**

**Amaherawhchu, ka hre ve ngei ang, chu chu ka
tih theih loh thil a ni".**

**Lal chuan chu tlangval thusawi chu a lawm hle a,
heti hian a chhang a:**

**"Ka fanu tlâk tlâk chu nang hi i ni, condition i hlen
chhuak a, ka pasalṭha leh ro luahtu nih i phu a ni".**

*** * ***

**Possessiveness is counterproductive Nupui/pasal
pakhatin a dang thunun a tum hian mahni inthununna
tlakchhamna chhinchhiahna a ni**

hmangaihna

**Mahse, ngaihsakna dik tak, ṭhian ṭha tak, rilru put
hmang ngun taka ngaihtuah a, leh mi dang tihlim
duhna thinlung tak neia an hmangaihna an lantîr hian**

**Hmangaihna chuan mizia ropui tak a nei a,
chutiang inzawmnaah chuan Pathian hmangaihna
tlemte kan hmu a ni**

*** * ***

**Pathian lam panna kawng chu kawng awlsam ber
leh awlsam ber a ni a, chutih rualin ritual hrang hrang
awm mah se, chu chu mi tlemte chauhvin an kal a ni**

Tin, formalities tam tak pawh a awm bawk

**Kan thinlung hi Pathian lam hawitir a, kan tana
tha ber leh nghet ber tur dil hi a tha zawk**

**A nihna takah chuan Pathian hian min nghak reng
a, a chhan chu sual hotspot leh hlauhawm pitfalls
atanga min hlat tir duh vang a ni**

**Khawvel thil man tlawm tak takte hian mihring
duhzawng a tihlawhtling thei lo va, thlarau lam hmun
ruak chu a luah khat thei lo a nih avangin kan
thinlung leh rilruah amah nen min duh a ni**

**Chu chu a chhungril thuk takah a hriat chu
Pathianin min biak reng a, mahse a aw hretu chu
an tlem hle**

**Chu aw ngawi reng chu ngaihtuahna ri leh duhna
langsar tak takte thawm ri chuan a tichhe fo thin**

**Mahse ngaihtuahna a reh a, duhna a reh chuan
Pathian aw chu ngawi rengin, a chau hle chung
pawhin chiang takin kan hre thin**

**Dik tak chuan Pathianin mihringte tanpui nan
engkim a ti a; Kan ke pen tur hmun kan hmuh theih
nan kawngkhar a hawng a, kawngte a ti eng a**

**A tlu a, a ke erawh a tlûk lo; mahse, mi tam zâwk
chuan he thudik hi an hre lo**

*** * ***

**Ni bo chu Pathian ngaihtuah lova, A lawm zawng
zawng zawng lova ni liam mai hi a ni**

*** * ***

**Hmangaihna chu tuikhuah chhiar sen loh a\anga
luang chhuak reng leh thinlung hawnnate chu
nungchang \ha loin a tihkhawtlai lai a ni**

**Thinlung dang atanga lo chhuak tam tak kan hmu
a Mahse hmangaihna chu eng thinlungah pawh a thi
tih ngaihtuahna**

**Hmangaihna khawvel pum huap a nihna hriat
lohna a ni**

**Hmangaihna channel te hi thiltih dik loin a block
tur a ni lo**

**Tin, chutah chuan Pathian hmangaihna tui
thianghlim chu a in thei bawk**

Thinlung tha zawng zawng atanga luang chhuak

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**Mite kut zungtang tan tawhte chuan a la awm ang
maiin an inhria fo thin Tin, ke leh ke pakhat hloh tawh
zawng zawng pawhin**

He rilru put hmang hi hriat a ni

**Taksa chhunga taksa peng tinrengah hian thup,
ethereal counterpart emaw counterpart emaw a awm
Taksa thinlung hnung lamah hian thinlung thup a
awm a**

**A tel lo chuan hmuh theih thinlung chu a na thei
lovang**

**Mihring hian hmuh theih loh taksa peng hrang
hrang, mit hmuhna, hriatna, thluak, ruh, leh ethereal
nerve te kan nei a Heng taksa peng hrang hrangte hi,
chu chu**

**Eng leh hnathawhna tissue an nih angin hmuh
theih loh mihring planetary body an siam a ni**

**Planetary emaw etheric body emaw hi hmuh theih
physical body nen a inang hle a A danglamna chu a
luminous, vital form a ni**

A lawmawm hle mai

*** * ***

**Miin mahni thuneihna a nei tih a chian chuan a
hnehna chu rorelna dik tak hnehna aiin a ropui zawk
a, a chhan chu hnehna a nih vang a ni**

**Chhia leh tha hriatna court hmaah chuan a ding
sang hle**

Ideas chu jury a ni a, mipa chu defendant a ni

**Miin ni tin a inchhir tur a ni a, an chhia leh tha
hriatnain a thunun leh hrem tam poh leh mahni
insiamthat tumin a bei nasa zawk dawn tih a
hmuchhuak ang**

**Miin thil \ha, rinawm leh dik taka hma a lak poh
leh nunah a hlawhtlingin hnehna a chang ang**

*** * ***

**Cosmic consciousness chhui thuk taka chhui tute
chuan thlarau lam theihna sang zawk leh chaknate
thununna sang zawk an nei nghal vek a ni**

**Natural Mahse Pathian hriatna dik tak nei tawh
chuan an thiltihtheihna chu inchhuanna leh inlanna
atan an hmang lo va, finna emaw,**

Thil ngaihtuah thiam takin awm rawh

**Mi finge chuan Pathian chu awmchhun a ni tih an
hrethiam a, inngaitlawm takin an thilpek mak tak
take chu Amah hnenah an hlan a ni**

An tih ngei ngei tur a ni

**Thil awm zawng zawng hi thilmak a ni lo em ni?
Tin, mihring hi a awmna avang chauh pawh hian
thilmak a ni lo em ni?**

**Pathianin thilmak a siam zawng zawngah mihring
kan lungawi loh chuan engvangin nge mi thianghlimte
hian an tih tam zawk ang?**

Thilmak tih a ni em?

**Pathian mi thianghlim felte hian Pathianin a tih
loh chuan engmah an ti lo va, chhan thuruk leh
buaithlak tak tak avangin**

**A châng chuan hriatthiamna hi a pawimawh ber a
ni**

*** * ***

**Ngaihtuahna atan emaw, thusawi atan emaw,
hriatna atan emaw, thiltih atan emaw theihna kan
mamawh zawng zawng hi Pathian atanga lo chhuak
vek a ni tih kan hriat hian, chu chu**

**Kan bulah a awm reng a, min fuih a, min kaihruai
a, rilru lam harsatna lakah zalenna kan nei nghal
bawh**

**He hriatna nen hian hlimna êng a lo thleng a, a
châng chuan êng thuk tak, a tibo nghal mai mai chuan
chu mi nihna chu a tuam chhuak ṭhîn**

Hlahna ngaihtuahna

**Pathian thiltihtheihna chu tuifinriat ang mai a ni
a, a surging leh surging a, thinlung chu
tihthianghlimna kawngah a rawn nuai a, thil awmze
nei lo zawng zawng chu a tibo vek a ni**

Ringhlelna, hlauhna leh hlauhnaah

**Mihring chuan taksa taksa mai mai niin a ngai a,
chu aia tam chu a awm lo va, mahse hei hi mihringin a
nihna dik tak a khawih avanga hneh theih thil lem a ni**

**Meditation hmanga thlarau lam thil Chutah chuan
taksa chu tuifinriat chungah thiltih bubble pakhat
chauh a ni tih i hrechhuak ang**

A cosmic a ni

*** * ***

**Tuipui atanga tuifinriat lo chhuahna chu awm lo
se chuan thlipui chu a awm lo ang**

**Chutiang chuan, chuta tang chuan kan nun thlipui
lo chhuakte thlawptu Pathian tuifinriat chu kan hre
chiang a, kan khawih a ngai a ni**

*** * ***

**Ngaihtuahna hi electric ang chi chakna a ni a, rilru
lam dinhmun (psychological states) hi ngaihtuahna
leh ngaihtuahna kalphung nen a inzawm tlat a ni**

**Electric hi a \angkai a, a \ha lo bawh Tupawh
hman dan dik hretu chuan an service-ah a dah a, chuti
lo chuan electric a tichhe thei a ni**

**Chutiang bawkin, mi ngaihtuahna chu kawng dik a
kawhhmuh chuan a neitu tan hlimna a thlen a; chuti
lo chuan a chungah harsatna an thlen a ni**

Buaina

**Ngaihtuahna hi sakawr ramhuai ang a ni a, chuti
chung pawh chuan thunun theih loh a ni lo va,
ngaihtuahna \ha tak chu thunun theih dan pakhat a ni**

Ngaihtuahna hmangin

**Ngaihtuahna dik hi thian hnai tak a ni a,
ngaihtuahna fim lo chu hmelma awm reng a ni**

**Ngaihtuahna dik chuan remna leh muanna a hip a,
ngaihtuahna dik lo chuan thal thihna thlen thei, a
neitu chungah a let hnih zetin a rawn kap chhuak
thung**

**Lawmman chu thiltih nen a inmil niin an sawi
Miin tum \ha a thawh chhuah chhung chuan a
ngaihtuahna chu thlarau pindan ti engtu leh thim
tibotu meialh-ah a chang ang**

**Chutah chuan thlamuanna thuk tak a nei ta a ni
A mitmeng chu lungawina nuihzatthlak takin a
eng chhuak!**

*** * ***

**Aw Lalpa malsawm rawh
Kan thinlung kan inhawng tawn theih nan
Kan thil tum hi i tichiang ang u
I venhimna leh ngaihsakna kan phu a ni maithei I
inpuang la, chhungril leh pawnah I hming malsawm i
sa ang u I êng thianghlamin hriat lohna thim chu paih
bo rawh Kan rilru a\angin thim chu hnawt chhuak
rawh**

**I awmna êng eng mawi tak, zau tak nen
Thinlung dik tak inpumkhatna nen
Tin, kan thlarau inrem tak takte duhthusam pawh
I hmaah kan bawkkhup a, I tanpuina leh
kaihhruaina kan dil a**

**Tin, kan thlarauah i awmna hriat rengna chu I
hnenah kan hmangaihna, chawimawina leh
duhthusam zawng zawng kan hlan a ni**

**A chhan chu nang hi kan hmangaih leh he
khawvela kan neih zawng zawng i nih vang a ni**

**Pathianin thlarau lam dan "thupek" an tihte min
pe a Mahse heng thupekte hi nitin leh engtik lai
pawhin bawhchhiat leh bawhchhiat a ni
hmun**

**Miten a thlarau lam awmzia an hriatthiam loh
chuan an phunnawi reng ang a, an hawisan reng ang**

**Hêng thupêkte hi Abrahama sakhaw zawng
zawngin an pawmpui, hun kal tawha thil tih dân
(codes of conduct code) a ni a, Amaherawhchu,
thuziakte hi hrilhfiah a ni lo fo ʈhîn**

**Heng thupekte rilru lam thil leh a hmanna nena
inzawm hlawkna te**

**Mite chuan biakna hmunah an pawm a, mahse chu
hmun pawnah chuan chutiang chuan an che lo va, chu
chu dik takin an sawi a, chutiang chuan**

**Thutlukna siamte chu hmantlak loh, awmze nei lo,
hun lai thlarau nena inmil lo a ni**

**Mahse, chu thupekte bawhchhiatna chu khawvela
hrehawmna zawng zawng thlentu ber a ni**

**Miin midangte dikna chanvo a bawhchhia tur a ni
lo va, a ram, remna, hmangaihna, zahawmna pawh a
laksak tur a ni lo**

**A nih loh leh an thil neih hmuh theih leh hmuh
theih loh eng pawh**

**I ta ni lo lak duhna i neih loh chuan i mamawh
emaw, i duhzawng emaw chu i hnenah a lo thleng ang**

**Miin midangte a huat tan tirh hian rukrukna hi
rilruah a lo chhuak hmasa ber thin**

**Duhna sual chi chu rilru a\angin paih chhuah a
ngai a ni**

**Thlarau lama midangte tana thilpek (spiritual
altruism) chu chutiang mi chuan automatic-in tamna a
hip ang a, kawng tinreng atangin malsawmna a luang
chhuak ang**

A hria a, a hre lo

**Pathian dan dik lo thei lo a ni Mahse rukru leh
mahni hmasialtute chuan an nun chu thil neih
zawngin an hmang a, an mit chu a en reng a ni**

**Mi dangte neih chu, an bawm chu rangkachak a
khat pawh ni se**

**Tisa lama mahni hmasialna hi kalsan a nih loh
chuan khawvelin hlimna a hre thei lo**

**Pathian hmangaihtu leh a awmna tawn duh i nih
chuan i rilru leh taksa chu a thlamuannaah i thun lut
tur a ni a, Amah chuan a nuihzat ang che**

I tan nun hi kawng tam takah a tha chho zel a

**Mi rilru hahdam chuan tihsual a nei tlem hle a, mi
sang tam tak hlawhchhamna hmunah pawh a
hlawhtling thin**

**Pathian ngaihtuah lo leh ngaihsak lote chu an
lungngai a, an lungngai a; an thinrim a, machine ang
chi thilah an chang ta a ni**

Animated a ni

**Finna leh remna ni chu thlamuanna vanah a lo
chhuak ang a, i beih chhung chuan i nihna chu a
damna êngah a silfai ang**

**Thlarau lamah, i thinlungah Pathian chu hmun
hmasa ber pe rawh**

*** * ***

**Miin midangte dikna chanvo a bawhchhia tur a ni
lo va, a ram, remna, hmangaihna, zahawmna pawh a
laksak tur a ni lo**

**A nih loh leh an thil neih hmuh theih leh hmuh
theih loh eng pawh**

**I ta ni lo lak duhna i neih loh chuan i mamawh
emaw, i duhzawng emaw chu i hnenah a lo thleng ang**

**Miin midangte a huat tan tirh hian rukrukna hi
rilruah a lo chhuak hmasa ber thin**

**Duhna sual chi chu rilru a\angin paih chhuah a
ngai a ni**

**Thlarau lama midangte tana thilpek (spiritual
altruism) chu chutiang mi chuan automatic-in tamna a**

**hip ang a, kawng tinreng atangin malsawmna a luang
chhuak ang**

A hria a, a hre lo

**Pathian dan dik lo thei lo a ni Mahse rukru leh
mahni hmasialtute chuan an nun chu thil neih
zawngin an hmang a, an mit chu a en reng a ni**

**Mi dangte neih chu, an bawm chu rangkachak a
khat pawh ni se**

**Tisa lama mahni hmasialna hi kalsan a nih loh
chuan khawvelin hlimna a hre thei lo**

*** * ***

Aw, Lalpa

Ka hmangaih meialh sei tak êng chuan

I rangkachak lehkhabu chhiar rawh

Ka thlarau vault-a vawngtu

Kum leh hun kal tawh zawng zawngah

**I hmangaihna thianghlim chu a ni, Aw Pathian, a
ni reng ang**

Remna meialh hmuh theih loh chu

Chu chuan ka thim chu a ti bo ta a ni

Tin, thuruk line min hmuhtir bawk

Ka thinlung phek-a ziah

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Ka rilru bungrua chu i Pathian finnain khat rawh

**Ka rilru natna bottle chu i khawngaihna nain rawn
khat rawh**

**Ka thlarau bawm hi I hriatna malsawm rah chuan
khat rawh**

**Ka nunna bêl chu i hmangaihna nain a khat turin
hmang rawh**

**Tin, midang thlarauah theh lut rawh Ka hriatna hi
hmun tinah luang chhuak rawh se**

**I awmna ropui zawkah chuan inthiarfihlim turin
Hetah hian ka hmangaihna zing êng chu a awm**

**Nangmah duhna hi ka thinlung kehchhia atanga lo
chhuak a ni**

**I hmangaihna ni awmna chung a eng chhuak hmu
turin**

**Tin, i hmangaihna eng mawi tak vangin
Ka thim chu êng leh muannaah a lo chang ta**

*** * ***

Aw arsi eng mawi tak

Tin, ngaihdan inrem tak tak sawi chhuaktu pawh

**Tin, hmangaihtu chu thinlung ngilnei tak atanga
lo chhuak a ni baw**

I hmangaihna tih loh chu engmah ka dil lo

**A chhan chu nangmah hmangaih hi ka dikna leh
ka tih tur a nih vang a ni**

**Nang hi ka nunah ka ngaih pawimawh hmasak ber
i ni**

**Tin, ka duhthusam thinlunga duhthusam hmasa
ber chu nangmah tan a ni**

Nangmah kaltlangin ka hlimna chu ka hmu ta a ni

**Tin, nangmah tih lawm hi ka nunah hlawhtlinna
ropui ber a ni**

Pathian hmangaihna hla a\angin

*** * ***

**Miin a mental wireless device a fine-tune chuan
ngaihtuahna thuchah a thaw chhuak thei a, a dawng
thei baw**

**Thiamna lama buaina, rilru natna nasa tak, leh
hriatna leh an thil phut thununna hnuaia tlu lutte chu
heng zawng zawng hi a paw hle**

**Wireless-in rilru a tibuai a, chutih lain
thlamuanna thuk tak, ngawi renga awm, rilru lam
ngaihtuahna leh taksa tihchakna te hi inremna
famkim neih theihna atana thil pawimawh tak a ni**

**Awte hian ether an paltlang ang bawkin kan
ngaihtuahna pawh hian min hual veltu cosmic
consciousness ether leh a chhunga thil awm zawng
zawng hi a paltlang ve bawk**

**Existence A hmasa ber leh pawimawh ber chu
Pathian nena inrem tur a ni a, thuchah thlen hmasak
ber tur chu:**

**"Ka Lalpa, a tluk loh hmangaihna nen ka
hmangaih che".**

*** * ***

Aw Pathian bêl siamtu

**Nunna kekawrteah chuan mihring taksa danglam
leh inang lo maktaduai tam tak siam a ni a: taksa
siamna chak lo tak takte**

Mihring thlarau thi thei lo tan

**I thil siam thup factory hian engkim a siam
chhuak vek a: i mihring fate'n an in atana an mamawh
furniture leh furniture zawng zawng**

Taksa, rilru leh thlarau lam

**Nature thil siamte hi an hunbi neia siamtu, siamtu
leh pholangtu i ni!**

**Thlarau lam thil hlu tak tak neihna kawnga
thawhrimna ngaihhluttu Van Lalber i ni**

**Tin, nun mawi tak neih nan pawh a pawimawh hle
bawk**

**I thawhhona ruahmanna chuan mihringin I
malsawmna dawng tur leh hlim taka dawng turin hna
a thawk tur a ni tih a sawi a; a pe tur a ni**

**Sum emaw, leia hnathawh emaw, ei tur tha tak
tak hmuh theih nan leh hriselna vawng reng turin
fimkhur leh inthlauhna zawm tur**

**A in tana êng leh chakna tuikhuah tling tak a
hmuh theih nan zirlai leh mahni inthununna atan
pawisa a pek a ngai ang bawkin**

Thlarau lam thlamuanna

**A tuihalna tirehtu leh a tithianghlimtu Pathian
hmangaihna tuikhuah zawng turin taima tak leh chak
takin a chhungril lam chu a chhui chhuak tur a ni
baw**

**Khawvel vaivut leh bawlhhlawh te
Material thil lei leh hralh theih a ni a, mahse i
malsawmna chu a hlu hle**

**Hralh tur leh lei tur a ni lo!
Kan zavaiin ni khat chu kan rilruah kan lo kir leh
ang a, kan Pathian nihnaah kan kir leh ang a, I
hlimnain a khuh theihna tur hmun thianghlim chu kan
hrechhuak ang**

**Chatuan thilphal taka pek a nihna chu!
Mi fng Paramhansa Yogananda zia "Whispers
from Eternity" tih atanga lak a ni**

*** * ***

**Kan hmangaihna chu midangte kan rintlak theih
hunah**

**Tin, hun fiahna leh fiahna dang hmanga kan
rintlak hunah pawh**

**Tu emaw chuan thinlung zawng zawngin min
hmangaih tak zet a ni**

**Tin, chu mi chungah chuan chutiang baw chuan
kan inhria baw**

**Mimal hlawkna tur ni lovin, ðhian nihna pulse hriat
theihna tur chauh a ni**

**Pathian inlanna kan hmu a, Pathian awmna kan
hre baw**

**Tin, chu ðhian nihna malsâwm takah chuan
Pathian aw kan hre baw**

*** * ***

**A châng chuan engkim a kal tluang hlein a lang a,
chuvângin khawvêl hi a ðha a, kan thil tihte pawh a
felfai hle niin kan ngai a**

**Mahse, engkim hi kan dodal nia kan hriat hun a lo
thleng a, hei hi kan thutlukna tihchakna tur leh kan
chakna muhil tawhte pholanna tur zirlai a ni**

A hmun thup atang chuan

**Mahse, chu ai chuan thil pakhatin kan duhzawng a
tihbuai avangin thinrimna kan nei zawk Kan
tihlawhtling loh avangin kan lungawi lo**

**Kan duhzawngte hian thinrimna nasa takin min
tibuai a, kan rilru a buai thin Kan hmun kan
theihnghilh a, kan hriatthiamna kan hloh a, kan thiltih
lai pawhin**

**Inthliarna tel lo chuan a rah chhuah chu tihsual
leh hrehawmna a ni**

**Nun harsatna emaw, a thlentu emaw avanga
thinrimna lakah kan tlu lut lo a nih chuan thil chiang
zawkin kan hmu thei a, a hlawhtling zawkin kan
hmachhawn thei bawk**

Tha zawk

*** * ***

**Pathian chuan a khawngaihna tawp lovah chuan a
hlimna leh a fuihna min pe a ni**

Tin, nun tak tak min pe bawk

Finna dik tak

Hlimna dik tak

Hriatthiamna dik tak

**Mahse Pathian ropuina chu thlarau lam
thlamuanna a hriat leh rilruin Amah nena inrem tura
tih tak zeta a beihnaah chauh a lang chhuak a ni**

**Chutah chuan thutak nen hmaichhanah kan ding a
Pawnah chuan, illusions te chu a chak lutuk a, chu
chu paltlang thei an tlem hle**

Pawn lam boruak nghawng tihbo

**Khawvel hi a buaithlakna tawp nei lo leh thil tawn
chhiar sen loh nen a chhunzawm zel a ni**

**Pathian aw chu nunna inlanna hnung lamah a
awm a, pangpar leh lehkhahu thianghlim a\angin min
ko fo \hin a, min biak \hin a, a\angin**

**Kan chhia leh tha hriatna, leh nun hlutna siamtu
thil mawi zawng zawng kaltlangin**

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**Kan metal hi tithianghlim rawh, Aw van
alchemist! Kan chak lohna chu chaknaah chantir rawh**

**Tin, kan ngaihdan dik lote chu thutak hriatna tak
takah chantir rawh Kan mahni hmasialna ramhuai
tenawm tak takte chu chantir rawh**

**Duhthusam sang tak, thla nei leh kan hriat lohna
hrehawm takah te, finna thianghlim leh kan indolence
base raw materials te hnenah**

**Thlarau lama hlawhtlinna ropui tak tak atanga
rangkachak thianghlim thlengin**

Heta tang hian

Hla Hla (Ecstatic) tih hla

Zirtirtu Paramhansa Yogananda-a sawi angin

Hmanlai khan Pathian kawngka bulah hian hermit
pakhat a awm a, tumah thu a hril lo va, a kaihruai lo va,
Pathian hmangaihna tih loh chu engmah a sawi ngai lo va,
chu chu a thil ngaihven ber a ni

Khawi hmunah pawh kal se, a chhungril takah Pathian
hmangaihna a kang tih a puang chhuak a A tul hunah chauh
thu a sawi a, a thusawi chu pahnih pathum aia tam a ni lo
va, chuti chung pawh chuan mi sang tam takin duhthusamin,
thil tam zawk duhin a hla sak ngaihthlak turin an zui a ni

Aw ka Lalpa, Nang hi ka tum i ni a, Nang ka hmangaihna
hi ka banner a ni

Ka thlarau leh thinlung hian a duh che a ni Aw ka hlimna
tawp ber

Tum khat chu a hla awlsam tak sak chungin khaw hrang hrangah a kal kual lai chuan mipa leh hmeichhia te chuan an hna chu kalsanin an zui a, mahse pakhat hnu pakhatin a hmuh theih tawh loh thlengin an hnungtawlh ta a ni

Chutah chuan lo zau takah chuan mi pakhatin buh seng lai a hmu a, ani chuan chibai a buk a, "Aw buh sengtu, aw buh sengtu" tiin a lo chhang a, "Min kalsan mai rawh, mipa, min biak suh, min hmuh ang hian ka buai em em a ni Ka bulah kal bo rawh, nang mi â" tiin a chhang a.

Mahse, ani chuan a hnenah: "Min biak turin ka ngen lo che a, ka dil chhun chu min ti lawm a, hla sa turin min rawn zawm ve mai mai a ni Khawngaihin ka Pathian hmangaih hming min sawi nawn lehin min ti hlim ang em, tichuan ka kalsan mai ang em?!"

Harvester chuan a bulah hla a sa tan a, "Aw Lalpa, Nang hi ka tum i ni... ka hmangaihna che chu ka banner a ni..." tiin a hlim hle a, a kut atang chuan sickle chu a tla a, mi â hnungah chuan a kal a, hlim leh phur takin hla a sa a... savate pawhin hlimna an nei a, Pathian hmangaihna hla chu an au chhuak ta a, an sa ta a ni

An kal chhunzawm zel chuan buh sengtu nupui chu a lo kal a, a pasal chu a dem tan ta a, "Eng nge i tihsual? Eng thil nge i chhungah a lut a, he mi â hi i zui a ni?" Mahse, ani chuan: "Ka chungchang i duh duh sawi la, mahse ka bulah hla sa rawh, vawi khat chauh pawh ni se" tiin a chhang a, chuang chuan hla a sa ta a, an pathum chuan phur tak leh lawm takin an zai dun ta a ni

An zai lai chuan khaw mi thenkhat chuan an lo kal pel a, chu hmun chu an fiamthu a, "Tunlai hian mi â an tam em em!" Hermit chuan an hnenah, "Mite u, dawhthei takin awm rawh u, kan hriat ang chu in tem hma loh chuan min rorelsak

turin ka ngen a che u, hla saah min rawn zawm la, chutah chuan rorel rawh u" a ti a.

Chung mite chuan an zaipui a, Pathian hmangaihna a kai a, an thinlung thuk tak atang leh duhthusam ber nen malsawmna hla chu an sa tan ta a ni

An chanchin chu bial chhung zawngah a darh a, za, za hnih, za thum leh za nga zetin an zui a, tihtawp leh hnawhchhuah tumin an bei a, mahse mi zawng zawng thinlung chu hlimna nasa tak leh duhthusam zual zelin a ri chhuak ta a ni:

Aw ka Lalpa, Nang hi ka tum i ni a, Nang ka hmangaihna hi ka banner a ni

Ka thlarau leh thinlung hian a duh che a ni Aw ka hlimna tawp ber

Pathianin malsawm che u la, in thinlung ti lawm rawh se
Remna awm rawh se

Mihring chungchanga Philosopher pasarih thusawi

Philosopher hmasa ber chuan:

Mihring hi history sang ber, hla phuah tum ber, leh nature leh Pathian inzawmkhawmtu inzawmna nung, zalen tak a ni

Philosopher pahnihna chuan:

Mihring hi i hmusit lo va, a zahawmna pawh i tichhe lo vang u, hriatna hmun sang ber a\angin thuk ber thlengin lo chhuk tawh mah se, chu a tir lama ropuina leh ropuina sang ber hnuhma chu a thlarauah a la keng reng a ni - hmân lai

biak in lungphum chhe tawh ang mai ni mah se, biak in ropuina chu a chim la awmteah pawh a lang Chiang Hle a ni

Philosopher pathumna chuan:

Mihring rethei leh Hausa tak a va ni em!

A va hrehawmin a va ropui tak em!

A va buaithlak em em a, a va awlsam em em bawk!

Philosopher palina chuan:

Mihringte hi buaina, inhnialna leh chakna dodaltu tam tak kan ni Thutak dahkhawmna leh chatuan finna vengtu ni mah se, rinhlelnhain a khuh a, an mit hmuh chu buainain a khuh bawk Chu bâkah, hriat lohte chu an hlau reng a Anni chu a rualin khawvel pum huap inchhuanna leh mualphona an ni

Philosopher pangana chuan:

Mihring duhzawng hian ramri a hre lo va, hausakna engzat pawh, eng ang pawhin zau mah se, a tihlawhtling thei lo Mi pakhat chuan a thil tum, a Siamtu nena inrem leh a nun hun apianga Amah hnaih taka awm chu a hriat chian hma loh chuan dinhmun ngeth leh thlamuanna a hmu lo vang

Philosopher parukna chuan:

Mi chu a duhzawng ni lovin, a ropui ber thleng tura a taima taka a thawhrimnain a sawifah a ni

Philosopher pasarihna chuan:

Mihring hi Pathian leia luang chhuak reng cosmic lui chungah bubble a lo piang a, Bubble thenkhat chu a dang aiin a eng zawk a, mahse a tawpah chuan an puak vek ang a, an hmin vek ang a, chu lui chu chatuan atan tuipui kam nei lo cosmic sea lam pan chuan a ni ang

Remna awm rawh se

Kumthar atan ka thilpek che u

I chhungah hian thil tum (ambition) i nei em, chu chu i tihhlawhtlin beisei?

Vawiin hian nun bul tan thar leh theihna hun pek che ni ta se, engtin nge i tih ang?

Nun hian he duhthlanna hi a pe che a, hun kal tawha malleable ceramic dough chu i duh ang anga siam turin i kutah a awm a ni

Hlawhtlinna harsa tak anga langte chu thil awmze nei leh tak tak nihna hnaih zawk a ni fo thin I tih theih loh nia i ngaih chu tunah hian ti tan rawh! Nangmah i chungah tih dan i tikhawtlai tawhte tikhawtlai chu paih bo la, i chhungril aw ri bengchheng tak takte chu ngaithla rawh

Mahni tuikhuah thuk taka laih chhuaktute tan chuan nun hian mak tihna nuam tak a keng tel a ni

Ni khat chhunga thil tum engmah tihhlawhtlin theih a ni lo A pawimawh ber chu naktuk ni lovin tunah hian tan hi a ni

Pathian malsawmna a\angin \an rawh! He magical moment hi ro hlu tak tak nena khat hun remchang lungpui chhunga awm theihna tur kawngkhar a ni

I thil siam chhuahna reservoir chu hawng la, chu chu a tuikhuah a hring ngai lo leh a supply a tlahniam ngai lo, source tawp nei lote chawm reng leh chatuan atan a ni

Thiltihtheihna tih awmzia chu mawhphurhna tihna a ni a, talent thup chu nunnain i enkawlinaah a hlan chi rah chhuah a ni a, hun sawn hlat zawnga lei hring hring zingah hian a hring lo va, thi suh

Nun hian i lova a tuh chu rinawm taka seng turin a ngen
che a I mamawh hmanrua zawng zawng chu i kutah a awm
Chuvangin, Pathianin kaihruai che rawh se, chu hmanrua chu
fing tak mit nen hrethiam rawh

Hlawhtlin duhna nena inzawm tense effort hmangin hna
thawk suh la, muangchangin, nuam takin, hlim takin hna
thawk zawk rawh

Tum chu tihlawhtlinna tura thawh i duh aiin i duh zawk
lo

Rilru chak tak leh hmangaihnain a tihbuai kut hmangin,
tunlai rangkachak hrui hmangin hlawhtlinna pattern te chu
hruai rawh

Mahse i thawhrimnaah i hlawhchham chuan beidawng
suh la, lungngaihna chu i chhungah rawn lut suh

Mahse hriatthiamna hausa thinlung nen

Tin, kut nimble tak leh flexibility nei

Tin, mit fiah tak, mit hmuhna fiah tak

A bul tan thar leh la, rinna nei rawh

Pangpar chu chi thinlungah a awm a, mahse chi chuan a
bul a hre em, a tawp a hre em?

Mahse a theih ang anga lumna leh tuihna a
khawlkhawm ang zelin

A nihna thinlung chu a zau a, pangpar nung tak a rawn
lang chhuak ta a ni

Ni chu nui la, nun hlimna leh tihlawhtlinna lawmna nen
chibai buk rawh

Tin, hetah hian nun hian hna thawk turin a fuih che a,
thianin a ko che a ni

A kohna chu i ngaithla ang em, a fuihna chu i chhâng ang em?

Tin, tunah chuan i hmai chu êng lam hawiin i hawi ta a ni

Pathianin a eng hmangin i hmai ti eng rawh se

Kum tharah i duhthusamte tihlawhtling rawh

Kumthar chibai le!

Khawchhak-Chhim lam Magazine

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

Tuin nge chutiang chu sawi?

Duhthusam hian ka thinlungah a tithinur a, mahse ka thup tlat thung

Tin, hla takah ka awm chuan hriatrengna hmangin ka inbiak thin

Thinlung a na a, duhthusam chuan a dictate a ni

Heng changte hi ka notebook pakhatah ka hmu a

Tu nge sawi ka hre lo Tu nge tih hriat tumin online ka zawng a

Amah hi attribute ka duh a, mahse online-ah pawh ka hmu thei lo

A chhunga hmangaihna dik tak a awm avangin ka ngaihven a hlawh hle

Tin, duhthusam leh rinawmna chiang tak a awm bawh

Hriatthiamna thuk tak chuan kan hla phuahtu thinlung chu a tialh ngei ang

A êng chuan a thlarau thuk tak chu a ti eng a

A current chu zawi zawiin a luang chhuak a

A thlarau kawng sensitive takah chuan

A ti nghing a, a ti lawm a, a ti lungngai baw

Tichuan a tichak lehzual a, rilru natna thianghlim leh
chiang tak luang chhuak chu arawn luang chhuak ta a ni

Tin, thlai thli ang maia thumal nalh takah a inthlak baw

Tin, melodious, ethereal chant chuan feeling thuk tak a
tichhe baw

Hetah hian ngaihtuahna rilru na tak takte rawng
enchanted tak tak kan hmu a

Tin, a ecstatic, yearning being-ah chuan glowing torches
kan hmu baw

Lungngaihna hrehawm tak tak pawh a hnenah kan tem
loh tur a ni baw

Mahse, chu lungngaihna chu a hlim hle niin a lang

Chu chu a lawmna leh a rilru put hmang bul atanga a
siam chhuah a ni

Tin, hetah hian kan hla phuah thiam hriat loh thil tawn
kan sawi a ni

A changte hian kan ngaihven a hlawh hle a, a chhan chu
a dah tel vang a ni

A thinlung atang chuan, a bulpui ber

Tin, a thusawiah chuan amah leh amah chhinchhiahna a
hnutchhiah baw

Thinlungte chu hmangaihna khat reng rawh se,
rinawmnain a pulsate reng ang

Remna awm rawh se

Fapa leh a pa inkara inbiakna

Fapa chuan a pa hnenah: "I mitmengah nui hmel ka
hmu a, Pa eng nge a thuruk?"

Ani chuan heti hian a chhang a: A chhan chu ka hahdam
thuk hle a ni

Ani chuan: Thu sawi rawh! Eng thil chiah nge thleng?

Ani chuan heti hian a chhang a: Ka thinlungah
thlamuanna a luang lut a, ka hmaiah nuihzatna a lo lang
hmain ka mitmengah a lang chhuak thin

Ani chuan: Chu chu a ni em?

Ani chuan heti hian a chhang a: Hriatrengna a lo harh
thin

Ani chuan: Chu chu eng ang hriatrengna nge ni?

Ani chuan heti hian a chhang a: A thlum a, cell te a
tichak baw

Ani chuan: Engtin nge chutiang chu a nih?

Ani chuan heti hian a chhang a: Ngaihtuahna, ka fapa,
electric ang chakna a ni a, rilru lam dinhmun (psychological
states) hi ngaihtuahna leh ngaihtuahna awm dan avanga lo
awm a ni

Ani chuan: "Power like electricity" i tih hian eng nge i sawi tum?

Ani chuan heti hian a chhang a: Electric hi a \angkai a, a \ha lo bawh Tupawh a hman \angkai chuan a \angkai hle ang, chuti lo chuan electric a tichhe thei a ni

Ani chuan: Inthlauhna bulpui chu eng nge ni?

Ani chuan heti hian a chhang a: Ngaihtuahna pawh, kawng dik taka i kaihruai chuan, hlimna a siam ang che, chuti lo chuan hrehawmna a thlen ang che

Ani chuan: Sakawr ramsa ang a nih lai hian engtin nge ka kaihruai theih ang?

Ani chuan heti hian a chhang a: Hei hi thil theih loh a ni lo, sakawr nihphungah hian tawnhriat i neih chuan ramsa leh thunun theih loh pawh ni se, an enkawl dan chu i ti tha zawk ang

Ani chuan: Thian chu mi hnaih berte zinga mi a ni an ti a, hei hi a dik em?

Ani chuan heti hian a chhang a: Absolutely

Ani chuan heti hian a sawi: Chuvangin ngaihtuahna hi mihring nena inhnaih lutuk a nih avangin ṭhian a ni

Ani chuan: Ni e, ni lo, tiin a chhang a

Ani chuan: Engtin nge chu chu?

Ani chuan heti hian a chhang a: Ngaihtuahna dik chu ṭhian hnai tak a ni a, ngaihtuahna fim lo chu hmêlma awm reng a ni

Ani chuan: Engtin nge chu chu?

Ani chuan heti hian a chhang a: Ngaihtuahna dik chuan remna leh himna a hip a, ngaihtuahna hrisel lo chuan thal

thihna thlen thei, a neitu chungah a let hnih a rawn kap
chhuak a – Pathianin i thiltih \hate chu tipung rawh se –
chuvang chuan lawmman chu thiltih nen a inang tih an sawi
a ni

Ani chuan: Tin, chu chu engtin nge pumpelh theih ang?

Ani chuan heti hian a chhang a: Midangte tana thil tha i
duhsak a, Pathian tanpuina leh kaihhruaina i dil chhung
chuan i ngaihtuahna chu thlarau pindan ti engtu leh thim
bawmte hnawtchhuaktu meialh-ah a chang ang

Ani chuan: Tin, chutih hunah chuan eng nge thleng ang?

Ani chuan heti hian a chhang a: Chutah chuan
thlamuanna thuk tak i nei ang a, i mit pawh a nui ang!

In mitmeng leh in hmela nuihzatna chu chatuan atan
awm reng rawh se, ka thiante u

Remna awm rawh se

Khualzahawm kan lo hmuak e

He mikhual duhawm tak hi

Mit hian a hmu thei lo va, thinlung erawh chuan a hre ve
tho

Buaina tibotu hlimna emaw, hahdamna emaw ang maiin

Tin, thinlung kehchhia te pawh a thlamuan thin

Thil awmdan khirh tak takte dik taka hmachhawn
theihna tur hriatthiamna a pe a ni

Chu mikhual rilru put hmang chu a tan kawngkhar
hawnsak leh luh tura sawmna nen a inzawm tlat a ni

Sawmna chu thinlung tak tak a ni tur a ni a, dawng
duhna dik tak a\anga lo chhuak a ni tur a ni

Duhthusam chak tak nena inmil duhthusam a keng tel a
ni

Chu chu "Qassad" emaw tlang zaithiam emaw chuan
thahnemngai taka a sawi chhuah khan:

(Tlawhna hmangin min chawimawi a, hnam dan a
bawhchhia a ka thinlung hian chhungril atangin a kawngkhar
a hawng che a ni)

Hlimna dik tak chu rilru leh suangtuahna atanga lo
chhuak a ni lo

Source nei, transparent, ethereal element a ni

Chu mahni insiam tharna source chu depletion hnuaiah
a awm lo

A dose tlemte tal ei lo tu mah an awm lo

A hriat theihna chu pawm chakna leh hriatthiam
theihnaah a inngat a ni

Thilsiam zawng zawngin an ei zo vek lo tuifinriat a ni

A chhan chu a bul chu finitude hnuaia awm ni lovin
absolute leh infinite nena inzawm a nih vang a ni

Thilphalna leh mi thilphalte chu chu mi nêan an tehkhin a

Hei hian chu mi rethei, hla phuahtu thenkhat zuitu
chanchin min hriatchhuah tir a

Aigupta rama Caliph hnenah chuan thilpek pe turin a ko
a, mi rethei chuan bawm a keng a, Caliph lal in chhunga an
luh meuh chuan a hmaa an din meuh chuan thilpek thahnem
tak a sem tan ta a, Chutah chuan a puan hring hring ha mi
rethei chu a en a, a zawt a:

Tin, eng thilin nge kan hnena hruai che a, eng nge kan mamawh i neih?

Ani chuan:

Mipuiin an bungrua an dahkhawm lai ka hmuh chuan

Ka jar kengin i tuipui lian takah ka lo kal a

Caliph chuan: Bawm chu rangkachak leh tangkaruain khat rawh

Chu caliph chu khawvel pum huap thilphalna tuifinriat nena khaikhin chuan tuifinriat a ni lo va, a drop khat chauh a ni zawk

Hla chang khat chauhvin a thilphalna chu a tichak a, chutiang khawpa a tichak a, mihring chauh a nih chuan, thilphalna leh Pathian thilpek tuifinriat atanga thinlung taka ngenna eng pawh chu pawm leh tihhlawhtlin a ni ngei ang a, lungawina a thlen hma loh chuan thilpek chu tih nawn leh a ni ngei ang

{Tin, i Lalpa chuan a pe ngei ang che, i lungawi ang}

{Tin, Allah khawngaihna i chhiar chuan i chhiar thei lo vang}

Pathianin in thinlungte lawmpui rawh se

Remna awm rawh se

A ngawi reng, dawhthei tak spider chu

Ka thian duh tak, "Self-Leadership" programme buatsaihtu, Professor Fahmi Al-Mashaykhi fing tak chuan American hla phuah thiam ropui Walt Whitman-a hla thenkhat lehlin turin min ti a, a ngenna ngilnei tak avangin he hla hi ka thlang a, he lehlin hi a tan leh literature

thianghlim leh sublime inspiration ngainatute zawng zawng
tan ka hlan duh a ni

Beach lungpui chungah chuan bump te tak te lo chhuak
chu a awm

Chutah chuan rulhut chu a mah chauhin a ding a

A awmna tur chhinchhiahna atan marker ka dah a

Chu chhinchhiahna siam chhan chu

A hmuhchhuah dan tur hriat

A chhehvel zau tak chu hmun ruak zau tak karah chuan

Chutah chuan amah atang chuan wire te tak te a thlah
a, chu chu wire dangin a zui a, chutah chuan wire dang a
rawn chhuak leh a

A spool of yarn chu mak tak maiin chak takin a phelh
chhonzawm ta a

Chauhna tawng lovin

Tin, nang, ka thlarau, khur tawp nei loin a hual vel a
ding reng baw

Hmun zau tak, ramri nei lo leh tawp nei lo atang chuan

Tin, ngaihtuahna leh hriatnaah pawh tihtawp lohvin i pil
bo a ni

Adventures i tan lai ka hmu che

Ngaihtuahna leh chakna i chhuah chhuak thin

Khawvel leh van thilte i zawng a ni

Amah nen hian inzawmna nghet takin i inzawm tlat ang
che

I mamawh tur kawngpui i siam theih nan
I lawng chu anchor hmangin a secure a ni
I thread te tak te i chhuahsan thlengin
Thil pakhat chelh atang hian
khawi emaw laiah
Aw ka thlarau!

Walt Whitman-a chuan arawn ti a
Lehlin: Mahmoud Abbas Masoud-a lehlin a ni
arsi inzawmkhawm (constellation) a ni
Arsi pawl, formation mawi tak tak nei pawl a ni
Astronomically chuan Ghoul's Head tih ang chi hming
hrang hrang hmanga hriat a ni
Flying Eagle, Falling Eagle leh Betelgeuse te an ni
Henna-a chei palm leh Yemen star te hi a ni
Whale leh mi chak leh midangte hmui
Constellation hian ngaihven a hlawh hle
Lei atanga a hlat vang pawh a ni mai thei
A chhehvel thuruk leh thuruk avang pawh a ni mai thei
Chatuan a ngawih reng vang pawh a ni mai thei
A flash mak tak mai chu
Tin, a ni mai thei
A chhan chu lei atanga an mit a chawi sang tir thin vang
a ni

Thil sang zawk leh thlum zawk chu tum rawh se!

"Constellation" tih thumal hi a thlumzia tichhuaktu
thumal mawi tak a ni

Chu astronomical phenomenon atang chuan

A awmna eng mawi tak leh a mawina eng mawi tak nen

Tin, chutiang chu a ni, ka thiante u

Arsi eng mawi tak tak awmna constellation

Ka nun vanah chuan

I awmna apiangah chibai kan buk a che u

Tin, thuk tak atanga boruak zau tak thlenga
hmangaihna

Movement hi malsawmna emaw, chhiatna emaw a ni
thei

Thiltih zawng zawng hi malsawmna dawng vek a ni lo tih
ka hriat avangin, a then chuan malsawmna dawng lo mai ni
lovin, level khat aia tam tichhe thei khawpa rah chhuah a
chhuah thin avangin, thufing hriat hlawh takah chuan
“tihchhiatna” tih thumal hi ka belhchhah a ni

Mihring chetna hi a takin a lo chhuak lo va, mut emaw,
mut emaw laia chetna thenkhat, hriat lohnain a kaihhruai tih
loh chu chutiang a nih loh chuan thil tum bik tihhlawhtlin
tumna leh duhnain a hruai a ni

He movement hi a takah chuan neutral a ni a, a chhan
chu mihring motor system thupek chhanna atana hnathawk,
hriat loh hmanrua mai a nih avangin, chu chuan rilru atanga
thupek a dawng a, a tihlawhtling ta a ni

Midangte tanpui nan movement hman a nih hian

Tin, an phurrit ata chhanchhuak bawk ang che

Thil awmdan siam that nan sensory tools hman

Material leh moral level-ah pawh

Tin, thlaraute thlamuanna thlentu tur zawng zawng
rawn luhtir bawk

Tin, thinlungah thlamuanna a awm bawk

Nunna atana thil tulte a pe a, luxuries a pe hauh lo

Pathian, vântirhkohte leh zâwlneite malsâwmna a ni

Mahse, chu movement chu hrehawmna thlenna atana
hman a nih chuan

Tin, a chhiatna leh thinlung natna te pawh

Mi dangte finna emaw, thil neih emaw theihna hmang
tangkai

A phalna leh remtihna tel lo chuan

A rah chhuah chu malsawmna a ni dawn lo

Tin, chutah chuan kan sawi thei bawk

"Incheina hian chhiatna a thlen".

A thiltih thatna leh a Siamtu lawmna atana hmangtu chu
a eng a thawl e;

Chuvangin an Lalpa chuan an hnenah, "In zinga
hnathawk tu pawh, mipa emaw, hmeichhia emaw pawh nise,
engtikah mah ka bo ka phal lo vang" (Al Imran) tiin a chhang
a.

Tin, hadith ropui takah chuan:

“Thil pathumin mitthi chu a zui a, pahnih a lo kir leh a, pakhat a la awm reng a, a chhungte, a thil neihte leh a thiltihte chuan a zui a, a chhungte leh a thil neihte chu a lo kir leh a, a thiltihte chu a awm reng a ni”

Imam Ali, Pathianin a hmel chu chawimawi rawh se, a hriatna dahkhawmna a\angin finna min rawn share a, heti hian a sawi:

(*Hnathawh chi hnih hi a inang lo hle a ni* : hnathawh, a hlimna chu rei lo te chhunga awm mahse a rah chhuah awm reng, leh hnathawh, a senso bo tawh mahse a lawmman awm reng)

Kan thil tha tih hi Pathianin pawm rawh se, ka thiante u

Pathian remna, khawngaihna leh malsawmna in chungah awm rawh se

Bar leh in chhe tawh chu

Ani chuan: Thil pakhat min tibuai mek a awm a, chu chu sawifiahna ka duh a ni

Ani chuan: Eng nge ni?

Ani chuan: Kawng dik lo zawh mi "fancy" leh reveling tak tak, leh mi tha tak tak, hlawhtlinna chanvo nei lote ka hmu baw

Ani chuan heti hian a chhang a: Mi fel leh mi suaksualte rorelnaah hian an tisual fo thin, a chhan chu hmel lan danin an rorel thin a, mi tin nihna dik tak hre tur leh an thil tum leh thiltih thup hriat reng turin midang thinlungah hmu thei lo mahse Pathian chu tumte enfiahtu leh thuruk pholangtu a ni a; Amah chauh hian thil \ha leh \ha lo ro a rel a, a thliar

hrang \hin Chuvangin miten mi sual anga an ngaih chu mi fel a ni thei a, mi fel nia an ngaih chu mi sual a nih a rinawm loh

Ani chuan: Heng thilahte hian thliar hranna dik tak siam theih dan a awm em?

Ani chuan heti hian a chhang a: Hlimna leh hrehawmna rorelnaah hian kan che dik loh chuan, mi hlim chu hausakna leh hausakna hlim taka hmangtu, chawimawina changtu, mite zahna dawngtu, nun nawmna leh lawmnaah inhmagtu a ni tih kan ngai a mi dangte chungah He chhungril hlim lohna leh tihdam theih loh natna hian an nun chu a tithinur thei a, an mit a ti hahdam thei a, chu chu an duhna rilru na tak leh mahni hmasialna tichhe thei tak a nih avangin chhiatna rapthlak tak tak leh vanduaana tichhe thei tak tak, ensan theih loh tak takte pawhin an tuar thei baw

Ani chuan: Tin, mi felte hlimna chu khawiah nge a awm?

Ani chuan heti hian a chhang a: Pakhatnaah chuan, mi fel chuan leia thil tha zawngin a tlan chak lo A lungawina a hriatna te, mite a enkawl dan te, a chhia leh tha hriatna thlamuanna te, leh a chhungril atanga lo chhuak leh tihthar reng thin thlarau lam hlimna te, a bik takin Pathianin a thih hnua lawmman a pe ang a, boralna hmuna a hloh aiah chatuan êng a pe ang tih a ngaihtuah hian a lungawi a ni

Ani chuan: Engvangin nge mi felte, a nih loh leh an zinga thenkhatin he khawvelah hian an tuar a, harsatna an taw?

Ani chuan heti hian a chhang a: Pathianin a hmangaihte chu a chhang chuan hremna leh hrehawmna chi hrang hrang hmangin a fiah thin a, hremna ang ni lovin, rangkachak ang maia fiahna meiah tihthianghlim nan An chungah hrehawmna lo thlengte hian a tichak a, an nungchang lama an tlinzia a

tilang a, an Lalpa leh mite chung a an hmangaihna chu a
thianghlim a, a fiah a, a nget tlat a ni

He khawvelah hian mi fel leh mi tha hi tipung zel rawh
se

Ka thiante u, thlamuanna awm rawh se

The Organized Pearl tih chu a ni

Mi dangte tihlâwm nâna thu bulte hlan loh

Ani chuan: Midang nena inrem hi duhthusam a ni tih ka
hria a, exception a awm em?

Ani chuan heti hian a chhang a: Mi dangte nena inremna
tih hian engkimah anmahni nena inrem tihna a ni lo va, an
tan i thu bulte i hlan tihna a ni lo, a chhan chu he inremna
style hi duhthusam lo leh thil dik nen a inmil lo a ni

Ani chuan: Inremna aiin inhmachhawn hi i duh zawk
em?

Ani chuan heti hian a chhang a: Chutiang chu a ngai lo
Buaina leh buaina siam lovin anmahni nen hian in inrem thei
Reformer leh mi ropui tak takte chu an chhehvela mi tam tak
nen an inrem lo a, chuti chung chuan an thil tih chu a dik tak
zet tih an hriat avangin an thil tum chu an vawng reng a ni

Ani chuan: A chang chuan thil awmdan nena inmil tura
ideals bending chungchangah engtin nge i ngaih?

Ani chuan heti hian a chhâng a: Mi pakhat chuan thu
bulte chu a inrem tûr a ni lo va, thiltum tihhlawhtlin nân
thiltum thup (ulterior motives) pawh a hmang tûr a ni lo,
chutiang thiltih chu thu bul vawngtute tân a tling lo a ni
Pathian tihlâwm tûr leh mi dangte tichhe lo tûra i nun theih
chuan hlahh tûr i nei lo

Ani chuan: Engti kawng pawhin midang nena inrem chu eng nge a awmzia?

Ani chuan heti hian a chhang a: A hmasa ber leh pawimawh ber chu Pathian nena inrem tur a ni a, chumi hnuah i chhia leh tha hriatna nena inrem tur a ni a, chumi hnuah mite nena inrem tur a ni

Ani chuan: Ka kalphung hian mi dangte a ti lungawi lo a nih chuan engtin nge ni ang?

Ani chuan heti hian a chhang a: I chhungrilah thlamuang takin i awm ang a, mi dangte duhsakna a\anga inngat lo thei khawpa chhungril thlamuanna i nei ang, chu pawmpuina chu i thutlukna siama i rin dan nen a inmil loh phawt chuan

Ani chuan: Midangte nunphung dik lo thlak danglam tura ngen turin min fuih em?

Ani chuan heti hian a chhang a: Mite chu i ngaihdan dik pawm turin nawr a ngai lo I approach an pawm duh loh chuan kalsan la, duhsakna pe rawh Thu rilru na tak tak leh comment stinging tak tak hmanga an tibuai che a nih chuan, an hnen atanga inhlat taka awm chu a tha famkim a, hun eng emaw chen atan tal But always be ready to share your understanding and experience with them And if you possess a wealth of knowledge, offer it to those thirsty for it, so hlim leh lungawi takin an in thei a, Pathian Engkimtithia khawngaihna zarah, i lawmman chu A hnenah a awm

Remna awm rawh se

Ni te chu i mawhpuh tih ka hmu

Ka hmu thei tawh mai che, ka thian

I mit ti hlim thei tur oasis i duh em em a ni

Tin, a thingpui huana i thinlung chau tak enkawltu tur
chawlhna hmunah chuan

Hmun hla tak, ngawi renga awm chu i en reng tih ka
hmu che

Thim leh lungkhamna thuk tak atanga tlanhhuah tum
Van boruak thianghlim takah

I thlarau langtlang zawk tan a inhmeh zawk

Tin, i thlarau passionate duhthusam chu ka thunun thei
zawk bawk

Tin, suangtuahna mit atang chuan ni te hi i mawhpuh tih
ka hmu bawk

Hun rei tak atanga an lo nghah tawh vanneihna planet
chungchang chu a zawt a

I chhungril takah chuan duhthusam duhthusam a rawn
inher chhuak tih ka hre thei ang mai a ni

Thlarau ether kaltlangin a bell ri chu ka hre ta

I duhthusam lawng chu tuipui kam hla takah anchor chu
ka hmu Chiang Hle

Hriatrengna seagulls te chuan a bulah an rawn inher
kual vel a

Tin, planet te chuan friendly inclination nen an melh a

Ka thianpa, i duh em em retreat neih duhna chu ka hre
Chiang Hle

Chhum zingah chuan i pierce rawh se

Tin, khawvel hming vuah pakhat a luhchilh bawk

A awmzia nê̄m tak leh duhthusam thlum tak tak nen a khat a ni

Nun hian i duhzawng a tihlawhtling ta

Tin, mahni chauhna tihchhiatna chu i thlarau nalh tak atang chuan a bo ta a ni

Tin, fiahna mawi ber ber hmangin a tihausa baw

Tin, inlarna thlum ber berte pawh

Remna awm rawh se, ka thian!

Mahmoud Abbas Masoud chuan a sawi

Lei chungchanga philosophy leh sawawm leh sawawm chanchin

- .

A zawt a, heti hian a sawi: Ka nunah hian ka hman theih tur thil lei chungchanga philosophy a awm em?

Ani chuan heti hian a chhang a: Mi \henkhat chuan an mamawh loh thil lei an ngawih ngawih a, chutiang chuan an sum chu thil \ul lo tak takah an khawhral \hin

Ani chuan: Eng thurawn nge ni?

Ani chuan heti hian a chhang a: Shopping laiin fimkhur la, fing rawh Sum engemaw zat i neih chuan khawl khawm la, i thawhrimna aṭanga i sum hmuh chu thil thar emaw, "guaranteed-profit" investment emaw atana i bânsan theih nâna i mamawh loh thil lei tûra thlêm tum rengtu advertisement-te chu ngaihthah mai rawh Mi pakhatin thu thlum tak tak leh offer hipna hmanga hneh che a tum apiangin, sawawm leh sawawm chanchin kha hre reng ang che

Ani chuan: "Khawngaihin min sawi nawn leh ang em?"

Ani chuan heti hian a chhang a: Vawikhat chu savawm pakhatin a hmuiah cheese chi khat a keng a, chutah chuan savawm hmui a rawn tla a, chu chu amah tan a duh em em a, fing leh bumna lama thiam tak a nih avangin, savawm chuan savawm hnenah chuan, "I aw hi a thlum leh a thlum avangin a hmingthang hle tih ka hre tawh si a" The crow, flattered by the compliment, opened his beak to sing, but as soon as he did, the piece of cheese slipped from his mouth and fell to the ground Sakeibaknei chuan rang takin a la a, a lawmman awlsam tak chu a lawmpui ta a Chuvangin, rilru lam thila nghawng nei tura beitung lakah fimkhur rawh, i hnen atangin thil an duh avangin And do not allowed anyone to exploit you by flattering or fawning over you to make i hlawhtlinna leh hlimna dik tak atan thil tul lo tak i duh a ni

Ani chuan: Mahni inrintawkna kawng a awm em?

Ani chuan heti hian a chhang a: Thil neih tam lutuk i rinchhan loh nan i nun chu ti awlsam rawh Automatically leh constantly indulging desires hian lungawina a hnawtchhuak a, hlim lohna leh hrehawmna a siam thin Thil tam tak hmanga i nun i tihbuai chuan pakhat mah i hlim thei lovang Mahse i nun hi ngun taka i enfiah chuan, i luxuries tihziaawmna tur kawng tam tak i hmu ang

Ani chuan: Installment-a lei chungchangah eng nge i ngaihdan?

Ani chuan heti hian a chhang a: Pakhatnaah chuan i mamawh tur chu khawl khawm la, i mamawh chu pawisa faiin lei rawh, installment-a harsatna, interest rate sang, leh lu natna te pawh awm lovin Dik tak chuan, eizawmna tur atana an thil zawrh duhtute nena inzawmna neih hian hlawkna a awm a, mahse i theihna aia tam nun phal suh, a chhan chu i tih chuan engkim i hloh vek dawn a ni, Pathianin a phal lo, harsatna lian tak emaw, inthlak danglamna nasa tak emaw i hmachhawn

hunah.. ..
.. .. kawngpuiah, leh "tempting lure" chuan
a nghak reng ang

Ani chuan heti hian a zawt a: Chhandamna i sawifiahna
chu eng nge ni?

Ani chuan heti hian a chhang a: Saving hi art a ni a,
inpekna a ngai a Mahse, thil lei atanga sum i tihtlem a, i nun
awlsam chuan sum lakluh engemaw zat i khawlkhawm thei
ang a, "Drop by drop, a stream will become a pond," tih
thufing lar tak chu Engkimtitheia puihnain i hre reng ang

Pathianin a khawngaihna tam tak atang hian tihausa
che u rawh se, ka thiante u

Remna awm rawh se

Mahni inngaihtuahna leh hlawhtlinna

Ani chuan: Miin zawhna a inzawt hi mahni inngaihtuahna
chi khat a ni tih hi a dik em?

Ani chuan: A dik e

Ani chuan: Chutiang introspection chu hman ka duh a
nih chuan eng nge inzawt turin min fuih ang?

Ani chuan heti hian a chhang a: I nun tum chungchang
hi inzawt rawh Thilsiam zinga lo thanglian ber i ni a,
Pathianin i chhungah thlarau ropui tak a dah a, chu chu i
nihna tak a ni

Ani chuan: He thudik hi ka hriat chian chuan eng nge
danglam ang?

Ani chuan heti hian a chhang a: Hlawhtlinna tawp chin
nei lo i hmu ang a, hlimna hlimawm tak i tem ang a, i duhna

ropui zawng zawng chu a famkim ang a, i harsatna zawng zawng chu i hneh vek ang a, khawvel hian a thang hmangin a man thei lo vang che a, a suangtuahna hmangin a hruai sual thei lo vang che

Ani chuan heti hian a sawi: Mahse nun hi harsatnain a khat a, thil thleng hrehawm tak takin a khat a ni

Ani chuan heti hian a chhang a: Ni e, mihring nun hi harsatna nena inhawng tak leh inhmachhawn reng a ni a, mi tinin mahni harsatna kan nei vek Mihring maktaduai tam tak leh harsatna maktaduai tam tak nitin hmachhawn tur a awm Thenkhat chuan thinlung lam harsatna an nei a, thenkhat chuan khawsik an phunnawi a, thenkhat chu sumin a khat a, thenkhat chu retheihna hi an duh lo vek a, thenkhat chuan ngaihtuah buai an tum lo va, chuvangin an hre lo hle harsatna, an pum a khat chhung chuan khawvel hi an tan a famkim tawh avangin Mahse, nunah mi hlim tak tak chu tute nge ni a, hlawhtling zawkte chu tute nge ni?

Ani chuan heti hian a sawi: A bul tan nan chuan hlawhtlinna tehfung chu eng nge ni?

Ani chuan heti hian a chhâng a: Hnathawh hming emaw, khawtlâng dinhmun emaw thliar lovin, hlimna hi hlawhtlinna tehfung dik tak a ni Hlawhtlinna chungchâng ngaih dân awmze nei chu hausakna, thiante, leh thil neih mawi leh mawi tak tak neih hi a ni—mi thenkhatin nun hlimawm an tih chu Mahse, thil neihte hlawhtlinna chu hlawhtlinna dik tak nên a inang hauh lo

Ani chuan: Eng nge a chhan?

Ani chuan heti hian a chhang a: Thil leh dinhmun hi a danglam thei a ni Vawiin hian mi pakhatin thil a nei thei a, naktuk hian a bo mai thei Chuvangin, mi maktaduai tam tak nih hian hlawhtlinna a tichiang tih ngaihtuah suh Mi pakhat

chuan a field-a hlawhtlinna rah seng turin hahdam takin a
bei thei a, a thawkrim thei a, mahse a nunah hian inthlauhna
a tlachham a, a thil tih duhte hlim taka hman theihna
zalenna a nei lo tih an hriat chuan mak an ti mai thei Chu ai
chuan lungkhamna a lo pungkawm thei a, an hriselna a
chhe vek a, lungngaihna a tlakbuak phah thei a, chutiang
chuan hlawhtlinna suangtuahna chu a bo vek a, an nun an
khawhral tawh a, an mumang zawng zawng pawh a bo vek
tawh niin an hria a ni

Ani chuan: Hriselna hian hlawhtlinna a kaw em?

Ani chuan heti hian a chhang a: Mi pakhat chuan taksa
chak tak (sakawr ang) nei mah se, mahni chhawmdawlina tur
hausakna tling lo a nei thei a, chutiang chuan nunna atana
thil tul leh thil bulpui a neih loh avangin thinrimna leh
thinrimna a nei thei A nih loh leh hriselna leh hausakna nei
mahse lungawina a tlachham thei a, Taksa chawm leh thil
âthlâk tak takte chu thlarau nê̄m tak chu a tithinur lo thei a,
chuti chung chuan engkim a nei a, chuti chung pawh chuan
a rilru a na hle thei baw retthei tak tak a ni

Ani chuan: Tin, thutawp chu?

Ani chuan heti hian a chhang a: Miin a thinlungah
hlimna a neih loh chuan hlawhtlingah ngaih theih a ni lo

Ani chuan: Chu aia tam a awm em?

Ani chuan heti hian a chhang a: Vawiin atan hian hei hi a
taw e Pathianin i hriatna tipung sela, khawvel pahnihah
hlim takin awm rawh se

Remna awm rawh se

Midangte lungngaihna

Midang mittui hmuh hi ka tan a phal em?

Lungngaihna pawh nei lovin?

Tin, an tawrhna lungngaihna hi ka hre thei ang em?

A tihtlem tum lovin?

Mittui tla hmuh theihna ka nei em?

A neitu hnenah feeling chu share lovin?

Pa chuan a fapa tap chu a hre thei em?

Amah lainatna nei lovin?

Nu chuan a naute au thawm chu a hre thei em?

Tin, a rilru tibwaitu hlauhna rilru chuan

A nghawng loh chuan?

Ni lo Ni lo Hei hi thil theih loh a ni!

Engtikah mah chutiang chu thil theih loh a ni ngai lo!

Pathian chu hre loah ngai suh

Sigh vawi khat vel chu kan thaw halh

Mittui pakhat mah kan luang tih ring suh

Kan Siamtuin a hmuh lohvin

Pathianin hlimna min pe thin

Chutianga kan tih chuan kan hrehawmna hi a tawp mai
thei

A khawngaihna leh ngilneihnain min zui a

Kan hrehawmna a reh hma loh chuan

Kan lungngaihnhate chu a reh ang

Thlarau lam thilte

wwwswaidayogacom ah hian a awm a

Ka thinlung phek-a êng lehkha inziak, Aw Lalpa, I
thuchah min hmuhtir la, ka chhia leh tha hriatna biak inah I
thusawi ri chu ka ngaithla ang a, ka rilru bungrua chu I
hriatna, I khawngaihna leh I thlamuannain ka khat ang

Hnathawh hi a pawimawh a, mihring finna leh thil siam
chhuahna atana chêtîrtu chak tak a ni Amaherawhchu,
hnathawh tum chu hausakna khawlkhawm mai a nih chuan a
hlutna leh pawimawhna a hloh a ni Hnathawh hi a bul berah
chuan rawngbawlna atana inpe a ni tur a ni a, thil zawrh chu
quality sang tak leh midangte tana hlawkna tur a ni tur a ni

* * *

Pathianin êng, nunna, chakna, finna, finna leh thlarau
lam hlimna min pe a Ngaihtuahna hlimna hmangin Pathian
hmangaihna tuifinriatah ka inhnim pil ang Tin, nun harsatna
sutkian nan Pathian awmna chu ka rilruah ka hruai lut ang
(2)

Aw Lalpa, ka hmangaihna meialh sei tak êngin, Chatuan
ata ka chhunga awm I rangkachak lehkhabu ka chhiar ang I
hmangaihna, Aw Lalpa, ka thim tibotu leh ka kawng tiengtu
thlamuanna êng a ni (2)

* * *

Thlarau lam remna tuilian nasa tak chuan thlarau a\
angin hlauhna leh lungkhamna pungkawmte chu a nuai bo
vek a ni

Ka thlarau chauhvvin Pathian ka zawng ang a, ka thinlung
chu a hmangaihna a beng a, a chhanna ka dawn hma loh
chuan thuk takin ka tawngtai ang
Lalpa, ka thlarau êng chu i cosmic êng nen inzawm tir
turin ka ngen a che I finna hian ka rilru a ti eng a, i chakna
hian min chhawm nung a, ka thisenah a luang chhuak tih
min hriattir ang che

* * *

Ka rilru chu rinna thiltihtheihnain ka khat ang a, Pathian
venhimmnain min hual reng avangin engmahin min tichhe thei
lo tih ka ring tlat ang

Aw Lalpa, ka duhthusam meialh chu I malsawmna
awmna nen chuan eng reng rawh se I finna min kaihrui
ang a, I awmna hi ka nunah lawmna ropui ber ni rawh se

* * *

Scientist dik tak chu a mizia mak tak maiin a danglam a:
rilru zau tak leh thirna zau tak A bul tanna chu thu awlsam,
bulpui ber a ni a, zawi zawiin thilsiam dan leh a hnathawh
dan pholanna thlengin a thawk chhuak a Chumi hnuah chuan
a zirchianna rah chhuah chu khawvel hmaah arawn hlan a,
thil awm dan leh a bulpui ber chhui chhunzawm zel turin a
inpeih reng a ni It is the efforts of these scientists that have
led to the discovery of natural laws, which have multiplied
the benefits enjoyed by humanity Zawi zawiin heng dante hi
kawng hrang hrang leh zau taka hman dan kan zir a, chu chu
nitin nunah kan hman awlsamna a\angin kan hmu a ni

* * *

Pathianin hlimna a pek hi leilung hlimna engmahin a tluk
loh Thlarau lam hlimna chu a tawp thei lo va, thil dang
zawng zawng a bo vek a, a bo vek chuan chu hlimna chu a
awm reng a, chu hlimna chu hmuh duh apiang chuan

ngaihtuahna, Pathian ngaihtuahna leh Amah nena inmilna
atan hun a hlan a ngai a ni, thlarau lama Pathian nena
inmilna chuan hlimna dik tak a pe si a ni

Kumthar huan atan

Kum kalta chhunga ri chhuak, a lungngaihna leh
nuihzatthlak tak takte chu a bo tawh a, tunah chuan
Kumthar hla ri chuan fuihna thu a sa a, beiseina a puang
:chhuak a, a bengchheng hle bawh

I nun chu tha famkimin siam thar leh la, hlauhna hlui"

. "hnim hringte chu kalsan rawh

Hun kal tawha huan thim tak atang chuan hlimna chi,
hlawhtlinna, beiseina, ngaihtuahna tha leh thiltih, leh
duhthusam ropui tak takte chauh khawkhawm la,
khawkhawm rawh Ni thar apiang lei tharah chuan chu chi
chak tak takte chu tuh la, tui pe la, a lo thang lian zel a, i nun
chu par chhuahna thil \ha hmuh tur awm lo tak takte nen a
par chhuah thlengin enkawl rawh

:Kum thar chuan a ti bengchheng a

Thlarau chu tiharh la, tih danah sal tang la, hmalakna"

thar, hlawkthlak tak tak thawk turin fuih rawh Chatuan
zalenna i neih a, karma (thiltih tawha thil tih tawhte zui reng
leh zawn reng reng) i hneh hma loh chuan theihtawp chhuah
tawh suh la, chawlh hahdam ngai suh
Rilru thar leh hlimna thar reng rengin zu ruih chungin,
hlim tlang ila, kan chhuah leh tawh ngai loh tur van in lam
pan chuan kut inkung chungin i kal ang u

* * *

Pathian i hriat reng a, i nun lairil takah i siam a, a
hnenah thinlung tak leh thuk taka i tawngtai chuan A hnen
atangin chhanna i dawng ngei ang, tawngtaina thahnemngai
leh thinlung tak tak chuan Pathian thinlung a khawih si a RE-
123

Finna leh fuihna tuikhuah eng mawi tak, hmangaihna
leh ngilnei thinlung huan atanga rimtui lo chhuak, van roses
leh ngaihtuahna par rimtui, kan hmangaihna tichaktu leh kan
thinlunga luang chhuak hmangaihna a ni
* * *

I ṭhian ṭha ber chu inngaitlawm taka i insiamṭhat theih
dan tur rawtna siamtu a ni a, a chhan chu flatterer leh
sycophant-te nena in hual reng hian i thlarau lam thanlenna
a tikhawtlai Thudik sawitu leh a tha thei ang bera min
puitute pawl hi kan hlut tur a ni
* * *

Nu leh pate hian an fate tlin lohnate an ngaihthah fo
thin a, ngaihthah an thlang fo thin An fate tlin lohna an hmu
thei lo a nih chuan rinhlelh rual lohvin an hmangaihnaah
hian thil dik lo a awm tih rinhlelh rual a ni lo Nu leh pate hian
an fate tihsual an hmuh theih nan leh an fate tihsual an
hmuh theih nan leh an siam that theih nan leh kawng dik an
zawh theih nan hmangaihna thuhmun nei lo an zir a ngai a ni
* * *

Hlim reng i duh chuan, inngaitlawm emaw, rilru hah
emaw nih phal suh la, i hlimna kawnga ding thei thil lama
harsatna awmte chu ngaihthah suh, chutiang harsatnate chu
hneh turin theihtawp chhuah la, thinlung duh tak leh rilru fim
tak pu chung a i thawh tur hna zawng zawng hlen chhuak
rawh
* * *

Lalpa, thil \ha tih hi hlauhna leh hlauhna nen ni lovin,
hmangaihna leh zah takin i thlir ang u, I nungchang dan

zawm hian I khawngaihna laurels-in min khum ang tih hi
hrethiam ila, kan hlimna humhim turin Pathian ngaihsakna
thupekte i pe tawh a, sual kawngte chu kalsan ila,
hrehawmna leh hrehawmna thlentu reng reng chu i kalsan
ang u, nungchang \ha chu thil \ha tih aiin teh theih loh
khawpin a hip zawk tih i hrethiam ang u A tir lama nuam leh
lawmawm anga lang sual chu zawi zawiin rulhut thihna thlen
theiah a inthlak a, chu thil tha, a tir lama thlum thlum chu a
tawpah chuan nectar thlum takah a lo chang ta tih hrethiam
!turin min pui ang che

* * *

Lungkhamna hi a tangkai lo; an lungkhamna tam zawkin
thinlung an phurrit chauh I nitin hna i thawh zawh chuan,
chutah chuan awm reng emaw, i in lama phurh emaw chu
pumpelh rawh Lungkhamna chuan i rilru vel chu chhum
thim, chhum zing tak tak a siam a, kawng Chiang tak leh
awlsam taka i hmuh theihna tur a tikhawlo a Pathian
rinchhan tam lehzual kan zir a ngai a ni
Nun hi rawngbawl naah a inngat tur a ni, he mihring
duhthusam hi awm lo se chuan Pathianin mihringte hnena a
pek hriatna hian a theihna zawng zawng a thleng dawn lo Mi
dangte rawngbawl a, kan ego tenau te kan theihnghilh hian
Pathian awmna chu kan hre dawn a ni

* * *

Khawvelah hian thil tha chuan sual a hneh zawk a ni, a
chhan chu Pathian chu thiltihtheihna tawp ber a nih vang a
ni Mahse, sualin min chung a lo thlen hian thunun thei lo
emaw, hneh thei lo emaw kan inhria fo thin Sual thlipui hi
pumpelh theih loh a ni a, mahse a nghawngte chu hnehin a
chungah kan tho thei a ni

Zirtîr chuan Pathian hmangaihna thlum tak chu a tem
hian, hlimna thlipui tawp nei loin a khuh tih a hria a, Pathian
duhna nasa tak leh alh nasa tak a nei a, chuvângin,

ngaihtuahna thuk tak nên a ẵwngtai a, a chhân hma loh
chuan a thinlung thuk tak aẵngin Pathian hnênah a ngen a
ni

* * *

Boring routine, sexual obsession, material attachment,
emotional agitation, exploitation, leh inhnaih atanga huatna
lama inthlak nghal mai hian hmangaihna a thlak chuan
hmangaihna chu thinlung atangin a bo a, hun kal tawh thil a
lo ni ta a ni

* * *

Violin lungngaihna leh flute au thawm, organ hla leh oud
ri riah chuan Pathian aw ka hre thin Thlarau thinlungah hian
hlimna a awm a, ka thlarauvin a zawn chu A hlimna chu ka
hre nghal a, ka ngawi rengna hive-ah ka dahkhawm a, hive
chu ka hrual ang a, chatuan hlimna tui chu ka tem ang
Pathian duhzawng tih awmzia chu Amah hmangaih tihna
a ni Pathian duhna hi thinlung tak, thianghlim, thuk leh eng
tak a ni tur a ni A hnen atanga chhanna kan dawn duh
chuan, chu chhanna malsawmna chu kan dawn hma loh
chuan kan thinlungte chu A hnenah kan hlan a, kan thinlung
chhungril aẵngin A hnenah kan ngen a ngai a ni
Pathian hmangaihna chu thihna aiin a chak zawk a, hun
rei lote chhunga nun lanchhuahna zawng zawng aiin a nghet
zawk bawk

* * *

Nun kawngte chu hnungtawlh leh hnungtawlhna hre lo,
nghetna nghet tak nen kal la, Pathian thil siam leh tawp chin
nei lo thiltihtheihnain a zui reng che a, a thlawp reng che tih
rinna nghet tak nen kal rawh

Pathian chuan chu zirtîr thinlung tak tak, a duhzawng
leh duhthusam sawi chhuaktu leh a ẵnpuina dîltu thinlung
taka ngenna chu a chhâng a, amah chhanchhuak tûr leh a
harsatna ata chhanchhuak tûrin a hnênah a lo kal ngei ang
:The floating blanket, mi fing Paramahansa-a sawi angin

Vawikhat chu, a thiante pahnih chu lui kamah an kal
laiin, puan inphah ang maia lang chu an hmu a, an zinga
pakhat chuan luiah a inhnukdaw a, "blanket" lam pan
chuan a inbual a, Amaherawhchu, lui kamah a kir leh theih
nan hun rei tak a hmang a, a thianpa chuan "blanket" chu
harsatna a tawk tih a hmu a, chu chu a tlai chhan a nih thu a
:hmu a, chuvang chuan a ko ta a
"?Engvangin nge i kalsan a, i haw leh loh"

:A thianpa chuan
Chu chu ka tih tum chu a ni a, mahse blanket chuan"
min vuan tlat avangin min thlah lo ang a, ka lo let leh dawn
."lo

Mak a tih em em chu, blanket anga a ngaih chu tui
chawi bear tih loh chu engmah a ni lo tih a hre tlai tawh hle
I ke i pen hmain i ke dinhmun hi ngaihtuah hmasa]
.[!phawt ang che

Mi tam zawk chuan thutlukna an siam a, mahse an hlen
chhuak thei lo va, chuvang chuan hlawhtlinna sang ber a\
angin an tlu chhuak \hin a, chu chu tlang chhip thlenga
chhoh an tum lai pawhin an duhthlanna tichhe tute chuan
hlawhtlinna an beih nasat poh leh hlawhchhamna luipuiah an
pil thuk zawk tih an hmu chhuak a, Mahse, duhthlanna chak
tak neitute erawh chuan an tumna chu vawi engzat pawh
hlawhchham mah se, an tumna an thlen hma loh chuan an
beih chhonzawm zel ngai lo thil tum dik tak (legitimate
goals) a ni

* * *

Aw Universal Physician, i thlamuanna tui thlum leh
tihtamna atanga ka tihthih hma loh chuan ka in ang a,
chutiang chuan i hlimna tiharhtu leh chak lohna leh hahnain
a khawih loh i chakna chu ka hre thei ang

* * *

Pathian aw chuan thinlung dik tak zawng zawng,
vibrations sang zawk nena ri chhuak zawng zawngte chu a
bia a Finna aw chuan remna, hlimna leh hriatna thianglim
zawngtu ngaihtuahna inrem tak zawngin ether chu a
paltlang a

* * *

Mihringin a thurawn min pe a, chumi hnuah kan thiltih
rah seng turin min kalsan [chu chu a thurawn dik lo rah
pawh a ni thei] Mahse Pathianin kaihhruaina min pe a, a
kawng chuan hlimna leh thatna a thlen fo thin

Pathian êngah i nung ang u, he lei mumang hnuaiah
hian chatuan harhtharna a awm tih i hrechiang ang u

* * *

Bee-in pangpar thlum a zawng fo ang bawkin Pathian
hmangaihna chu kan nunah ngaihtuahna \ha leh tum \hain a
khat hunah a lo lut ang

* * *

Midangte tihlimna, ngilnei taka enkawl leh himna leh
thlamuang taka awm tir avanga lawmnain i khat hian
Pathian i ti lawm a, nunah hlawhtlingah ngaih i ni

* * *

Kan ðhiante emaw, kan hmangaih tak takte emaw nena
harsatna kan tawh hian a rang thei ang bera thil awmdan
chinfel kan tum tur a ni A awmzia a awm lo va , a finthlak lo
hle a, sawiselna, inhnialna, leh au thawm hmanga thil
awmdan tizual hi a awmzia a awm lo va, a finthlak lo hle a,
midang chu a sual a nih pawhin Kan hmangaih takte chu an
nungchang siam that leh an tihsual siamthat nan kan entawn
tur tha tak hmangin kan pui thei a, kan entawn tur tha tak
hmangin kan pui thei a ni

* * *

Lalpa, ka thlarauin thlamuanna a hmuh theih nan leh
ngaihsak lohna chhum hnung lama beiseina êngte hmu turin

ka ngen a che Ka thinlung vanah rintlak thla lo chhuak rawh
se, chutiang chuan thlamuanna leh rilru thlamuanna ka nei
thei ang

Tunah chuan ka rilru boruak zau takah i eng tih ka hria
a, hriat lohna chhum chuan i êng malsawmna leh i awmna
thlamuanthlak leh malsawmna avangin a bo vek a ni
* * *

Mi thinlung tak tak zawngtu thinlung chu a ri chhuak fo
:thin

Ka Pathian leh ka Hmangaih, khawvel thang leh"
suangtuahnate hian min man ka duh lo va, mi thlarauah I
hmangaihna tiharh ka duh chauh a ni Ka thinlung, ka
thlarau, ka taksa, ka rilru leh ka neih zawng zawngte hi I ta a
ni" Chutiang hmangaihna chuan Pathian hnenah kawng a
zawng a, chutiang zawngtu chuan Pathian a hre ta a ni
Ka Pathian duh tak, hmun tinah I awm tih ka hria Olive
hmin loha hriak hlu tak thup a awm ang bawkin, I awmna
malsawmna hriak pawh chu I chungah ngaihtuahna leh I
duhna zual zelna press-ah a distilled a ni
* * *

Thlemna hi bumna, inhnialna leh sawi lawk theih
khawpa nawr luihna ngaihtuahna a ni He ngaihtuahna
atanga chakna lo chhuak hi lungkhamna leh hrehawmna
thlentu thiltih dik lo zawnga hman ai chuan hlimna thlentu
thutak zawn nan hman tur a ni
Thil tawn te, mahni inthununna leh finna hmang hian he
khawvel hlimthla tlemte, dik lo tak takte leh Pathian mawina
leh lawmna ropui leh tawp nei lote hi thliar hran kan zir a ni
* * *

Ka thinlunga rinna chu intuitive perception atanga lo *
piang a ni Ka chhunga Pathian hmangaihna ro hlu zawng
turin min fuih a, min rawn sawi chhuak bawk

Pathian ngaihtuah hi khawvel lungkhamna tidamtu lian
ber a ni a, chuvangin thinlung takin, thuk takin leh mumal
takin ka practice ang

Aw Lalpa, ka ngaihtuahna mit hi khawih la, chu chuan *
chhungril lam a hawi a, ka thinlunga thlarau lam hlimna ni
alh chu a hmu ang

Tin, i êng malsawmna tihdamna êng dawng turin
thlamuanna kawngkhar hawnsak turin min pui bawk ang che
Beidawmna chu ka hnawtchhuak ang a, I awmna chu
ngaihtuah turin ka theihtawp ka chhuah ang, Aw Lalpa, ka
hnenah I inpuan hma loh chuan ka thinlung leh ke zawng
zawngin ka zawng ang che
Mahni ngaihtuahna chu thil awmdan leh dinhmun rei lo
te leh inthlak danglam zelah chauh dah hian pawn lam thil
hriatna a tikhawtlai ang Chu ai chuan chatuan thil, danglam
thei lo lam ngaihtuah a, ngaihven leh ngaihtuahna
hmunpuiah siam tur a ni Chutiang titu chu thlarau lam
magnetism-in a khuh ang a, Pathian êngin a ti eng ang
* * *

Aw Lalpa, i rimtui chu ka thlarau pangpar a\angin lo
chhuakin, i awmna biak in lamah thlaraute hip lut rawh se
I hmangaihna chu ka thinlungah hrual rawh se, mi
zawng zawng nena inrem leh inrem taka a beng theih nan

Ka thlarau tuihalte chu I thlamuanna tuikhuah ka thlen
theih nan ka ngaihtuahnate chu malsawm rawh Ka chatuan
mikhual ni la, ka thlamuanna leh lawmna biak inah hian awm
rawh

Ka theihnghilh ngai lovang che, i tel lo chuan nun kawng
ka zawh ngai lovang
Thinlung duhna nasa tak min pe la, i tana inpekna ri
nung takah chuan i malsawmna aw chu ka ngaithla ang che
Nitin hian ka rilru chhungah hlimna ka zawng nasa zawk
ang a, thil neih duhna hmangin ka zawng tlem zel ang
Lalpa, lawmthu sawina leh lawmthu sawiin ka chibai che
a ni, I khawngaihna zarah ka thlarau lam rilru put hmang leh
ka rilru put hmang \ha tak takte hian nun \ha lo leh \ha lote
chu a hneh dawn si a, rah \ha lo thlentu nungchang \ha lote
kalsan a, rah \ha thlentu \angkai nunphung \ha tak tak ka
neih theih nan leh Nang lam pan tura ka zin chhuah lai hian
ka thinlungah beiseina meialh alh reng turin min pui ang che
* * *

Mihring duhzawng chu duhthusam, duhzawng leh thil
tihsualte bawihah a ni tur a ni lo Hei hian duhthusam hman
loh tihna a ni lo va, Pathian duhzawng nena inmil tura a
hman danah hriatthiamna hman a ni zawk
Hlimna leh hlawhtlinna duhtu apiangin Pathian rinna
nghet tak an neih a ngai a, chhungril lama thlamuanna leh
muanna level thlenga hriatna an chawisang a, huaisenna leh
huaisenna lam an ngaihtuah a, duhthlanna leh tumruhna an
nei a, muangchangin leh inrintawkna nen an hnathawh tur
an hlen chhuak tur a ni
* * *

Ka nun pum pui hi mi rinawm pakhat hnenah hlan ka
inpeih a, mahse mi â leh mimal rinawm lote chu ka pumpelh
a, tumah ka flatter lo va, ka bum lo bawk a, hei hi khawvelah
hian kan nun dan tur chu a ni
* * *

Huaisenna kan nei tur a ni a, thinlung tak tak kan nei tur
a ni a, kan infuih theihthe chauh ni lovin, min fuih theitute nen
pawh kan hual vel tur a ni
* * *

Pathian hnen atanga ka chakna lo boral chauhvin ka hna
zawng zawng ka hlen chhuak thei Chuvangin ka duhthusam
hmasa ber chu Amah tih lawm hi a ni Pathian hi ka thinlunga
hmangaihna hmasa ber, ka chhunga thil tum lian ber, leh ka
duhzawng leh rilru thil tum ber a ni
Balance hi a mawi a, kan rilru leh ngaihtuahna
lungphum leh lungphum a ni tur a ni

* * *

Mi inngaitlawm tak, mahni hmasialna hmangaihtu chuan
mahni hmasialnain a thunun a phal lo va, mi rilru zau tak leh
thinlung ngilnei tak, midangte tana hlimna zawng leh
duhsakna nei a nih loh chuan hlimna thianghlim tak tawn
theih a ni lo va, chutiang bawkin mahni tana hlimna zawng
leh duhthusam Hei hi khawvel pum huap leh danglam ngai lo
principle a ni

* * *

Beisei loh thil ka tawn lai kha ka la hre reng a;
ngaihtuahna chhum hnunglam atang chuan thlarau lam
hlimna zing chu a lo chhuak nghal a, ka nihna chu a rawn
khuh ta a ni

Chu malsawmna thiltawn chuan beisei zawng zawng a
phak lo hle a, sawifiah theih loh hlimna ka nei a, hlimna êng
chuan ka hriatna kil thim zawng zawng chu a ti eng a, buaina
leh zawhna thlalak chu a ti bo vek a Chu êng chuan—X-ray
ang maiin— lei hring hringte chu a rawn chhui chhuak a, thil
hmuh theih pangngai piah lama thil awmte chu a rawn
pholang ta a ni

* * *

I thinlung bengchheng lo chuan i hriatna kawngkhar
piah lama thiltihtheihna tawp nei lo awmna chu zawi zawiin a
puang chhuak a Engkim huapzo nunna rilru na tak takte
:chuan a rawn ti chhuak che a

Ka nun lui tlemte chauh dawng suh la, i hriatna huam"
zau zawng hi tizau la, i thisen, taksa, rilru, hriatna leh thlarau
."chu ka cosmic nun pulse-ah hian ka thun lut ang che

* * *

Lalpa, ka thiltih apiangah I awmna hi ka hre thei ang I
kaihhruaina êng khuh botu hlahna thlalak chu tibo turin min
pui ang che I lo kal lehna zing ka nghah lai hian ka
duhthusam pangpar chu ka thinlung huanah par se

* * *

Hlawhchhamna ngaihtuahna chu hlawhtlinna
ngaihtuahna \ha tak hmangin hnawtchhuak la, beiseina nei
takin awm la, hlahthawna chu ngaihtuah lohvin paih bo
rawh
Lungngaihnate chu hlimna êng hmangin tibo la, thusawi
âtthlâk tak takte chu hmangaihna leh zahngaihnain thlak
rawh

Hriselna lal̥thutphah a\angin ngaihtuahna hrisel lote
paih chhuakin, chu chu ngaihtuahna \ha leh rilru hrisel takin
thlak rawh

I thinlung buaina leh lungkhamna a\angin titawp la, i
nun kawngkhar atang chuan hriat lohna chhum chu
hnawtchhuak rawh

* * *

Nunna indonaa hnehtu chuan a hrehawm tawrhna chu
chawimawina badge angin a rilruah a keng a

* * *

Aw Lalpa, thil tha chauh ka hmuh theih nan, thil tha
chauh ka ngaihtuah theih nan, mi tha leh tha tak takte
chauh ka kawp theih nan malsawm rawh Tin, Nang, Nang,
thatna leh felna zawng zawng bulpui ber chu ka ngaihtuah
ang che

Thim thlaraute chu ka lakah hlat la, van thinlung leh ka
thinlung leh ka rilru kawtthler kawngkhar a\angin min en la,
ka hmangaihna biak inah minrawn inlar ang che

* * *

Kan rilru put hmang hi engtik lai pawha thunun theih
nan theihtawp kan chhuah a ngai a, chutiang chuan
midangte thlamuanna tibuai duh leh an chhehvel boruak
tichhe duh mi nungchang tha lo tak takte kan tawn apiangin
kan rilru put hmang kan thunun thei ang a, kan insum thei
ang

Mi nungchang ngaihtuah hmasak ber chu mahni
insiamthatna a ni Mi tha chuan, a nungchang ropui tak
hmangin, a chhehvela mite chu a tha zawnga inthlak
danglam turin a pui thei a ni

* * *

Duhzawngte rilru put hmang (obsession) hian rilru a
tidel a, duhna khur chuan mi a finna a hneh chuan an
chhungril inthlauhna an hloh a, hriatthiamna nei lovin an che
a, pianpui hriatthiamna hi thiltih ri leh nungchang dik zawng
zawng tichaktu a ni tih hriain, Mi rilru chakna steering wheel
a chhe chuan hrehawmna leh hrehawmna khurah an tawp
ngei ngei ang

* * *

A rei emaw a rei lo emaw chuan nunna rilru put hmang
chu a bo vek ang a, a thil tum chu a chiang ang Naupan lai
leh tleirawl laia thil awm lote chu a bo vek hunah chuan eng
nge la awm? Hlimna dik tak chu Pathian hnaih leh a awmna
kan hriatnaah chauh kan hmu thei a, chu chuan thlarau chu
thlamuanna leh muannain a khat a ni

* * *

Kan beisei danah hian a tak takah kan awm tur a ni a,
kan mamawh pawimawh tak takte chauh tihlawhtling turin
Pathian kan dil tur a ni a, mamawh tak tak leh duhna tul lo
inthlauhna hre turin A tul leh tul lo thliar hran dan tha ber
chu logic leh reason hmanga inrawlh a, kan hlawkna tur nei
lo leh a tel lova kan dinhmun a tha zawk thil sterile neih duh
loh hi a ni

* * *

Planet leh arsi hla ber berte pawh ka zin chhuak mai thei
Mahse, ka hmangaih reng ang che
I hnungzuitute an lo kal thei a, an duh danin an kal thei
bawk
Mahse, i bulah ka awm reng ang a, ka hmangaih reng
ang che
Incarnation hrang hrang thlipuiin min rawn toss kual mai
thei
Keimah chauhin ka inhria a, keimah chauhin ka inhria
Mahse, ka hmangaih reng ang che
Khawvel ngaihtuahna tibuaitsu chuan a theihngihl mai
thei che
Mahse, ka hre reng ang che
Ka aw chu a bo thei a, min ti hlawhchham thei bawk
:Nimahsela ka thlarau thuin ka sawi chhuak ang
."Ka hmangaih reng ang che"
Fiahna te, natna te, leh thihna te hian min tikehsawm
thei a ni
Ka taksa chu a sifted a, mahse ka hriatrengnaah a awm
chhung chuan
Beiseina êng chu a la awm reng a; ka mit thi mai tur chu
en rawh
:An kaltlangin ka hrilh ang che u
Ka hmangaih reng ang che
!Tin, i chungah ka rinawm reng bawk ang
* * *

Pathian ka hnenah a awm" i tih hian midang"
ngaihtuahna a\angin thil \ha chauh a lo thleng ang che
Pathian nen in hual vel rawh, a hming thianghlim ber chu
thiltihtheihna sang ber, luh theih loh phaw a ni a, chu chu
negative vibrations leh ngaihtuahna zawng zawngin a ben
ang a, a inhnukdawk ang
Thlarau lam hlimna chu Pathian ngaihtuah rengna leh
Amah duhthusam zual zelnaah a awm a, rilru chu a nghing

tawh lo vang emaw, lungkhamnain a nging tawh lo vang
emaw, chutih hunah chuan, taksa lama hrehawmna emaw,
rilru lama harsatna emaw chuan Pathian nung awmna a\
angin hriatna chu a hrui bo thei tawh lo vang

Pathian hnaih taka inhriat te, Amah ngaihtuah te, a
!awmna hriat reng te hi a va ropui tak em

* * *

I thil tum dik tak chu beiseina leh hlimna nen i tum tur a
ni a, chu chu tihhlawhtlin beisei mai mai chuan i thlarau tan
hlimna a thlen tur a ni Chu thil tum chu i tihhlawhtlin chuan i
lawm tur a ni baw k a, a chhan chu i lawmna tur thil a nih
vang a ni

* * *

Bee hian lotus rimtui chu a hmangaih em em a, pangpar
thinlungah hian rei tak a awm reng a, a tui chu a hrual a,
chutianga a tih chuan lotus par chu a khar a, lotus chhungah
chuan a thihna a taw k a, chutah chuan hmar lam biala
sakeibaknei, flute ri avanga zu rui, Sakeibaknei chuan flute a
tum laiin, sakeibaknei chu a awm niin an sawi a hnenah a lo
kal a, a thihna thlentu a taw k ta Sakeibaknei ran vulh
thenkhat pawh an awm baw k; sakeibaknei hmeichhia chu
sakeibaknei dangte hip leh man nan hman a ni Hemi
kawngah hian philosopher ropui tak pakhat chuan hetiang
:hian thil a sawi a

Bee chuan a rimtui chu a hip hle
Tin, deer chuan whistling thawm a siam baw k
Sal tang sakeibaknei chu a tlu ta a ni
A chhan chu a khawih tiharhtu a nih vang a ni

Mahse, chutiang hriatna zawng zawng neitu mihring chu
engtin nge ni ang? Philosopher-in a hnena thurawn a pek
chu: "I hriatna bawih ni suh la, engmah emaw, tumahin
.thunun che suh" tih hi a ni

Kei erawh chuan: "I hriatna zawng zawng chu i
rawngbawlinaah dah a ni tawh tih hre reng la, i thupekte chu
.ngaithla la, i hriatna duhzawng chu zawm rawh" ka ti a ni

* * *

Tui leh vur hi hmuh theih loh thil pahnih, oxygen leh
hydrogen-te lan chhuahna a ni a, an awmna chu pianphung
nei lo leh hun rei lote chhunga awm mai mai a ni Chutiang
bawkin mihring rilru leh thil chu khawvel pum huap rilru lan
chhuahna a ni a, awmna tlemte, a inzawm tlat chauh a nei a,
thudik takah chuan khawvel pum rilru chauh hi a awm tak
zet a ni

* * *

Tumah ring lo leh ðhian dik tak hmuh theih dan rinhlelh
mi an awm a; ðhenkhat pheih chuan ðhian tel lova thil tih
theihna an inchhuang Mahse mi dangte chung a hmangaihna
leh ðhian nihna lantir thei lote chuan thlarau lam zauhna dan
chu an ngaihthah a, chu dan hmang chuan thlarau chuan a
hmalam a zau a, Pathian thlarau pawmnaah a kir leh ta a ni

* * *

Miin amah leh amah a inhriat chian hian a chak lohnate
tihbo a, a nih tur ang ang a insiam duhna nasa tak a nei tur a
ni a, rinawm taka mahni inhriatthiamnain a êng chhuahna
tlin lohnate a hriat chhuah hunah beidawna chuan a
thutlukna chu a tichak lo tur a ni

* * *

Hlimna tur condition pahnih: nun awlsam leh
ngaihtuahna sang tak

Ka naupan lai chuan Pathian hnenah lehkha ka ziaak a,
ka naupan lai leh ziaak thiam pawh ka thiam lo hle a, mahse
ka tan engmah ka dil loh thu tam tak ka hrilh a, mahse a
chanchin eng emaw min zirtir turin ka ngen a, nitin ka

lehkha chhanna chu postman-in minrawn kensak hun ka
nghak thin

Ka thinlungah rinhlelhna ka nei ngai lo Tin, ni khat chu
inlarnaah chhanna ka dawng a, thuchah malsawmna
lekhathawn rangkachak ênga eng chhuak ka hmuh chuan
ka chhiar thiam lo hle a, mahse thuchah chu hetiang hian ka
hrethiam ta a ni : "Kei hi Nunna ka ni a, Hmangaihna ka ni a,
i nu leh pate kaltlangin ka enkawl che a ni!" Tichuan Pathian
awmna chu ka hrethiam a, ka hre ta a ni

* * *

Tun hmaa ka harsatna tawhte theihnghilh tumin ka
thawk ang a, tunlai hun hi huaisen takin ka hmachhawn ang
a, Pathianah rinna famkim nen hmalam hun ka nghak ang
Ka thinlunga duhsakna \ha ka hriat zawng zawngte hi
Pathian \anpuinain a thleng famkim vek dawn tih ka hria
Nun awmzia hriatthiamna nasa zawk neih theih nan ka
theihtawp ka chhuah ang a, finna neih a, thlarau hriatna
tiharh a, thutak tawp ber nen inpumkhat turin theihtawp ka
chhuah ang

* * *

Aw Lalpa, I khawngaihna tam tak a\anga lo chhuak êng
leh hmangaihnaah chuan ka lawm ang a, I ngilneihna
hriatpuina atan lawmthu sawina leh lawmthu sawina changte
ka chawi sang ang che
Ngaihtuahna, thu leh thiltihah thinlung tak tak ka la ang
a, midangte hlim tir ka tum ang a, a chhan chu ka hlimna hi
an hlimna a\anga lo chhuak a ni a, ka nihna te tak te chu self
of the whole the universal self-ah ka dissolve ang
Hmangaihna hi thilsiam zawng zawng pulse a ni
Hmangaihna chu thinlung pahnih inkara ngawi renga
inbiakna a ni
Hmangaihna hi thilsiam zawng zawng hnena Pathian
kohna a ni
Chutiang chuan a van inah cosmic inpumkhatna chenna
hmunah a kir leh theih nan

Hmangaihna hi thlarau par chhuak huanah a piang a, a
tui hlui leh thlum ber a ni a, thinlung rinawm leh dik tak vial-
a vawn tlat a ni

Mahni inhriat chiantute chuan hna thawh zawh theihna
tura thiltihtheihna tul zawng zawng chu Pathian hnen atanga
luang chhuak a ni tih an hrethiam Thlarau lam muanna (rilru
thlamuanna) changtute chuan chhungril hlimna thar an nei
a, he leia an chanvo eng pawh thliar lovin Chutiang mi chu
Pathian duh danin a nung a, a nun a kalpui bawk

* * *

Rilru lama buaina hian rilru a tibuai a, a tibwaitu a, rilru
natna danglam tak chuan mit hmuhna chiang tak a khuh bo
a, rilru natna chhuak chuan hriatthiam lohna a thlen thin Mi
tam zawk chuan hriatthiamna leh ngaihtuahna sengin an che
lo va, an rilru put hmang ang zelin an che bawk Chu bâkah,
bias leh prejudices hian hriatthiamna lens a khuh a,
hriatthiamna a tichhe a, hriatthiamna chiang leh chiang lo
tak a veng a, chuvangin, insight chu a source zawng zawng
a\angin tihthianghlim a ngai a ni rorelna dik leh hriatthiamna
dik tak tikhawlotu buaina, buaina, leh ngaihdan dik lote

* * *

Mihringte zalenna, theihna leh finna petu hi he khawvel
Lalpa a awm a, Mihringte hian rilru thilpek hmangin Pathian
kan hmu thei a, mahse nunna awmzia zawng tur leh an
Siamtu hriat tumin theihtawp chhuah ngai lovin thil tenawm
takah an hun an khawhral a nih chuan Pathianin an hnena a
pek chakna hlu tak takte chu an tichhe vek a, hlimna dik tak
an hmu ngai lo vang

Thil tam tak ti mah ila, ka thil tih hian khap tlat ka ni lo,
a chhan chu he khawvel hi ka chenna a ni lo tih ka hriat
chian vang a ni

* * *

Pathian zawn hian nun beihnnaa kan taksa, finna leh
khawtlang hnate ngaihthah a ngai lo Kawng lehlamah chuan
thlarau lam zawngtu dik tak chuan nunna biak in chu hriat
lohna thim ata chhuah zalen turin mahni inthununna leh
thununna a zir a, chutiang chuan Pathian awmna chu an hre
thei ang hmuh a nih avangin thlarau lam hriatna pawh hi
hriat lohna leh rilru lam inrem lohna chaknain mi a thunun
chhung chuan tawn theih a ni lo

* * *

Tuipui chuan no chhungah a inhnukdawh duh mai thei a,
mahse no chuan a mah chauh a chelh thei Chutiang bawkin
thutak chu mi zawng zawng tan a ni a, mahse hriatna tlemte
nei te chuan zawn leh chhui tur chuan thuk takin an chhui lo
va, lei hnuaiah pawh tuiah an pil buai lo va chuvangin, thudik
an hmu thei lo Kan theihtawp chhuahin zirchianna thuk tak
kan neih a, ro hlute kan hmuchhuak tur a ni

* * *

Thil pawl tak emaw, thil pawimawh tak emaw a
ngaihtuah laiin a hriatna a luhchilh tum ngaihtuahna tha lo
eng pawh chu hnawl a duh a Mi tam zawk chuan thil
pawimawh tak tak an tih laiin thil dang an ngaihtuah thin
Entirnan, roreltu chuan mi dang tana nunna emaw thihna
emaw chungchanga thil nalh tak chungchangah a thutlukna
hnuhnung ber a sawi laiin, chu ni vek chuan a nupui hnen
atanga a chung chetna tha lo tak chu a ngaihtuah ve baw
a, a thutlukna siam chu a lungawi lo hle baw home chu
tihpuitlin a ni lo

He roreltu hian thutlukna dik lo a siam a, mi sual lo chu
ngaihtuahna seng lo avanga thi tura hrem a nih chuan, a
lehlamah chuan roreltu ropui ber hmaah puh leh thiam loh
chantir a ding ang a, chu chu universal law a ni a, chu chu
favoritism leh nepotism hre lo a ni

* * *

I infuih tharna thli chuan chhum zawng zawng a ti bo
vek a, tunah chuan ka ngaihtuahna van chu a thianghlimin a
thianghlim tawh a, mit thianghlim tak nen khawi hmunah
pawh ka hmu che I ni malsawmna êng chuan ka nihna thuk
tak chu a rawn luhchilh a, thlah tam tak riltamna nen chuan i
êng malsawmna chuan min chawm a ni

* * *

He khawvel danglam tak, hlauhawm tak leh rinhlelhna
awm takah hian nangmah chauhvin i inhria Pathian chauhvin
a kalsan ngai lo vang che a, i beiseina pawh a ti beidawng
ngai lo vang che
Ka chhungri lah thlarau chakna leh hlawhtlinna chi ka tuh
theih nan leh chu chakna chu I lawm zawngin ka hman theih
nan Lalpa mal min sawm ang che

* * *

Aw Lalpa, ka ngaihtuahna chauhna hmunah chuan I aw
hriat ka duh hle Ka hriatrengnaah khawvel aw inkhuarte chu
ka hnen atangin hnawtchhuak rawh Ka thlarau chhungril
takah I aw thlamuang tak ri chhuak chu hriat ka duh khawp
mai Ka nihna hi chelh la, ka chhungril leh ka chhehvel zawng
zawngah I malsawmna awmna hi min hriat tir

.....rawh

.....

* * *

Mi chu boruak muanawm emaw, inhnialna emaw avanga
finna lama chawm a nih leh nih loh hriat a awl hle

* * *

Chhûng lam hlauhna te, rilru lama harsatna emaw, thian
leh chhûngte chi dik lote nêna inpawh ațanga lo chhuak
lungkhamna te hian rilru buai leh rilru buai tak a siam vek a,
rilru hahdam leh thlamuang tak neite erawh chuan rilru
hrisel leh magnetic tak siam tûrin an țanpui thung

* * *

Kan tumruhna tichak turin Pathianin min fiah a, min
tichhe lo turin Kan rinna zawng zawng tisaah kan nghat
chuan hriat lohna chuan min tichhe thin Thutak zawnga bei
tlattute chuan chatuan nunna an hmu He khawvel hi meipui
alh tak, kan thlarau siamna, finna leh thlarau chakna thir
anga lo chhuak a ni

Mihringte hian hman theih loh theihna kan nei a—an
mamawh thiltihtheihna zawng zawng chu Pathianin anmahni
phuatu leh nungchang leh duhzawngtea sal tang rengtu
khawvel thil tikhawtlai a\anga zalenna nei turin rilru
thiltihtheihna a pe a ni.Tunlaia nun harsatnate hian an
duhzawng titawp a, an hmasawna tikhawtlai lo tura
thutlukna siamtute chu hneh theihna pek an ni ang

* * *

Rinawmna hmingin i thuruk zawng zawng midang
hmaah puang chhuak suh I chak lohnate chu fimkhur lote
hmaah i phar chhuak a nih chuan, I tihnat duh huna nuihzat
theihna hun remchang chu an hmang tangkai ang Engvangin
nge i chung a an hman theih tur thil i pek a, hrehawmna an
?thlen che

* * *

Aw ka thinlung in tur tiharhtu, ka in leh fo che a, chuti
chung pawh chuan ka hriatna bottle chu a luang chhuak
reng a ni He in tur malsawmna hming hi ka hre lo va, mahse
thlarau lam hlimna thar min petu chu Pathian hmangaihna
tuikhuah a ni tih ka hria

Thlarau lam hlimna chu duhthusam rei lo te a\anga lo
piang a nih loh avangin a lo piang thar reng a ni Thlarau
hriatna thuk tak a\anga lo chhuak chhungril thlamuanna
khawih hnuaia rilru lama lungkhamnate a bo a, thil tih \ha lo
leh rilru tibuaiteu rilru put hmangte a bo \hin hun laiah chuan
thlarau duhthusam takah a lang chhuak \hin

* * *

Lei hausa leh thlarau hausa te hi tehkhin tur a awm lo, a
chhan chu thlarau hausa te hi Pathian mithmuhah chuan mi
hausan ber an nih vang a ni
Vawiin hian beiseina hloh leh mumang tihhlawhtlin lohte
avanga beidawnna, lungngaihna leh inchhirnaah tlu lo turin
ka insiam a, ka inkhung hran leh tihkhawtlai reng phal ai
chuan, chutianga ka tih chuan ka zawn hlimna chu ka hmu
dawn tih hriain, finna min fuih angin ka nung ang

* * *

Lalpa, ka hriatreng loh che pawha min hriat reng
avangin lawmthu ka sawi a, malsawmna min pekte chungah
lawmthu sawinain min luah khat thin avangin lawmthu ka
sawi e, nangmah hriatrengna nen ka nun theih nan
Malsawmna min pe ang che

* * *

Hriatna chu ngaihdan dik lo a\anga tihthianghlim a nih
a, thil dik lo (illusions) a\anga zalen a nih chuan, kan taksa
chakna leh \halai tithar lehin, kan ngaihtuahnate tichakin,
kan thlarau chu finna leh hlimna tuifinriat hmanga charge-in,
hun bikte chauh ni lovin, kan nun ni tin min fuih thei
hriatthiamna kan nei ang

* * *

Thil tul lo sawi lovin thutak sawi thiamna nei la, mi
dangte tichhe thei emaw, thutak rawngbawl lo emaw sawi
loh tur

* * *

Sumdawng tam zawk hi sum lakluh kawngah an thiam lo
va, an sumdawnna enkawl kawngah pawh an hlawhtling lo
va, pasal fing tak an ni hek lo, a chhan chu an office-a an
awm lai hian an nupuite nena an chungkaw harsatnaah an
buai hle a, in lama an awm laiin an rilru chu an hnathawhna
lama harsatnain a ei zo vek a ni Mi pakhat chuan thil pakhat
aia tam ngaihtuah tum tur a ni lo

* * *

Mi dik lo chuan mi \hate nena inpawlna hmanga mahni
insiamthat leh a dinhmun \ha zawka siam \hat a tum chuan a
\ha zawngin a inthlak ang a, thlarau mi erawh chuan a
thlarau lam a hloh a, thil tum dik lo leh rilru sual neite
pawlah a hnungtawlh thung

* * *

Pathian hnaih duhna hi duhthlanna hmanna ropui ber
leh ropui ber a ni tih hre reng ang che, Pathian chauh hi
chatuan leh chatuan a ni a, Amah a\ang hian \hatna zawng
zawng a lo chhuak \hin I duhzawng chu tipung la, duhna \ha
lote pumpelh rawh; chu chu hlen chhuah nân i duhthlanna
hmang suh, chu chu thawhrimna hlâwk lo leh chakna
khawhralna a ni si a, he nunah hian i tih tûrte chu i theih ang
tawkin hlen la, chutih rual chuan nun chu mumang rei lo tê
angin en la, i thutlukna chu tichak la, Pathian hriatnaah i
duhzâwng chu nget rawh

* * *

Miin a nun chu finna leh finna nena a nunpui chuan
thihna hi lawmman a ni tih a hmu ang a, khawvel tha zawka
dinhmun tha zawka a inthlakna a ni

* * *

Master Paramahansa chuan a zirtir pakhat hnenah
:hetiang hian thurawn a pe a
Kawng khata awm suh; chu ai chuan, nun inrem leh
inthlau takin nung la, i mawhphurhnate chu dah pawimawh
hmasa rawh Duty chu duhthusam leh duhna dik tak nena
thawh a ni a, thinrimna emaw, tih tur neia tih a ni lo Thlarau
lam leh nungchang lama hriatna chu a pawimawh ber tur a
nih laiin, thil tih tur chu ngaihthah tur a ni lo, a pawimawh
hle a, khawtlang, hnam leh ram pawn lama mawhphurhnate
hian a tichak tur a ni

* * *

Tin, a chung berah chuan nangmah leh nangmah hi"
."rinawm takin awm rawh

He thumal hian Shakespeare-a Hamlet-a Polonius-a
hna thurawn lar tak tak list chu a khum a, thil dangte
bakah, mahni ingaihsakna leh rilru chhungril lama a hriat
ang tih loh chu thil dik lo a ni tihna a ni Dik tak chuan, chhia
leh tha hriatna thianghlum leh nung chuan a neitu hnenah
chuan khawvel ro hlu zawng zawng hlutna leh pawimawhna
aiin hlumna leh chakna a pe a ni

* * *

Supreme concentration thiltihtheihna chuan
lungkhamna thlipui chu a ti reh a, lungkhamna chakna a
tiziaawm a, duhna thunun theih lohte a titawp a, Pathian
finna danglam lo leh tidanglam lo chu a hip lut baw

* * *

Hlawhtlinna chu chanvo leh vanneihnaah a inghat lo
va, mahni inremnaah, ngaihtuahna hmanga, khawvel dan
nena inmilnaah a inghat zawk a ni

* * *

Thinlung lalthutphah, Pathian tan chauh hlan tur chu
engmah leh tumah luah phal tur a ni lo

* * *

Mihring rilru put hmang chuan an rilru a vawt a, an
hriatthiamna a tlachham a, mi dangte nen an inrem thei lo

* * *

In lama nun chu paradisi ni sela, thinrimna tha lo chuan
hremhmuna a chantir thei Pasal chu hnathawhna atanga lo
haw chuan a nupui chu lungngai leh lungngai takin a hmu
thei a, chu chuan a nupui nen a inbiak theih loh phah thei A
nih loh leh rilru chhe tak pu chungin a haw leh thei a, chu
chuan amah nena inbiak pawh theih lohna a siam thei a ni
Chutiang chuan thinrimna hrisel lo avang hian midangte
chungah harsatna tam tak a thleng thin

Chhungkaw member pakhat thinrimna avanga a lum
emaw, ngaihsak lo emaw a nih chuan an miziain a nghawng

nghal che A nih loh leh, rilru sang tak pu chungin mi i pan
mai thei a, chu chu rilru natna leh inhnialna nei tak i hmu
mai thei a, i hlimna tibo nghal thei thu rilru na tak tak an
sawi chhuak a, chu chuan inhlath duhna a siam che a ni
Midang mizia ngaihsak suh la, anmahniin an nghawng
che phal suh

* * *

Nunnaah hian fiahna tam tak ka tawh tawh a, chung
zinga harsa ber chu min ngaihtuah sualtute nen an ni Ka
hmangaih mi ka hmu tawh a, min hrethiam lo va, min dodal
turin ka thinlung min pe a Mahse hei hian ka thlarauah
thinrimna a siam lo a ni, a chhan chu hrehawmna chuan
hriatthiamna a khuh a ni
Midangte'n min hriatthiam loh avangin ka rilru a tihnat
ka phal lo va, chu ai chuan an lo dawngsawng a, thil tum tha
leh duhsakna tha tak tak an thawn a nih chuan tanpui ka
tum zawk a ni

* * *

Thiltih dik chu thil \ha tui thlum leh nuam tak in ang a ni
a, thiltih sual erawh chu dodalna lam a ni a, khawizu
rimchhia ei ang mai a ni Hriselna tichhe thei leh rilru lama
harsatna leh hriat lohna thlentuh thiltih leh nungchangte chu
pumpelh vek tur a ni Unjustified indulgence in harmful
substances of all kinds is the gateway through which
psychological troubles, illnesses, and physical hrehawmna a
lut

* * *

Aw ka Pathian hmangaih
Thian nihna thinlung atanga lo luang chhuak
hmangaihna tuikhuah i ni a, thiante thinlunga rilru natna
hnah hawngtu lumna eng thup chu i ni
Tin, mi ropui, rinawmna leh inpekna chawimawitu
sentimental poem te pawh a awm bawk

* * *

Midangte hnena ka lainatna leh duhsakna ka thaw
chhuah tam poh leh Pathian hmangaihna ka hnena a luang
chhuahna thlarau lam kawng ka hawng zual sauh sauh a
Pathian hmangaihna chu thil tha ber ber hiptu leh thlentu
magnet a ni

* * *

Miin a chhungril thlamuanna leh muanna vawng reng
tura thutlukna siam chu a pawimawh hle a, a chhungte
harsatna nei tak takte nen an khawsa emaw, hnathawhna
hmun khauh tak hna thawk emaw, hmelma anga an ngaihte
a hmachhawn emaw, nun harsatna eng pawh hmachhawn
emaw pawh ni se, he thutlukna hi a nitin nunah a tuar
chhuak a, chutiang thil tawn ni engemaw zat hnuah pawh a
beidawng lo a nih chuan chhungril lama inthlauhna a nei ang
a, rilru lam hlimna a hmu ang

* * *

Sualna leh soal hi mihring nihphungah pianpui a ni lo va,
pawn lam a\anga lakluh leh mahni chhunga tuh a ni

* * *

Rangkachak lei hnuaia phum chuan a awmzia a hloh lo
va; it shines with its natural purity once the mud is removed
Chutiang bawkin, mihring thlarau chhungah hian thil \ha chu
a awm a, chu chu a khuh leh khuh botu hriat lohna layer-te
pawhin Thlarau rangkachak chu eng ang pawhin
tihbawlhhlawh mah se, chu leilung chu finna tuiin kan silfai
mai a ngai a, chu chuan thlarau rangkachak dik tak êng
mawi tak chu kan pholang thei a ni

* * *

Mite chuan insawiselna lam an ngaihtuah fo va, churang
chuan a dangin mizia tha a neihte chu an hre lo

* * *

Hriat lohna hi khawchhak leh khawthlang lamah pawh a
awm vek a, Khawchhak leh Chhim lam atanga mi hriat lohte
an inhmuhkhawm hian an inhnial a, an inrem thei lo va,
ngaihdan dang ngaihthlak emaw, zah emaw lovin

inchhuanna leh mahni inngaihhlutna chawimawina an lantir
a, a dik pawh nise Amaherawhchu, Khawchhak leh Chhim
lam atanga mi finge an inhmuh chuan thilte chu thil tum nei
takin an zir chiang a, mi zawng zawng hlawkna tur
thawhhona rahbi nei turin an thawk thin

* * *

Pathianin thlarau, rilru leh taksa min pe a, heng
thilpekte hi inrem leh inthlau takin kan chin tur a ni Kan
chhehvel bawih emaw, tih dan phung tang emaw nih kan
phal tur a ni lo

* * *

Thlarau lama hmasawn nu leh pate chuan thlarau lam
rilru put hmang nei fate enkawlin, ngaihtuahna leh mahni
inthununna hmanga inthununna nunphung inthlau tak neiin
khawvêl hi an tanpui thei a ni

* * *

Duhthusam chu tihhlawhtlin theihna nei lo duhna a ni a,
tumna erawh chu duhthusam aiin a chak zawk Duhthusam
erawh chu chu duhthusam tichaktu a ni a, chu chu a thlen
theihna tura chakna chakna nen a inzawm Hei hian
duhthusam chu a lo thlen hma loh chuan ngaihtuahna fim
tak leh thawhrimna chhonzawm zel a ngai a ni Mi tlemte
chauhvin an duhthusam chu an duh tak zet a, an tihhlawhtlin
theih ang! Thil zahthlak leh sawisel theih thil ti turin
duhthlanna hmang tur a ni lo tih chu a chiang a, hei hian
duhthlanna tum dik tak a bawhchhia a, rah tha lo leh tha lo
tak tak a thlen avangin Mihring duhdan chu finna leh
hriatthiamnain a kaihruai tur a ni a, chu chuan êng leh
Pathian hnaihnaah a hruai tur a ni

* * *

He nunah hian thil mawi leh hlu zawng zawng hi
thurukin a khuh lunghlu laihchhuahna hmunah hian thup a ni
fo thin lunghlu hmuh tur awm lote chu awlsam taka hmuh a
harsa a, thlarau lam ro hlu tak takte chu hriatthiamna leh
finna hmanrua hmanga laihchhuah leh lakchhuah a ngai a ni

* * *

Thu ngilnei leh thurawn dik tak hmanga mi dangte tana
hlimna thlen chu ropuina dik tak chhinchhiaha a ni A
lehlamah chuan, mi dangte tihnat chu nuihzatthlak tak tak,
mitmeng tha lo tak tak, leh mahni hmasialna rawtna hmanga
tihna a ni A rilru tihnat hmel leh thinrim taka thawk chu
vuakna emaw, vuakna emaw hrehawm tak aiin a hliam thuk
zawk Nuihzat leh nuihzatna hian thil dik lo titute zingah
chuan dodalna leh thinrimna rilru a lantir a, chutih laiin
inhmangaih takin rawtnate chuan simna leh mak tihna a
thlen a ni

* * *

A châng chuan Pathian chu a hmangaihte hnênah êng
ropui tak angin, emaw, khawvêl aw angin emaw, hlimna
tâwp nei lo angin emaw, a thlum ber hmangaihna angin
emaw, hriatthiamna, finna leh hriatna angin a inpuang a, a
êng chu chatuan chungah cosmic thla ang maiin a inzar
pharh a, a darh a, a châng chuan he lei hi chu êng
thinlungah chuan mumang angin ka hmu a, chutiang chuan
khawvel hi mumang a ni tih ka hrechhuak ta a ni

* * *

Kan thinlung hi finna nena tihthianghlim a, Pathian
hmangaihna hmanga tihthianghlim a, kan zavaiin unau kan
ni vek a, kan van in lam pana kan kal dun a ni tih kan hriat
chian theih nan theihtawp kan chhuah a ngai a ni

* * *

I hlimna lian ber chu zir leh che dik tura i inpeih
rengnaah a awm I insiamthat poh leh i chhehvela midangte
tihchangtlunna tura i puih tam poh leh Mahni insiamthattu
chu a hlim reng a, i hlim poh leh i chhehvela midangte i hlim
zawk thin

* * *

riltamte chawm tur te, mamawhtu te tan thawmhnaw
leh damdawi pe tur te, lungngai te thlamuan tur te,

tlachhamte mittui hrufai tur te, an thlarau hlimna thlentu tur
te, an hmelah nuihzatthlak tak tak dah turin i thawk ho ang u

* * *

Pathianin a hmangaihna chu nute thinlungah dah lo se
chuan an fate chu an hmangaih thei lovang Pathian
hmangaihna chu nute thinlungah a luang chhuak a In
chhung chu khawngaihna a khat a, a chhan chu khawvel
pum huap Nu mihring nu angin a awm a, nu hmangaihna
meialh chu kan thinlungah kan vawng nung reng tur a ni

* * *

Heta nun hi himna tuipui kamah kan thlen hma loh
chuan a hring leh buai lo ang maiin a lang Khawvel thil tum
rei lo te leh thil lama inzawmna chhe thei lote chungah kan
beiseina kan nghat tur a ni lo Chutiang inzawmna hlim lo tak
takte chuan kan thil tum ber a\angin hriat lohvin min hlat tir
a, kan nihna dik tak a\anga min hlat tir ang bawkin

* * *

Pathian aw chu nunna lo langte hnung lamah a awm a,
pangpar te, lehkhabu thianghlim te, leh kan chhia leh tha
hriatna atang te hian min ko reng a, min biak reng a, nunna
hi nun tlak tirtu thil mawi zawng zawng hmangin a ropuina
chu thlarauvin a hriat thlarau muannaah leh Amah nena
inrem tura rilruin a beih nasat em avangin a lo lang chhuak
thin

* * *

Lalpa, rilru zau tak leh ngaihdan leh rinna tihpunna
kawngpui dung tak tak chungah sang taka thlawk chhuak
thlarau lam hmasawanna eagle-ah min siam rawh
Leilung nghing leh ni êng tikhawlotu chhum piah lamah,
layer sang zawk leh sang zawkah min ko rawh
Chu perception sang tak tak van sang takah chuan
balance wings-ah chuan ka chuang ang
Thlipui leh thlipui zawng zawng aiin vanram bu zawng
turin ka chhuak ang

Lalpa, thlarau lama hmasawwna mupuiah min siam la,
duhthusam leh duhthusam takin min zawng reng ang che
Aw Lalpa, I awmna thli thlum takin min tiharh la, I
awmna ropui tak duhnain min khat la, I Pathian finnain kan
thilsiamte chu tihausa rawh se I êng thianghlim hian kan nun
kawng tinrengah a luah khat tih hre ila, kan thutlukna tichak
la, kan thim chu ti bo la, remna leh beiseinain min khat a,
thil tha tih theihna chakna min pe bawk ang che

* * *

Khawngaihna leh thilphalnain a khat thinlung pu chung
midangte rilru leh tisa lama tanpuina pe tu chuan a thilpek
chu a hnenah a lo let leh thin tih a hmu ang a, hei hi
thinlunga hman tur thiltih dan a ni

* * *

Miin mi dangte chung a hriat chuan ether-ah hian
vibrations a siam reng a, chu chuan a tlukpui lainatna leh
ngilneihna a hip a, a chung a thil tisualtute ngaidamtu chuan
amah tan ngaihdamna leh tuarna a hip ang

* * *

Telephone chhe tak hmanga thu sawi theih loh ang
bawkin, lungkhamna, lungkhamna, lungawi lohna, leh
khawvel ropuina rei lo te chhunga innghahna hammer
vuaknain a tihbuai rilru hmangin tawngtaina chu \ha takin a
puang chhuak thei lo va, chu rilru chu thlamuanna thuk tak
leh thlamuanna hmangin siamthat theih a ni a, chu chuan
thlarau lam kohnate thehdarh theihna leh malsawmna leh
ropuina dawng thei tura a theihna chu a tipung thei a ni
hriatna (insights) te a ni

* * *

He khawvel danglam tak, hlauhawm tak leh rinhlelhna
awm takah hian nangmah chauhvin i inhria Pathian chauhvin
a kalsan ngai lo vang che a, i beiseina pawh a ti beidawng
ngai lo vang che

* * *

Aw Lalpa, ka chhungah I damna êng ka lantir theih nan
thianghlim takin min ti langsar ang
Ka rilru darthlalang, lungkhamna avanga nghing chu, i
hmel tawp nei lo chu a lantir theih nan timuang rawh
I thlamuanna rimtui ka thaw chhuah theih nan ka
thlarauah rinna tukverhte chu hawng rawh
Aw Nangmah ngeia eng chhuak! Aw Nang Sawifiah theih
loh khawpa ropuina neitu! Ka mitmeng duhthusam takah
hian en la, Nangmah chauh lo chu khawvelah engmah ka
!hmu lo ang

* * *

Aw hrang hrang hian nervous system-ah nghawng hrang
hrang a nei Dissonant sound hian nerve-ah nghawng a nei a,
harmonic sound erawh chuan a vital force tiharhin nervous
system-a tissue relaxed leh atrophied te chu a tichak a ni
Chuvângin, thu ngilnei leh nê̄m tak, mi rilru hneh thei
hla leh thlarau hmun thianghlima finna aw ri hian mihring
thlarauah nghawng thuk tak leh ngaihtuah phak loh a nei
vek a ni

Nun hi zin kawng tawi [ramngaw chhunga] ang mai a ni
Chawhmeh ei tur buatsaih a, dawhkan chungah dah a nih
veleh sakawlh a rawn puak chhuak a, midang zawng zawng
chhuahsan turin a nawr lui Mi tam zawk chu hetiang hian an
nung Sum engemaw zat khawlkhawm leh hlimna leh himna
engemaw zat an neih theih nan an thawkrim hle a, natna leh
chhijatna dang sakawlh chuan a rawn nuai mai mai a, an
thinlung chu a tawp a, an chhuahsan ta a ni Mite chu hetiang
hian an awm a ngai lo this, allowing endless tasks to steal
their time and en slave them Hetiang hian kum tam tak a
liam tawh a Harsatnain a tihbuai loh tumtute chu hneh
theihna chakna pek an ni ang

* * *

A tlangpuiin, "chaw" tih thumal hi taksa chawmna nena
inzawm chauha hman a ni a, mahse chawmna chi dang a

awm a, chungte chu rilru lam thiltih, rilru lam ngaihtuahna
leh thlarau lam finna chi khatna (chaw) hian taksa a chawm
a, chi hnihna (rilru lam ngaihtuahna) hian rilru a chawm a,
chi thumna (thlarau finna) hian thlarau a chawm baw

* * *

Chu "thil dang" hmuh theih loh, thlalera thil danglam leh
bo reng, i duhzawng zawng zawng i tihhlawhtlin hnu pawha i
la hriat reng chu man i tum tawh em? Mihringte hian thil
pakhat chu kan neih hma loh chuan kan duh em em a,
mahse an kutah a awm tawh chuan, chu chu kan chau a, thil
dang kan duhna chu pumpelh theih lohvin, Nun hian mi
pakhat hnenah an thinlung duh zawng zawng—hausakna,
thiltihtheihna, thiante—a pe a nih pawhin a tawpah chuan
lungawi lohna an nei ang a, thil tam zawk an zawng tan ang
Mahse thil pakhat chu miin a chau ngai lo va, vawi khat a
hmuh chuan thil dang a duh lo vang a, engmah nen a thlak
ngai lo vang else: thlarau hlimna thianghlim, mahni
chhungril thuk ber berte a awm

* * *

Khawvel hi history kal zelah a nghing a, a muang lo a,
Indonaah hian khawvel hi mi maktaduai tam takte tan chuan
hrehawmna leh hrehawmna hmun a lo ni ta a, hlimna dik leh
nghet tak chu Pathian awmna tawnnaah a awm a, chu
hlimna chu hmuh ai chuan hlimna leh hlawkna ropui zawk a
awm lo

* * *

Engvangin nge miten nawmna tlem leh buaina tam tak

?pe thei thil an tih

A chhanna chu "habit" a ni a, chu chu mihring chanvo
thutlukna siamtu a ni Mi tam tak chuan thil tha lo tihnaah an
awm reng a, an thil tih dan hrehawm leh chhiatna chu an hre
reng a, chu chu thil tih dan thir hmanga chelh vang a ni
Sakawr chuan a kâ ațanga thisen la chhuak mah se hling
hnah a ei thin thlarau lam hlimna chhungril, nuam tihna
dang nena tehkhin theih loh Mi duhâm chuan a hlimna chu a

tichhe vek a, thil neihte chu a bengchheng lo va, rei lo te
chhung ngaihtuah chuan rangkachak lei theih loh hlimna a
hmu ang tih a hre lo

* * *

I êng thianghlimah chuan chatuanin ka harh reng ang a,
i hmel malsawm tak hmuh chu kumkhuain nuam ka ti ang
Hmangaihna chu rei lo te chhunga rilru natna hmangin
ka zawng a, mihring hmangaihna tlemte thlaler ka vakvai
hnu chuan a tawpah chuan Pathian hmangaihna oasis chu ka
hmu ta a ni

Thlarau lam Ngaihtuahna
Zirtirtu fing Paramhansa Yogananda tan chuan

Pathian chu Pathian finna khawlkhawmtu a ni a, a zau
zawng chu tawp chin nei lo leh a chhunga thu awmte chu a
tawp thei lo va, mihring thlarau chu chu finna luang
chhuakna kawng a ni
Channel zau tak tak, inhawng tak tak leh te tak te, rusty
tak tak te a awm Channel lian zawk chuan Pathian
khawngaihna a luang lian zawk a, a tam zawk bawk

* * *

Natna hian mi fing leh zir duh tan zirlai \angkai tak tak a
nei a, mahse hrehawmna chu phunnawi leh lungawi lote tan
chuan tihduhdahna roreltuah a chang \hin
Natna hian engkim mai mai min zirtir thei A zirlaite hian
hriatthiamna, mahni inthununna, inthiarfihlimna, nungchang
mawi leh hriatna sang zawk nei turin min fuih a ni
Entîr nân, pum na hian ei tam lo tûr leh kan ei tûr
fimkhur tûrin min hrih a

Thil neih emaw, hmangaih tak takte emaw hloh avanga
hrehawm tawrhna hian he khawvela thil awm zawng zawng
hi hun eng emaw chen atana awm a nihzia min hriat nawn tir
a ni

Thiltih dik lo rah chhuah chuan thil dik leh dik lo thliar
hrang tûrin min chêtîr a ni

Mahse, engvangin nge miten finna a\angin an zir loh?

Chuti a nih chuan hrehawmna rorêltu laka thununna
!hrehawm leh tûl lo tak hnuaiah an intulût lo vang

* * *

Aw ka Pathian hmangaih
Khawvel kil tinah i awm reng a ni
Pangpar leh roses thinlungah a inthup a
Thla tukverh atang chuan minrawn en a
Nature curtain hnung atang chuan
Tin, illusions te chu ka lakah a thup baw
Mit khat lek pawh min ngaihthah suh

* * *

Mite chuan asceticism hi mahni inhnuhdawh hi a ni an ti
a, mahse chu chu a dik vek lo va, thil awm tawh zawng
zawnga ro hlu ber duhna tenau te chu ka bânsan ta a ni

* * *

Hlimna a zawn rengnaah hian – sawisel theih emaw,
dikna emaw hmangin – mihring hian a takah chuan thlarau
lam hlimna a zawng a ni
Lawmna hi chi hnih a awm a, lawmna dik lo leh lawmna
dik tak a ni

Lâwmna dik lo chu lungngaihna leh hrehawmnain a zui
a, hlimna tak tak tawpna erawh chu a bul tanna chu
lungngaihna emaw, beidawna emaw pawh ni se, hlimna a
ni fo

Pathian chu hlimna awm reng a ni a, a zawngtuin Amah
a hmuh hunah chuan chu thil dang, a zawn leh a zawn tawh
chu chawlsan lovin a hmu chhuak ang a, chu chu hlimna
thlen thei tura a ngaih duhnate chu a hlen chhuah hnua
pawh a hmu chhuak ang

He hlimna thar rengah hian zawngtu chuan a zawn
hlimna zawng zawng chu thil dang zawng zawngah a hmu
vek ang

* * *

Naktuk hi vawiin hian a ruat a, chuvangin ka nun hi ka
zirchiang ang a, eng nge a nih ka hrethiam ang a, chutah
chuan a nih tur ang anga siam dan tur ka ngaihtuah ang
Vawiin hian hmalakna rilru ka chin ang, hma latu chu
engmah lo atanga thil siam chhuak thei meteor piercing ang
a ni si a

Thil siam chhuah thlarau ropui thiltihtheihna hmangin
thil theih loh chu thil theih angin a lantir a ni
* * *

Pathian thiltihtheihna hi ka nihna atom tinah te, cell
nung tinah te, nerve tinah te, thluak leh tissue-ah te a awm a
ni

Chu thiltihtheihna malsawmna chuan ka taksa peng
tinreng a tuam vek avangin ka tha e
* * *

A remna vawng reng thei leh muangchangin a hna
thawk thei chuan a remnain awmna a luah khattu khawvel
pum huap thlarau nen a inzawm tlat a ni
Nunna thilthlengte chu eng ang pawhin harsa mah se,
thil tawn harsa tak angin lang mah se, rilru lam dinhmun
hian thlamuanna a lantir tur a ni a, rilru chuan a inthlauhna a
vawng reng tur a ni
Hlawhchhamna rapthlak tak pawhin thlarau lungphum a
tichhe tur a ni lo va, hlawhtlinna ropui tak pawhin a ti hlim
tur a ni lo

Tu pawhin rilru hahdamna leh rilru hahdamna lantir - dik
takin, inlanna ni lovin - pawn lam thiltihtheihnain a tihbui
theih loh thlamuanna leh remna dik tak tuipui kamah a
thleng tawh a ni

Tupawh tha zawka inthlak duh chuan duhthlanna chak
tak, ngawi reng, muang tak a nei tur a ni a, thutlukna tha
siam chu a bansan loh tur a ni
Hnathawh laia Pathian ngaihtuah a, he thil tih hi nitin
nunah kan siam hi a ropui hle
* * *

Zir châk tak tak ̣thenkhat chuan kawng thui tak an zawh
a, chutah chuan an phurna an hloh a, kawng an thlak a, an
thu tlûkna siamte chu an theihngihl ta a ni
Mi dangte chuan an zin chhunzawm zel theih nân theih
tâwp an chhuah a, a châng chuan an tih dân hluiah an tlu lut
a, mahse chuti chung pawh chuan an kal chhunzawm zêl a,
an thawhrimna chu an chhunzawm zêl a, chuvângin an rilru
put hmang chu a thianghlím zâwk a, ni a liam zêl chuan an
chak a, an hrisel a, an chak bawh a ni

* * *

Thil \ha ngaihtuahna chuan finna chhuahna hmun tenau
leh hriatna hriatna tlemte tizau thei, hmuh theih loh Pathian
thiltihtheihna hmuhna a thlen a, thil \ha ber berte êngte
hmutu, leh hmun tina Pathian awmna chu a ropuina leh
Pathian tamna zawng zawnga hmuh theihna kawngkhar lian
tak, a zau zawng bituk nei lo hawn theihna a thlen a ni
Khawvel pum puiin thlamuanna a mamawh a, a bik takin
ngaihtuahna kawng zawh a, thlarau lam boruak sang tak
thleng duhtute tan chuan a mamawh a ni
Thlarau lam thawhrimna ngawi reng leh remna zawnga
tih chu a hlawhtlingin a rah chhuah a ni tlangpui a, a chhan
chu taksa chetna a tawp chuan ngaihtuahnate chu a thawh
chhuak a, thlarau chakna muhilte chu a lo harh chhuak thin
a ni

* * *

Kan tihsual avanga beidawng emaw, lungawi lo emaw
kan inhriat tur a ni lo va, chu ai chuan kan thil tawn êng lam
enin kan zir chhuak fo tur a ni Tin, eng thil pawh thleng se,
tanpuina leh kaihhruaina dil turin Pathian kan pan tur a ni

* * *

Zirtîr thar pakhat chuan theoretical study hmang
chauhvin thlarau lam zirtîrna chu a man thei ang tih a
ngaihtuah a, chu bâkah, mi dangte zirtîr pawh a châk hle a,
:chuvângin zirtîrtu Paramhansa chuan a hnênah

Thlarau lam hriatna hi pawn lam grafting (thlai ang chi)"
ni lovin chhung lam atanga lo thanglian leh thanlenna a ni
."zawk

* * *

A hnuaia thuchah hi Master Paramhansa Yogananda-a'n
January 1944-a a lehkhabu, Autobiography of a Yogi , ɣawng
35-a lehlin tawh, kum 70 vel kalta aɣanga tihchhuah a nih
aɣang khan print leh lar chhonzawm zel a nih lai a ziah laiin a
zirlai te hnenah a sawi a ni
:Ka thian duh takte

Zalenna duhthlanna hi duhthusam, duhzawng, tum leh
duhna chi hrang hrang a ni tlangpui Amaherawhchu,
duhthlanna zalenna tak tak leh a lan chhuahna tlem zawkte
chu thliar hran a ngai a ni
Kan thawhrimna te, kan chakna te, leh kan taksa,
nungchang leh thlarau lam thiltih zawng zawng hi
duhthlanna hmangin a intan a, a thawk chhonzawm zel baw
Duhthlanna (willpower) chu duhthusam pakhat vel a
inngat, tumruhna leh thiltih (activity) inthlak danglam zel a
ni a, chu chu duhthusam result a thlen theihna tur chakna
tling tak a thlen thlengin a ni

Ka lehkhabu ziah atang hian zirlai ropui tak ka zir
chhuak a, ka thuziak hi thlirlet lovin ka ziak thin ang bawkin,
mahse ka autobiography paragraph tin hi ka enfiah vek a
ngai a, lehkhabu ka browse leh lai hian chutiang test ropui
tak takah chuan kir leh chu nuam ka ti hle
He nunah hian adventure tam tak ka nei tawh a, lecture
ka pe a, building ka sa a, ka paint baw a, ka hlawhtlinna
thuruk chu duhthlanna a ni fo thin
Duhthlanna hmanga tih ka tum zawng zawng chu a
hlawhtling vek tawh a, thil tih tum i neih chuan Pathian
tanpuinain a thleng ngei ang tih ka tiam a che u
Mi dangte hnenah Pathian hlimna kan chanpui tur a ni
Pathian chungchang thinlung atanga sawi ai chuan thil mak
a awm lo

Sual kawng chuan thihna ruam a pan a, ngaihtuahna leh
Pathian dan zawmna kawng chuan chatuan nunna a thlen tih
i rintlak theih chuan dollar maktaduai khat i pek ai chuan an
nun chu i tihausa zawk ang
Sum leh pai hi a rei lo hle a, mahse Pathian hriatna chu
kan hnenah a awm reng a, khawvel dangah min zui zel a
Chuvangin, mi pakhatin Pathian hriat tumin theihtawp a
chhuah leh theihtawp chhuah ka hmuh apiangin lawmna
nasa tak ka nei thin
Khawvela thil tam tak ruahman leh ti mah ila, Pathian
tih lawm nan ka ti thin Hnathawh karah leh thil phut buai tak
tak karah pawh, "Khawiah nge i awm Lalpa?" tin, khawvel
pum hi a danglam a, êng ropui tak ka hmu bawh
Chu tuifinriat eng takah chuan bubble te tak te ka ni a, a
!va lawmawm tak em

* * *

Kan ngaihtuahnate hi he nunah thil lungchhiatthlak leh
rapthlak tak takteah chauh kan dah tur a ni lo Finna chuan
kan ngaihtuahna leh rilru put hmangte chu chatuan Pathian
thiltihtheihna, danglam lo leh tidanglam lo lam hawia hruai
turin min phut a ni
I thluak hian khawpui lian pakhat chakna pe thei tur
khawpa chakna nasa tak a khawkhawm a, chuti chung pawh
!?chuan i chau tawh tih i sawi si a
Hlawhtlinna i neih theih nan i beih hian midangte
hnawhchhuah lohvin hun remchang awm apiang hmang
tang kai rawh
Vawikhat chu Boston khawpui kawngpui pakhat ka kal
a, kea kalte tana ruat kawngpui sir chu kea kalte chuan an
luah khat a, an vai deuhthaw chu ka hmaah an awm vek a,
chuvang chuan tumah paltlang a harsa hle Chuti chung
pawh chuan tumah nawr lovin mipui hmaah ka awm dawn
tih ka inkarah thutlukna ka siam ta a ni
Hun remchang ka zawng tan a, kea kalte zingah hian
hetah leh khawiah pawh hian gap ka zawng tan a, chu chu

ka duh ang ka hlen chhuah thlengin ka hmang a, tumah
tibuai lovin mipui zingah a hmasa ber ka ni ta a ni
Tichuan, "A paw lo, tunah chuan ka thil tum ka
.tihhlawhtlin hnuah ka hmaah an kal thei tawh ang" ka ti a
* * *

Pathian hi hriselna, hausakna, finna leh chatuan hlimna
bul a ni
Amah nena kan inzawm chuan kan nun chu a famkim a,
Amah tel lo chuan nun hi a famkim lo reng a ni
Chu Pathian chakna thiltitheih tak, nunna, theihna leh
finna min petu chu i ngaihven ang u
He thutak ropui tak hi kan nunah a luang lut zel theih
nan i tawngtai ang u
Tin, he chatuan thiltihtheihna hi kan taksaah a luang
chhuak thei turin
Tin, hlimna tawp lo kan thinlungah a lo thlen theih nan
* * *

Mit khar thim hnuaiah chuan khawvel thiltihtheihna mak
tak takte, thlarau tha malsawm zawng zawngte leh chatuan
awmna, tawp chin leh tawp nei lo chu a awm a ni
Ngaihtuahna hmang hian thutak famkim chu kan hre
thei a, kan nunah leh thilsiam thilmak zawng zawngah a
hnathawh thup te chu kan hmu thei a ni
Zirtîr chuan a duh angin hma a sawn lo tih a hriat chuan,
amah nêen a ding tîr a ni a, a ngaihtuahnate chu a zir Chiang
tîr a ni a, a kawng daltu chu a hriat Chian a ngai a ni
Vawî tam tak chu, a chhan chu thawhrimna dik tak
tlakchhamna leh rilru tihbuai vang a ni Vawî tam tak chu,
daltu chu thlarau leia hlimna zung chu a lo thang lian a, a lo
thanglian theih nan nun huan atanga paih chhuah a ngai tih
nunphung thuk tak atanga lo chhuak a ni
I duhthlanna tihhmasawn i duh vang mai maia thil lian
tham tih hi hmanhmawh suh

Hlawhtling tur chuan i duhthlanna chu i tih theih loh nia i
ngaih thil tenau thenkhat hmangin i test hmasa tur a ni i
thawhrimna i thawh chuan hlawhtlinna chu i ta a ni ang
Ka thiante leh midangte'n ka tihhlawhtlin theih ngai loh
tur min hrilh zawng zawng chu ka la hre reng a, chuti chung
chuan ka tihlawhtling ta tho a ni

Heng "tum tha" nei te hian an ngaihdan hmangin
chhiatna nasa tak an thlen thei a; Pathianin anmahni leh an
thurawn lakah min venghim rawh se

Thiamna hian duhthlannaah nghawng lian ber a nei
Remna hmun thianghlina ngaihtuahna seng ai chuan party
ri nasa tak takah kal hian khawvel thil ri nasa lutuk leivut
chuan rilru a tibawlhhlawh a, chu chu paih chhuah harsa tak
a ni

Mi pakhat duhzawng chu a thiante thununnain a tichak
emaw, a chak lo emaw chu pumpelh theih loh a ni
Mahni thawhrimna hmang chauha duhthlanna
tihhmasawn hi a harsa hle Entawn tur entawn tur tha tak i
mamawh a ni Lemziak thiam nih i duh chuan, lemziak tha
tak takin a hual vel a, lemziak thiamte nena inpawh i duh
chuan Thlarau mi nih i duh chuan thlarau mi ropui tak takte
nen in inhmelhriat rawh

* * *

Mihring chungnung zawk, a hriatna tihzauh dan leh
infinite absolute-a chantir dan hretu chuan thil siam chu
cosmic dream angin a hmu thei a, chutiang bawkin matter a
awm lo tih hriatna chiang tak nen a sawi thei bawk
Mahni inthununna hun rei tak kaltlangin leh ngaihtuahna
kawng emaw, thlarau lam hriatna kawng dang emaw,
hmangaihna, rawngbawlina, midangte tana ngaihsakna leh
mahni hmasialna a\anga inhnukdawkna kawng zawh hmang
hian Pathian zawngtu taima chuan thil pahni awmte chu a
titawp a, awmna chatuan inpumkhatna chu a hrechhuak ta a
ni

* * *

Hmangaihna hi rilru natna mai a ni lo; it is a very real
essence Tin, hriatna neia kaihhruai a nih chuan—a tihsual
awm lovin—a tum lam panna kawng a hmu a ni
Hmangaihna hi thiltihtheihna ropui tak a ni baw A
zawngtu chuan Pathian zawng turin kawng tam tak a tum
mai thei a, mahse a duhthusam ber leh a duhzawng thuk ber
a sawi chhuah loh chuan a hmu lovang

* * *

Mi chu a rilruin a rintlak ang a lo ni ta I duhzawng a chak
chuan nunna indonaah hian i chak ang
Rilruin thil rei lote chhunga a ngaihtuahna a dah tam
poh leh a thiltihtheihnate chu a chak lo zual a, thlarau
thlarau lam nihna a nemnghet poh leh thlarau lam a lo ni a,
a thiltihtheihnate chu a lo thar leh thin

* * *

Khawvel hian a sang leh hniam leh a inthlak danglam zel
dawn a, chuti a nih chuan khawiah nge kaihhruaina leh
kaihhruaina kan zawn ang? Kan biased leh prejudiced
concept-te hnenah ni lovin, kan chhunga thutak leh
kaihhruaina aw-ah zawk a ni

* * *

Matter leh rilru, universe a arsi leh planet te, lei
chunglam thlipui (dense surface wave) te, thil siamte hnuaia
subtle transparent undercurrents te, mihring thiltihtheihna
hriatna, duhna leh hriatna, nunna leh thihna, ni leh zan,
hriselna leh natna, hlawhtlinna leh hlawhchhamna te hi he
cosmic mumang thununtu relativity dan angin thil tak tak a
ni

Relativity danin a hriat chhuah dualities zawng zawng hi
cosmic mumang ropui takah a chanvo tlemte changtu
mihring mumang neitu tan chuan a tak tak a ni
Mihring chu thil dik lo (illusions) – relativity dan atanga a
chhuah theih nan chuan mumang a\angin chatuan harhnaah
a harh chhuak tur a ni

Mumang chu suangtuahna hmang emaw, a awmzia
hnial emaw, "nunna" pawm mahse "thihna" hnawl emaw,
hriselna pawm mahse natna ngaihthah emaw hmangin kan
thlak thei lo

Case tin hi a opposite-a integral part a ni a, puan pakhat
sir pahnih ang bawkin

Dualities hi tangka pakhat sir hnih a ni a, thutak
zawngtu chuan a rilruah thliar hran a tum lo va, finna leh
hriatna chiang tak nen a chungah a ding zawk zawk a ni

* * *

Pathian hmangaihna chuan min chawisang a, kan
hriatthiamna a tizau He taksa chauhah hian inkhung hran
angin ka inngai thei lo, taksa zawng zawngah hian ka awm
tih ka inhria a ni

Ka taksa peng tinah keimah ngeiin ka hriatna ka hriat
ang bawkin nangni hi ka taksa peng pakhat in ni vek tih ka
hria a, thil nung zawng zawng hi ka cosmic taksa chhungah
hian an awm vek niin ka hria a, mi zawng zawng hriatna ka
tawng ve bawk

Hei hi hriatna emaw suangtuahna emaw a ni lo va,
mahni inhriatthiamna a ni zawk He hriatna hi rilru chhiar
inthlengna aiin a tam zawk a; mi zawng zawng rilru put
hmang hriatna (conscious awareness) a ni a, chu dinhmun
chu cosmic consciousness an ti a ni

Chu hriatna chu i chhunga a lo chhuah chuan "mahni"
hriatna chu a bo vek a, thilsiam zawng zawng chu Pathian
nun pakhatin a tuam vek niin i hria a ni

* * *

He khawvel hi a mak a, a chhunga thil awm zawng
zawng hi inthlak danglam leh inthlak danglam theih a nih
avangin, chuvang chuan mi chuan a hlimna lawng chu he
khawvel kamah hian a nghat tur a ni lo
He dam chhunga hrehawm tuar emaw, hausakna leh
thiltihtheihna i hlim emaw pawh nise, i hriatna chu a

danglam lo tur a ni Rilru inthlauhna i neih theih chuan
engmahin a tichhe thei lovang che
Mi ropui zawnz zawnz nun chuan chu dinhmun
malsawmna chu an thleng tih a tilang a ni Khawvel hlimna
neih theihna tura beiseina nghahtute chuan harsatna tam
tak nghaktu an hmu ang, mumang mawi tak takte chu
mumang chhiate hian a zui fo thin avangin
Mumang chu mumang mai maiah i ngai a, chu chu ni
tawh lovin, a nuam emaw, a hlauhawm emaw pawh nise,
thlamuang takin i inhria ang a, he nun pawh hi mumang a ni
tih i hriat chian hunah chuan a mumang tha lo tak tak lakah i
zalen ang

* * *

Mi chu a hlim tur a ni a, a chhan chu nun thil tenawm
leh thil tha lo tak takte chungah a kai tho thei a, chubakah -
ngaihtuahna tha tak tak nen - hlawhtlinna element-te hip
thei tur dinhmun dik tak a siam thei baw
Mood na tak leh danglam tak chu thlarau thlamuanna
hrualtu cancer ang a ni a, rilru natna tuarte chuan an
harsatnate chu an paih chhuak thei lo
Mahse nungchang \ha lo leh harsatnate chu
ngaihtuahna muang tak, rilru fim tak hmangin hneh theih a
ni Tih dan \ha lo nei mi pakhatin a puan chhuah chuan
hlawhchhamna a pawm tihna a ni

* * *

Aw Lalpa, khawvêl thlêmnate chu I Pathian hmangaihna
nên ka khaikhin a, I hmangaihna chu thlêmnate emaw,
thlêmnate emaw zawnz zawnz aiin a chak zawk tih ka hmu a
ni

* * *

Oil hian mei a ti eng zual ang bawkin thinrimna hian
thinrimna a ei a, a tizual a, zakzum taka cheibâwlina chuan
mi dangte chu an nungchang râpthlâk tak chhunzawm tûrin
a fuih a, mi rilru na leh nghet zâwk a siam a ni

Mi rilru hahdam leh ngilnei chuan thinrimna chu
thlamuanna hmangin a hneh a, ngawi renga inrem lohna
thlipui chu a ti reh a, thu thlum leh nê̄m tak leh mi dangte
rilru put hmang ngaihtuahin inrem lohna leh inhnialna a ti bo
a ni

* * *

Zirtirtu Paramahansa chuan thudik chungchang a sawi
:a

Tuman ring lo mahse a awm a, chutih laiin theory te"
."erawh chu ngaihdan leh thu hmanga thlawp a ngai thung
* * *

Hmangaihna hi khawvel hotu a ni tur a ni
* * *

I hnenah ka lawmna hlate nen ka lo kal a ni
Tin, ka nunna rokhawl ata thil hlute ka rawn kensak che
u a ni

Tin, ka thinlung chhungril takah chuan Pathian
duhthusam tui (nectar) chu ka khawn khawm che a ni
Beiseina dik lo thlalerah tuihalnain ka lo vawt tawh
Mahse tunah chuan ka duhzawngte chu chatuan atan a
reh ta

I tuikhuah tam tak atanga a lak chhuah avangin
I rimtui thianghlim ri chu ka lam hawiin a luang chhuak a
Ka hlimna meialh chu i hlimna ê̄ng chuan a ti eng a
Leilung oases mirage karah chuan ka thi ta mai mai a ni
Tin, tunah chuan i thlarau thlipuiin min hneh ta
Aw, i Pathian tuifinriatah hian ka pil bo a, chatuan atan
ka nung thei a nih chuan
* * *

Sunny mental horizons ah hian ultraviolet rays a awm a,
chu chuan psychological bacteria zawng zawng a ti bo vek a,
chu rays chu glass barrier narrow leh limited perspective
hmangin block suh
* * *

Pathian inah hian inthenna a awm tur a ni lo

* * *

Midang kan hmangaihna hi i kut thahnemngai tak
atanga hmangaihna hriat theihna thiltihtheihna kan dawn
avang hian a awm thei a ni, Aw Lalpa
Chuti a nih chuan, kan hmangaihna leh duhthusam kang
!thei ber i hlan turin min fuih rawh
Pa leh nu, unau, fapa leh fanu, cousin leh nun kawppui
min pe a ni
Naupangte leh thiante u, mihring inlaichinna chi hrang
hrang atan thusawi hrang hrang leh pianphung danglamna
fiah lo tak tak hmanga hmangaih dan tur kan zir thei mai
thei

Aw chatuan hmangaihtu, Aw Chungnungbera Hnaiawm!

Mihring hmangaihna pangpar zawng zawng phum a, I
malsawmna biak inah thilhlán atan dah turin min zirtir ang
che

Mahse, ka rinawmna tam tak avang hian pangpar pum
pui ka hlan thei lo che a nih chuan, pangpar pakhat, pangpar
tha ber leh thar ber chu ka la ang a, ka hnen atangin i pawm
!ngei ka beiseiin i ke bulah ka dah ang

* * *

Taksa pianphung, a bik takin mit hian hun kal tawha mi
a awm dan chu a tlangpuiin a lantir a ni The inner self
strongly influences the outer form

Mi mit chu an taksa pianphung pawimawh ber a ni a, mi
pakhat chuan a mit mawi taka siam tum tur a ni Engtin nge
?hetiang hi tih theih ang

Kan mit hian kan chhungril nunphung Chiang takin a
pholang a, mitmeng leh a lan dan mawina kawng khat chu
chhungril ngaihtuahna leh rilru put hmang mawi tak tak neih
hi a ni

Mit thenkhat chu a ngilnei hle a, thenkhat chuan sualna
emaw, mahni hmasialna emaw a lantir bawh
Mi pakhat thusawi chu eng ang pawhin thlum angin lang
mah se, a thiltih chu eng ang pawhin mak ni mah se, chu

tukverh inhawng pahnih hnung lamah chuan an inthup thei
lo ang bawkin, an mitmeng atang chuan an nihna dik tak chu
eng nge ni tih chiang takin i hre thei ang
Chuvangin miin ngaihtuahna mawi leh thil siam chhuah
thiam a ngaihtuah tur a ni Tin, Pathian anpuia siam a nih
avangin a chhungril nun tichhe turin dikna a nei lo
Remna, thlamuanna, leh hmangaihna dik tak lantir thei
mit mawi tak takte hi thlamuanna, hmangaihna leh remna
tihhmasawn hmangin kan neih a ngai a ni
Hetiang hmanrua hmang chauh hian taksa pianphung
tihkhawtlai leh tihkhawtlai zawng zawng aia chak zawk
thlarau lam magnetism chu a lo piang thei a ni

* * *

Thutlukna nghet tak kan siam hian, thil pakhat ngun
taka kan zir chian hnuah leh chu thubuai nena inzawm
thatna leh tha lote kan hriatchhuah hnuah, leh kan
duhzawng kan tihchak chuan, kan nunah inthlak danglamna
tam tak, tihdanglam theih loh ang maia lang thei kan siam
thei a ni

Free will a awm a, a awm lo a nih chuan tumah
chhungril leh pawn lam boruak nghawng a\angin an
tlanhhuak thei lo ang a, thanlenna chu a khap ang a, thil
siam chhuahna hnathawhna huam chin a tihtlem ang a,
mihring tan chuan primitive level aia hmasawn leh kai chhoh
theih a ni lo ang

Independent institutional work nena inzawm social
system thar leh progressive ideas concept te, science lama
hmasawanna hmasawn tak tak hmuhchhuahna atana
hmanraw hman te, research leh study field hrang hrang te,
leh creative literary activities te hian mihringin Pathian
tanpuina leh duhthlanna thiltihtheihna hmanga field tinah
zalenna duhthlanna a hman theihna chu a nemnghet vek a
ni

* * *

Thusawi thununna leh thinrimna leh thinrimna laka
zalenna chuan mi chu a in chhungah mahni inthununna leh
zah takin a siam Hei hian chhungkaw buainate chu fing tak
leh ngaihtuahna fim tak nena hmachhawn emaw, thu ngilnei
hmanga mi dangte tihlum emaw a huam a ni
Hnehna chhinchhiahna leh huaisenna thlengin a ni a, an
khingpuite ngei pawhin an sawi dan pawh a ni

* * *

Hriatthiamna hi nunna ro hlu ber a ni Chhungril lam
thlirna, mahni leh midangte chungchang thudik kan hriat
theihna tur leh kan hmaa lo thleng tur dinhmun zawng
zawng kan hmachhawn dan tur kan hriat theihna tur intuitive
perception a ni a , chutiang bawkin kan rilru put hmang leh
thiltih te chu a tul angin kan siamrem thei a ni
He khawvelah hian kan hriatthiamna hi a tlêm fo a, kan
rilru mit hmuhna a khuh chuan thil hriat lawk theih loh leh a
rah chhuah hriat theih loh a lo ni ta a ni
Kan thiltih rah chhuah theihte chu kan lo hmu lawk thei
lo avângin, thu tlûkna dik lo kan siam fo thîn
He khawvela thlamuang taka kan awm theih nan chuan
kan chhehvêl leh kan chhehvêlte hi kan hriat chian a ngai a,
eng lam hawi nge kan pan tih kan hriat chian a ngai a ni
Tuna kan thiltih dan atanga kan hmalam hun tur min
hrihtu chhungril hriatna chu kan nei tur a ni

* * *

Rilru chu a lei chu a vawt a, a khauh hle a, a leilung chu
beiseina leh inhawng takin a hnim a ngai a, chutah chuan
rinna chi chu phun a, thlai chu Pathian duhzawng nena inmil
taka duhna tha tuiin tui pek a ngai a ni

* * *

Zirtir pakhat chuan zirtirtu Paramahansa hnenah Pathian
hmangaih chu rang takin a hnena thlen thei tur tawngtaina
.chungchang a zawt a, zirtirtu chuan a ti a
Pathian hian i thinlung lunghlu thuk takah tawngtaina"
."lunghlu thup te chauh a duh

* * *

Tuin nge hmangaih theihna min pe? Pathian
Chuti a nih chuan tu nge thil dang zawng aiin kan
hmangaihna phu zawk? Pathian
Pathian tel lo chuan hmangaihna dik a awm lo, a chhan
chu Pathian chu hmangaihna a nih vang a ni

* * *

Pathian chu min petu a ni tih kan theihnghilh tur a ni lo
va, hausakna dik tak chu kan thil neih a\anga teh ni lovin
duhthlanna hmanga kan tih theihte a\anga teh a ni tih kan
theihnghilh tur a ni lo

Hlimna chuan duhna tihtlem leh mamawh pawimawh
hlen chhuah theihna tihhmasawn tumna neih a ngai a, eng
ang pawhin harsa anga lang mah se, harsatna leh daltu
zawng zawng karah pawh Pathian òanpuinain dinhmunte chu
a òa chho zel ang tih beiseina neih a ngai a ni

* * *

Finna aw chuan thlarau lam vibration sang tak nena
inmil thinlung tha zawng zawngte chu a bia a, remna,
hmangaihna leh hriatna sang tak zawngtu ngaihtuahna
inrem tak zawngin boruakah a vak kual thin

* * *

Kan thinlung hi beads a ni a, hmangaihna chu kan
thinlung vawng tlattu divine rosary hrui a ni

* * *

I thil neihte hian a luah che suh

* * *

Zirlai tam tak ka zirtirtu hnena lo kal a, a hnua
hriatthiamna dik an neih loh avangin an kalsan thin kha ka la
hre reng a ni

Ka rilruin, "Mi tam tak an lo kal thei a, mi tam tak an
chhuak thei a, mahse kei chu a tawp thlengin ka nghet tlat
.ang" ka ti a

Ka zirtirtu chu mi khauh tak leh zahawm tak a ni a, mi
tam tak chuan a finna ropui tak êng chu an tuar thei lo va,
monastery chu an chhuahsan a, mahse ni khat chu ka hrilh
:a

Mi kalsan ngai lo tur che a awm a, chu mi chu keimah"
."ka ni

Ka thutiam ka hlen chhuah hi ka lawm hle a, a chhan
chu a thlarau lam kaihhruainain ka mit a tivar a, Pathian
êngin ka rilru a ti eng a ni
* * *

Pathian lawmna chu a ropui ber a ni tih hre reng ang
che Khawvel pumin an lawm che a, mahse Pathian duhsakna
i nei lo a nih chuan, thli man emaw, vut chungah thlipui emaw
ang mai i ni a Mahse khawvel pum puin an thinrim che
emaw, i chungah emaw, chuti chung pawha Pathian
duhsakna i nei a nih chuan, i thunun thei a, engkim neitu
hlim tak i ni tihna a ni
* * *

Kan nun hi Pathianah a inngnat vek a, Amah lam kan
hawi a, a tanpuina kan rinchhan chuan, kan harsatnate
hmachhawn dan tur leh kan harsatnate paih bo dan tur
kawng min kawhhmuh ang a, min kaihruai ang
* * *

Pathian lemziak thiam
Ka thinlung na zawng zawng chu ni rawh se
.Ka Chatuan Hmangaihna Nang" tih hla thumal thar"
Tin, ka hmuin aw a chhuah apiang chu sawi chhuak
rawh se

I aw thianghlim atanga vibrations malsawmna
Ka ngaihtuahna zawng zawng hi i awmna hlimnain khat
rawh se
Ka duhzawng chu i Pathian chaknain charged ni rawh se
Ka ngaihtuahna, ka thusawi leh ka duhthusam zawng
zawngte chu I khawngaihna chei rawh
Aw Pathian lemziak thiam thianghlim ber

Ka nun hi i duh angin siam rawh
I design danglam bik ang chuan

* * *

Pathian chuan kan beih hian min chhang a, chutah
chuan A awm tak zet tih kan hrechhuak ang a, kan
tawngtaina a ngaithla ang a, kan duhzawngte chu a hlen
chhuak ang Amah ngaihtuah reng leh ngaihtuah rengtute
chuan A awmna thianghlim chu an hre ang a, a êng
malsawmna chu an hmu ang
Duhthusam tak tak leh tumruhna nghet tak nei chuan
tun hmaa thil tihsual eng pawh thliar lovin an tum an thleng
ngei ngei ang, mahse chu thil tihsual chhunzawm zel chu
mahni chung a sual lian tak a ni a, a chhan chu thil tisualtu
chuan hlimna dik tak a hloh phah a ni
Mihring hian mahni tihchhiat emaw, hlawkna emaw
thlen theihna thiltihtheihna a nei a, hriat lohna rulhut te chu
an seh loh nan leh an tithinrim loh nan a hnen atanga hla
taka dah chu duhthlanna chu a ta a ni
Miin hlim a duh loh chuan tumahin an hlim thei lova, a
hlim lohnaah Pathian a dem tur a ni lo
Pathianin kan duhzawng hmang turin zalenna min pe lo
a nih chuan kan mangannaah mawhphurtu a ni ngei ang,
mahse chu zalenna chu min pe a, kan duh ang anga kan nun
min siamsaktu chu keimahni hi kan ni

* * *

:Ngawi renga awm awmzia thuk zawk chu
Zirtîr chu hlauhna, natna leh harsatna dangte'n
ramhuaiten an rawn ûm hian a chhûnga thlamuanna hmun
thianghlim chu a zawng a ni
Thlarau lama harh chhuak chu lungkhamna leh
lungngaihnain a paltlang thei lo, thlamuanna kulhpuiah a
chhûn zanin a khawsa a, khawvêl thil rapthlâk tak takte
chuan a tichhe thei lo
Ngawi rengna hmun thianghlima lutte chuan roses
tawng leh thil nung zawng zawngte tawng an hrethiam thei

ang bawkin Pathian hmangaihtu thlarau dangte nen pawh an
inbiak theih a ni
Zirtir a ngawih thuk poh leh a hlimna a nasa zawk thin
Ngaihtuahna kawngkhar hnung lama hlimna thup, ngawi
renga thuk taka chhui leh phochhuah ngai chu sawifiahna
dodal thei hlimna ropui tak a ni

* * *

Civilization hi huan angin ka ngai a, chutah chuan
mihring mizia chi hrang hrang lo chhuak leh par chhuak ka
hmu thin
Bee ang maiin ka rilru chuan mizia tha pangpar a zawng
chhuak thin
Bee hian pangpar chauh a pan a, chuta tang chuan
khawizu chi tha ber ber a la thei a ni
Chutiang bawkin, bee pawh kan entawn tur a ni a, chu
chuan nectar thlum ber chauh a in thin Hei hian midangte
mizia leh nungchang tha kan hmuhte hi hip luh kan tum tur a
ni tihna a ni
Pathian chu thlarau pawmtuah luang chhuakin, thatna
leh thlum takin a khat thin khawizu malsawmna chu a ni

* * *

Tupawh a ngaihtuahna zau zawk duh chuan pawl,
rawng, chi leh mitdel fanaticism hriatna aia sangin a tho
chhuak tur a ni a, mahni inthununna a hmang tur a ni a,
ngilnei leh inpawh tak a ni tur a ni a, ei leh in leh thil dang
nuam tihna lamah pawh a insum thei lo tur a ni
A chhia leh tha hriatnain a duhzâwng leh rilru
thlamuanna thlentu thilte a ti tûr a ni a, thudik a sawi tûr a ni
a, rûkbo tûr a ni lo va, mi dangte a bum tûr a ni lo va,
hrisêlna tichhe thei leh chakna tichhe thei nawmsaknaah a
inhmang lo tûr a ni a, hlauhna te, thinurna te, duhâmna te,
inhuatna te, leh ngaihtuahna tibulaitu thilte lakah a
inthiarfihlim tûr a ni
Tin, lungngai lova khaw lum, khaw vawt leh harsatna
dang tuar chhuak thei tura a inzirtir tur thu leh hlauhna leh

sual zawng zawng laka inhumhimna ropui ber Pathian a
rinna tihngheh zel tur thu te

* * *

Ka zirtirtu leh kei inkara inlaichinna chu a famkim a,
mak tak mai Thlarau lam kaihruaitu leh zirtir inkara
inzawmna chu a awmzia sang berah chuan hmangaihna a ni
Vawikhat chu Himalaya tlangah hian Pathian chu
hlawhtling zawkin ka zawng thei ang tih ngaihtuahin
monastic nun chu ka chhuahsan a, mahse ka tisual a, ka
chhuah meuh chuan chu chu ka hre ta a ni
Ni engemaw zat hnua ka lo haw chuan ka zirtirtu chuan
ka kalsan ngai lo ang maiin min enkawl a Min hau ai chuan a
tih dan pangngaiin min lo hmuak a, muangchangin, "Tun
zing chawhmeh atan eng nge kan buatsaih theih ang tih hi
.han en teh ang" a ti a
Chuvang chuan a hnenah, "Mahse, ka pu, ka chhuahsan
"?avang hian ka lakah i thinrim lo em ni
Ani chuan: "Ni lo tak zet, midang lakah engmah ka
beisei lo va, chuvangin an duhdan chu ka duhdan nen a
inkalh thei lo Mimal hamthatna atan ka hmang ral lovang
.che a, i hlimna aia min ti lawm tur a awm lo" tiin a chhang a
A vawikhatna atan mi pakhatin min hmangaih tak zet
!niin ka hria
Ka pa sumdawnna ka enkawl a, ka hna hi ka bansan ta a
nih chuan ka chungah a thinrim hle ang Entirnan, hna hlawk
tak (ka pa executive a nihna company-ah) ka hnawl khan ni
sarih chhung zet chu min be lo
Ka pa chuan pa hmangaihna dik tak nen min hmangaih
a, mahse chu chu mitdel hmangaihna a ni a, pawisa hian min
ti hlim ang, mahse sum hian ka hlimna a tichhe vek ang tih a
ngaihtuah avangin
Hun engemaw chen hnua integrated education atana
ka school ka din khan ka pa chuan a ngaihdan a thlak a,
."Chu hna chu i pawm loh avangin ka lawm e" a ti a

Chumi nêna inkalh takin, ka zirtîrtu rilru put hmang chu
a danglam vek a, monastery ka chhuahsan chung pawhin
min hmangaihna chu a danglam lo va, min sawichhiat loh
avangin
* * *

I thil siam hun kal tawh, tunlai leh hmalam hun khumah
ka awm rei lutuk a, Aw Lalpa, kei - chatuan fa hian ka
lungkham hle
Ka bei fo a, mahse a hlawhtling lo Mahse, a tawpah
chuan bumna relativity daltuin a hual vel khum atang chuan
ka zuang chhuak ta a, i kutah min la a, chatuan remna hla
takah min ti nghing ta a ni
Chatuan fa ka ni - i chatuan, Aw Lalpa
I total existence rilruah ka lu ka ngat a
* * *

Paradis sava ka ni: i kut malsawmna hmanga siam van
sava ka ni
Khawngaihna leh rawng mawi tak takin min chei a:
hlimna hnuai lam leh thlarau lam pangpar rangkachak hmul
hmangin

Nunna boruak thim tak, mitmeng hlim lo takah chuan
hlimna paradis zawngin ka chho sang hle a, ka hmul êng tak
chu beidawnna hmun dumin a rawn hnawih a
Ka Pathian, lo kal la, i paradis sava chu finna êng leh
thlamuanna tui thianghlim leh tui takin silfai rawh
* * *

Bacteria chi khat a awm a, darkar hnih chung lek
chhungin a piang a, a pung a, a thi bawk
Hetiang test chi hi kum sawmriat thleng pawha rei thei
hun rei tak chhunga mihringin a test ngai aia ni chanve
emaw a aia tlem emaw chhungin tih theih a ni
Kum sawmsarih emaw kum sawmriat emaw kan dam
chhung hi chatuan hun rei lote chauh a ni a, a inzawm dan
atanga thlir chuan kan chung a thil thleng zawng zawng hi a
chung a kan sawi tak bacteria chung a thil thleng ang chiah

hian a thleng thin Chatuan hun rei lo te chhungin kum tam
tak chu mihring chhiar danin a liam thin Chuvangin hun hi a
hlu lutuk a, hmanral theih loh khawpin hun hi a hlu lutuk a ni
* * *

Miin a chhia leh tha hriatnain a duh loh zawng chu a ti
tur a ni lo va, mahni pu a ni tur a ni A ngaihtuahna, rilru put
hmang leh thiltih chungahlotu an nihzia an hriat chian hnu
chuan engmahin a thunun thei lo vang a, a thunun thei lo
vang
* * *

Rilruin taksaah nghawng lian tak nei mah se, taksa
ngaihthah hi a finthlak lo
Miin chaw hrisel tak tak a ei tur a ni a, chaw hrisel lo aiin
a duh zawk tur a ni

I dinhmunin i rilru tibuaithu mite nena awm dun a phut
che a nih chuan a hun hunah i chhehvel tihdanglam hi a tha
a Mahse chu aia tha zawk chu midang thiltihin a tihbuaithu loh
nan i rilru dinhmun thlak danglam hi a ni Mahni inthlak
danglam la, chutah chuan khawihmunah pawh thlamuang
tak leh hlim takin i awm thei tawh ang
* * *

Khawvel pum pui hi rilru lama inhumhimna ang mai a ni
Mi thenkhat chuan thikna leh inhuatna an tuar a, thenkhat
chuan thinrimna, huatna leh duhâmnain an tuar An
nungchang leh rilru put hmangte tuar an ni Mahse i
chhehvelah remna i siam thei a ni
* * *

Emotion hian rilru leh taksaah nghawng chiang tak a nei
a Inhuatna leh hlauhna hian hmel a ti hring a, hmangaihna
erawh chuan a ti eng thung
* * *

I thlamuang thei hunah chuan i hlim reng ang
Thil tha zawka inthlak i tum hian, i thil tum
tihhlawhtlinna atan hian company tha leh nghawng ropui tak

takte hi a pawimawh hle a, a pawimawh hle tih hre reng ang
che

Environment-in nghawng a neih - a tha emaw a chhe
emaw - chu duhthusam aiin a chak zawk a, chuvangin chu
chu midang nena in inzawmna leh inpawhnaah ngaihtuah la
Mahni insiamthatna atan pawh mahni inhriatthiamna
(self-analysis) a ngai a ni
Huaisen tak leh hlauhna tel lova i in chhui thiam chuan
midangte thlirletna i tuar thei ang a, an sawiselna hian
nangmah a nghawng lovang

* * *

Mi tu emaw chuan: "Hlimna leh hlimna hi ka ngaihtuah
lo, hlawhtlinna hmu tur thil tihlawhtling turin ka nung a,
.entirnan" a ti mai thei

Mi dangin: "He khawvelah hian thil tha tih ka duh a,
hrehawmna leh hrehawmna karah pawh awm ila" a ti mai
.thei

Mahse an ngaihdan kan chhui chian chuan an pahnih
hian hlimna an bei tih kan hmu chhuak a, a hmasa berin
hlawhtlinna a duh chu hlimna a nei lo em ni? Chumi avang
chuan amah ngeiin hlimna a tawng lova, a dang chuan
khawvel tan thil tha a duh em? A ni lo tih a chiang
Mi dangte'n an chung a taksa natna leh rilru lama
hrehawm tawrhna emaw, hlawhtlinna chang emaw, mi
dangte tanpuina emaw a\anga lo awm thei dinhmunte chu
an ngaihtuah lo mai thei, a chhan chu a hmasa berin
hlawhtlinnaah hlimna nasa tak a hmu a, pakhat zawk chuan
dinhmun tha lo zawng zawng karah pawh mi dangte tanpui
chu a hlimawm ber a ni

Mahni hmasialna nei lo rilru put hmang leh mihring rilru
put hmang dik tak tam zawk pawh hi hlimna hnaih zawk tura
mimal rilru put hmang a\anga lo chhuak a ni

Mahse chu hlimna chu hun remchâng hmangtute leh
rilru zimte tân a ni lo va, mi thilphal leh mi zahawm, rilru zau
tak leh thlarau thilphal leh ropui tak nei hlimna a ni zawk

Chuvangin, altruist chuan mahni hmasialna hian a
dictate a phal lo, a chhan chu chu hlimna thianghlim chu
hmuh theih a ni lo va, chu mi chu rilru zau tak leh thinlung
ngilnei tak a nih loh chuan, chutiang chuan amah ang
bawkin midang tan pawh hlimna a zawng a, a duh a ni
Chu chu khawvel pum huap thu bul, tihdanglam leh
tihdanglam ngai lo a ni

* * *

Mi zawng zawng ngaihvenna lantir tur leh rawngbawlina i
thawh theih nan mimal taka i hriat a, hmangaih tak tak i ngai
lo

A mamawh chu i kawng zawhtu leh chu rawngbawlina
mamawh tak taktu zawng zawngte hnena friendly service pe
tura inpeih reng hi a ni

Hei hian rilru lama thawhrimna leh phunnawi lova tih
duhna thinlung tak tak a mamawh thu dangin sawi ila,
inpekna a ngai a ni

Ni hian diamond leh coal phek khatah a eng inang vek a,
mahse diamond hian ni êng a dawng thei a, eng mawi tak
leh eng mawi tak nen a lantir thei tur property thenkhat a
siam chhuak a, a tipung a, chutih laiin coal erawh chuan êng
ang chiah chu a lantir thei lo thung

Mite nena kan inlaichinnaah hian diamond ang mai kan
ni tur a ni a, Pathian hmangaihna êng chu ropuina leh
thianghlimna nen kan lantir tur a ni

* * *

A zirtirte hnena thu a sawinaah Master Paramahansa
;chuan

Ka chung a i rilru put hmang i thusawi avanga ka
lawmthu sawina thukzia chu tawngkam hmangin ka sawi thei
lo

In thinlung tak tak te, in thlarau chakna te, leh in
thinlung atanga thu lo chhuak te chungah lawmthu ka sawi
tak meuh meuh a ni

In zinga ka awm hi ka vannei hle a, khawvela ka unaute
chunga ka mawhphurhna ropui tak ka hriat reng hi a
lawmawm hle

* * *

A hotute vuak thin mipa kha
Thil tih dan thar din i duh a, thil tha lo tihbo i duh hunah,
i rilru chu, muangchangin leh rilru hahna awm lovin,
mitmeng inkar hmaiah awm duhna leh thlarau lam hriatna
hmunpuiah dah la, i din duh tih dan tha chu nghet takin
nemnghet rawh Chutiang bawkin, tih dan tha lo tihbo i duh
hunah, chu point khatah chuan rilru pe la, thluaka neural
pathway zawng zawng awmna hmun chu nghet takin
nemnghet rawh bad habit a concentrated tawh tihbo a ni
tawh

Hnathawh hmuna a boss-te vuak thiam tak, thinrimna a
hloh lai chanchin dik tak ka hrilh ang che u Chumi avang
chuan thinrimna a neih chuan a thunun theih loh vek
avangin hna hnahnung ber pawh a hloh bawh a, a dodaltu
apiang chu a kut a thlak theih apiangin a vuak thin
Tanpuina zawngin min rawn pan a, chuvang chuan: "I
thinrim leh hunah chuan engmah i tih hmain pakhat atanga
.za thleng chhiar rawh" ka ti a

A tih dan chu a lo tum a mahse ka bulah a rawn let leh
a, "Chutiang ka tih chuan ka thinrimna a zual zel a, ka nghah
rei lutuk avangin chhiar lain thinrimnain min mit a tidel a ni"

A dinhmun chu beiseina nei lo ang maiin a lang
Tichuan, Pathian êngin a thluak a tuilian a, a thinrimna a
ti reh a, a nerve a ti reh a, a rilru a ti nem a, a thinrimna
hnuhma zawng zawng a paih vek a, chuvang chuan ni khat
chu a thinrimna chu a bo vek dawn tih ngaihtuah leh hriat
turin a ngen a ni

Rei vak lovah ka hnenah a rawn let leh ta a, tun tumah
hian ka hnenah: "Thinrim tih dan ata ka chhuah zalen tawh
.a, chumi avang chuan ka lawm e" a ti a

Test ka tum a, chuang chuan tlangval thenkhat chu
nuihzat tum turin ka ngen a, ka hmuh theihna hmunah ka
inthup a, mahse min hmu thei lo Tlangvalte chuan tihthinrim
tumin an bei nawn leh a, mahse a rilru a hahdam a, a
chhang lo

* * *

Chatuan thutiam hian kan thinlung leh rilru luah khat
rawh se

Tin, nunna bung leh thilthlengte hian thlarau awm
rengna leh a Siamtu nena a inzawmna nghet tak hretu êng
fate chu thihna thlalak hian a ti hlauhawm lo tih min hriat
nawn tir ang u

Nunna leh thihna hi Pathian tuipuah hian thlipui pahnih
a ni tih i hre chiang ang u, khawvel tuifinriat atanga tui tla
khata awm thlarau chuan a nihna pawimawh tak chu
danglam lovin leh a chatuan bul atanga inthen lovin heng
thlipui pahnih hi a la ta a ni

Kan nihna dik tak chu hriat lohna lung ina chhuahtir a,
êng leh hriatna sang ber thlenga hruai luh tumin i thawk ang
u

Taksa tihkhawtlai, ngaihtuahna tha lo leh nghawng
hrisel lo atanga kan hriatna kan chhuahtsan hunah chuan kan
thlarau mizia kan khawih ang a, Pathian ni tlak ngai lo
chatuan êng kan ni tih kan hrechhuak ang

* * *

Samadha emaw cosmic ecstasy emaw dinhmun thlengte
chuan solids chu liquid-ah a chang tih an hmuchhuak a
Liquids to gas, gas to energy, leh energy to cosmic
consciousness, chu chuan sawifiahna dodaltu hlimna nasa
tak a nei a, hlimna thar emaw, finna tawp nei lo emaw,
remna sang ber emaw, total presence emaw, cosmic thlarau
zinga mahni inhriatna emaw a\angin hriatna dinhmun hrang
hrang a tawng a ni

* * *

Nerve dam lehna

Ngaihtuahna thuk tak, ngawi renga ngaihtuah chuan
nunna chakna chu thluak a\angin taksa peng zawng
zawngah a luang a, tissue a\angin êng meialh a chhuak a,
chu current pawimawh tak chu ruhroah a luang a, taksa cell
zawng zawng khuh vek turin a insem darh a, tihdamna
chakna luang chhuak chuan a saturated a, chu chuan nerve-
te chu a tiharh a ni

* * *

.Magnet chi hrang hrang: 1.1

Magnet pangngai atang chuan magnet attraction
chakna chu magnet quality ah a innghat tih kan hmu thei
Magnet te tak te hian thil te te a hip a, magnet chak tak
chuan thil lian zawk a hip baw
Chutiang chuan mihring magnet hian a attractive force
a zirin a attract thin

Mihring magnetism chi hrang hrang a awm baw a;
ṭhenkhat chuan taksa thilte an hip a, ṭhenkhat chuan rilru
chaknate an hip a, ṭhenkhat chuan thlarau lam ṭhatnate an
hip baw—a ṭhatnate chu thup emaw, theihnghilh emaw a ni
fo ṭhîn

Thlarau lunghlu hlu tak takte chu la chhuak la, hnehtu i
ni ang l thil tum duh chu zawm la, magnetism thianghlim
chuan Pathian chu i hnenah a hruai ang tih ring tlat ang che
—thiltihtheihna leh thatna zawng zawng bulpui ber, leh
nunah hlawkna nasa ber a ni

Affirmation: Thlarau lam magnetism malsawm tak chu
thil tha zawng zawng leh hriatna zawng zawng radiation te
ka hip theih nan ka hmang ang

* * *

Pathian chu ka nun a ni Ka hmangaihna a ni Ka
thinlungin biak tura a kohna biak in a ni
Pathian chu ka tum ber a ni a, a puihna tel lo chuan ka
tih tur ka hlen thei lo
Chuvang chuan ka hmuh thlengin thinlung leh thlarau
ka zawng a

Pathian hmangaihna, blazing love leh absolute
determination tel lo chuan cosmic beloved chu hmuh a harsa
hle

* * *

Miin he khawvel a chhuahsan ni a lo thleng dawn a,
Thenkhatin duat takin an hre reng ang a, an tap ang a, a \
henin an hre reng ang a, mahse a ngaihtuahna \ha lo leh \ha
zawng zawngin a zui zel ang

Chuvangin, mi pakhatin a ngaihtuahna a vil reng a, a
thiltihte ngun taka a enfiah a, a tihsual siamthat a, amah leh
amah a ennawn a, a theihtawp chhuah hi a tih tur a ni
Thil dik tih i tum chung chuan miten i chungchang an
sawi hi ngaihven suh

Tumah dodal lo turin theihtawp ka chhuah a, ka
chhungril takah chuan mi zawng zawng chung a ngilnei leh
thinlung taka awm turin theihtawp ka chhuah tih ka hre
chiang hle

Mahse, miten min ngaihdan, fakna emaw, thiam loh
chantir emaw pawh ni se, ka ngaihsak lo, a chhan chu
Pathian chu ka hnenah a awm a, kei pawh a hnenah ka awm
a, chu chu a pawimawh ber a ni

* * *

Mi pahnih emaw, mi pawl emaw inkara thlarau lam thil
thianghlim tak, mimal thil tum leh tum nei lo, inthianthatna a
lo awm chuan, chu thian nihna thianghlim chuan chu thian
pakhat zel thlarau chu a tithianghlim a ni
Inthianthatna hmanga tihthianghlim thinlung chu
inpumkhatna leh inhnaih tawanna kawngkhar inhawng a lo ni
ta a ni

He thinlung hmang hian thlarau \ha tam zawk chu unau
hmangaihna insiam danah lut tur leh thlamuanna leh
muanna hlim taka hmang turin hip theih a lo ni ta a ni

* * *

Keimah aia midang thil tih hi ka ngaihsak zawk a, a
chhan chu ka thil tih zawng zawng hi Pathian tan ka ti thin a,

chu thil tihte chu keimah ta ni ta se, duhthusam leh
thahnemngai zawkin ka ti thin

A rah chhuah chu a inkalh emaw, a lungawi loh emaw a
nih chuan, ka thil tum leh thil tum hnung lama awm Pathian
laka ka mawhphurhna ka hlen tawh nia ka inhriat avang leh,
theihtawp ka chhuah a, chu chu hlimna leh tumruhna nasa
tak nen ka tih leh dawn avangin ka ngaihsak lo va, ka
lungawi lo bawk

Keimah tan chauh thawk ila chuan lungkhamna leh
lungkhamna mantu ka ni reng ang Mahse ka thil tum chu
Pathian tih lawm a nih chhung chuan a rah chhuah chu
Amah tan a ni a, keimah tan a ni lo Hei hi nun ka hman dan a
ni a, chutah chuan ka thlamuanna leh zalenna ka hmu a ni
:Hlawhtlinna ladder-a ke pen turte

Hnathawh hahthlak -

Thil siam chhuah thiam -

Thutlukna dik tak a ni

Bawlhhlawh khawlkhawm leh pumpelh

Hlawhchham hnua theihtawp chhuah leh tum leh -

Mahni inthununna leh mahni insiamthatna

Thil siam chhuah chakna (creative energies) tihchak -

Midangte tanpui

Chu bâkah, thatna zawng zawng bul leh hlawhtlinna -

leh malsâwmna zawng zawng bul tantu Pathian hi kan
ngaihtuah a ngai a ni

* * *

Hla sawi ngai loh ka sa che u a, ka thinlung chhungril

tak tak leh a hrui chung a play thin ka thluk dik tak chu
nangmah hnenah ka hlan a ni

He ka hla hmasa ber hi ka phuah a, hetah hian thilhlam

thianghlim atan ka hlan che u a ni

Midang phuah dry, intellectual melodies emaw ornate

tunes emaw ka rawn present dawn lo che u a ni

Ka thinlunga hla awlsam leh naive tak takte tih loh chu

engmah ka pe lo vang che

ka duhthusam huana leh ka nun ramngaw-a pangpar lo
hring chhuak tharte chu ka hlan zawk ang che

* * *

Mi pakhat tan chuan a mizia bik ang zela midangte
thlirlet leh thliar hlan hi a awlsam hle
Mahse, mi pakhat tan chuan rinawm tak leh thudik takin
mahni inhriatthiamna (spotlight) êng chhuah chu a harsa a,
chutih rualin hei hi a mamawh hmasawn leh tihdanglam
ngaite hriatthiamna atana a tih tur dik tak chu a ni
Mimal mizia kan hriat tum ber chu midangte kan
nghawng dan hriatthiam hi a ni
Mite chuan mi pakhat nihphung chungchânga hriatna an
nei a, chu chu hriat reng emaw, hriat loh emaw pawh ni se, a
aṭanga lo chhuak vibration-te an chhân lêt dân chu a
buaipuitute tân chuan signal fiah lo tak a ni a, mi fingte
chuan chu signal chu an hrethiam a ni

* * *

:Psychological development daltu te chu
Mahni inhmangaihna (mahni hmasialna), engmah lo,
duhâmna, thinrimna, huatna, inhuatna leh mize thim dangte,
mi chu a nihna aia thuk zawka hriat lohnaah a hruai emaw, a
hruai emaw a ni
A mamawh chu zalenna kawng zawh hi a ni a, a chhan
chu mihring duhzawngte chu tihchangtlun thar zel leh tawp
chin nei lo emaw, tawp emaw pawh ni lo, tih danin a hruai a
ni
Heng tih dante hian thlarau chu lung inah a khung a,
salah a dah a, a neitu tan chuan zalenna leh zalenna kawng
zawh theih loh a ni

* * *

:Nunna kawng chu hetiang hi a ni
Khaw khatah chuan hriat lohna ruam thim tak a awm a,
a lehlamah chuan finna êng eng tak a awm bawk
Finna nena kan thiltih hian zalenna kawngah him takin
kan ke kan pen a, kan mamawh chu kan hmu a ni

* * *

Khawvel pum pui hi Pathian duhzawng siam a ni a, chu
duhthusam malsawmna nena kan inrem chuan kan mamawh
chu thawhrimna tel lovin kan hnenah a lo thleng thin

* * *

Mite chuan mihring rilru put hmang machinery buaithlak
tak, training hmasa lova hmachhawn an tum hian, a rah
chhuah chu a hrehawm fo thin
Mihring nungchang dan hriatthiamnaah hlimna a awm
tih hretu tlemte chauh an awm
Hei vang hian mi thenkhat chu an thiante leh chhungte
nen an inhnial fo thin a; mi dangte an hrethiam lo va,
anmahni mimal tlin lohna pawh an hmu lo
Kan hmangaih takte thiltih dik lote chu thawhpui lo ila,
chu thiltih chu thlarau lam thiltih siam\hatna hmanga ngawi
renga dodal a pawimawh zawk
Kan hmangaih takte nungchang pangngai lo
hmachhawn kawngah pawh hmanraw khauh tak kan hman
loh a pawimawh bawk

* * *

Ramsa mantu fing takin min bum a, Tui thuk lo takah
chuan himna dik lo neiin kan inphah a, hriat lohna hrui
thihna thlen thei chuan minrawn khar a ni
Nitin sangha mantu hrui paihnaah hian mi tam tak an
man a, tlemte chauh an damchhuak
Aw khawngaihna tawp nei lo, duhâmna, thil tum thunun
theih loh, leh khawvêl inzawmna rilru tibwaitu thang thihna
!ata min chhanchhuak rawh
Pathian inpumkhatna awmna thlarau tuifinriat
thlamuang takah chuan i pil ang u, saltanna kaihnawih leh
!bawih nihna kaihnawih ata chu i chhuak ang u

* * *

:Master Paramahansa chuan a zirtir pakhat chu a fuih a
I rinawmna, thinlung tak leh Pathian hmangaihna
hmangin, i tawngtainate chu A hnenah i thlen thei a nih

chuan, i tihsualte chu tuifinriat aia thuk zawk leh Himalaya
tlang aia sang zawk pawh ni se, a pawimawh lo
Pathianin chu daltu chu i kawng a\angin a paih bo ang
che, hun kal tawha phurrit rit tak lak ata a chhuah zalen ang
che a, i tihsual tawhte tih nawn leh duhna chu a reh ang
A châng chuan thim hrual hrual hnuaiah i inhmu mai
thei a, mahse chatuan meialh êng angin i la awm reng a ni
Spark chu i thup thei a, mahse i ti bo thei lo

* * *

Thil tum \ha a\anga chêtîr thu ngilnei hmanga mi
dangte hlimtîr leh thurâwn dik tak hmanga mite hlimtîr chu
thil mak tak a ni a, thlarau ropui takte mizia langsar tak,
ropuina chhinchhiahna a ni
Mi dang tihnat chungchâng chuan, mi dang tihnat, mi
rilru na tak takte, nuihzatthlâk tak takte, a nih loh leh acidic
rawtna hmanga tihduhdahna chungchângah chuan, hengte
hi mi ngilneite'n an hman loh, mualphona leh tithinur thei
thilte a ni
Sarcasm hian thil dik lo tituah helna leh thinrimna rilru a
pholang thei a, ðhian tawngkam chuan a chhungah inchhirna
a siam a, chu chu chu mi chuan a tihsualte a hrechiang a, a
ti nawn leh tawh lo tihna a ni

* * *

Zirlai pakhat chuan, "Zirtirtu, vanram ka ring thei ngai
"?lo, Chu hmun chu a awm tak tak em
.Zirtirtu Paramahansa chuan heti hian a chhang a
Ni e Pathian hmangaih leh ringtute chu thihna a lo"
thlen hian chu paradis-ah chuan an kal thin Chu ethereal
khawvelah chuan mi chuan a duh apiang chu a takin a
tipung thei a, chu chu ngaihtuahna thiltihtheihna hmangin a
."tipung thei a ni

The ethereal body is composed of radiant light Chu ram
mak takah chuan Leilung luahtute hriat loh thawm leh êng a
awm a

* * *

Mahni chhungrilah hlimna hi zawn tam lehzual tur a ni a,
thil neih lamah pawh tlem zawkin zawn tur a ni
Pawn lam thilin i thlamuanna a tihbuaì loh nan leh
inthlauhna a paihthlak loh nan i rilruah hlim takin awm rawh
Chhûngril hlimna hi he nunah hian beih tlâk duhthusam
awmchhun a ni a, chu chu thlen theih nân chhelna leh
tumruhna chu a tawh a ni
Hlimna hi mihring chhunga Pathian lalthutphah a ni

* * *

Mi tam tak chuan harh tawhah an ngai a, mahse an harh
lo

A tam zawk chu hriatna nei lo Mi mutthilh leh "Mei!
Mei!" emaw, thusawi leh thusawi emaw pawh a ni thei
Mi tam zawk chu chutiang chu an ni Dik tak chuan,
thlarau lam hriat lohna muthilh atanga an hriatna tiharh duh
tak tak te ka sawina a ni lo
Nungchang dik lo leh kawng dik lo khawsakna lungpui
hnuaia phum tawhte tiharh tumin kan thawh tur a ni
Chutiang ti tur chuan kan hriatna chu hriat lohna
catacomb a\angin Pathian hriatna êngah kan nung chhuak
hmasa tur a ni

* * *

Ṭhian nihna hi kan hmangaihtute mit aṭanga Pathian
hmangaihna eng chhuak a ni a, khawvel pum huap
hmangaihna nena chatuan inpumkhatna thlum tak tem turin
van in lama kir leh turin a kohna a ni
Ṭhian nihna hi Pathian leh mihringte a\anga min then
darhtu ego leh mahni hmasialna hriatna a\anga chhuak turin
thlaraute a kotu aw thianghlim a ni
Ṭhian nihna dik tak chu thlarau hriatna neite inzawmna
malsawmna a ni a, an ṭhian nihna hmangin Pathian
hmangaihna thianghlim leh cosmic thlarau mizia
thianghlimte chu an lantir a ni
Ṭhian nihna dik tak chu a zau a, mi zawng zawng
huapzo a ni

Mi pakhat bik, midangte tihbo loha mahni hmasial taka
inhmangaihna hi ðhian nihna daltu lian tak a ni
Hmangaihna ramri hi chhungkua, ðhenawmte, leh
khawvel pum huap pawh huam turin tihzauh tur a ni
Khawvêl pum puia ðhian chu rilru zau tak a ni a, Pathian
thilsiamte a hmangaih a, a kalna apiangah leh a hawina
apiangah a hmangaihna chu thilphal takin a thehdarh ðhin
Heng thu bul ropui tak takte hi mi ropui zawng zawngin
an nunpui a, an thlawp vek a ni
Chhungkaw hmangaihna hi thlarau lam \hian nihna
lungphum phum tura inzirtirna hmasa ber a ni
Thisen inang chu chi hrang hrang mi zawng zawng
thisenah a tlan a
Hnam leh chi hrang hrang ni mah ila, Pathian chhuahna
hmun khata kan awm avangin khawvel pum huap inzawmna
(global bonds) hmangin kan inzawm khawm a ni
* * *

Thlarau chu mihring siam lung inah tantir theih a ni lo a,
a chhan chu a bul tanna leh a nihnaah chuan khawvel pum
huap a nih vang a ni
* * *

Nun hi nuam kan ti tak tak dawn a nih chuan, naktuk
emaw, nakkum emaw ni lovin, tun hun hi a ni
Nakkumah nun tha zawk nei tura inbuatsaihna tha ber
chu kuminah hian nun inrem, inthlau leh hlim tak a ni
Hlimna leh nawmnain a khat nakin hun (thih hnua kan
nun) chu kan nunphung, kan ngaihtuahna, leh he nunah kan
chet dan leh kan awm danah a innghat a ni
Vawiin hi kan nunah ni pawimawh ber leh awmze nei ber
a ni tur a ni
* * *

Meditation chu hriatna hmai khuh leh khuh tu layer-te
tihbona hmanrua a ni a, chu hmanna hmang chuan Pathian
hlimna tuihna luang chhuak reng chu a puak chhuak ta a ni

Ngaihtuahna leh chawlh hahdamna famkim, a nih loh
leh ngaihtuahna buai tak takte a\anga ngaihtuahna fimkhur
taka lak chhuah hi Pathian hriatna kawng tak tak leh \angkai
tak a ni Ngaihtuah loh tih loh chu engkim ti thei ila chuan
ngaihtuahnate a la awm reng (in it is tranquility from your
Lord) leh Pathian remna (Peace I leave for you) nena inmil
.taka lo awm hlimna tlukpui hlimna kan hmu lo vang
He Pathian hlimna hi ngaihtuahna leh ngaihtuahna dik
tak hmanga tawn theih a ni

* * *

I pindan ceiling-a kawngkhar i zawn chuan kum tam tak
i zawn pawhin i hmu lovang, zawn dan dik tak i hman a,
bang i en loh chuan

* * *

He khawvel hi ka thlah hun ni a lo thleng ang a, mahse
he leia ka awm chung chuan ka lawmna ber chu min
ringtute hnena Pathian thilmak chungchang sawinaah a awm
a, ka duhthusam chu sawifiah theih loh thlamuanna, zalenna
leh himna min petu Pathian êng an duhna tihpunnaah a awm
a ni

* * *

Universe chanchin, a thil chipchiar tlemte zawng
zawngah chuan, chatuan vault-ah hian vawng reng a ni—chu
chu dimension dang a ni Hetah hian he khawvel tlemteah
hian a sei zawng, a zau zawng, a thuk zawng, leh a san
zawng kan hmu a, mahse heng dimension awm lohna level
dang a awm a, chu ethereal plane-ah chuan engkim hi a
langtlang vek a engkim hi hriatna leh hriatna a ni Taste
hriatna hi hriatna a ni a, chutiang bawkin rim hriatna pawh
Kan rilru put hmang, ngaihtuahna leh taksa te hi hriatna a ni
vek a Tin, mumang a kan hmuh, kan hriat, kan rim, kan ei
leh kan khawih theih ang bawkin, chutiang bawkin heng
hriatna zawng zawng hi hriatna thianghlim, langtlang tak
emaw, hmun sang zawka hriatna emaw nen kan tawng thei
vek a ni

Hei hi tuna ka thusawi lai hian ka hmuh ang chiah hi a ni
he taksaah hian ka awm lo va, thil awm zawng zawngah ka
tel zawk a, ka thil hmuhte hi ka tan chuan nang pawh
keimah ang bawkin ka tan chuan a tak tak a ni
Mihring chu khawi hmunah pawh Pathian hmuh theih
nan leh mumang leh thil tak tak inthlauhna a hriat theih nan
a harh a ngai a ni
Ka awmna hmunah hian tawp chin nei lo ka hmu fo thin
a, chu hmun chu tawp chin nei loah ka hmu fo thin Engkim
hian chu chatuan bul atang chuan nunna a lo borrow thin
Ka naupan lai chuan zan tin ka thu a, ka tawngtai thin a,
mahse chhanna leh chhanna tur a awm lo
Khaw khatah chuan mihring nihna ka hmu a, a lehlamah
chuan ka hnena thu sawi lo chatuan ka hmu baw
Keimah chauha awm leh mi zawng zawngin min
thlahthlam tawhah ka ngai a, mahse Pathianin min kalsan lo
a ni, a chhan chu a rakin, ka ngaihtuahna leh ka rilru put
hmang hnung lamah ka bulah a awm reng a ni
Tin, ka chhunga êng ka hmuh tan chuan ka thlarau chu
thuruk takin Pathian rimtui malsawmna chuan a khat ta a ni
Thingkung zung leh tui luang chhuak chu ka hmu thei a,
thlamuanna min petu leh ka thinlung ti hahdamtu Pathian
hnaih tak niin ka inhria
Ka tawngtai a, ka au nawn fo thin, chhun leh zan, thil ka
tan chuan a eng leh awmzia a hloh chuan khawvel leh a
chhunga thil awm zawng zawng, hlimna pawh tiamin, taksa
lama hlimna a ni mai thei tih hlauvin ka phatsan a, tunah
chuan ka bula awm rengtu Pathian chu ka hmu ta a ni
Khawvel hian min thlahthlam mai thei, mahse Pathianin
vawi khat mah min thlahthlam ngai lovang
Pathian chu engkim a ni He hall leh a chhehvel universe
hi ka hriatna curtain-ah chuan lem che thei ang maiin a lo
leng chhuak a
Thlarau thianghlim, êng langtlang leh hriatna nem tak
tih loh chu engmah ka en a, ka hmu lo

Ka taksa, in taksa leh khawvela thil awm zawng zawng
hi chu Pathian êng pakhat a\anga lo chhuak a ni Chu êng ka
hmuh chuan thil dang ka hmu lo
Screen i en chuan thlalak che thei tak tak i hmu a,
mahse i hnunglam i hawi chuan (traditional cinema-ah
chuan) screen-ah êng zungbun pakhat chauh a eng tih i hmu
A rin loh takin a ri a, mahse a dik a ni
Hêng thilte hi ka sawi thin a, mahse tunah chuan
ngaihsak lo emaw, ngaihsak lo emaw ka be tawh lo Mahse
Pathianin tun tumah hian nangmah ka biak hi min phalsak a
ni Engkim hi a rei tawh lo Chatuan thil chu tawngtai rawh
* * *

Kan hriat lohna hmun atanga he khawvela lo kal kan nih
a\ang hian nun lo pian chhuah leh thiltum ngaihtuah hi thil
awmdan pangngai a ni
Khawvel siamtu chanchin kan hre a, a chanchin kan
chhiar a, khawvel pum puin a Pathian rilru a awm thu a
puang chhuak a ni
Darthlalang te tak te leh a hmanrua te te leh chiang tak
takte hian darkar siamtu chu min ngaihsan tir ang bawkin
Factory machine lian leh buaithlak tak takte hian min ti
mak a, an thil siamtu chungah ngaihsan a chawk tho ang
bawkin, thilsiam mak tak takte kan hmuh hian an hnung
:lama finna thup chu mak kan ti hle a, kan ngaihtuah thin
Tunge pangpar chu a nungchang, ni lam hawia a"
"?pianzia chu pe
Khawi atanga lo chhuak nge a rimtui leh a mawina? Tin,
engtin nge a par chu chutiang taka chiang taka siam a nih a,
chutiang rawng mak tak tak, hlimawm tak tak hmanga chei a
?nih
* * *

Ka ngaihtuahna thuk takah ka hre che a, ka rilru thuk
ber ah i awmna ka hre bawk a, ka hmangaihna huana par i
par ka hmu bawk

I awmna rimtuiin min tikhat la, i rimtui malsawmna ka
hlim theih nan

Vanram piah lam a\angin ka hnenah lo kal la, arsi te,
ngaihtuahna leh rilru put hmang te I hmel thianghlim ber
min hmuhtir la, ka thlarauah te, ka chhehvelah te, leh hmun
tinah te i awmna hi ka hrethiam ang che

Kum leh hun kal tawh zawng zawngah, duhna leh
duhthusam kawngah ka zawng tawh che a, tunah chuan ka
thlarau chhungah i awm a, ka rilru thianghlim ber berte i
chawk tho tih ka hrechhuak ta

Hriatna, ngaihtuahna leh thlarau rilru natna pangpar
hnuaiah hian ka lakah inthup tawh suh
Ka thlarau chu I finna lungflu hmangin chei la, I hlimna
thli chu ka chhungah thawk la, ka mit leh ka hriatna atanga I
khuh tu thim chu ka hnen atangin la bo rawh

Aw Nang arsi leh van dum piah lama awm, leh boruak
leh thil nung zawng zawng leh awm zawng zawng layer piah
lama awm, ka hmangaihna thusawi ri chu pawm la, I
hmangaihna, I êng leh I thlamuannain ka nihna chu thunluh
rawh

* * *

Pathian hmangaihna tlemte pawh i hriat chuan sawi
theih loh leh do theih loh hlimna nasa tak i tawng ang
Chutiang chuan i tan chuan thunun harsa a lo ni ta a ni
Pathian nena kan inrem chuan kan hriatna chu a tawp
chin nei lovin a awm a, tuifinriat thuk takah chuan total
existence-ah a inzawm khawm ta a ni
Hlimna nasa tak leh Pathian hmangaihna chungnung ber
kan tawng thin

* * *

Mi thenkhat chuan novel lungchhiatthlak tak tak chhiar
an ngaina a, an chhiar duh ber angin an ngai a, an dam
chhung tawp thlengin an hlim chhunzawm zel dawn niin an
hria

Mahse, anmahni an inhriat chian chuan chutiang thuziak
chi hrang hrang an chhiar reng avângin an lungngai a, an
thinrim fo tih an hmu chhuak ang
He lungngaihna avang hian chu tih dan chu bansan a,
chu ai chuan an ngaihtuahna tichaktu leh an rilru put hmang
chawmtu lehkhabu leh thlarau lam thil chhiar dan chu an
siam duh mai thei a, chu chu ngaihtuahna dik tak, ropui tak
tak hmanga chawmtu an ni
Chu inthlâk danglamna chu an siam chuan, hriatna neia
hriatthiamna leh tumruhna nghet tak avângin an nun chu thil
thar mak tak a lo thleng tih an hmu ang
Kan duh chuan kan inthlak thuai thei tih chu a dik a,
mahse kum tam tak chhunga kan kalphung leh tih dan thlak
danglam tur chuan thawhrimna tak tak leh duhna nghet tak
a ngai a ni
Thil tih dan hlui leh zung kaih thuk tak tihbo nan chuan,
tih dan tha lo chu tihbo a nih a, a thiltihtheihna a tihbuai
hma loh chuan, tumruhna chakna zawng zawng chu a kalh
zawngin a thawk chhuak tur a ni
Mi tam zawk chuan chutiang atana mamawh
dawhtheihna leh dawhtheihna an tlachham Mahse mi pakhat
chuan a thil siam emaw, a tih emaw chu tihbo emaw,
tihdanglam emaw theih a ni tih a hriat a ngai a ni
* * *

Ego ramri kalsanin thlarau lam hmasawwna ramngaw
zau tak, zau takah chuan i vak kual ang u
Tin, nun kawng zawh rengtu hun kal tawh caravan ang
bawkin thlarau caravan pawh hian Pathian thlarau pawn lam
panna zau ber kawngpuiah a kal tur a ni
Nunna hna pawimawh ber berte hlen chhuah tumna rilru
chu mihring nunphung chim leh chhe hnuaiah phum a ni fo
thin
Mi chuan chutiang tih dânte nghawng beidawng tak ata
chu a zalên a, a duhthusam hlawhtlinna chi chu a nun leiah a
tuh ẗan ẗur a ni

Nun hian hlutna leh pawimawhna a nei a, chu chu hna
hmanhmawh ber leh pawimawh ber kan hlen chhuah hian a
ni: kan awmna awmzia leh hlutna dik tak zawn chhuah hi
Mihringte hian heng nunna lem (moving cosmic images)
te hi chhan awm lovin an lantir lo tih kan hriat a ngai a ni
Nitin hian thil thar kan hmu a, nitin hian mihring awmna
thiltum sang zawk: nunna puan hnuaia thup, thilsiam
chungnung ber hriat chian a, kan zir tur zirlai thar a rawn
keng tel bawk

* * *

Pathianah chuan thinlung zawng zawng hmangaihna te,
duhthusam tihhlawhtlinna te, duhthusam tihhlawhtlinna te
Khawvelin a pek che a, a hnua a lak bo zawng zawng,
lungngaihna, hrehawmna emaw, lungngaihna emaw-ah a
hnutchhiah che chu, Pathianah chuan nasa zawk leh a
kaihhnawih beidawna leh lungngaihna tel lovin i hmu ang

* * *

Mi thenkhat chuan chhan chauh kan rinchhan tur a ni an
ti Mi thenkhat chuan kan hriatna kan tihlawhtling tur niin an
ngai Both positions are extreme

Theory pakhat sawi dan chuan, taksa hriselna leh hrisel
lohma enfiah nan damdawi lam checkup neih fo hi a tha a, a
hun hunah i car enfiah tir ang bawkin Hei hian awmzia a nei
Mahse mihringte hi machine kan ni lo I rilru hriselna chu i
taksa dinhmun a inngat a nih chuan, a hma emaw a hnu
emaw chuan rilru chu taksa mamawhna salah a lo chang ang
a, damdawi chi hrang hrang leh zat zawng zawng leh taksa
enkawlina dangte chu a pe chhuak ang ineffective Hei hian
natna tihdam theih loh kan tawrh chhan a sawifiah a, taksa
chak lohna chu rilruin taksa neitu nih a duh loh avangin a
zung a kai ta a ni

A tha ber chu moderation atanga tan a tha ber Minor cut
i neih chuan iodine tlem tal hnawih la, mahse damdawi
chauh rinchhan suh

Zirtirtu ropui tak takte ngei pawhin a tir lama Pathian
siam thlai leh chemical atanga siam damdawi an hmang thin
Thlarau lam zirtirtu tân damdawi leh ruihhlo hi a tûl lo
va, Pathian thiltihtheihnain kawng chhiar sen loh a thawk tih
lantîr nân, a châng chuan damdawi inbuatsaihna t̃henkhat
hman a thlang mai thei
Eng pawh ni se, hnehna chu rilru thiltihtheihnaah a awm
a ni Damdawi zawng zawng tel lovin nghawng tha lo nei
lovin i ti thei tih rinna nghet tak i thlen chuan hnehna i chang
a, i taksa chungah thuneihna i nei ta a ni

* * *

Midangte hnena kan inthianthamna hi thinlung atanga lo
chhuak tur a ni a, chhungril lam chuan a danglamna a sawi
laiin hmangaihna leh thawhhona chu a langsar berah lantir
tur a ni lo

Thlarau dan hi a dik hle a, thiltithe i tak a ni a, thlarau
lam thu bulte pawh inkalh tur a ni lo
Chuvangin thiante bum loh leh phatsan loh leh thian
nihna ramri pelh loh a pawimawh hle
Thian chuan engtikah nge a thianpa a thawhpui tur tih
leh engtikah nge a duhzawng a hman a ngaih tur tih a hre
tur a ni a, a thawhpui chu a insum tur a ni

* * *

Vun chunglam hian khawih hriatna chu a hre lo va;
chutiang hriatnate chu thluaka tawn tak tak a ni a, mi chuan
rilru hmang lo chuan a tem thei lo va, a khawih thei lo va, a
rim thei lo va, a hre thei lo va, a hmu thei lo baw
Kan lei chung lamah chuan thlum kan hre thei a, mahse
a takah chuan thluak hian chu thlum chu a register a
Chutiang bawkin taksa peng pakhat hliam a nih chuan a
natna chu a tuar organ-ah ni lovin rilruah a lang ber a ni
Natna hriat theihna tur mechanism pahnih kan nei a,
chungte chu: nerve leh thluak bul (brainstem) Thluak hian
nerve leh thluak bul inkara inbiakpawhna a phalsak hian
thluak hian natna a hriat loh chuan natna chu a awm lo

Mi pakhat chu chloroform emaw anesthesia emaw in a
tihbuai hian natna a nei lo a, a chhan chu a hriatna te chu
thluak thlengin a thleng lo Nerve tawp lamah chuan sam te
tak te a awm a, chuta tang chuan natna signal te chu thluak
ah a thawm chhuak thin The anesthetic hian heng natna
signal te hi a thlen theih loh nan a veng a ni
Thluak hi rilru hriatna (sensory organ) a ni a, taksa
hriatna zawng zawng hi nerve leh thluak ngei kaltlangin
rilruah a lut vek a ni Rilru hi thluak nena inzawm a nih
avangin heng hriatnate hi a dawng a, a hrilhfiah baw
Ngaihtuahna \ha hmanga tihchak rilru chu nuam tihna
leh hrehawmna hriatnain a nghawng tlem zawk Heng
hriatnate hi a hre chiang a, mahse a phuar lo

* * *

:Archives - Abyss atanga Peak thleng
Mi fing Paramhansa Yogananda-a sawi angin hlawhtlinna
chanchin

Hei hi thawnthu dik tak lehlín a ni a, mi pakhat)
hlawhchham reng reng chungchang lehlín a ni a, mahse thil
siam chhuah ngaihtuahna leh positive affirmation a practice
avangin a tawpah chuan a hlawhchham chhante chu a hneh
thei a, hlawhtlinna chu a duhzawngah a hmang tangkai thei
(ta a ni

Pianphung atanga hlawhtling mi an awm ang bawkin, tih
dan avanga hlawhchham pawh an awm baw

Ka thianpa leh zirlai (S) chu a pian tirh atangin
hlawhchham tak a ni tih chu a dik a, mipa fing, taima leh
sum lakluh duh tak a ni a, mahse hna emaw, eizawna
emaw a ngaihtuah meuh chuan hlawhchhamna thilte chuan
a tir atang khan a hual vel a ni

Ni khat chu kut ruakin ka hnenah a lo kal a, leiba
neitute'n an rawn zui a, ṭhiante'n an kalsan a, thurawn min
dil a

:A buaina chhan ka zawt a, ani chuan

Ka pu, kei hi hlawhchham ka ni Eng emaw chhan"
vanging ka hre lo, hna ka thawh tan veleh ka hloh nghal a, ka
hnathawhna hmun pawh a tichhe bawh Employer chuan min
hnathawh tir hnu rei vak lovah a sumdawnna a hloh
Chuvanging hna zawng ka hlau ta hle a, min hnathawh tir tur
employer te hamthatna a tihbua hlaubin, ka hlawhchhamna
instability avang hian ka hna hi ka hloh ngei ngei dawn tih ka
chiang a ni, a chhan chu company hian a ti that will employ
me will declare bankruptcy and close its door, and dismiss
me as a result Chuvanging, midangte nena ka inzawmna
avang chauha midang sumdawnna tihchhiat theihna tur
dikna ka nei lo
Company tenau takah hna ka hmu thei a, tlai tin, a mut
hma leh a harh hunah pawh a hnuaia affirmation hi a rilruah
:sawi nawn leh turin ka ngen a ni
Nitin leh nitin ka hnathawhna kawngah ka hlawhtling"
."chho zel a

Thla khat a liam a, (S) chuan heti hian min vaukhân a:
"Ka pu, i hnathawhna company chu a nghet lo chho zel a, a
dinhmun pawh a beisei awm lo a, a tlakchhiat vek hmain
chuta tang chuan min chhuah tir turin ka ngen a che, a
chhan chu company a hlawhchham hunah engtin pawhin ka
hna ka hloh dawn a ni Mahse tuna ka ban hian company chu
ka vacillations vanduaithlak tak takte avanga thil thleng lo
"leh hlauhawm tak chu a chhanhim mai thei
Ka nui a, (S) thusawi chu ka ngaihven lo va, chu ai
chuan a thusawi chu sawi uar chhonzawm zel tur leh a hna
chu vawng reng turin ka ngen a Kar tam tak hnua chuan
tlai khat chu ka hnenah a rawn kal a, thaw halh chungin a ti
:a

."Ka hlauh ang kha a thleng chiah"
"?A zawt a, "Eng thil nge thleng
Ani chuan, "Ka hrih ang che leh ka lo sawi lawk ang
."ngeiin company chu a chim ta a ni

A hnenah chuan dodalna thu sawiin: "'Ni tin leh nitin ka
hnathawhna kawngah hian ka hlawhtling zual zel a ni' tia i
intiam lai khan chu thu chu parrot ang maiin i sawi nawn leh
thin tih hi a dik lo em ni? Tin, rinhlelhna octopus pakhat
chuan i thluak folds te chu a chelh reng a, chuvang chuan i
rilruah: 'Nang mi â, i dinhmun chu eng ang pawhin i chhe
zual zel a ni,' tih hi a dik lo em ni hlawhtlinnaah inhriat tir
"!tum rawh

Ani chuan: "Ni e, dik tak chuan chu chu thil thleng tak
."tak chu a ni

chuan a rilruah vibrations leh ngaihtuahna tha lo rit (S)

tak takte chu a lo lang nghal vat a, a bik takin positive
affirmation tih nawn leh hunah chuan paih bo turin a fuih a,
a chhan chu conscious mind chuan rinna nghet tak neiin
subconscious emaw unconscious mind emaw a nghawng thei
a, chu chuan magnetic resonance dan hmangin conscious
mind chu habit thiltihtheihna hmangin a nghawng thei a ni

Ka sawi belh leh bawk: "Thil \ha ngaihtuahna leh tih
dante chu subconscious mind-ah a luhchilh a, zung a kai
hma loh chuan a nemnghet fo hian subconscious mental
barriers rochun emaw, acquired emaw tihbo nan a tawk a ni
thil siam chhuah thiamna, dinhmun \ha tak tak, leh pianpui
rilru put hmang (innate tendencies) Hriatna sang zawk chu a
theihna tawp nei lo hmanga khawih theih i nih chuan, chu
hlawhtlinna chu i la tlanchhiatsan reng a, i hriatthiam theih

"loh chu hun remchang thar i siam thei ang
Tin, ka pui thei bawk (S) hna dang, a hmasa aiin a lian
zawh Mahse thla ruk hnuah (chu chu kan thianpa hnathawh
hun rei ber a ni), chawhnu khat chu heti hian min ti a:

"Company dinhmun hi a chhe chak hle a, chuvangin
"khawngaihin min chhuahsan thuai rawh u

A ngaihtuahna chu ka ngaihsak lo va, mahse a hna
chhonzawm turin ka ngen a, kar tlemte hnuah chuan (S)
chuan nui chungin min hrilh a: "Ka tana hna pahnihna min
"!ruahmansak kha, ka pu, thli nen a kal ta

Muangchangin ka ti a, "Lungngai suh, hna dang ka

. "zawng leh ang che

Ani chuan: "Awle, ka pu, a neitute nena kan inzawmna

avanga company dang tihchhiat chu i mawhphurhna i lak

. "phawt chuan dodalna ka nei lo

Thawhrimna nasa tak hmangin company lian takah (S)

tan hna tha tak ka hmu a Kum khat a liam a, engmah a
thleng lo, mahse (S) chuan a hmaa mite ang bawka tihchhiat

a nih hlauvin kar tin chhuahsan a tum thin

A tâwpah chuan a sum chu a sumdâwnna lama invest

tûrin ka ngen a, a hlauthawng hle a, mak ti zet hian min en

reng a, heti hian a sawi: "Hei hi ti tûra min fuihna chu a ni

em? Ka invest chuan taima taka ka sum khawlkhawm chu ka

"?hloh ang tih i ring lo em ni

Inrintawk takin a tiam a: "I sum leh pai leh chakna chu

project tha takah i invest tur a ni a, chu chu investment lian

tham ngai lo local catering center ang chi a ni a, i

. "hlawhtlinna hi ka ring tlat a ni

Kum tlemte chhungin (S) chu property tam tak leh

warehouse lian tak tak neitu a ni ta a ni

Vawikhat chu a hlawhtlinna chu a ring tlat a, a thil tih

zawng zawngah hlawhtling takin a inhmu ta Nikhat chu nui

chungin ka hnenah heti hian a sawi a: "Pathian leh i tanpuina

zarah hlawhchhamna atanga mi hlawhtlingah ka inthlak ta a,

hlawhchhamna ka hneh a, ka hlawhchham chhunzawm zel

chu ka tih tur ka hriatthiam loh vang a ni tak zet tih ka

hrechhuak a Mahse midang hnathawh ka tihchhiat hnuah

engtin nge ka hlawhtlin theih ka hre lo a ni." ka vacillations

. "hlawhchhamte chu

Chuvângin, heti hian ka hrilhfiah a: "I hnathawhna tûr

ngaihvennate tihchhiatna i thlen lo Mite thununtu attraction

dân, vibrations inang lo atanga inngat, negative emaw

positive emaw-in hna a thawk a (like attracts like)

I pianpui tlin lohna chuan company tlakchhiatna kawng

zawh tawhte hnenah a hruai che a, a lehlamah chuan,

hlawhchham i ni a, company te pawh chu tlakchhiatna
kawngah an awm bawh
He thawnthua moral chu hlawhtlinna dik tak chu hriatna
sang zawk thiltihtheihna tawp nei lo tiharh hmanga
duhthlanna hmanga mi mamawh siamnaah a awm tih hi a ni
He thiltihtheihna hi hriselna, hlawhtlinna, finna leh hlimna
neih theihna tura ngaihtuahna leh ngaihtuahna tha leh thil
siam chhuah dan dik tak zir hian tiharh theih a ni

* * *

Window of light a ni
Hun hla takah chuan flashlight thup ka nei a, chhungril
thim reh takah chuan fimkhur takin ka kal a
Tin
Chu sanghate chu ka hriatna lian zawk sangha man nan
bait atan ka hmang a, mahse an zinga tam tak chu an
tlan chuak a, êng zungbun te tak te hnuaiah chuan an bo ta
a ni

Tin khawvel ro hlute hi a tlukpui thei lo

* * *

He khawvelah hian harsatna tuifinriatah kan inhnim pil
niin a lang
Pathianin kawng tam takin min fiah a, kan chak lohnate
chu kan hriat chian theih nan leh chaknaah kan chantir theih
nan min kawhnmuh thin
A châng chuan kan tuar theih loh ang maia fiahna nasa
tak min thawn thin a, mahse zirtîr fîng tak chuan heti hian a
:sawi

Ka duh che Lalpa, engmahin ka zawnna che a dal lo"
:vang Ka thinlung tawngtaina chu
I awmna ka theihnghilh tir a, nangmah ka sawi chhuah"
."loh nan min fiah suh

Tichuan Pathian a lo kal a, he mumang buaithlak tak
atang hian min kaitho a, zawngtu zawng zawng hian a hma
emaw a rei lo emaw chuan chu fiahna mak tak chu an dawng
vek ang

* * *

Mi chuan subconscious mind a nghawng tha thei tur
rawtna tha tak tak a pe thei a, chu chuan conscious mind a
nghawng bawk

Negative suggestion, mahni siam chhuah emaw, mi
dang atanga lo chhuak emaw pawh nise, thluak tan a pawh a,
pumpelh tur a ni

Thlarau thim (thlarau) te chu space-ah hian an
duhzawng leh thil tum tihhlawhtlinna atana an hman theih
tur rilru leh taksa zawngin an vak kual a
Chuvangin, rilru chu thil \ha leh ngaihtuahna \ha tak tak
hmanga buaipui reng chungin chutiang thlarau thununna
lakah fimkhur a ngai a ni

Rilru chu a hring vek tur a ni lo Hei hi, a nihna takah
chuan, ngaihtuahna hmanga infuih tharna leh vibration sang
zawh dawng tura rilru buatsaih nen a danglam a ni

* * *

Sum hi hlimna tehfung anga ngaih a nih chuan a takah
chuan hlim lohna a thlen a, a chhan chu chhungkaw khata
mite zingah inhuatna, duhâmna leh inrem lohna a siam a ni
Nun hi a awlsam zawh a nih chuan mi zawng zawng tan
a tha zawh ang Chuvang chuan zirtirtuten nun awlsam zawh
an fuih thin

A theih chuan khawpui lian a\anga inthiarfihlim a \ha, a
chhan chu khawpuia chengte chu thawm riin a hual vel fo a,
chutih laiin mi chuan khawtlang tenau zawhah chuan
zalenna leh chakna nei zawkin a inhria thung
Vanduaithlak takin khawpui mi tam tak chuan an thlarau
lam duhzawng tihhmasawn leh enkawl turin an thawkrim lo
va, thenkhat chu rilru zau tak neiin, mechanical nun ang
maia nun an hmang a, Mahse, an duh chuan khawpui nun
leh thlarau lam inremtir thei an awm
Miin a nunah Pathian a rawn luhtir a, inthlauhna \ha tak
a siam loh chuan a nunphung eng pawh ni se, harsatna a lo
thleng ang

* * *

Miin khum te tak teah hlimna a nei thei a, lal in ropui
takah pawh lungkhamna leh hrehawmnaah a tlu thei baw
Luxury lutuk leh material luxuries-a inhmang hian
hlimna chu thlarau a thlentir ai chuan a hnawtchhuak fo thin
Tupawh a hlimna atana a duhzawng tihlawhtling tura
innghat chuan chu hlimna chu a chang thei lova, a chhan
chu he thila hlimna hi nakin lawka a hmuh beisei thil
pakhatah a innghat a ni
Hlimna chu a flirt a, chu chu a thleng ngai lova hneh
tumin a bei a, thlalera tui mirage a um ang maiin

* * *

Mut tlem chuan taksa chu chakna a pe a, mut tam lutuk
chuan taksa chu a tichak lo hle a, mi chuan nitin hnathawh a
duh lo va, a inhnukdawk zawk a ni
Chauhna tihbo dan pakhat chu taksaah oxygen pek hi a
ni a, chu chu oxygen pek hi a ni
I chau tih i hriat chuan chaw ei turin kitchen lam pan ai
chuan minute sawm emaw sawm leh panga emaw vel pawn
chhuak la, thawk la la, thawk la la, thawk la rawh
Hei hi vawi tam tak ti leh rawh Thâwk la vat lo la, chak
takin thawk suh la, nuam tak, zawi zawi leh thuk takin thawk
zawh rawh Hetiang hun hi boruak zau takah i hman hnuah
chakna i nei ang a, i hahna chu a bo tawh tih i hmu ang

* * *

Nunna Huan

Pathianin thiltihtheihna min pek zawng zawngte chu dik
leh hlawkthlak takin ka hmang ang
Pathianin min pui ang, keimah leh keimah ka in tanpui
a, ka thawhrimna chu hlawhtlinna lallukhum khum turin A
hnenah ka tawngtai ang
Hlawhchhamna chu nizan thlanmualah ka khuh a, ka
phum tawh Vawiin hian ka thil siam tharna hmangin ka nun

huan chu ka tifa ang a, a leiah chuan finna, hriselna,
hausakna leh hlimna chi ka tuh ang
Pathian rinna leh mahni inrintawkna tuiin thlai chu ka tui
ang a, thilpek petuin buh seng tam tak min pek hun ka
nghak ang

Buh seng lo mah ila, theihtawp chhuaha ka lungawina
ka hmuh chu ka lawm hle ang
Pathian tanpuinain ka hlawhtlin hma loh chuan ka beih
nawn leh theih avangin lawmthu ka sawi ang a, ka
duhthusam leh duhthusam ropui berte min tihhlawhtlinsak
avangin lawmthu ka sawi baw k ang

* * *

Hmeichhia leh mipa hian an nihna an inhriatthiam loh
chuan rilru lam natna khirh tak nen an in hrem ang
An vai hian mi rilru fim tak an nih theih nan ngaihtuahna
leh rilru put hmang inthlahuhna siam turin theihtawp an
chhuah a ngai a ni

* * *

Mihringte chu taksa venhimna atan sensation pek an ni
Sensation tel lo chuan mi pakhatin a hriat lohvin hliam na
tak a tuar thei a, a kang thei baw k
Mihringin kan neih ang hi rannungte hian an la nei lo va,
chuvangin an natna hriatna chu a tlem zaw k a; chutiang a
nih loh chuan, thah leh talh dan thenkhat hmanga an chung a
tihduhdahna chu tuar theih loh a ni ang Crab chu tui lum
!takah an paih a, a nung reng a ni
Natna leh nuam tihna pahni hi rilru siam a nih avangin
taksa natna hi rilru thununna hmanga tihziaawm theih a ni
Chumi hnuah chuan mi pakhat chuan dinhmun pangngai lo
chhinchhiahna angin hriatna a tawng thei a, natna hre lovin
Hlimna emaw, hrehawmna emaw laka hypersensitivity
hian an effect a tichak a, sensitivity tlahniam chuan mi chu
natnain a nghawng tlem zaw k a, sensory pleasures-in a
intulût lo va, salah a siam baw k

Ka taksa leh rilru chu stimuli laka sensitive lo zawk turin
ka zirtir a, sensory distractions atanga fihlim ka inhmu a He
training hi senses leh an thil phut tawp nei lote man atanga
zalenna kawng a ni
Doctor pakhat chuan rilru chakna nasa tak a nei a, amah
!ngei pawhin surgery hlauhawm tak a ti thei ta a ni
Dik tak chuan taksa inzawmna bawih rilru tan chuan thil
theih a ni lo Mahse training nen chuan rilru chu thiltithei leh
hlauhawm tak a lo ni thei a Miin a rilru a zirtir leh a
tihthianghlim tam poh leh a thunun thei zawk a ni
Naupang chhe emaw, pampered emaw chuan harsatna
tlemte pawh a tawh nasa hle a, chutih laiin, tuar thiamna leh
chhelna lama zirtir naupang chu hliam na tak tuar chung
pawhin hrehawm takin a hnungtawlh emaw, a hnungtawlh
emaw tam lo

Thlarau thuk tak atanga pulse lo chhuak

Zirtirtu: Paramhansa Yogananda tih a ni

Lehlin: Mahmoud Abbas Masoud-a lehlin a ni

Aw chatuan thlamuanna

Ka nerve tichhe thei leh ka thluak cell ti na thin
thinrimna nasa tak atanga min venghim ang che

Thinrimna tih dan, kei leh ka thiante tan hlim lohna
thlentu chu ka bansan ang u

Lalpa, ka hmangaihte hmangaihna a\anga min hlat
zawngtu mahni hmasialna rilru tibuituah hian ka inhman lo
ang u

An chakna tipungtu zawng zawng chu tumruh taka pein
ka thinrimna leh thinrimna hi ka tipung lo ang u

Aw thlamuanna thianghlim Lalpa, thinrimna leh
thinrimnain min ei zo vek hunah, ka hmaah zilhna

darthlalang dah la, chutah chuan ka hmelchhiatna, rilru
hahna, thinrimna atanga lo piang chu ka hmu thei ang!

Midang hmaah chuan hmelchhia, thinrimna nasa takin a
tihdanglam hmel ka duh lo

Nun harsatnate hi huatna leh thinrimna hmang lovin,
hmangaihna ngaihtuahna leh thiltih hmangin ka chingfel ang

Ka chhungril thinurna hliamte chu mahni inngaihhlutna
balm hmanga ka tihdam theih nan mal min sawm la, mi
dangte thinurna hliamte chu zaidamna, ngilneihna leh
thlamuanna balm hmanga ka tihdam theih nan

Transparency siam thar leh

Aw Lalpa, I hmangaihna êng chu I cosmic chhungkaw
member zawng zawng chungah inang tlangin eng chhuak
rawh se

Mihringte hian a langtlang theihna a hloh tawh a,
hriatthiamna a hloh tawh a, i êng kan dawng thei tawh lo va,
a sualna a ni Kan hriatthiamna dik tak darthlalang atanga
tihsual fog chu hrufai turin min pui ang che

Kan thlarau lam dodalna hi a chak lo va, a chak lo bawk
a, chuvangin, Aw Lalpa, I chakna chu kan member-te
chhungah tir la, chutiang chuan kan langtlangna khuh tu leh
I damna êng zalen taka luang chhuak thei lo vapor thim tak
takte chu kan paih chhuak thei ang

Aw, i hmêl thianghlim, êng tak târ langtu darthlalang
chiang tak, eng tak tak kan lo ni thei a nih chuan!

Mi zawng zawngah hian ka inhmu ang

I khawngaihna leh finna tel lo chuan kei lo, phâr, mittel
emaw ka ni thei tih ka hrethiam ang a, chu chu ka phu tawk

ni mah se, damna chu ka duh hle ang a, thahnemngai takin
ka zawng ang

Nu Thianghlim, an taksa peng tichhe emaw,
lungngaihna phurrit emaw ka hmuh hian, an taksa leh
thlarauah hrehawm tuar tu chu i thlarau awm zawng zawng
hi a ni tih ka hre thei ang

Ka unau zawng zawngte rilru put hmang ka hriat theih
nan mal min sawm la, keimah leh keimah chhuah ka tum
ang bawka an hrehawm tawrhna ata chhuah zalen ka tum
theih nan

Midangte tana ka duhthusam, ka beih, ka tap leh ka
nuih lai hian mi zawng zawngah hian ka inhmu chhuak tur a
ni

Ka finna beacon ni rawh

Ka rilru lawng chuan duhâmna lungpui hlauhawm tak,
hriat lohna thlipuiin a khalh chu a hnaih a nih chuan, Aw
Pathian finna êng i ni, min vaukhân ang che

I felna tuipui kam leh i himna hmun him chu ka zawng
reng a ni!

vantirhkoh hla phuah te

Ngaihtuahna magic scepter chuan aw zawng zawng a
khawih a, arsi kawngpuiah te, leilung leh tui karah te tlan
chhuak Om ri hmasa berah a chantir ta a ni

Aw Thlarau, Om aw hmangin ka hnenah inpuang rawh:
khawvel pum huap biakna leh ngaihtuahna senga kohna

Ka taksa tissue zawng zawng leh ka nerve wire zawng
zawngte chuan Om hla vantirhkoh hlate chu inrem takin an
sa vek a

Nitin inkaihhruaina thianghlim dilna tawngtai thin

Lalpa, ka duhzawng ka hmang ang a, rinawm tak leh
thinlung takin hna ka thawk ang a, mahse ka tih tur zawng
zawng ka tih theih nan ka hriatna, duhzawng leh thiltih chu
kawng dikah ka hruai ang

Zahna rimmtui chu

Kut inbeng kang a, lu bawkkhup chungin, zahna rimmtui
takin a khat thinlung nen ka rawn hnaih che a ni

I chibai buktute thinlung atang chuan duhthusam rimmtui
tak tak chu ka la chhuak a, ka mit atang chuan dewy drops
nen ka pawlh a

Chu tui thianghlim chuan i ke pink chu ka sil ang

Ka pa leh ka nu i ni a, kei pawh i fa ka ni

I thusawi ka ngaithla a, duhthusamin a thupek ka zawm
thin kaihhruaitu i ni

Aw Pathian hlimna, lo kal rawh

Aw Universal Mother, kan thinlunga meialh awmchhun
ni la, kan thlarau thim hi tibo rawh

Tin, nangmah kan hmangaihna mittuiah hian khawvel
thil kan hmangaihna chu silfai rawh

Tin, nangmah nena kan inremna hlimnaah hian kan
lungngaihna leh lungngaihnaate hi vawi khat atan ti bo rawh

Kan thinlung te te hi i awmna pumhlum awm theihna
thinlung lian takah siam rawh

Tin, i nihna malsawmna dathlalthlangah hian famkim leh
thianghlim takin i inhmu ang u

Nangmah kan hmangaihna meialh chu Lei duhna meialh
chungah chuan lo sang rawh se

Thlemna maktaduai tam tak chuan nangmah angin an
insiam a, min bum fo thin

Aw hlimna thianghlim lo kal rawh! I tana ka duhthusam
zawng zawng chu rawn luhtir rawh

Ka hriat lohna zan thim takah chuan planet reh tak ni la,
ka kut chu la la, i hmun him leh him takah him takin min
hruai kir leh rawh!

Zirtirtu thutiam

Inngaitlawm takin chapona ka hneh ang

Tin, hmangaihna nen huatna pawh

Thlamuanna hmanga phurna

Mahni hmasialna chu thilphalnain a thlak a ni

Tin, thil tha lo chu thil tha nen

Hriatna hriat lohna, .

Tin, lungngai rawh, ngaihtuahna thlamuang takin, i
chungah, Aw ka Pathian

Sual lakah min hlat rawh

Aw Lalpa, sual ka hriat loh nan, sual ka hmuh loh nan,
thil tha lo ka sawi loh nan, ka thaw tha lo a, sual ka khawih
loh nan, sual ka hriat loh nan, min venghim ang che

Thil sual ka ngaihtuah lo va, mumang sual ka nei hek lo

Great Radiance atan tawngtaina

Aw Lalpa Lal, Aw Khawvel Nunna leh Thlarau Thupui, Aw
Thiante Thian! Ka nihna thuruk min hriattir rawh Ngawi
renga, thlamuang tak leh fimkhur taka ka biak theih dan tur
che min zirtir rawh

Ka thlarau thlamuang takah chuan keimah leh ka
chhehvela i chatuan awmna ka hriat chian theih nan min
thunluh ang che

I hriat duhna nasa tak ka nei a, Aw tlukpui nei lo, Aw
tekhin rual loh, Aw danglam leh ropui tak, chawimawina leh
ngaihhlut zawng zawng phu!

Nostalgia a lo chhuak thin

I lo thlen zing takah chuan ka duhthusam hnah chu
pangpar tharah a par chhuak ang

Aw Lalpa, chu pangpar hring hring ka hrual ang a, i ke
bulah ka dah hun tur ni chu hmanhmawh rawh

Chaw ei hmaa tawngtai

Aw Lalpa, he chaw hi pawm la, tithianghlim la, ei leh in
hian a tibawlhhlawh phal suh

Chaw chu nangmah atanga kan hnena lo kal a ni a, i tisa
taksa chhawm nung tura siam a ni a, min chhawm nungtu
leh min tichaktu thlarau a nih theih nan i thlarauin malsawm
rawh

Nang hi Pathian rose famkim, nunna, khawngaihna leh
mawina nena khat i ni a, a pangpar kan ni I awmna thilphal
rimtui takin kan thlarau chu tikhat rawh

Kan duhthusam thlipui

Kan thinlung hnahte chu hawng la, an rimbui chu pink
hnah hnung lama tang chu thlah la, chutiang chuan kan
thlarau lam hriatna thlipui chuan rimbui rimbui tak takte chu
a phur thei ang a, i biak in thianghlimah a phur thei ang

Aw Nang chibai bukna leh chawimawina zawng zawng
phuba!

Kan duhthusam thlipui chu i ke malsawmna chungah a
rawn thawk chhuak se kan duh a ni

Chatuan atanga thusawi ri

Chatuan aw chuan aw nem tak, hniam takin min rawn
bia a, heti hian a sawi:

"I mut kum zawng zawng khan i beng bulah ka lo sawi
chhuak tawh a: 'Harh rawh!' Tin, tunah chuan i mut chu i
chhuahsan ta a ni ka ti a che: I unaute kha harh rawh Mi
zawng zawngin ka thu an hriat theih nan min thawhpui
rawh".

Chuvang chuan ka tiam a, heti hian:

"I kohna thehdarh tur leh i thuchah thehdarh turin
theihtawp ka chhuah ang a, ka lei pianphung ka chhuahsan
hunah chuan thinlung inrem tak takte hnena sawi ri turin i
awm zawng zawng aw chu ka lo boral ang: Thlarau lam
thlamuanna Pathian hlate hi ngaithla rawh u, a ko reng che
si a

Ka unau chhiar sen loh zawng zawngte chu zawi zawiin
mahni inhriatthiamna tum malsawmna lam pana kawng thui
tak, rei tak an zawh lai hian ka nghak ang a, 'Chatuan
atanga thuthang ri' hmangin an hnenah: 'Ka unaute u, harh
rawh u, titawp lova min kotu A aw hi i zui ang u, vanram in
lamah i kir leh ang u' tih hi ka nghak ang.

Hmangaihna tuikhuah i ni

Van leh lei hmangaihna bulpui i ni

A fate humhimna pe tu pa leh ngilneihna tawp nei lo
tuar tu nu i ni

Nu leh pate hnena hmangaihna thu a sawi laia
bengchheng thin naupang te tak te kha i ni

Hmangaihtute inkara inremna leh inpekna famkim i ni

Chhiahhlawh chu a pu zahna lantîrin i tithianghlim a,
thiante inkâra hmangaihna inzawmna chu i tichak bawk

Hmangaihna tuiin a chi hrang hrangin min silfai a,
chuvangin ka thlarau chhunga rilru put hmang zawng zawng
nen leh ka thinlunga hmangaihna leh duhthusam zawng
zawng nen hmangaih che ka lo ni ta a ni, Aw hmangaihna
zawng zawng, chibai bukna leh zahna zawng zawng phu
rengtu!

Chatuan Hmangaihna Hla

Ka thinlung lyre hrui chu hla hlui pakhat play leh turin ka
tune a: Ka Hmangaihna Hmasa Ber chanchin

Aw Pathian Thlarau, nangmah hnenah hian Virgin Soul
atanga hla thar ka hlan a ni: i chung a ka chatuan
hmangaihna tunes-a authentic medleys

Ka hlate thlipui chuan i tuifinriat tawp nei lo cosmic
rhythm-ah a zai a, hlimna nasa tak thlipui chungah chuan i
tuipui kam hla ber lam pan chuan min hruai a

Aw tuifinriat thluk, chutiang taka thlamuang leh
thlamuang tak, chatuan Pathian nu duhna hla chu aw hniam
takin min sa sak ang che

Aw chatuan hmangaihna hla! Ka hmangaih tak Pathian
nu rilruah thlamuanna ka hlim lai hian hla thluk khumah min
rock la, mutna chuan ka mit chu ti chei rawh

Hriatrengna vault atang chuan ro thianghlim, min pek
document leh thutiam te pawh telin ka la chhuak a,
hmangaihna rangkachak nen ka thlak a Chumi hmang
chuan, ka thlarau zau tak chungah, i lalthutphah ropui tak
tling tur lal in ropui tak ka siam a, tunah chuan i lo thlen hun
ka nghak reng a ni

Aw Pathian mikhual ropui leh ropui tak, tunah chuan ka
thinlung lal̥huthlenga i hnaih chu ka hre ta a, hlimna nasa
berin a khuh a ni

Ka diamond mumang chhe tawh tak takte, hmân lai
thim hrual hnuaia phumte chu i tlawhna êng aṭang chuan a
eng chhuak a

Ka hlim em em atang chuan lawmthu sawina hla ngawi
reng chu luipui luang chhuak chhunzawm zelin a luang
chhuak thin

Ka chatuan inpekna pangpar leh roses atanga a bik taka
ka siam che lawmna pangpar chu lo pawm ve teh!

Ka thinlung huanah chuan

Ka rilru hnim hring chu ka thinlung huan hmun hla takah
chuan a thlawk a, ka hmangaihna thlipuiin a thlawk kual a, i
vur thlum lunghluin a chei bawk

Ka simna mittui thunun turin thlarau lam hriatna lilies
mak tak tak leh daffodil sen tak tak te, inngaihtlawmna
mumang ang maia violet nalh tak tak te, leh thlarau hriatna
atana daisies zau tak tak te chu ka lo chin tawh che u a ni

Nangmahni hnenah chuan ka ngaihtuahna thingte
chuan dilna rimtui tak tak rah tui tak tak, kut inngaitlawm
tak, hnah hring, hnim hring hring nen an pe thin

Tin, ka thinlung huanah chuan ka ngaihtuahna buhfai
pakhat chu zu rui in, i hnena tui thianghlim thilhlan karah a
thlawk kual a

Kawngkhar hawn rawh

Aw Lalpa, mitdel ka nih lai khan I lam panna kawngkhar
pakhat mah ka hmu lo

Ka mit i tidam a, tunah chuan hmun tinah kawngkhar
inhawng ka hmuchhuak ta a ni:

Pangpar thinlungah chuan, ṭhian nihna ri, leh fiahna hlu
tak, ropui tak takte hriatrengna karah chuan, ka ṭawngṭaina
ri bengchheng apiang hian i awmna tawp nei lo biak inah
kawng thar a hawng a ni!

Ka thlarau hla

Violin au thawm, harp ri leh ka ngaihtuahna lo chhuak ri
bengchheng tak takte ri chu ka hre ta a, chuvang chuan
leilung aw dense tak takte puanzar chu ka hrual a, zu ruih
chungin i aw ethereal chu ka ngaithla a, Aw Pathian hla
phuahtu

Aw, ka thlarau magical melody, a tawpah chuan ka
ngaithla ta che a ni

Ka mut hlui atang khan min kaitho ta a ni

Tin, hetah hian i maicham thianghlimah hian ka
duhthusam hla leh hla i duh em emte chu ka dah a ni

Remna awm rawh se

Thlarau lama hlawhtlinna par excellence

"I textbook-a philosophy course awmte i ngaihthah a, a
tul anga exam i pass theih nan 'insight' i rinchan niin a lang
Mahse, practical leh effective taka i zir loh chuan keimah
ngeiin he subject i fail tih hi keimah ngeiin ka enkawl ang

Serampur College (India)-a professor Professor Joshal
chuan heng thu khauh tak tak hmang hian min bia a, a final
written exam-a ka hlawhchham avangin Calcutta University-
a final exam-ah ka tel thei lo tihna a ni a, chu chuan
Serampur College chu a branch pakhat atan a lo dah tawh a
ni

Serampur-a ka professor-te chuan ngilnei tak leh nuihzatthlak takin min enkawl thin a, "Mukanda (Paramhansa) hi thlarau lam thila a ruih lutuk deuh a ni" an ti thin a, hei hian class-a zawhna chhan ngai mualphona chu min chhanhim a, final written exam-te chu undergraduate applicant list atanga ka hming paih chhuah nan a tawk dawn tih an rin tlat avangin Ka zirlaipui te, a lehlamah chuan, simply min hming lem "the ecstatic hermit" tiin min vuah a.

Professor Joshail Lee-a'n philosophy lama min hlawhchham tir tura a vau chu tihbuai tumin hma fing tak ka la a, result hnuehnung ber puan a nih hma lawk hian ka thawhpui pakhat chu professor office-ah min zui turin ka ngen a, heti hian a sawi:

"Ka rualin lo kal rawh, thuhretu ka duh si a, professor hi ka hneh tak tak loh chuan ka beidawng ang".

Professor chuan eng grade nge ka chhanna ka pek tih ka zawh hnu chuan a lu a thing a, a dawhkan chungah lehkhah tam tak a zawn lai chuan inringtawh tak, hnehna aw nen: "Hlawhtling zingah i tel lo, i paper chu paper zingah a tel loh angin Engpawh ni se, exam i tel loh avangin i fail a ni".

Ka nui suk a:

"Ka pu, exam ka lo nei tawh a, keimah ngeiin ka paper ka zawn hi i phal ang em?"

Professor chuan a rilru a buai em em a, phalna min pe a, rang takin ka paper chu ka siam chhuak a, chuta tang chuan password tih loh chu ka nihna tilang thei zawng zawng chu uluk takin ka thai bo vek tawh Professor chuan ka hming a hriat loh avangin ka chhannate chu mark sang tak a pe a, textbook-a thu awm lo mah se!

Ka trick a hriat veleh, "Damn this rude luck!" Tichuan beiseina nen, "I final exam-ah i fail ngei ang" a ti leh a.

Subject dang exam chungchang erawh chuan tanpuina engemaw zat ka dawng a, a bik takin ka cousin leh ka thian duh tak Prabhas hnen atangin final exam dang zawng zawngah chuan hrehawm tak ni mahse ka buai hle a, passing grade tlem ber ka hmu ta a ni

Tunah chuan kum li chhung college ka zir hnuah ka bachelor's degree exam-ah ka tel thei ta a, chu chu ka lo beisei phak loh chanvo a ni Serampur College-a final exam-te chu degree zir tur chuan Calcutta University luhna exam khauh tak tak mamawh nen khaikhin chuan a awlsam hle a, a mak khawp mai ka awm lohna aiin ka classmate-te hnenah!

Nitin deuhthaw ka tih dan chu zing dar 9:30 vel khan ka bicycle-in ka zirtirtu hermitage-ah ka kal a, Sri Yuktiswar tan thilpek kengin: hostel huan atanga pangpar tlemte Ka zirtirtu chuan lawm takin min lo hmuak a, chawhmeh ei turin min sawm a, chu chu lawm takin ka pawm a, university ngaihtuahna leh ka coursework atanga tlanhhuah duhna rilru pu chungin Sri Yuktiswar nen darkar engemaw zat hnuah a thusawi ka ngaithla a rare wisdom or performing the hermitage's duties, I would reluctantly depart around midnight, returning to my quarters A châng chuan ka zirtîrtu nêñ zankhuain ka awm a, hlim takin a thusawi êng tak takteah ka inhmang a, thim aṭanga zing lama inthlâk danglamna chu ka hmu tlem hle

Zan khat chu dar sawm leh pakhat vel khan cell atanga ka chhuah dawn lai chuan zirtirtu chuan ngun takin min zawt a:

"Engtikah nge bachelor exam tan ang?"

Kei chuan: "Tun atanga ni nga hnuah ka pu" tiin ka chhang a.

Ani chuan, "I inpeih ngei ka beisei" a ti a.

Lungkhamna leh hlahna nasa tak ka nei a, chuang chuan ka dodal a ni:

"Ka pu, university professor te nen ni lovin i bulah ka ni ka hmang tih i hria em em a, chuti a nih chuan engtin nge final exam harsa tak tak telna farce hnuaiah hian ka inthunun theih ang?"

Sri Yuktiswar chuan mitmeng nalh tak min pe a, chilh tak mahse nghet takin: "I pa leh midangte'n university aiin monastic nun i duh zawk avangin sawiselna hun kan pek loh nan exam-ah i tel ve ngei tur a ni.

Ka hmaiah mittui ka tuar thei lo a, zirtirtu ngenna chu a dik lo niin ka hria a, a ngaihtuahna pawh a tlai lutuk Between sighs and sobs, I said:

"Chu chu i duhzawng a nih chuan ka tel ve ang, mahse inbuatsaihna mumal tak neih nan hun a la awm lo" Tin, ka rilruin ka sawi belh leh a: "Zawhna chhanna atan i zirtirna pheik chu ka luah khat ang!"

A tuk zingah chuan a hma ang bawkin hmun thianghlim ka luh chuan roses par chu zahawm tak leh lungngai takin ka hlan a, Sri Yuktiswar chuan ka dinhmun hrehawm tak chu a nuihzat a, a ti a:

"Pathianin exam-ah emaw thil dangah emaw a ti beidawng che em?"

Thahnemngai takin ka chhang a, ka rilruah Pathian tanpuina hriatrengna duhawm tak tak arawn eng chhuak a: "Ni lo, Pathianin ka pu".

Zirtirtu chuan heti hian a sawi chhunzawm a: "Thil hahdamna a ni lo va, university chawimawina zawng tura daltu chu Pathian duhthusam kang tak a ni zawk".

Rei vak lo a ngawih hnu chuan heti hian a sawi chhuak a: "Pathian rinna nghat apiangin a tawh ang" "Pathian ram leh a duhzawng zawng hmasa phawt ula, Pathianin in chungah a malsawmna a tipung ang a, in mamawh zawng zawng a pe ang che u" tiin a sawi.

Zirtirtu hmaah chuan lungkhamna rit tak chu ka kekawrte a\angin a lo chhuak tih ka hria Chawhmeh kan ei hma chuan zirtirtu chuan khualbuk lam pan leh turin min rawt a, heti hian a sawi:

"I thianpa Romesh chu hostel ah a la awm em?"

Kei chuan, "Ni e, ka pu" ka ti a.

Ani chuan, "Amah hi biak la, Pathianin exam-a pui turin a fuih ang che" a ti.

Kei chuan, "Ka ti ang, ka pu, mahse Romesh hi a buai dan danglam tak a ni Kan group-a honor student a ni a, zirlai dangte aiin academic load a rit zawh" tiin ka chhang a.

Zirtirtu chuan ka dodalna chu ngaihsak lovin, "Romesh-a'n hun a zawng ang che Tunah chuan kal rawh, Pathian malsawmna nen" a ti a.

Ka bicycle-ah chuan ka chuang a, ka chuang leh ta Hostel courtyard-a ka hmuh hmasak ber chu head student, Romesh a ni Min pui turin hun nei ang maiin ka dilna chu awlsam takin a pawm a, heti hian a sawi:

"Rest assured, Mukanda, i rawngbawlnaah ka awm e".

Chumi chawhnu lamah darkar tam tak a hmang a, a hnu ni engemaw zat chhung chu thupui hrang hrangah min zirtir a, chutah chuan thurawn min pe a, heti hian a sawi:

"Kumina English literature-a zawhna tam tak chu Childe Harold chungchang a ni dawn niin ka hria a, atlas kan la nghal tur a ni".

Ka u te inah chuan hmanhmawh takin ka kal a, Romesh-a'n Europe ram map-a Byron-a romantic traveler-in a tlawhna hmunte a chhinchhiahna atlas chu ka loan a

Kan thawhpui pawl khat chu zirlai ngaithla turin kan bulah an lo pungkawm a, a tawpah chuan an zinga pakhat chuan heti hian a comment a:

"Romesh hian thurawn dik lo a pe che a, a chhan chu zawhna 50% chauh hi lehkhahu chungchang a ni tlangpui a, a chanve dang chu a ziaktute nun chungchang a ni".

Mahse a tuk zingah English literature exam-a ka thut a, a vawh khatna atana zawhna lehkhah ka han en chuan lawmthu sawina mittui chu ka mitah a rawn luang chhuak a, lehkhah chu a hnim hrual a Invigilator chuan min rawn pan a, khawngaih takin a chhan chu a zawt a, chuvang chuan ka sawifah ta a ni:

"Ka zirtirtu ropui chuan Romesh-a'n min pui thei dawn tih a lo sawi lawk tawh a, En teh, Romesh-a'n min rawn rawt zawhnate kha exam paper-a zawhna ang chiah kha a ni Ka vanneihthlak takin kuminah hian English ziaktu, an nun hi ka tan chuan thuruk khar tak a nih avangin zawhna a tlem hle!

Ka lo haw chuan hostel chu a ri nasa hle a, Romesh-a hmanraw nuihzat tawh tlangvalte ngei pawh chuan tunah chuan beng tichhe thei ang maiin min lawmpui ta mai mai Exam kar chhung khan Romesh-a nen darkar chhiar sen loh hun kan hmang a, ani chuan professor-te'n an dah tel theih tur zawhnate chu a ziaak a Ni tin, Romesh-a zawhnate chu exam paper-ah a lang chhuak a, thumal dik tak chu a hmang vek mai

University chhung zawngah chuan thilmak ang chi thil a thleng tih thu a darh a, rilru awm lo "ecstatic hermit" hlawhtlinna chu tunah chuan thil awm thei tak tak a ni tawh tih thudik thup tumna ka nei lo va, tualchhung professor-te chuan University of Calcutta-in zawhna a siamte chu tihdanglam tumin thiltihtheihna an nei tawh lo

Ka English literature exam thuk taka ka ngaihtuah chuan zing khat chu tihsual lian tak ka nei tih ka hrechhuak a Zawhna pakhat chuan then hnih a nei a: (a) emaw (b) leh (c) emaw (d) Part tin a\anga zawhna pakhat chhan ai chuan, a \hen khatnaah zawhna pahnihi ka chhang tawh a, a pahnihi chu ka ngaihthah vek tawh Since the highest mark I could get on that paper was 33, which was three marks short of the minimum passing grade of 36, zirtirtu hnenah chuan ka vanduai ta a, ka vanduai hle a, ka ti a:

"Ka pu, ngaihdam theih loh sual ka ti a, Romesh kaltlanga Pathian malsawmna ka hnena lo thleng chu ka phu lo".

Zirtirtu chuan: "Rest assured, Mukanda, hahdam takin awm rawh" tiin min chhang a.

Sri Yuktiswar aw chu hlim tak leh ngaihtuahna fim lo tak a ni Chutah a kut chu van lam hawiin a han phar a, "Ni leh thla hian space-a an kawng inthleng hi university degree i neih loh ai chuan a tam zawk" a ti a.

Monastery chu rilru hahdam zawkin ka chhuahsan a, hlawhtlinna chu mathematically-ah chuan thil theih loh angin lang mahse Vaw khat aia tam chu hlauthawng takin van lam ka melh a, Lady of the Day chu a orbit pangngaiah nghet takin a innghat tih ka hmu a!

Hostel ka thlen chuan ka thawhpui pakhatin, "Kuminah a vawi khatna atan English Literature-a passing grade tihhniam a nih thu min hriattir nghal a ni" a tih ri ka hre ta a.

Tlangval pindan chhungah chuan buai takin ka lut nghal a, rilru na takin thil dik tak hriat ka phut a Min enfiah a, nui chungin min chhang a:

"Aw, sam sei tak, engvangin nge zirna lam thila ngaihvenna rapthlak tak tak hi? Tin, engvangin nge minute hnahnung berah hian hetiang rilru hahna zawng zawng hi? Mahse, passing grade chu 33 chauh ah tihhniam a ni tawh".

Sarah-i chakna tawp nei lo chuan ka room-ah min phur kir leh a, chutah chuan ka khup a, Pathian hnenah lawmthu ka sawi a, a accounting famkim leh khawngaihna tawp nei lo Thlarau lam chaknain chiang takin min kaihruai tih ka hria Romesh kal tlangin chiang takin min kaihruaitu ka Bengali exam chungchangah thil thleng mai mai a thleng a, chu thupuiah chuan min pui lo Romesh chuan zing khat chu hostel atanga exam hall-a ka chhuah dawn avangin kir leh turin min ti a

Ka thawhpui pakhat chuan: "Romesh-a'n a rawn call che a, lo haw tawh suh, chuti lo chuan kan tlai ang" tiin min rawn au a.

Chu thawhpui thurawn chu ngaihsak lovin Romesh awmna lam chu ka pan nghal vat a, ani chuan min hrilh a:

"Bengali exam hi Bengali zirlaiten awlsam takin an pass tlangpui a, mahse kuminah hian professor-te hian lehkhabu ruat sa atanga zawhna hmanga zirlai 'thalh' an tum tih ka rilruah a lo lang ta a ni" Tichuan ka thianpa chuan kum zabi sawm leh kua-a mihring puihna lama mi ropui leh hmingthang Bahrul Uloom Vidya Sagar-a nun atanga thil thleng pahnih chu tawi te tein min hrilhfiah a

Romesh-a chungah lawmthu ka sawi a, ka bicycle-in college courtyard-ah ka chuang a Bengali exam paper chu a sawi ang chiah a ni a, section pahnih a awm Section hmasa berah chuan heti hian a zawt a: "Record two acts of kindness attributed to Bahrul Uloom Vidya Sagar" He hriatna thar (Romesh hnen atanga lo kal) hi paper-ah ka transfer hnuah, Pathian hnenah lawmthu ka sawi a, a hun hnueing berah khan a thusawi ka ngaithla a ni Had I remained ignorant of Bahrul Uloom-a'n mihringte chungah a ngilneihna (tunah chuan an zingah ka tel ve ta a ni, a dik e!), Bengali exam hi ka pass thei lo ang

Paper-a zawhna pahnihna chu: "I rilru tichaktu ber nun chungchang Bengali tawngin essay ziaak rawh" tih hi ka hrilh a ngailo, chhiartu duh tak, ka subject atana tu nge ka thlan Ka zirtirtu faknain pherk khat hnu pherk khat ka luah khat lai chuan ka nui suk a, ka thusawi dik tak chu ka hrechhuak ta a ni: "I zirtirnain pherk chu ka luah khat ang!"

Philosophy lama Romesh-a hnenah tanpuina dil a ngai lo tih ka hre lo Sri Yuktiswar hnuaia ka training zau takah hian inrintawt takin, textbook-a hrilhfiahnate chu inrintawt takin ka ngaihthah a, philosophy chu ka grade sang ber a ni Subject dangtea ka score inzawmkhawm chu pass turin a tawt a ni

Hetah hian ka thian duh tak Romesh-a'n exam a pass tih hi a lawmawm hle

Ka pa hmel chu ka graduation-ah chuan nuihzatthlak takin a eng a, "I hlawhtlinna chu ka ngaihtuah thiam lo khawp mai, ka fapa I zirtirtu nen hian hun tam tak i hmang thin" tiin a pawm a Dik tak chuan ka zirtirtu chuan ka pa thusawi loh sawiselna chu a hre chiang hle a ni

Kum tam tak chhung chu ka hmingah Bachelor tih hming ka belh hun tur ni a lo thleng dawn tih ka ringhlel a,

chu hming chu thil mak tak tak avanga thilpek thianghlim
min pek nia ngai lovin ka hmang tlem hle a, a chang chuan
university zir chhuakte chuan an zir zawh hnuah an hriatna
an neih zinga a tlem ber chauh an hnenah a awm tih an sawi
ka hre thin He an hnen atanga hriatpuina hian ka zirna thiam
loh avangin min thlamuan bawk tlin lohna a awm

Chumi ni chuan kum 1914 June thlaa University of
Calcutta atanga ka degree ka hmuh khan ka zirtirtu hmaah
chuan a nun atanga malsawmna lo luang chhuak leh ka
thlarau tuamtu chungah lawmthu sawi turin chibai ka buk a
Ani chuan inkhelh takin min kaitho a, a ti a:

"Tho rawh, Mukanda Pathian chuan ni leh thla kal dan
tur siam thar ai chuan college zir chhuak tura siam chu a
awlsam zawk a ni!"

's Diary: A chanchin ziakna

Thufing, hla leh thawnthu te zirtirtu tan
Paramhansa Yogananda chuan a rawn ti a



Chu Pathian thiltihtheihna chu
A thlawp ang che, a tichak bawk ang che
Min thlawp reng ang bawkin chakna min pe fo bawk
Heng thudikte hi ka mimal thil tawn atang hian ka sawi
chhuak thin
Ka nunah heng thilte hi tawng lo ila chuan
Ka sawi theih lai khan
Pathian rinnain ka nung
Pathian chu ka chakna a ni
Pathian thiltihtheihna tih loh chu thiltihtheihna dang ka
ring lo
Tin, chu thiltihtheihna malsawmna ka ngaihtuah chuan
Min hmu a, ka kaltlangin hna i thawk a ni
Nightingale a ni

thianghlim
Kei hi i nightingale ka ni a, i cosmic presence vanah ka
chho mek a ni
I thutak tlate zawng reng rengin
Rinna thuk tak nen ka tawngtai a che
Chutichuan, ngawi renga chhum khauh tak ata i
khawngaihna ruahtui i thawh chhuah theih nan
Tin, ka tuihal lutuk avangin
Nangmah ka hriatna thu thianghlim zawng zawng chu
duhthusamin ka pawm vek a ni
Aw, ka chhung leh ka chhehvela i awmna chu hriat ka
!duh em em
Ka tuihalna rei tak chu i khawih a tihlum chuan a reh
chauh a ni
Ka thlarau thlamuang lo leh ka thahnemngaihna a
kang chhuak
Beidawnna leh beidawnna hun a liam ta
Buaina vawt tak chu i thlamuanna ruah sur nen chuan a
bo ta vek a
Tin, tunah chuan ngawi rengin ka hover a, ka soar a,
lungawina leh lungawina hla ka sa a
I thlamuanna tui chauh in thin i nightingale ka ni
I awmna hmun sang tak atanga inthlak danglam loh chu
* * *
He damchhunga mi tam zawk tan chuan "keimah" tih hi
.a ni
Thlarau lam mizia leh duhna nei chuan amah a
inngaihtuah angin midang a ngaihtuah thin
Mahni chauh ngaihtuah thinte chuan midangte hmelma
leh thinrimna chu anmahni chungah an rawn keng tel thin
An chhehvela mite Mahse midangte rilru put hmang leh
ngaihven zawng ngaihtuahtute chuan chu chu an hmu thin
Mi dangte chuan an ngaihtuah a, an rilru put hmang an
ngaihtuah a

Khaw pakhatah mi za khat an awm a, pakhat zel hian
lak an duh a nih chuan
Pakhat zawk chuan khingpui sawmkua leh pakua ve ve
an nei ang Mahse pakhat zel a nih chuan
Mi pakhatin mi dang tanpui a tum a nih chuan, mi tin
hian ṭhian sawmkua leh pakua an nei ang
Chutiang chuan ka khawsa tawh a, ka neih chu
midangte hnena ka hlan hian engmah ka hloh lo
Dik tak chuan ka thilpek zawng zawng hi vawi hnih ka
hnenah a lo kir leh tawh a, Pathian khawngaihna avangin
Tunah chuan duhthusam ka nei tawh lo
Engmah lo mai mai, a chhan chu ka chhungril thuk taka
ka neih hi ka ngaihtuah theih zawng zawng aiin a ropui zawk
a, a hlu zawk baw
Khawvelin min pe Mihringin a beih chu hlimna thlen hi a
ni

Hlimna a awm tawh chuan a thlentu dinhmunte
mamawhna chu a bo ta a ni
Khawvela ka guarantee awmchhun chu miten ka chung
an rilru put hmang tha hi a ni Hausakna dik tak chu
hmangaih leh ṭhianta thinlunga nunnaah a awm a ni
He nunah hian Pathian nena inzawmna siam kan tum tur
a ni Mihring awmna, finna leh duhthlanna zalenna pek kan ni
a, chuvangin heng thilpekte hi Pathian zawn nan kan hmang
a ngai a ni
Altruistic kan nih hian kan hlim thin Tin, he kawng hi kan
zawh chuan midangte pawh a nghawng dawn a ni
Kan chhehvela midangte pawh keimahni ang bawka
awmin min entawn an tum Hei hi tihbo a ngai
Mimal leh khawtlang sual zawng zawng bulpui ber chu
mahni hmasialna hi a ni
?Engtin nge leh engvângin nge buainate chu a inṭan
Mihring tin hian - hriat reng emaw, hriat loh emaw
pawhin - hneh theih loh leh thi thei lo kan nihzia mimal rinna
thlen tumin kan bei thin An pawn lam duhthusam zawng

zawngah, Science emaw, sumdawnna emaw, damdawi lam
emaw, nun kawng dang emaw hmangin, remna leh muanna,
hrehawm tawrhna laka zalenna, leh hlimna nghet tak neih an
tum a ni

Chu chu a tha a, a nihna takah chuan a Siamtuin a
duhsakna chu a dikna leh a pianpui rochan a ni a, chu chu
amah tan pawh a duh ang malsawmna chu midangte tan
pawh a duh phawt chuan

Khawthlang lamah chuan mi tam zawk chuan chu
rochan tawp nei lo leh tawp nei lo chu kawng tlemte leh
tawp nei lovin neih an tum thin

Mihring hlawhtlinnate hi khawvel hmuhchhuah bakah
hian mahni chhunga thlarau lam thiltihtheihna leh
thiltihtheihnate chhui chhuah tumin a tul anga theihtawp
!chhuah pawh ni se, a tipung ang a, a phu zawk bawk ang

Thilsiam lama hmasawmna chu fak tlak a ni tih chu
rinhleleh rual a ni lo va, mahse pawn lam hlawhtlinna engzat
pawh hian mi pakhatin a tih tak zeta a zawn chhungril
lungawina leh himna chu a pe thei lo vang

Science hian thlah hmasate tibuaiteu hripui tam tak tihbo
a pui a, riltam leh rettheihna tihbo thei thil siam chhuah dan
hmasawn tak tak siam chhuah a pui bawk Mahse, he
khawvelah hian thil neih hlawhtlinna chauh atanga
inthlauhna hrisel tak neih chu thil harsa tak a ni

Mi chuan kawng engemaw takah hma a sawn a, a
hlawhtlinna tichhe thei beisei loh harsatna lo chhuak chuan
mak a ti hle

Hei hian mi pakhatin pawn lam thil hmanga a harsatna
chinfel tum lo tihna a ni lo va, a sawi tum chu balance leh a
sir dang tihchhiat a, a sir khat lam hawi lo a ni zawk

Pathianin mihring chu rilru leh duhthlanna a pe a,
chûngte chu khawvêla a dinhmun siam\hat nân a hman a
ngai a, Thawhrimna \ha siam a nih lai hian, chhûng lam
thiltihtheihna leh finna bul chu chu a chhuahna nên chuan

hriat chian leh inremtir a ngai a, a chhan chu inrem lohna hi
mihring harsatna leh tihsual chhan a nih vang a ni
I thut mai mai thei lo va, hlawhtlinna chu i kawngah a tla
ang tih i beisei thei lo I kawng zawh tur i chart a, i duhzawng
i tihchak hnuah, thil tih theihna tur i thawh a ngai a,
hlawhtlinna atana i mamawh zawng zawng chu zawi zawiin i
hnenah a lo thleng ang tih i hmu ang a, engkim hian kawng
dik takah a hruai ang che I duhzawng, Pathian duhzawng
nen a khat chuan i tawngtaina chu a chhang ang, chu
duhzawng chu i hman hunah chuan i dilnate chu phalsakna
kawngkhar chu i hawng ang
Mihringte hian science, technology, damdawi lam leh
thil dang lama thiamna a nei a, chu chuan thlamuanna leh
awlsamna a pe thei ta a ni Mahse, hei hian a Siamtu a
bânsan thei tihna erawh a ni lo Chutiang a nih loh chuan,
heng hlawhtlinnate hian an hlutna a hloh ang a, khawtlang,
chhûngkaw, politics, leh boruak lama harsatnate chu a lo
chhuak tan ang a, a darh tan ang Hei hi a chhan chu, pawn
lam thila innghat vek a nih avangin mihringte hian a finna a
hloh ang manage the immense potential it has unleashed
through scientific methods and means Chuvang chuan nun
chu a buaithlak em em a, hmachhawn harsa tak a ni a,
lungkhamna leh rinhlelhna thlentu pawh a ni

* * *

Mi chu a ngaihtuahna, a rilru leh a hriatna zawng zawng
nen a nung tur a ni a, a chhehvel thil zawng zawngah a
fimkhur a, a ngaihven a ngai a, chu chu thlalak thiam tak,
hmun nuam ber ber thlalak mak ber berte lak chhuahna hun
remchang ber berte hmang tangkaitu ang bawkin
Mihring hlimna dik tak chu mi pakhatin zir tura a inpeih
rengnaah a awm a, dik leh zah taka thil ti turin a inpeih
rengnaah a innghat a ni
An dinhmun thlirlet a, hmalam pan zel nge hnunglam
pan zel tih thutlukna siamtu hi an tlem hle

Hriatthiamna, finna leh hriatthiamna pe tawh mihring
kan nih angin, kan mawhphurhna lian ber chu hmalam pan
zel nge hnungtawlh tih kan hriat theih nan heng miziate hi
dik taka hman hi a ni Hlawhchhamna tawh nawn fo mah ila,
kan beidawng tur a ni lo va, beiseina kan hloh tur a ni lo
Hlawhchhamna hian kan taksa leh thlarau lama kan
thanlenna tibuaitsu ni lovin, min tichaktu atan a thawk tur a ni

* * *

Buaina leh harsatnate chu mi pakhatin a hmaa a thiltih,
hun leh hmun bik a tih tawhte a hriat loh avanga lo awm a ni
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih ang
chiah chiah rah chhuak thei ngaihtuahna leh thiltih a\anga lo
chhuak a ni

* * *

Nun tha zawk nei tura inbuatsaihna tha ber
Nun hlim tak tak kan duh chuan a hun chu tunah hian a
ni—naktuk ni lo, nakkum ni lo, thih hnu nun thenkhatah
pawh ni lo Nakkum nun tha zawk nei tura inbuatsaihna tha
ber chu kuminah hian rahbi thar, inrem leh awmze nei taka
nun hi a ni Nakin lawka hlawhtlinna nasa zawk leh hlimna
nasa zawk nei tura kan rinna chu tunah hian thiltiha kan
letling loh chuan Vawiin hi kan nunah ni pawimawh ber leh
awmze nei ber a ni tur a ni

* * *

Inneihna duhtute chuan an rilru put hmang leh rilru put
hmang thunun an zir a ngai a, sikul-te chuan he thiamna hi
an zirtir tur a ni a, chubakah chuan rilru hahdamna leh
ngaihtuahna tihhmasawn chu In hlim lo leh chhungkaw chhe
tam tak chu he thil pawimawh tak hi ngaihthah a nih avângin
an awm a, in lamah leh sikulah Engtin nge rilru hahna leh
duhna thunun theih loh mi pahnih chu remna leh muang
?takin an awm dun theih ang
Inneihna bul tan tirh lamah chuan nupa tharte chu rilru
natna leh phurna thlipuiin an phur a Mahse hun engemaw

chen hnuah chuan heng rilru put hmangte hi pumpelth theih
lohvin a bo tan a, nupa nihna dik tak chu a lo lang tan a,
chubakah inhnialna, inrem lohna, inhnialna, leh beidawnna
te nen The heart needs genuine love and friendship, and
above all, it needs tranquility and peace When remna chu
rilru natna nasa takin a tichhe a, inneihna lungphum
pawimawh tak chu a chak lo hle

* * *

Taksa peng leh rilru put hmangte hian an hriselna,
chakna leh rilru natna vawng reng turin nervous system
hrisel tak an mamawh a, nervous system dinhmun tha taka
awm reng tur chuan hlauhna, thinrimna, duhâmna leh
inhuatna ang chi rilru tichhe thei tak takte laka inthiarfihlim
a pawimawh hle

* * *

I hlimna chu i hlawhtlinna a ni a, chuvangin i hlimna chu
tumahin an laksak che suh
Nangmah tibuai tumtute lakah inveng rawh Ka naupan
lai khan ka chungchang thu dik lo thehdarhtute hian min ti
thinrim hle a, mahse a hnuah chuan miten min pawmpuina
aiin keimah ngei pawh ka chhia leh tha hriatna hi a
pawimawh zawk tih ka hrechhuak ta a ni
Chhia leh tha hriatna chu mi ngaihtuahna leh chêtâtîrnate
rinawm tak leh dik taka ziaak chhuaktu hriatna (intuitive
awareness) a ni Chhia leh tha hriatna a thianghlim a, miin
thil dik a tih tih a hriat chuan engmahin a ti hlauhawm thei lo
Chhia leh tha hriatna thianghlim chu Pathian duhsakna a ni
Chhia leh tha hriatna thianghlim neitute chuan an nunah
hlimna an hmu a, Pathian malsawmna leh duhsakna an
dawng a ni

* * *

Miin thumal a sawi apiang hian an thluak leh rilruah
nghawng nghet tak a nei a Mi pakhat thlarauin a thih hunah
a taksa a chhuahsan chuan, ram danga an luhna chu an

karma (an thiltih rah chhuah)-in thu \ha emaw, \ha lo emaw
a\anga rorelna a pek danah a innghat ang
Rilru ropui tak atanga thu tha lo chhuak chuan thlarau
tan rah tha a chhuah ang a, nungchang tha lo avanga thu
tha lo chuan karma tha lo emaw, thlarau tan rah tha lo
emaw a khawlkhawm thung ang
He thumal hi vibration pathum atanga siam a ni a,
chungte chu causal emaw intellectual vibration emaw,
kinetic emaw planetary vibration emaw, physical emaw
apparent vibration emaw a ni
Remna" tih thumal hian vibration hrang hrang pathum"

:a nei a

Remna" tih thumal hi sawi a nih hian ngaihtuahna" 1

emaw duhthlanna emaw a inthlak danglam thin

Remna" tih thumal hi sawi a nih chuan thluak, aw" 2

hruai leh lei chhunga chakna vibration, duhthlannain a hruai
thin

Vocal cords vibration leh "Remna" tih thumal lam 3

.chhuahnain taksa a nghawng dan

Chuvangin, thumal tinreng, a tha emaw, a chhe emaw

pawh ni se, a vibrations—chu chu a nghawngte chu—taksa

emaw thluak emaw-ah a hnutchhiah a, nunna chakna leh

rilruah chuan inclination leh desires angin a hnutchhiah a

Hemi a\ang hian thusawi zawng zawng vibrations chuan
rilruah tendencies \ha emaw \ha lo emaw a hnutchhiah \hin

Thutak tihdanglam chhante paih botu chuan thuhretu

dik lo a neih loh nan leh a thusawi zawng zawng a dik loh

nan a chhungah chakna nasa tak a din a ni

Aw Lalpa, thu thlum tak tak, hlawkthlak tak tak leh

hahdamthlak tak tak sawiin thutak rawngbawlna atana ka

aw hmang turin chakna min pe ang che, I hla thianghlim tak

takte vibration-in malsawmna ka dawn theih nan ka nun

flute-ah I hla thi thei lote chu play rawh

* * *

blanket tui chung awm

Vawikhat chu thian pahnih chu lui kamah an kal lai
chuan puan lem ang maia lang chu an hmu a, an zinga
pakhat chuan luiah a inhnim a, "blanket" a thlen thlengin a
.inbual a

Mahse bank-a a kir leh chu a tlai hle a, a thianpa chuan
"blanket" chu a hmachhawn harsat thu leh chu chu a lo haw
:tlai chhan a nih thu a hmu a, chuvang chuan a au ta a, a ti a
?Engvangin nge amah chu kalsan a, i kir leh loh

A thianpa chuan heti hian a chhang a: Chu chu ka tih
tum chu a ni a, mahse blanket chuan min vuan tlat avangin
min thlah lovang a, ka kir leh dawn lo

Mak a tih em em chu, blanket anga a ngaih chu tui
chawi bear tih loh chu engmah a ni lo tih a hre tlai tawh hle
He thawnthu hi awmze nei tak leh mihring nun kawng
tam takah hman theih niin ka hria a thuchah hi fimkhur leh
fimkhur a ni tih ka ring a, thil duh loh zawng nei thei thila
tlan chak lutuk laka fimkhur a ni

He blanket hi ngaihtuahna luiah chuan concept lo luang
chhuak mai mai a ni thei a, chu chu a zawh chuan thunun
harsa tak, obsession nasa takah a chang ta a ni
A nih loh leh, thluaka zung a kaih hnuah, a lungphum a
vuak a, a zung a tizau a, mi pakhat nihna pêng pawimawh
tak a lo ni ta a, chutichuan a kutah tang a lo ni ta a, chu chu
thil tha lo tak a ni thei bawk

A nih loh leh, thlemna chi danglam tak a ni thei a,
investment chu a hun takah emaw, a remchan loh emaw a ni
thei a, chu chuan hlohna nasa tak a thlen a, chu chu thil leh
nungchang lamah pawh a ni thei

A nih loh leh, ngaihdan dik leh hmantlak anga lang, chu
mi chuan a pawm a, a nihna a luhchilh hnuah, a tak tak chu
a lan dan nen a danglam hle tih a hrechhuak thei bawk

A nih loh leh, a rah chhuah tur ruahman lawk loh trend
emaw, drift emaw a ni thei bawk

A nih loh leh thim zinga zuang chhuak mai mai pawh a
ni thei

Chuvangin, heti hian an sawi a: I ke i pen hmain i ke
dinhmun hi ngaihtuah hmasa phawt ang che

* * *

Khualzinna tawp ber
Hun rei tak chhung chu rinhlelhna kawng hrual hrual
takah chuan ka tlu ta a
Kum tam tak chhung nangmah atanga min inthentirtu
suangtuahnaa ruam ka paltlang a
Thlalêr chhiar sen loh ka paltlang a
Thil tum tam tak ka zawm a
A tawpah chuan ka zalen ta a
Lungngaihna leh hlimna thlipui tleh atang chuan
Chuvang chuan ka zinkawng chu ka zo ta a, ka kawng
tawp ber chu ka thleng ta a ni
Tin, tunah chuan ka hun kal tawha ka natnate chu hlim
takin ka thlir a
Hmanlai ka hrehawm tawrhna lungpui tin atang hian
Mit pakhat chu hlimna mittui nen a puak chhuak a
Tin, chu tui thianghlimah chuan
Ka hmangaihna che mittui hmangin nitin ka inthiarfihlim
thin

* * *

Tun hma chuan secret lamp ka nei thin
Tin, duhthusam takin ka chhehvelah chuan beam rei lo
te chhung chu ka thawn chhuak ta a
Chhungril thim muannaah chuan
Nga te te hi thil siam chhuah ngaihtuahna angin ka hmu
fo thin

Arawn eng nghal zat chuan a man ta a ni
Hei hi bait atan ka hmang a
Ka hriatna thuk takah thil nung lian zawkte man turin
Mahse an zinga tam tak chu an tlanchhuak ta a ni
Eng circle te tak te hnung lamah chuan
I zuitu inpe tak takte hnen atangin
Silver hla leh rangkachak mumang hausa

Hmangaihna pawisa hmang hian thlarau hriatna atan
net eng mawi tak tak ka lei a
Tin, chuta tang chuan puan eng mawi tak network chak
tak a siam baw

I finna tuifinriat chu ka zawng chhuak a
!Catch chu a tam hle a, a hlu baw
Hriatna tha leh hlim tak rual ka nei ta a ni
Tin, hriatrengna thianghlim bo ro hlu tak takte pawh
,Chubakah
Ka hmu ta che
!Tin, ka man ta che, Aw ro hlu ro

* * *

Nunna thlasik ni-ah chuan
Emotion nectar chu ka khawkhawm thin
Thil \ha thlum pangpar atang hian
Thlarau tha huanah a lo thang lian thin
Tin, ka thinlungah ka dah khawm baw
distilled tui a ni
Tolerance pangpar sang tak tak atang chuan
Tin, inngaihtlawmna hnah te chu an rimtui nem tak nen
Tin, lotus ngaihtuahna hlimthla pangpar hmuh tur awm
lo tak takte pawh

Tin, ka chung a rawn luang thla chuan
Snow, thlasik khaw vawt tak tak tawn te
Tin, leia inthenna hrehawm tak chu
In lumna leh thlamuanna ka zawng thin
Ka thinlung cell chhunga nectar dahkhawmah chuan
Chu cell malsawmnaah chuan, i hmaah
Divine bee hi ka hmu fo thin
Ka kum upa lam duhthusam thlum tak chu sip rawh
Ka thlamuang a, ka hlim a, ka thlamuan baw

* * *

Mihringte unau nihna te, khawvel pum huap
hmangaihna, inhriatthiamna leh thawhhona, nun phurrit
tihziaawmna tura mihringte inkara thawhhona hi ka ring a ni

Khawvel pum huap thiltum ropui tak takte chu he
khawvelah hian luhtir a ngai a, mihringte chu dinhmun sang
takah chawisangtu, a ngaihtuahna tithianghlmtu, a
duhzawngte titawptu leh a talent ropui tak takte tichaktu tur
thil tum (ideals) te chu pawm a ngai a ni
Hei hi thlarau lam entawn tur leh thu bul dik tak hmanga
tih theih a ni a, tharum thawhna nasa tak leh indona tichhe
thei tak hmanga tih theih a ni lo Political power hi a
kaihruaitu leh roreltu tur thlarau lam thu bul awm lo chuan a
hlauhawm hle
Thlarau lam thu bulte ka sawi hian thurin bik, pawl
hrang hrang, rinna inzawmna bik ka sawina a ni lo va,
khawvel pum huap dante ka sawi zawk a ni: mi zawng zawng
tana hman tur dikna leh nungchang \ha dante, an tana \
hatna, \hatna leh remna thlentu

* * *

Mihring hian hmangaihna leh chakna zawng zawng
bulpui Pathianah engkim a hmuh theih laiin, engvangin nge
mihring hmangaihna chi hrang hrang leh sum tlemte leh he
?thil emaw, chutiang thil emaw zawngin a hun a hman
Thiltihtheihna duhâmna avânga Pathian kan zawng tûr a
ni lo va, hmangaihna duhna avângin Pathian kan zawng tûr a
ni Chumi hnuah chuan ro hlu ropui tak chu kan hmu ang
Hmangaihna thuk tak, thinlung taka Pathian kan hmangaih
hunah chuan min chhâng a, kan thinlungah a hmangaihna a
rawn beng tih kan hria
Pathian a ngaihtuah hian nun a thlum zawk Hnathawh
laiin thlarau lam dinhmun a ngaihtuah a, a ngaihtuah reng
chuan, chu ramah chuan tunah leh engtik lai pawhin ka nuih
theihna a sang zawk a ni—Pathian hriatna hlim takah chuan
Engmahin min nghawng lo Keimah chauh emaw, midangte
nen emaw pawh ni se, Pathian hlimna chu ka chhungah a
awm reng a ni
Ka nuihzatthlak chu ka vawng reng thei a, chutiang
nuihzatthlak tak takte chu nangmah chhungah pawh a awm

ve tho chu thlarau hlimna leh hlimna chu i chhungah a awm
ve tho I neih a ngai lo, chu chu lak let leh mai tur chauhvinn
Hriatthiamna nena mahni inhriatchhuahna hmangin rei lo te
atan i hloh a, chu chu i hmu leh thei baw

Taksa thil, hmuh, hriat, thlum, rim, leh khawih hmanga

hlim theihthe hian hlimna thianghlim a thlen tih ringtu chu
nasa takin a tisual a ni Hriatthiamna hian hlimna a pe lo
rather, they deprive us of it I hlimna tur condition i siam a,
"Chu hmel chu ka hmuh loh chuan ka hlim thei lo vang," tih
ang chi hian hlimna thianghlim, tihdanglam loh i tawng ngai
lo vang, a chhan chu sensory pleasures hi a rei lo hle a ni

Ni leh kumte hian taksa mawina a tichhe vek Tisa
khawvela thil awm zawng zawng hi inthlak danglamna dan
hnuaiha a awm Chutiang chuan mi pakhat chuan khawvela
hmel mawi zawng zawng hmu thei a, thawm zawng zawng
hre thei a, a duh zawng zawng khawih thei pawh ni se,
hlimna dik tak chu a la hmu lo ang Chuti chung pawh chuan,
hlim nia inngaiin an inbum thei a ni

A châng chuan thil pakhat hmuh tumin theihtâwp nasa

tak a chhuah hnuah chu thil takah chuan hlimna a hmu lo
Chuti chung pawh chuan, thawhrimna a\angin lungawina
engemaw zat a hmu a, chuvângin hlim a ni tih a ring a
Mahse, chutiang lungawina chu rei lo tê chauh a ni a, rei lo
tê chauh a ni

Chuvangin, hriatna lama hlimna zawn chu a hlawk lo
Thlarau lam hlimna chu hmuh tur a ni a, tawngkam leh hmêl
lan danin a lan chhuah a ngai Miin hetiang a tih hian
nuihzatna tenau tak pawh hian a malsawmna magnetism
hmangin a chhehvela mi zawng zawng chu a khuh vek ang
a, mi dangte pawhin hlimna an nei ang
Mahse Pathian chauhvinn thinlung a thlak danglam thei
Thil tha tih theihna hi keimahniah kan inngat tur a ni lo Thil
tha titu dik tak awmchhun chu Pathian a ni He khawvel hi A
ta a ni A awmna i hriat a, engkim a thunun tih i hriat chian
chuan, engkim A kutah i hlan a nih chuan—thil tha leh thil

tha lo pawh—i thiltih zawng zawng chu thil thaah a inthlak
vek dawn tih i hmuh chuan mak i ti hle ang

* *

Mi dang ngilnei taka kan ngaihtuah lai hian kan hriatna
a zau a, kan thlirna pawh a zau zel Kan ðhenawmte kan
ngaihtuah a, an chung a lainatna kan lantîr hian, chu
ngaihtuahna nêh chuan kan nihna pêng pakhat chu an
hnênah a chhuak a, chu ngaihtuahna chauh ni lovin, chu
ngaihtuahna chu thiltih tûra inpeih rengna pawh a ngai a ni
Kan hmangaihna circle atang hian tumah kan paih
chhuak tur a ni lo {leh i ðhenawm chu nangmah ang a ni} {i
.ðhenawm hnua i ðhenawm hnua i ðhenawm}
Inneihna hi midangte tana inpekna zirlai a ni Mi pahni
hian nun an insem a, chutah chuan fa an lo kal a, nu leh pate
pawhin nun an insem a Mahse, chhungte hnai ber chauh
ngaihtuah chu mahni hmasialna a ni a, a chhan chu
hmangaih tak takte chuan ni khat chu min kalsan dawn a ni,
chu chu mihring inlaichinna thil tum chu midangte tana
inpekna hriatna zau zawk leh anmahni hnena thil tha leh
inhmangaih tawna te insem a ni tih hriat nawn tina a ni

* * *

I mut hian ngaihtuahna leh rilru put hmang chu passive
takin i ti thlamuang a, mahse ngaihtuahna leh rilru put
hmang chu ngaihtuahna hmanga i tihlum chuan i tawn
hmasak ber chu thlamuanna dinhmun a ni a, hmai ruhte ngei
pawhin thinlung thlamuanna lantir thei nuihzatna a siam a ni
Mahse i thlarau thianghlina hmu tur chuan
thlamuanna dinhmun pia lamah i thlir a ngai a ni
Chu thianghlina, sensory stimuli emaw automatic
reaction emaw avanga bawlhhlawh leh tihdanglam loh
Chumi rah chhuah chu hriatna nena inzawm
ngaihtuahna a ni a, chutih laia i tawn dinhmun chu hlima
thar awm reng a ni
Zâwlnei leh mi thianghlimte chuan an thinlungah he
hlima hi an nei reng a, himna leh thlamuanna malsawmna

dawngin an inhria a, thinurna thlipuiin a nghing lo va, hneh
loh an nei lo va, lungkhamna leh hlauhna a khawih lo
Reason emaw insight emaw scalpel hmangin anmahni
ngaihtuahna emaw, midangte ngaihtuahna emaw chu rilru
operating table-ah an dissect thei a, chutih rualin an rilru
hahdamna leh thlamuanna chu an vawng reng thei a ni
Thlarau hlimnaah chuan lungngaihna chu a bo vek a,
zirtir hlim tak nihnaah thlarau lam hriatthiamna a lo chhuak
a, chu chuan mahni sang zawka a nghetna a tipung a ni

* * *

Nui tak tak chu Pathian ngaihtuah leh ngaihtuah leh a
awmna hriatna atanga thlarau lam hlimna hmuh chhuah
nuihzatna a ni
Ka nuih hi ka chhunga hlimna thuk tak a\anga lo chhuak
a ni—mi zawng zawngin an thlen theih hlimna Rose par
rimtui tak tak thinlung atanga lo chhuak ang mai a ni He
hlimna ropui tak hian midangte chu hlimna tui thianghlina
inhnim pil turin a sawm a ni
Mi pangngaiin a hriat chian em em dinhmun pali a awm
:a

Duhthusam a lo thlen chuan hlim takin a inhria thin
A tihlawhtling tura tihkhawtlai a nih chuan a lungawi lo
niin a inhria
Mahse, a hlim loh leh a lungngaih loh chuan a bo thin
Hêng rilru natna emaw, rilru lam dinhmun emaw,
hlimna, hrehawmna, leh borehnate hneh hian mi chu
thlamuang takin a awm a ni
Remna hi lungngaihna, hlimna leh boreh lohna atanga
lo chhuak dinhmun duhthusam tak a ni Heng dinhmunte hi
thlarau chungah a inthlak danglam reng a ni
Natna leh nuam tihna thlipui râpthlâk tak, thawm ri nasa
tak chungah chuang hnuah, boredom thuk takah a pil nawn fo
pawh a tel
Remna tuifinriat muang tak hnute chungah chuan
hlimna a awm

Mahse remna aia ropui zawk chu thlarau lam hlimna
thlarau hlimna hlimna tawp ber a ni Hlimna thar, a bo ngai lo
va, chatuan atan thlarau zuitu a ni
Chu hlimna ropui ber chu Pathian awmna hriat chian
chauhvin a thleng thei a ni

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Mihring tin hian theihna hman loh (untapped potential)
kan nei a Chakna tul zawng zawng an nei Rilru ngei pawh hi
thiltihtheihna sang ber a ni a, thil tih dan leh ngaihdan
hmanlai leh khap tlat a\angin a chhuah zalen a ngai a ni
Planet leh arsi te hian mihring nunna a nghawng dan hi
planet leh mihring taksa inkara inrawlh leh hnawhchhuahna
chakna (intervening forces of attraction and repulsion) vang
a ni

Ngaihtuahna sual chuan a neitu chu boruak sual takah a
hruai a, chutah chuan an duh angin an inpuang chhuak thei
a Mahse mi chuan duhthlanna hmangin a ngaihtuahna leh
hriatna chu a thlak danglam thei a, chutiang chuan a
chhehvel chu a thlak danglam thei a ni

Mi pakhat chu hmun hlauhawm takah hun rei tak a awm
chuan, chu boruak chuan a hriat lohvin a nghawng tan a Hun
kal zelah chuan boruak hrisel leh hrisel thlan theihna zalenna
chu a hloh vek a, chu boruak chhiatna thlentu nghawng \ha
lo hnuaiah a awm ta a ni

Duhthlanna chak tak neitu erawh chu Pathian nen an
inrem a, planet leh arsi te'n an nuihzatthlak an pek hun a
nghak lo va, a zinkawng chu meteor hliam tuar ang maiin a
chhunzawm zel a, Pathian kaihruaitu arsi, ni ni leh dan leh
thlarau Lalpa tih loh chu a nghawng lo
Thil tih theih pahnih zinga pakhat

Vawi khat chu lui malsawmna kamah chuan ascetic
rinawm tak a awm a A dam chhung kum tam tak chu
ngaihtuahna thuk takah a hmang a, mahse vanduaithlak
takin a thawhrimna chuan rah a chhuah lo va, nunna thuruk
leh hlimna bulpui zawng leh chhui chhuah tumin a bei nasa

hle chung pawhin remna buh seng tam tak seng turin a
lawm lo hle

Kan thianpa chu hmun mawi tak tak, thlarau ngilnei tak
tak, lehkhahu hlu tak tak, leh hriatrengna hmun malsawmna
dawngtu lam hawiin van boruakin a hual reng reng chung
pawhin, chuti chung pawh chuan a rilru chuan mi rukbo leh
tihnat dan tur dik ber chu a ngaihtuah chhunzawm zel a ni
Chu ngaihtuahna chu a thunun theih loh a ni a, hmân lai
karmic cause a\anga lo chhuak niin a lang Chu ngaihtuahna
duh loh zawngte chu hnawhchhuah a tum poh leh a rilru chu
a rawn luah lut a, a thlamuanna a tibuai a, thlamuanna pawh
a chhuhsak ta a ni

A tawp berah chuan amah leh amah a intiam a, "Ka
tawngtai chhunzawm zel ang a, ka ngen chhunzawm zel ang
a, ka ngaihtuahna tibuai laia ka thlamuanna kil tichhetu
heng ngaihtuahna tibuai tak takte lak ata ka chhuah hma loh
.chuan ka tawp lo vang" tiin

Darkar khat a liam a, chutah darkar hnih a liam a,
ngaihtuahna sual tak takte chu thlipui ang maiin a rilruah a
lo lang a, a ngaihtuahna insiam dan chu a rawn nuai a, nasa
takin a ti nghing ta a ni

A tâwpah chuan dârkâr thum zet a beih hnu chuan a
rilru tibuitu ngaihtuahnate chu a bo thut mai a, a hmunah
chuan inlârna mawi takah chuan Pathian mi thianghlim
pakhat tisa leh thisenin a hmaa ding chu a hmu ta a ni
Mithianghlim eng tak chu nung takin a rawn lang mai ni
:lovin, ngilnei takin thu a sawi bawk a, heti hian a sawi
Ka fapa, i tisa lo pian hma khan professional rukru i ni"

a, midangte man leh an thil neihte rukbo mai loh chu
ngaihtuahna dang nei lo mahse i thih hma rei vak lovah i
chhia leh tha hriatna chu a harh a, nangmah siamthat turin i
insiam a, i nungchang zahthlak tak chu thlak danglamin
thatna kawng i zawh ang tih i intiam a Hemi avang hian he
nunah hian mi tha ni tura thlarau lam tumruhna nghet tak
nen i piang a, mahse chuti chung chuan nang pawh

nangmah pawh i lo piang ta a ni." i tisa lo chang hmasa lama
i nunah i ngaih pawimawh ber ngaihtuahna tha lo tak tak i
."rawn keng tel a ni

Ka fapa, he hun malsawm takah hian, ṭhian ṭha,"
hriatrengna leh ngaihtuahna circle-te'n an hual vel a, chuti
chung pawh chuan rilru lam lungkhamna leh ngaihtuahna
tichhe thei, buaithlak tak takte hremhmuna i cheng hi a
."vanduathlak hle a ni

Rei vak lo a ngawih hnu chuan vengtu chuan a thusawi
:chu a chhonzawm ta a

Chuvangin, khawvel pum huap dan ang chuan, leh he"

tisa lo changa thlarau lam hun remchang i neihte hmang
tangkai turin i theihtawp i chhuah loh avangin, tunah hian i
ngaihtuahna i thawhrimna chu a let hnih i tihpun loh chuan,
thih hunah chuan thil pahnih zingah i thlang a ngai dawn a
.ni

Mi â sawm nen vanah awm la, mi fîng pakhat nen"

"?hremhmuna awm rawh, eng nge i duh zawk ang

:Zirtîr chuan hreh lo takin a chhâng a

Aw Pathian thian, mi fîng pakhat nen hremhmuna"

awm hi ka duh zawk a, a chhan chu ka thil tawn atang hian
mi â sawm ten paradis atangin hremhmun an siam tih ka
hriat vang a ni a, chutih lai chuan ka thinlungah ka ring a, mi
fîng pakhat nen kan awm chuan khawvel hnuai lam hnuai
lamah pawh hremhmun chu paradisi-ah min chantir dawn tih
."chiang takin ka hria a ni

* * *

Mi tam tak chu hnim hring ang maiin an thlawk kual a,
tum engmah hlen lo leh tum engmah thlen lovin hetah leh
khawiah pawh an che thin An ding reng a nih chuan hun rei
lote chung chauh a ni a, chu mi hnuah chuan intihhlina
zawngin hun hman dan tur zawngin intihhlina dang lamah
an hip lut a, chu chu Bee chungchang erawh chuan a
thawkrim hle a, hun harsa tak takah a inbuatsaih a, chutih
laiin butterfly erawh chu a ni atan chauh a nung thung

Thlasik a lo thlen chuan hnim chu a boral a, buhfai
erawh chuan thlasik leh thlasik lain a buh sengkhawm chu
nuam a ti hle ang Chutiang bawkin chhungril thlamuanna leh
nun harsatna hmachhawn thei tura chakna neih kan zir a
ngai a ni

rilru lam thil thlengte

Mi chu hlimna thlipuiah chuan chatuan atan a awm thei
lo va, lungngaihna tui buai tak hnuaia tuiah a awm thei lo va,
boredom thuk takah pawh tuiah a pil thei lo baw
Dualities inhnialna nei khawvelah hian mi pangngai chu
hlimna thlipui chungah chho leh ngaihsak lohna thuk takah
chuan sang leh hniam a taw a, lungngaihna thlipui nasa
takin a rawn vawrh kual a, hriatna dinhmun dang a tawng
tam lo hle

Chutianga thil awmdanin a ngaihtuahna a tihbuai
phalsak chu a duhzawng chu thil duhthusam leh danglam
reng tur chanvo (capricious and ever-changing fate)-ah hlan
tihna a ni Miin nun hlawhtling leh hlawhtling tak a neih theih
nan a mamawh chu rilru inthlauhna a ni a, hei hi
ngaihtuahna fim tak leh a rilru lam thiltihtheihna (emotional
faculties) thununna hmang chauha tih theih a ni
Lungngaihna thuk ber pawh hi hun kal zelah a dam a,
chuvangin kan dam chhung nitin lungngaihna ngaihtuah
hian awmzia a nei lo Kan hmangaih boral tawhte
lungngaihna reng reng hian anmahni emaw keini emaw a pui
lo va, engmah a tidanglam lo
Inferiority complex siam emaw, tun hmaa tihsual emaw,
hlawhchhamna emaw avanga mahni hrem emaw hi a hlawk
lo; chu ai chuan nun chu hrehawm takin a siam a, rilru lama
theihnate a tichak lo zawk a ni
Boring routine khurah kan tlu lut tur a ni lo, a chhan chu
chu chu rilru lam dinhmun, nuam lo tak a nih avangin, rilru a
tibuai a, theihna thup te chu ngaihsak lohna furnace-ah a hal
a ni

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Pathianin nunah kan mamawh zirlaite chu kan zir
chhuah theih nan leh hriatthiamna leh tawnhriat kan neih
theih nan min tir a Chûng zirlai pumpelhtute chuan a tâwpah
chuan eng anga rei pawh ni se, zir tûrin an nawr luih luih
dâwn a ni

Fiahna tinreng hi kan zir chhuah chuan thian a ni a, hun
remchang kan khawhral a, phunnawi, thinrimna leh rorelna \
ha lo tak nena kan hman dik loh chuan thuneihna sang tak
nei (tyrannical despot) a ni

Hriatthiamna \ha tak leh nun chungchanga rilru put
hmang dik kan neih chuan a mawi a, buaina awm lo a lo ni \
hin

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Midangte ngaihtuahna leh thiltihin min nghawng ka phal
loh chuan tumahin min thunun thei lo va, ka duhzawng min
laksak thei lo bawh

Lalpa, ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin hun remchang tawp nei lo ka nei
tih ka hrechhuak a, thiltihtheihna (material attachment) chu
duhthusam sang zawkin ka thlak ang a, Thlarau rinawm chu
ka hnenah a awm reng tih ka hria ang

Vawiin hian ka ngaihtuahna chu beiseina dose khatin ka
charge ang a, thil tawn nuam lo tak takte a\angin ka inthen
ang a, taksa, rilru leh thlarau tipungtu tur chu a inthlau leh
mumal takin ka practice ang

Nunna leh thihna lam chu a awm reng a, mahse ka
thlarau lam nihna chu ka la let leh a, chatuan atan ka in
zalen ang a, fiahna leh hrehawmna thlipui ka hmachhawn
hunah chuan ka thlarau lam lawngah chuan nunna tuifinriat
kalin, tuipui kam him, Pathian lam panin ka kal ang
Ka hnathawh leh ka siam hian Pathianin keimah

hmangin hna a thawk tih ka hre reng ang Amah hi khawvel
pum huap Lalpa a ni a, ngaihtuahna thuk tak hmangin Amah
nen hian kan inzawm thei a ni

Ka Pathian duh tak, ka ngaihtuahna hian hlawhchhamna
emaw, hlawhtlinna emaw min thlen dawn tih ka hre Chiang
a, chu chu ka nunah eng ngaihtuahna nge chak ber tih a
zirin Chuvangin, I tanpuina kut i phar a, ka hlawhtlinna
kawng min hawnsak tih hi hriat reng ka tum ang
Mi zawng zawng nena kan inbiak dan leh inpawhnaah
hian thinlung tak leh rinawmna ka la ang a, hmangaihna rilru
leh duhsakna ka thehdarh ang Tichuan Pathianin a chakna
leh finnain min thlawp ang
Lalpa, ka duhthlanna leh finna hmangin thil tenawm tak
tak ka tihlawhtling hmasa ang a, chumi hnuah chuan
hlawhtlinna lian zawkah ka kal zel ang
Thil neih zawng zawngte chu hlen chhuah ni mah se,
hlimna famkim lo chauh a la thlen tho
Pathian ka hmuh hian thlarau huan leh thlai hring hring
hring zingah chuan luang chhuak leh tlan chhunzawm zel lo,
hlimna khawl bo thei lote chu ka hmuchhuak ang

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Pathian hi ka nunah thil hlu ber a ni a; Ka chhia leh tha
hriatna lal̈thutphahah a thu a, finna thu hmangin min fuih
thin

Ka kalna tur kawng min kawhhamuh thin
Nun inthlau tak

Chu chuan Pathian leh thilsiam dan zawng zawng a
ngaihtuah vek a ni

Activity leh thlamuanna a inzawm khawm a ni
Hlimna a thlen a, mihring chanvo a tihlawhtling baw
In chu lunghlu khata khat chu thimah hmuh theih a ni lo
va, chuvangin hriat lohna zan a lal chung chuan Pathian
awmna chu hriat theih a ni lo
Pathian kan hriatna hi Amah tel lova kan nitin hna kan
hlen chhuah theih loh khawpa a tak tak a nih loh chuan
Pathian leh nunna inkarah hian inzawmna engmah kan nei lo
tih a Chiang a ni

Ambition kan neih a, midang rawngbawlna ngaihtuahna
hmanga lallukhum kan khum hian midangte tanpuiin kan in
tanpui thin
Aw, Lalpa

Ni êng pawimawh tak darh zel nen
Mi rethei leh raltlante thinlungah beiseina eng ka theh
darh ang
Tumruhna leh mahni inrintawkna khawnvar khalh rawh
Hlawhchham nia inngai te thinlungah
Nun hi zirlai leh tih tur hlen chhuahna sikul a ni tih kan
hriat chian hunah, chutih rual chuan mumang rei lo te
chhunga awm mai mai a ni tih kan hriat hian
Tichuan Pathian chu kan hnenah a awm tih kan hria ang
Nun hi rawngbawlnaah a inngat tur a ni, chu thil tum
ropui tak tel lo chuan Pathianin mihring hnena a pek rilru
chuan a siam chhan chu a hlen chhuak dawn lo
Pathian hnena intukluhna hian mi chu lawmna leh
Pathian chung a lawmthu sawina rilru pu chungin a hna
zawng zawng a hlen chhuak thei a, intulûkna hmang
chauhvin thlamuanna kan nei si a
Ka rilru leh nungchang lama chak lohna zawng zawng
chu tumruhna meiah ka hal vek ang, a chhan chu chu chak
lohnate chu ka paih bo loh chuan Pathian meialh chu ka hmu
thei dawn lo

Aw, Lalpa

Vawiin hian thil Chiang tak tak tihhlawhtlin ka tum ang
a, chutah chuan ka ruahman ang chu ka ti ang Ka thil tum
dikna ka tichiang hmasa ang a, chutah chuan i chakna ka
hre ang a, i tanpuina leh malsawmnain ka tih tum chu ka
tihlawhtling ang

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Engineering lama mahni inrintawkna dang neih belh zel
Pathian thiltihtheihna chu tawp chin nei lo a ni tih Chiang
takin ka hria a, ka chhungah A êng meialh a dah avangin ka

kawng daltu daltu leh daltu zawng zawng hneh theihna
thiltihtheihna ka nei bawk

Thiamna leh mawina pholanna hmanrua ka ni a,
chuvangin ka ngaihtuahna leh chêtîrnate chu thil tha tih leh
mihringte rawngbawlina kawngah ka hlan ang
Vawiin hian ka ngaihtuahna leh thusawi ka vil reng ang
Mawi leh ropui chauh a hip theih nan
Ka hnathawhnaah hian thatna hi hmahruaituah ka dah
ang

Hlawhtlin nan ka creative thinking ka hmang thin
Thawhrimna tha leh hna hlawkthlak zawng zawngah ka
thawk thin
Keimah leh keimah ka in tanpui chuan Pathianin min pui
thin tih hriatchhuah

Vawiin hian nunna huan hi ka lo ching dawn a ni
Tin, chutah chuan finna chi, hriselna leh hlimna chi chu
tuh rawh

Ka thawhrimna hi hlawhtlinna lallukhum khum a nih
hunah Pathian hnenah lawmthu ka sawi ang
Tin, ka thinlung duhzawng chu ka hmu bawk
Vawiin hian ka chhehvela buaina siamtute chu ka vibes
tha tak tak hmangin ka pui ang a, ka duhsakna êng hmangin
tension leh inrem lohna thim chu ka tibo ang a, ngawi rengin
leh chhunzawm zelin ka theihtawp ka chhuah ang a,
Pathianin thiltihtheihna min pekte chu keimah leh midangte
hlawkna tur zawngin ka hmang ang
Pathianin tanpuitu kut a phar ang a, a thilpêk min pe
ang tih Chiang takin ka mamawh chu hmuh theih nân Thil \
ha Ropui ber thiltihtheihna rinna famkim nen ka chhuak ang
Thim chaknate chu ka chhungril thlamuanna bei turin an
inkhawm meuh chuan, thim chaknate hmachhawn tur leh
tidarh vek turin ka chhungrilah êng, thutak leh mahni
inthununna chaknate chu ka tiharh ang

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Magnifying glass hmanga ni êng chu hmun tê têah i dah
chuan lumna a siam a, chu lumna chuan thing, puan, lehkha
leh thil dangte a kang thei Chutiang bawkin, rilru chu Chiang
taka i dah chuan a chakna inzawmkhawm chuan
hlawhchhamna tinrêng hnuaia sualna leh rinhlelhna zungte
chu a kang bo thei a, finna êng chu êng tak leh êng takin a ti
eng thei a ni

Rilru chu thil \ha zawng zawng bul leh thiltihtheihna
zawng zawng lo chhuahna Pathian nêna a inzawm chuan
Pathian awmna a hre Chiang a, hlawhtlinna thil zawng zawng
a nei vek a ni Heng thilte hi Pathian thiltihtheihna nasa tak
nên a inzawm tlat a, eng kawngah pawh hlawhtlinna hun
remchâng thar a siam thei a ni

Magnetic chaw ei tur

Miten ei leh in emaw, ei leh in emaw an sawi hian taksa
chhawmdawlina atana taksa chaw ei an sawina a ni tlangpui
Amaherawhchu, chaw chi dang, taksa chaw aia pawimawh
lo, a pawimawh zawk fo thin Heng zingah hian finna emaw
thlarau lam chaw ei te pawh a awm

Rilru lama thiltih emaw, rilru, finna leh thlarau lam

hriatna lama innghahna

Taksa chaw ei hian taksa cell-te a chhawm nung a, finna
chaw ei hian rilru chu ngaihtuahna hrisel takin a khat a, finna
chaw ei hian thlarau chu a tinung leh a, a theihna a tipung a
ni Intellectual nourishment chu a tlangpuiin mi pakhatin
ngaihtuahna leh midangte nena inzawmna leh inpawhna
hmanga a dawnte a ni

Mi rilru hahdam tak leh rilru ropui tak nei mite chuan
kan ngaihtuahna chu magnetic leh hrisel taka siam turin an
pui thin

Mi pakhatin a rilru chawmna chu boruak muanawm
emaw, tibuaite emaw atanga lak chhuah a ni em tih hriat a
harsa lo Lungkhamna, lungngaihna leh buaina zawng zawng
hi mi chi dik lo, thian emaw, chhungte emaw nena inzawmna
atanga lo chhuak vek a ni a, chu chuan ngaihtuahna

lungkham tak leh rilru buai tak a thlen a, taksa chuan taksa
ei leh in aţangin chakna leh chakna a hmu chhuak a,
magnetic foods erawh chuan taksa leh rilruah chakna charge
tam zawk a pe thung solid leh liquid food aiin awlsam taka ei
theih, awlsam taka nung chaknaah a chantir theih loh

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Hriat lohna chu finnaah i chantir theih hunah
Chak lohna leh chak lohna atanga hriselna leh chakna
thlengin
Inrintawkna leh huaissen takin - nangmah chauh pawh ni
se - nun kawng hrang hrangah kal rawh
Tin, chhia leh tha hriatna nung leh fimkhur tak neihna
chhungril hlimna pawh
Tin, Pathian dikna leh thutakin thu dik lo a hnehna leh
thil tak takin thil dik lo a hnehnaah rinna nghet tak a nei
bawk
Tin, nitin i ngaihtuahna chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum hian
Hmangaihna leh lawmthu sawina thinlung a nei a ni
Tin, midangte chung a thil tum tha tak tak a nei bawk
I intellectual nourishment hi magnetic a ni
Tin, chutah chuan thil mawi leh hlawkthlak zawng zawng
chu a hip lut ang che
Thil, mihring leh dinhmun a\angin
Hriselna leh himna tuipui kamah a zinkawng chhunzawm
zel a ngai hle
Tin, a tawp berah chuan
I mamawh chu i hmuh theih nan theihtawp i chhuah
hian
Pathianin awlsam taka a siam cheah lungawi la, thlarau
lamah i hausa lehzual ang a, i lungawi lehzual ang
He khawvel hi a ngaihven em em a, a rallak duhâmte
chu

* * *

Miin \hian zawn zawn aia \hian awmchhun Pathian a
 zawn chuan mihring inlaichinna zawn zawnah: chhungkua,
 unau, nupa inkar, leh thlarau lam inlaichinna zawn zawnah
 \hian dik tak din theih a lo ni ta a ni
 Inṭhianṭhatna hi nupa inlaichinnaah thil pawimawh tak a
 ni a, rilru leh rilru lama inmilna, nungchang lama hipna
 hriatna, leh hmangaihna dik tak leh inṭhianṭhatna chu dah
 pawimawh ber tur a ni Hmangaihna dik tak leh taksa lama
 hipna thliar hrang thei lote chu an beidawng fo thin
 Inneihna chu thil tum sang tak leh inzah tawannaah a
 inngat a nih chuan, thlarau hmangaihna nei leh thawhhona
 tha tak nei pahnih inkara inzawmna hlim tak leh hlawhtling
 tak a lo ni ta a, chu chuan nun phurrit chu a tiziaawm a,
 inngaihsak tawna leh inhriatthiam tawna nena nun
 lungkhamnate chu a ti bo ta a ni

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Leilung chi khat chu vase angin i mold a, a khauh
thlengin i bake a, chutah chuan lei chu tray-ah siam thar leh
i duh chuan i ti thei lovang Mahse, vase chu i grind thei a,
powder chu lei tharah i dah thei a, chu chu hmangin tray chu
i siam thei ang

Chutiang bawkin, thluaka tih dan tha lo zung kai a awm
a, chu chu thlak danglam kan duh a nih chuan, chu tih dan
chu grind a, duh ang anga siam danglam theih, thiltih nem
tak, tha takah kan chantir hmasak phawt a ngai dawn a ni
Duhthlanna chak tak tih awmzia chu rinna nghet tak
tihna a ni Miin a rilruah, "Chu tih dan chuan min phuar lo," a
tih lai tak leh a sawi tumna a sawi lai tak chuan chu tih dan
chu a awm ngai lo ang maiin a chhe vek ang a, a bo vek ang

* * *

Ka ngaihdan chu tumah chungah ka nght lo va,
tumahin an ngaihdan min nghah emaw, ka chhungril takah
ka tih loh tur ka hriat thil tih tir emaw pawh ka phal lo
Ka thil tum chu ngun takin ka ngaihtuah a, ka thil
tihnaah finnain min kaihruai a, ka thiltihah mawhphurhna ka

la a, ka thiltih rah chhuahah hian midang ka dem lo He
mahni inthununna hi ka zirtirtu hnen atanga ka zir chhuah hi
ka ngai pawimawh em em a, ka bânsan ngai lo vang
Magnetic force sang ber a ni

Isuan: "Pathian ram zawng hmasa rawh u, a bak zawng
.zawng chu pek in ni ang" a ti

Pathian hi cosmic force zawng zawng hnuaia magnetic
force sang ber a ni Hmangaihna zawng zawng hnuaia
hmangaihna a ni Amah hi cosmic siamtu leh art leh thil siam
zawng zawng hnuaia divine artist a ni

I ngaihtuahna chu Pathian: awm tawh magnetic force
sang ber chungah i dah hian, malsawm magnetism hmangin
i charge a, i mamawh zawng zawng chu i rilruah i hip thei a
ni

Ngaihtuah thûk tak nêna Pathian i ngaihtuah a, i
thinlung zawng zawngin i hmangaih a, thil dang duh lovin a
hmaah thlamuanna famkim i nei a nih chuan Pathian
malsâwmna magnetism chuan i mumang zawng zawng leh
thil dang tam tak a rawn thlen ang che
."Vanrama Pathian hnenah"

Hlawhtlinna, nun nuam tak, natna tihdam theih loh laka
tihdamna, leh thunun dante—heng zawng zawng hi i thleng
thei a ni Taksa hmanraw leh thawhrimna zawng zawng i
hmang zo vek a, a hlawhtling lo tih i hriat chuan, i chhungril
kawngkhar chu hawng la, thlarau lam thiltihtheihna chu a
luang chhuak ang a, chak lohna zawng zawng,
hlawhchhamna leh lungngaihna zawng zawng chu a ti bo
ang

Ngaihtuahna thuk tak, ngawi renga ngaihtuahna leh
ngaihtuahna seng hmanga Pathian tanpuina i zawn chuan
thlarau lam chakna khawlkhawmna tawp thei lo i hmuchhuak
ang Pathian chu a thliar hrang lo va, thinlung takin A
tanpuina zawng zawng zawngte chu a chhang thin
Keimah chhunga Pathian ka hmuh khan khawi hmunah
pawh ka hmu a

Ka naupan lai atang tawhin Amah hi ka duh em em a,
vawikhat chu ka naupan laiin lehkha ka ziaak a Ni e, Pathian
hnenah lehkha ka ziaak a, a hmingah hetiang hian ka vuah a
.ni

Va Pathian hnenah" tiin mailbox ah ka dah a"

Mi pakhat hnena lehkha kan thawh hian chhanna kan
beisei Chhanna ka dawn loh chuan mittui tam tak ka luang
chhuak a Mahse, a tawpah chuan chhanna chu ka hnenah a
lo thleng ta a, lehkhah thu ziaak hmangin ni lovin, mak tak
maiin vision eng tak hmangin

Mi tinin Pathian hnen atangin chhanna kan dawng thei
a, chu chu tumna chu a pawh hle a, thawhrimna chu a kal zel
a nih chuan

I zawhnate chu Pathian hnenah i hruai a, rilru thuk takin
i khuh a, ngaihtuahna mail hmanga i thawh chuan rinawm
tak leh Chiang takin a chhanna i hmu ngei ang

* * *

There is a spiritual physiology underlying the nervous
system that uniquely allows humans to reach the highest
stages of conscious development Mihring thluak, whale leh
elephant tih loh rannung tam zawk thluak aian a lian zawk a,
a buaithlak zawk a, ngaihtuahna theihna nasa zawk a nei Hei
hian mihring thluak hi mihring tan hmanraw tha takah a
siam a, thilsiam dangte aian hriatna hmasawn zawk nei The
brain's intricate and complex convolutions enable humans to
engage in profound and deep thought Chuvangin, mihringte
chauh hian hriatthiamna sang tak tak an thleng thei a,
chuvang chuan an Siamtu pawh an hre thei a ni Mi fing chu
an rilru chakna hmanga mihringte rawngbawlina leh hlawkna
tur thil, finna leh thlarau lam level-a hmangtu a ni

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I tan hla ka sa a
Mihring tumahin an sawi chhuak ngai lo
Tin, nangmahni hnenah ka melody dik tak ka hlan bawh
Ka thinlung chhungril thuk taka a khelh thin kha

Tin, a hrui chungah pawh
He hla hmasa ber hi ka siam a ni
Tin, hetah hian thilhlán thiánghlím atan ka hlan che u a

ni

Dry, intellectual tunes ka rawn hlan lo vang che
A nih loh leh mi dangte phuah hla mawi tak tak
Tin, engmah ka pe lo vang che
Ka thinlunga hla awlsam leh naïve tak takte chu
I hmaah cultured roses ka dah lo vang
Glass in chhungah chuan
Tin, rilru natna leh duhthusam nen a khat baw
Chu ai chuan ramngaw pangpar lo chhuak tharte chu ka
hlan zawk che u a ni
Ka duhthusam lovah chuan
Tin, ka nun tipungtu a ni baw
* * *

I thusawi ka ngaithla theih nan
Vêngtu Vantirhkoh
Ka chhungril mit hmuhna chu radio nen a inmil tawh a ni
Hmangaihna nena khawih nê̄m tak nen
Meditation-ah ka ngaithla fo thin
I hnaih bertu i mi thiánghlímte hla thlum ber berte
:hnenah

Thlarau lam symphony mak tak tak te tan
Tin, ka thinlung thil siam atanga piece hrang hrang atan
Tin, ka duhthusam hlui che atanga hla thluk tak
Dawhtheihna leh rilru hahdam takin ka rilru put hmang
thuk ber tilangtu chu ka siamrem ta a
Tin, mutnain ka mitmeng a tihbuai lai khan
Ka muhil ta mai mai
I hla dik tak chu ka chhungah a luang chhuak a
Tin, tunah chuan ecstatic echoes ka broadcast ta a ni
I hlimna hla thluk atang chuan
Tin, i chibai buktute zaipawl-ah ka aw ka belhchhah
baw

Hlate chu a ri nasa zual sauh sauh a
Duhthusam leh duhthusam chu a chak zual sauh sauh a

ni

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Tupawh mahni hmasialna sual kawng zawh chuan
midangte chuan a neih zawng zawng laksak an tum ang a,
chutiang a nih loh chuan midangte chuan thilphalna leh
lainatna an lantir ang

Mimal pakhatin mi dangte hnena a project emaw, a
thawn emaw—thu, thiltih leh ngaihtuahna hmanga—chuan
chi khat leh chutiang bawka a hip leh ang An nihna dik tak
chu an hmel lan dan leh thiltih hmangin a lang chhuak ang
Midangte chuan an rilru lam vibrations emaw, wave emaw
chu an hre ang a, an chung a an chhân lêt dân chu chu
vibrations awm dân nên a inmil ang—negative emaw
positive emaw

Engkim hi kan nei thei lo Kan neih zawng zawng hi he
leia kan awm chung hian hun eng emaw chen atana kan
hman theih nan Pathianin min pe a, a rei emaw a rei lo
emaw chuan kan thil neihte kan hlan a ngai dawn a, chu chu
accident vang emaw, ruk vang emaw, chhe lutuk vang
emaw, thihna vang emaw a ni thei ang
Chutichuan, eng thil pawh neitu nihna tur chauha chelh
emaw, vawn reng emaw kan tum hian keimahni inbum kan
ni tihna a ni

Kum tam tak kan lo chen tawh heng taksa te pawh hi ni
khat chu an chhuahsan dawn a ni Chuvangin, a takah chuan
kan neih theih loh thilte kan nei tih ring tura in nawr luih hi
thil tihsual a ni

Thil engemaw min pek a nih chuan hun engemaw chen
atan kan ta chauh a ni tih kan hriat a ngai a, midangte
hnena hlan chhawn hi kan inhuam tur a ni

Miin a mamawh aia tam a duh chuan harsatna lian tham
tak tak a lo nghak reng a ni Ringhlelhawm lohvin, ei leh in,
chenna tur, silhfen, leh sum leh pai lama himna engemaw

zat ang chi mamawh bulpui kan nei tur a ni a, mahse heng
thilte kan zawn kawngah hian mamawh tul lote chu kan paih
bo a ngai a, chu chu duhna thunun theih loh leh a tul aia tam
neih duhna kang ka sawina a ni

* * *

Mimal angin khawvelah hian kan nung thei lova, nun
nuam kan tih theih nan kan mihringpuite kan rinchhan a ngai
a ni

Hei hi thlarau lam leh tisa lamah pawh a dik Thil leh
rawngbawlina inthlengna tel lo chuan nunphung tha tak kan
vawng thei lo

Kan thil tawn leh thil hmuhchhuahte inhrilhhriatna
hmangin kan finna leh thlarau lama hmasawinna kan ti chak
thei a ni

Kan hmarchhak, khawthlang lam, hmar lam, leh hmar
lam ngaihtuahnate kan inpumkhat chuan kan thiamnate kan
tipung thei a, mihring chhungkaw pakhat anga kan theihnate
kan tipung thei a ni

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Zan tin ka mumang huanah chuan
:Pangpar tam tak a par thin
Rare imaginary pangpar te
Chutah chuan planetary light lum tak chu a eng chhuak
thin

Leilung beiseina hnah te chu a par chhuak ta
Petals eng tak tak theh darh
Investigation leh satisfaction atang hian
Chu mumang eng mawi takah chuan
Hmangaih theihnghilh tawh hmelah chuan specters ka
hmu chiang hle
Tin, ngaihhlut tak, phum tawh rilru put hmang te pawh
Ka mut rei tawh hle mai
Hriat lohna leilung
Gown eng mawi tak tak ha chungin an tho chhuak vek
Mumang vantirhkohte kohna chhanna atan

Tun hmaa fiahna zawng zawng thawhlehna chu a hmu a
Lalpa, zalenna min pe a ni
Nitin kan harsatnate theihnghilh turin
Zan lama mumang ram tlawhna hmangin
Nangmah nen kan thawh dun theih nan min pui ang che
Tin, mihring lungngaihna leh lungngaihna lakah
chatuanin kan tlanchhuak thin

* * *

!Aw Pathian inhumhimna
Nunna tuipuiah ka inbual mek a ni
Harsatna thlipui na tak chuan minrawn nuai kual vel a
ni

Hlimna thlipui chungah i inhnim pil emaw pawh nise
A nih loh leh, a chang chuan hrehawmna thuk takah
tuiah pil bo thin

Duality atanga tlanchhuah ka duh em em a ni
I ethereal, supreme shores i thlen chuan
Tin, ka dilna thlipui tleh apiangin
Ka inhumhimna awmchhun chu ka hnaih che a ni
Ka beih hi ka bansan lovang
A chhan chu ka thlenna tur i nghakhlel hle tih ka hriat
vang a ni
Ka lo haw lehna tur chu nghakhlel takin a nghak reng a
!ni

Paradis sava ka ni: vanram sava ka ni
Chu chu i kut malsawmnain a siam a ni
I charm hmangin min ti mawi a
Tin, rawng mawi tak tak te pawh
Thinrimna hnuai lam leh thlarau lam pangpar
rangkachak hmul nen
Ka sang chho ta a
Nunna boruak thim leh hlim lo takah chuan
Paradis zawngin
Ka hmul êng tak takte chu a chhe vek a
Beidawnna hnah thim tak nen

Ka Pathian, lo kal rawh
I paradis sava chu silfai rawh
Finna êng nen
Tin, thlamuanna tui thianghlim leh thlum tak takte pawh
Ka thlamuanna axis leh ka hlimna anchor
I dan leh hrai zawm a, i hriat chian theih nan taima tak
leh taima takin thawk mah ila, Lalpa, dan leh hrai zawng
zawng aia chungnung zawk i ni tih ka hriat chian a ngai
Universal Mother, mihring nu tin thinlungah i cheng Nu
zawng zawng chu i finna leh ngilneihnain tikhat la, chutiang
chuan i hmangaihna tawp nei lo chu an lantir leh zual ang
Ka Pathian duh tak, I awmna thianghlim chu hmun tinah
a awm tih ka hria Olive hrual loha hriak thianghlim thup a nih
angin, I awmna ropui tak chu khawvel pumah a awm a, I
Pathian awmna hriak malsawm tak lak chhuahna atana
Nangmah ngaihtuah leh I ngaihtuahna press hmangtute chu
an eng a thawl e

Thiltih \ha leh thil siam \ha ngaihtuahna hmangin mahni
inhriatna chi chu ka enkawl ang a, ka nun huana Pathian
hmangaihna pangpar a par chhuah hma loh chuan
ngaihtuahna leh duhthusam tuiin ka tui ang
ka hriatna chu zalen a nih theih nan leh Pathian
khawngaihna lam pan turin hriatthiamna leh hriatthiamna
chemte hmangin chu hrui chu ka tan tir ang
Ngaihtuahna, thusawi leh thiltih theihna chu Nangmah
a\angin a lo chhuak a ni, ka Siamtu He thiltihtheihna hi
ngaihtuahna \ha, thu ngilnei leh thil \angkai tak takte tan
chauh hmang turin min pui ang che
Inhnialna leh buaina hian min hlat tir a, i malsawmna
dawngtu i nihna ka hriat loh nan min dal a, mahse, Aw Lalpa,
ka thlamuanna lairil leh ka hlimna anchor i ni reng ang

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Mihring chhungah hian hriatna leh finna ro hlu tak tak,
ngaihtuahna thuk tak leh chhui chian tak tak hmanga
hmuhchhuah leh puan chhuah nghah mek a awm a ni

Mihringte hian an thil tih apiangah an latent energies
chu hriat lohvin, emaw, subconsciously emaw hmangin an
hmang a, result engemaw zat an hmu a, mahse chu energy
te chu invest dan tur leh consciously control dan tur an hriat
chuan thil ropui tak tak tam tak an ti thei ang
Thlarau chu pianpui finna, pianphung chakna, thil \ha
hmangaihna leh duhsakna \hain a khat hunah chuan, chuti a
nih chuan, rulhut chuan pangpar a zawn ang bawkin,
hlawhtlinna, hausakna, hriatna leh nunna malsawmna dang
zawng zawngte chuan a zawng ang che, Pathian
khawngaihna

* * *

He leiah hian Pathian chuan mi thinlungah unau nihna
rilru tuh a, mahni thlarauah mi dangte zahna leh ngaihhlutna
tuh chhuakin, khawvel pum huap nun himna art chu chhuah
chhuah leh tihhmasawn tumin hna a thawk a ni
Chuvangin, Amah – chawimawiin awm rawh se – hnam
engmah chu a takah chuan famkim a phal lo va, hnam tinte
mimal tinte chu anmahni theihna leh thiamna bik a pe a,
khawvel civilization hmasawmna atana thawhhlawk tak tak
an thawh theih nan finna danglam tak nen a thliar hrang ta
zawk a ni

Leiah hian remna chu hnam hrang hrangte zîngah a par
chhuak ang a, rah a chhuah ang a, chu chu hnam tin mizia
ṭha ber ber leh ṭhatna ṭha ber berte inthlâkthlengna
siamṭhatna hmangin a ni ang
Hnam dangte tlin lohnate chu kan ngaihthah mai thei a,
mahse an ṭhatnate chu Chiang takin kan hmu a, kan entawn
a ngai a ni Hêng thil tumte hi zâwlneite, tirhkohte, leh mi
thianghlimte zîngah hian chanchin kal tawh zawng zawngah
a lo lang tawh tih hriat a pawimawh hle a, anni hi zirtîrna
thianghlim sâng ber berte entawn tûr nung tak an ni a—a la
ni reng bawk

.Mahni" tih awmzia"

Pathian a\anga lo chhuak hriatna leh chakna a\anga an
awmna lo chhuak, hriatnate hian khawvel min hmuhtir a,
thlarau chu a bul leh thilsiam dangte a\anga thil awm hran
angin a lantir a ni

Taksa kawngkhar chuan thlarau chu a khung a, chu chu
khawvel pum huap thlarau lantirtu a ni a, theihnghilhnain a
hneh tawh a, chuvangin a Pathian nihna chu a hre reng tawh
lo va, a taksa bawm chu a nihna dik takah a ngai zawk a ni
Chuvangin, taksa bawlhhlawh leh tihkhawtlai zawng zawng
chu amah ngeiah a ngai a, a attribute vek a ni
Chutiang hunah chuan thlarau chu "ego" tia koh a ni a,
mahse he ego emaw, he mahni te tak te, khap tlat hian
taksa nena a inzawmna chu hun eng emaw chen chauh a nih
thu leh thi thei lo, thi thei lo essence a neih thu a hriat chuan
thlarau tia koh theih a ni a, a nihna pawimawh tak a hriatna
chu a din chhuah tam poh leh a hriatna a lo sang leh zau poh
leh cosmic consciousness leh chu chu a inzawm tlat tih a
hria a ni mihring zawng zawng hi a khawvel pum huap
chhungkua a ni

* * *

Thilpek boral ngai lo i dah ang u
Decay-in a nghawng lo
Thil tum \ha tak a\angin
midangte tana rawngbawlina
.Hmangaihna thuhmun (unconditional love)
Mihringte thing hnuaiah
Branch sei tak tak nei
leh branch tam tak a awm baw
Chu chuan hnam hrang hrang a entir a ni
Mihring hnam hrang hrangte
An danglamna leh chi hrang hrang awm mahse
Pathianin i thiltih \hate hi pawm rawh se
Thil tum tha tak hmanga hruai
Harhna vawi hnihna

Nang nen chuan khawvel danga harh lehna vawi
hnihnaah awm ang maiin ka inhria A chang chuan he leilung
hi ka mumang a, ka taksa chu a chhungah a awm tih ka
mumang a, mahse hlimna tawp lovah ka harh a, nitin he lei
nun ka mumang chu rose par ang maia hriatrengna rimtui
takin a rimtui a ni

Nunna panorama-a gliding-a ka inhmu a, mumang nena
chei leh scene hrang hranga thil tawn tam tak nena chei
mawi ka ni a, ka leia mumang hriatrengna khur ri nasa tak
takte chu van chatuan harhnaah ka phur a ni
Ka nun huan a\angin mumang chhia hling ka hrual a,
chutah chuan infuih tharna roses ka phun a, chutah chuan
ka cosmic hmangaih tak chuan ka sawmna chu a pawm ang
a, duhthusam musk rimtui takin a rimtui ang a, hlimna thar
leh malsawmna tawp nei loin a khat vanram inah min hrui
ang

* * *

Pathian hmangaihna chu ethereal leh gentle a ni a,
Amah an duhna thuk tak leh an duhthusam tak tak sawitu
apiang chu A chhang let ngei ang
Mite chuan Pathian thiltihtheihna hmanga nung ni lovin
ei leh in hmanga nung an nih an ring Mi tam tak chuan
ngaihtuahna rei lo te, thlipui tleh ang maiin an ko thin a, dik
lo takin an tawngtaina a chhang lo tih ring chungin Amah
ringtute chu a pui thin a, an hriat loh pawhin, mi tam tak chu
Amah hre loin an awm reng a, anmahni atanga hla takah a
awm nia inngai chuan Thutlukna a tlahniam ngai lo,
tumruhna a chak lo ngai lo, leh thinlung taka ngenna chu
ngawi reng leh inrintawk takin a kal zel a, Pathian tanpuina
chu thinlung tak leh beiseina nen zawn a ni a, chak lohna te,
lungkhamna te, nungchang hrisel lo te, a nih loh leh
ngaihtuahna buai tak tak te daltu te hmachhawn pawhin
tanpuina a lo thleng ang a, chu mi rual chuan hahdamna
pawh a lo thleng ang

Pathian chuan thinlung thuk tak a\anga ngenna dik tak
lo chhuak apiang chu thuk tak leh ngawi rengin a chhang \
hin

Mihring hlutna dik tak chu
I thil tum atan duhthlanna leh ruahmanna fel tak siam hi
a pawimawh hle I tumruh a, thal kang emaw, meialh kang
emaw ang maia i kawng zawh zel chuan i kawng daltu zawng
zawng chu a kang vek ang a, vut ah a chang vek ang
I tih theih loh hna chu thlang la, tichuan tihputlin tumin
theihtawp chhuah rawh I hlawhtlin hunah chuan thil lian
zawh leh pawimawh zawkah kal zel rawh Hetiang hian i
duhthlanna chu training chhunzawm zel la, a rah chhuah chu
nangmah ngeiin i hmu ang Harsatna chu a nasa lutuk a nih
chuan, chu chu hneh theihna tur chakna pe turin Pathian
hnenah thinlung tak leh rinna nen tawngtai rawh
Hlawhchhamna tihbo i duh chuan duhthlanna
(willpower) hman a ngai a, tumruhna chu thlipui chak tak -
thil tha thlipui - kawng daltu nei lo leh sual chauh tichhe thei
ang maia chak a ni tur a ni
Mi chu tu nge a nih emaw, an khawtlang dinhmun eng
nge ni tih pawh a pawimawh lo An hlutna dik tak chu
duhsakna tha an neih leh chu duhna chu thil tha tih leh
mamawhtute tanpui nan an hman danah a inngnat a ni
Duhthlanna hi i chhungah a awm a, dik taka i hman
chuan engkim i tihlawhtling thei ang
Mihring chu duhna a\anga duhna a\anga a tâwpah
chuan duhthusam ropui ber: mahni leh Pathian hriatna hlen
chhuahna kawnga hlawhtlinna a neih theih nâna theihtâwp
chhuahtîrtu chu duhthlanna a ni
Mihringah hian duhthlanna chu a pangngaiin, zawi
zawiin a lo thang lian a, mahse a thanlenna chu ngaihtuahna
fim tak leh thiltih dik tak hmangin a ti chak thei a ni
Thir duhthlanna hmanga ngaihtuahna pakhat vawn tlat
chu chu ngaihtuahna chu a hma emaw a hnu emawa

tihhlawhtlin tihna a ni a, chu chu tumruhna nghet tak leh
chak lohna leh beidawnna hre lo thutlukna siam vang a ni

Mihring duhzawng chu hriat lohnain a thunun a, a
kaihruai a, tihsual leh hlim lohna a thlen fo thin Mahse,
duhdan chu finna leh thiltih dikin a kaihruai a, Pathian
duhdan nena a inrem hunah chuan mihringte hlawkna leh
hlimna atan hna a thawk a ni

Duhthlanna chu Pathian duhzawng nena inmil turin a
pawimawh hle Duhna chu thiltum bik pakhatah a inher reng
chuan duhthlanna chak leh tangkai tak a lo ni ta a Hei hi
zâwlneite, mi ropui tak takte leh he khawvêla thil ropui tak
tak ti tawhte duhthlanna a ni

Eng thiltih pawh i thawh hmain i tih tur chu ngun takin
ngaihtuah hmasa phawt ang che I duhthlanna chu nangmah
leh mi dangte tana hlawkna tur thilte tihhlawhtlin nan i
hmang ngei ang tih hria ang che I duhthlanna i hman dik loh
chuan a rah chhuah chu i tan a chhiat phah ngei ang
Negative takin awm suh; Pathianin a hmang duhna leh
nunna indona hneh duhna a pe che a Pathian duhzawng chu
i hnungah a awm tih hre reng ang che

Duhthlanna hian taksaah taksa lama inthlak danglamna
a thlen thei Duhthusam (willpower) tling tak i neih chung
chuan tih dan thuk tak chu bansan turin hun i mamawh lo
Master Buddha-a'n thlarau lam êng a zawn lai khan
banyan thing (Indian fig) hnuaiah a thu a, hetiang hian thil a
:sawi a

Hetah hian banyan thing hnuaiah ka thu a
Tin, he thutiam hi dik takin ka sawi nawn leh baw
Ka awmna thuruk ka hriatthiam loh chuan
Tin, ka zirchianna atang hian ro hlu tak chu ka hlawkpui

ang

Engpawh nise ka dinhmun hi ka chhuahsan lovang
Ka ruh leh taksa chu a hmin vek a nih pawhin
!Chatuanin ka thut reng ang

A tawpah chuan Gautama Buddha êng tak chuan
Pathian dilna chu a hlawhtling ta a ni
A duh ang chu a hmu ta a ni
Dik tak chuan chutiang duhthlanna chu duhthlanna a ni
United hian khawvel pum huap duhthlanna an nei
I chhungah hian cosmic energy current a awm a, chu
chuan i taksa chu hun tiam nei lovin a chhawm nung reng a
Mahse, taksaah thil a thlen chuan, chu chakna chu i
theihnghilh thin I duhzawng chu thil dik lo zawnga hman
chuan he cosmic energy nena i inzawmna hloh tihna a ni
Training that willpower tih awmzia chu chu nunna chakna
nasa tak nen chuan inzawmna a ni
Duhthlanna hi thil \ha leh nunah hlawhtlinna \ha leh
ropui takah nung leh thawkrim taka vawn reng a ngai a ni
* * *

Habits hi automatic psychological tools leh mechanisms
a ni a, hna tul tak tak awlsam tak leh thawhrimna tel lova
thawh theihna tura puitu a ni
Mi tam tak chuan chak lohna leh hlawhchhamna tih
dante chu sal atan an phal a, mi pakhat chu a nun dan
danglam chuan a inveng thei a, chu chu himna leh hnehna
tuipui kamah a thlen hma loh chuan nungchang tha lote do a
tum tlat a nih phawt chuan
Duhthusam thunun theih lohte chuan nungchang hrisel
lote chu beiseina dik lo leh hlimna leh lungawina thutiam
hmanga tiharh leh dikna siamin a fuih a, Chutiang chak
lohna leh buaina hun lai chuan, heng thunun theih lohte
hneh duhtute chuan an nihna dik tak hrethiam tur leh
hlawhtling taka hmachhawn dan tur zir turin an rorelna fing
tak chu an ko a ngai a ni
Thiltih \ha lo chuan rah chhuah rapthlak tak a nei a, rah
thlum tak tak, rimchhia tak tak a nei a nih chuan thunun loh
chuan heng tihchhiatna nungchate hi a chak zual ang a, mi
chu an kuah chak tak leh nghawng nasa takah a vawng tlat
ang Mahse rilruin heng thil tih \ha lo leh \ha lozia a hriat

chian hnuah chuan an nghawng chu a tlahniam a, a tawpah
chuan mi pakhat nun a\angin an bo ta a ni

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Pathian Lehkha Thu chuan Pathianin rilru leh finna man
a pel tih a nemnghet a ni An thiltihtheihna nei chung pawhin
Amah hriatthiam emaw, hual emaw turin an theihna a la
tawk lo va, chuvangin mihring rilru chuan Pathian ngaihdan
dik tak a siam thei lo va, a bul leh tawp nei lo pawh a
hrethiam thei lo

Van boruak atanga mel maktaduai tam tak atanga Ni i
en chuan, chu arsi lian tak chu kan Lei aiin a te zawk hle niin
a lang Mahse, Leilung zau zawng chu mel 7,900 vel a ni a, Ni
diameter erawh a let za zetin a lian zawk Kan planet Earth hi
Ni hmaah direct-a dah thei ta la, a tehkhin chuan a tenau
hle in a lang ang Tin, Ni lian tak chu a zau zawngin a pum pui
a huam vek hma loh chuan a zau zel ang tih kan ngaihtuah
chuan..

.. van dum, van kan hmuh hi universe
chhunga hmun zau tak, tawp nei lo zau tak, speck tlemte
chauh a ni a, Ni hian tawp chin nei lovin a zau zel a nih
pawhin, tawp chin nei lo chu a la huam thei lo
Cosmic illusion of smallness and infinity chuan rilru chu
universe zauzia chu a tikhawtlai a, a dal bawh a, he absolute
void hi khawi atanga lo chhuak nge a nih a, khawiah nge a
?ramri chu

Dimension emaw, tehna emaw hnuaia awm lo, tawp
chin leh bul tanna nei lo chu Pathian a ni a, hmun tina awm
leh hmun hla ber ber a awm arsi hla tak tak, hla tak takah a
awm a, a luah zawng zawng chu eng ang pawhin te emaw,
lian emaw pawh ni se, hre rengin a hre vek a ni
Pathian chu rilru siamtu leh a thiltihtheihnate a pelh tlat
avangin rilru a ni lo; chutiang a nih loh chuan rilru hmangin
Amah chu kan hrethiam thei Amaherawhchu, dik tak leh
chiang takin Pathian hriatna, Pathian hlimna emaw, Pathian
awmna emaw kan ti thei a mahse rilru erawh a ni lo

Rilru hian awm zawng zawng hrethiam thei lo mah se,
chuti chung pawh chuan Pathian awmna a hre thei A awmna
hriat leh tehna chu thil tawn hrang hrang pahnih a ni
Wave chuan a chhehvel a teh thei lo va, mahse an
inkarah hian point of contact a awm a Chutiang bawkin, he
point hi hriatna sang zawk a ni He hriatna hian Pathian a hre
thei a, chu chu a awmna a tawng thei tihna a ni Reason
pangngai ram chu hriatna sang zawk nen a inzawm tlat
thlenga kan zauh chuan, chutah chuan Pathian awmna chu
kan hre thei ta a ni

Kan chhuk thla tawh chu unlimited absolute atanga
limited and finite-ah Yoga chu rilru chu thutak chhungril lam
chhuahna lam ngaihtuah tura pawn lam thil a\anga hruai bo
hi a ni Hetiang chauh hian Pathianin universal consciousness
chu A thil siam leh a chhunga cheng universe-te lem tawp
neia a condense theihna tura a hman dan chu kan
hmuchhuak thei ang

Mihring taksa hi Pathian thilsiam zingah chuan a
buaithlak ber leh a buaithlak ber a ni

Sa gram khat pawha chakna dahkhawm zat chu i hre
thei lo Chu chakna chu chhuah ni ta se, electron chhiar sen
loh chu hmun tawp nei lovah a darh ang Taksa chhunga
awm hriatna thiltihtheihna leh field chuan mihring
hriatthiamna a phak lo Kan insiam dan langsar tak chu tisa,
thisen leh ruh atanga siam ni mah se, a cell dense hnung
lamah chuan electronic leh vital currents a awm a, heng
chakna fiah lo, intricate tak takte hnung lamah hian
ngaihtuahna leh ngaihdan (perceptions) te a ni
Ngaihtuahna hi a tawp thei lo va, tawp chin a hre lo Hun
lo chhuah tirh atang khan suangtuahna piah lam
ngaihtuahnate chu boruakah a lo inher chhuak ta
Ngaihtuahna chhiar sen loh chu chhiar theih a ni lo va,
mahse i rilruah ngaihtuahna leh rilru put hmang engzat nge i
rilru a lo luah tawh a, i dam chhunga i sawi chhuah tawh zat

hi ngaihtuah ta la, ngaihtuahna maktaduai tam tak awm
tawhte chu ngaihtuahna i nei thei ang
I theih chuan kum khat chhunga i ngaihtuahna zawng
zawng, a nih loh leh ni khat chauh pawh ni se, hriat nawn leh
tum la, chutah chuan history kal zelah mihring zawng
zawngin ngaihtuahna tam tak an khawlkhawm chu
ngaihtuah rawh, tun thleng hian Pathianin a hre vek a ni
Rilru chuan thilsiam thil chi hrang hrang fiah lo ber pawh
a hrethiam thei lo Light bulb kal tlanga electric luang chhuak
electron tam tak hi han ngaihtuah teh! An zinga trillion tam
tak chu an zai dun a, kan hmuh êng chu an siam a Hêng thil
chi hrang hrang, microscope-a hmuh theih lohte hi second
tlemtle chhûngin universe-a hmun khat aṭanga hmun dangah
an kal a, Scientific experiment-te chuan chu chu a nemnghet
a ni

Kan planet Earth-a proton leh electron pack zat chhiar
tum ta la, rilru chuan rei vak lo chu chhut chhunzawm zelin,
chutah chuan a titawp ang The things that appear to the
researcher's mind seem infinite
Mahse ngaihtuahnate chu hriatthiam theih loh khawpa
fiah lo a nih hun a lo thleng a, Chu level atang chuan, rilruin
a luh theih loh avangin Pathian chuan a êng pawimawh tak
chu a rawn leih chhuak a: chu chu thil siam tawp neite
siamtu leh chhawm nungtu cosmic vibration fîng tak chu a ni
inthianthatna

Ṭhian nihna hi thinlung hrui aṭanga siam malsawmna
?puan a ni em
A nih loh leh rilru pahnih inzawmkhawmna chu rilru zau
?tak, zau tak pakhatah a ni em
Nu leh fanu, hmangaihna tuikhuah pahnih, hmun khat
atanga lo chhuak
Hmangaihna luang chhuak tihpun tur leh thlarau hringte
?tuihalna tihreh nan

A nih loh leh, ṭhian inhriatthiamna thingpui huana
thinghnah pahni lo thang lian tak kara rose pakhat chauh a
?ni em

?Nge taksa pahniha ngaihtuahna pakhat a ni em
Inṭhianṭhatna chu sakawr pahni nêṇ tehkhin theih a ni
?em

An rawng hrang hrang ni mah se, nunna lirthei chu an
hruaṇ khawm a ni
?Vision inpumkhat neia tum sang tak lam pan tur em ni
Inṭhianṭhatna hi intluktlannaah nge intluktlannaah a
?innghat em
A bangte hi lung inthlauhna leh inthliarna hmanga sak a
?ni em

?Mitdel takin thil tha leh tha lo chu a pawm em
Tin, ngaihsak lohna leh âtna kawngah thahnemngai leh
hlim taka kal turin
?Beidawnna khur thuk tak leh thil dik lo tihbona lam pan
Ṭhian nihna hi thlai ropui, rah chhuah leh thianghlim a
!ni

Mi pahnihin rinawmna nghet tak an tiam hian
Ngaihdan inang lo mah se nun kawng an zawh thin
An inrem lohna leh an inrem chuan hmangaihna leh
zahna nen a ni
Anmahni tana duhthusam ang bawkin an in thlawp tawn
a, duhsakna an insem bawk
A \hian hlawhtlinnaah a lawm ang bawkin a \hian
hlawhtlinnaah a lawm \hin
Hmangaihtuin Hmangaihtu man chawia nawmna leh
thlamuanna a zawn lohna hmun
Tichuan chu altruism huanah chuan
Ṭhian nihna chu a par a, a lo par chhuak a, hmangaihna
leh rinawmna rimtuiin a khat a ni
A chhan chu ṭhian nihna hi hybrid plant, thlarau pahni
atanga lo piang a nih vang a ni

A rimtui hi roses hrang hrang pahnih atanga lo chhuak a

ni

Tin, hmangaihna nghet lo thlipui chu a kalpui zel bawk

Harsatnain a tihngching loh leh sawiselna nei lo

Thian nihna hi sawifiah theih loh hmangaihna thinlung

atanga lo piang a ni

Tin, rilru thianghlim hausakna a luang chhuak bawk

Inremna leh inrem lohna leiah a thang lian thin

Mahse, a muhil a, a muhil a, a hun chu inhriatthiamna

lutuk leh inzah tawn lohnaah a hmang thin

Mahni hmasial duhna tam tak hnuaiah chuan a thawk a

titawp a, a thawk hnuhnung ber chu a thawk chhuak ta a ni

Mahse a thinlung nê̄m tak chu beisei leh thil phut

chauhvin a hneh thei a ni

Bumna leh bumna

Ni e, heng rulhut te hian ṭhian nihna thing chungah hian

an hna an thawk a, a thinlung pink chu an gnawing a ni

Aw ṭhian nihna, Aw van thing par, thlai hring, i boruak

ṭha ber chu tum leh duhna zawng zawng nei lo hmangaihna

nena hausa leilung a ni a, chutah chuan ṭhiante chuan

insiamṭhat leh inṭanpui tawn a, kawngpui dunga insiamṭhat

tawinna kawng hawnsak an tum a ni

Engmahin i tuihalna a ti reh thei lo, Aw ṭhian nihna

Hriatna ngaihthah a, a neitute zah

Engmah hian i hnah chu thlum tak spray Chiang tak,

cascading spray angin a ti hnim lo

Thinlung thinlung tak tak, hmangaihna nei van atangin

Aw, ṭhian nihna dik tak

Khawi hmunah pawh i rose par a darh zau zawng

Chu hmun chu a thianghlim a ni

Biak in malsawmna a lo ni ta a ni

Pathian ringtu tinte leh nun thianghlimna ringtu zawng

zawngin an tlawh thin a ni

* * *

Ka hrehawmna thim chuan a bo vek ang tih nuihzatnate
chu ka ti eng ang a, kum tam tak khawlkhawm thim thim tak
hnuaia thup ka nuihzatna êngah chuan ka thlarau chu ka
hmu ang

Ka inhmuh hunah chuan thinlung zawng zawngah ka
luang lut ang a, ka thlarau nuihzatthlak meialh chu ka phur
ang

Ka thinlung chu a nui hmasa ang a, chutah ka mit leh ka
hmêl Ka nihna atom tin chu nuihzatna êngin a eng ang
Thinlung lungchhiat thuk takah ka lut ang a,
lungngaihna zawng zawng ei zo vek tur meipui nasa tak ka
hal ang

Kei hi nuihzatthlak do theih loh meialh ka ni Pathian
lawmna thlipuiin ka insiam thar ang a, rilru thimah ka alh
ang Tin, min hmutu zawng zawngte chuan ka lawmna
thianghlim puak chhuak chu an dawng ang
Ka nuihzatna meialh tihdamna thinlung tinrengah ka
phur ang Ka nuih hmasa ber ang, harsa pawh ni se, mi
hrehawm leh tapte chu nuihzat turin ka fuih ang
Thinlung zawng zawng lawmnaah, I hlimna ri ka hre
thin, Aw Pathian Mi ringtu zawng zawngte thiannaah, I
hmangaihna ka hmu a, ka unaute hlawhtlinna leh
hlawhtlinnaah ka lawm a, ka thinlung pawh a lawm a,
keimah leh keimah leh keimahni hahdamna leh damna ah ka
lawm a, ka lawm ang bawkin Midangte hnena finna leh
hriatthiamna ka fuih angin, keimah ngeiin ka finna leh
hriatna Mi zawng zawng hlimnaah hian keimah ngeiin hlimna
ka hmu thin

Engmahin ka nuihzatthlakna a thai bo lo vang
Hlawhchhamna te, natna te, thihna te hian min ti hlau thei lo
va, ka thlarau pawh a tichhe thei lo
Dik tak chuan chhiatna leh chhiatnate hian min tichhe
thei lo a, a chhan chu ka thlarau chhungah Pathian hlimna
chatuan, tihthar thar, danglam lo leh hneh theih loh chu ka
neih vang a ni

Aw Pathian nuihzatthlak thianghlim, ngawi reng, ka
hmaiah lallukhum khum la, ka thlarau hmangin nui rawh
Lawmna billionaire nih ka tum ang, a chhan chu ka
hausakna dik tak chu i malsawmna i awmna bawm
chhungah a awm a ni, Lalpa, chutiang chuan thlarau lam
hlawhtlinna leh tisa lam hamthatna ka mamawhna chu a
rualin ka tihlawhtling ang

* * *

Ka thinlung atangin thlamuanna a luang chhuak thin
Thlipui nê̄m tak ang maiin ka chhungah a rawn thawk
chhuak a

Remna chuan rimtui rimtui tak ang maiin min khuh a
Thlamuanna chu ê̄ng thlipui ang maiin ka chhungah a
luang chhuak a

Remna chuan lungkhamna leh lungkhamna thinlung a
tidam a, hlauhna leh mut theih lohna hlingte chu a halral vek
bawk

Remna chu nasa takin a zau a - meipui ang maiin - ka
awmna zawng zawng a luah khat vek a ni
Remna chu tuifinriat ang a ni a, hmun leh boruak a luah
khat a ni

Remna chu thisen sen hring ang a ni a; ka ngaihtuahna
thisenah nunna a thawk chhuak thin

Remna chuan, thim hring dup ang maiin ka tawp nei lo
taksa chu a hual vel a ni

Remna meialh chu ka taksa pores atang hian a lo
chhuak a, universe pumpui atang pawhin a lo chhuak bawk
Remna rimtui chuan rose huante chu a tuam chhuak vek
a

Thinlung tin press atang hian remna uain a rawn luang
chhuak reng a ni

Remna chu lung leh thla, mi thianghlim leh zawlneite
nun a ni

Remna hi thlarau tuikhuah a ni
Silence jar atanga lo chhuak liquid chu

Chu chu ka atom pores chhiar sen loh ka sift chhuak thin

* * *

Ngaihtuahna thim chu I awmna êng takin a tiharh hma
loh chuan thinlung thahnemngai takin ka tawngtai ang, Aw
Lalpa Vawiin hian ka thlarau hla chu boruakah ka thlahthlam
ang a, ka thlamuanna dawngtu kaltlangin I chhang let ngei
ka beisei

!Aw Nang awm reng, hlimna thar awm reng
Ka rilru chu ngaihsak lohna leh theihnghilh phurrit lakah
chhuah zalen rawh
I awmna hmuna malsawmna dawng reng thin nectar
chu ka ei ve ang che
Ka chhungril leh pawn lam thlamuanna a zau zel chuan i
thlamuanna chu ka hnenah a lo thleng thin
I ke pen ethereal tak takte echo chu ngaihthlak ka tum
reng ang

Ngaihtuahna thuk ber hlimna thuk ber angin ka lo
dawngsawng che a nih chuan

Chuti a nih chuan thil zawng zawng chu
Hausakna te, hriselna te, finna te min pe ang
Nangmah zawng turin min pui ang che
Ka thlarau tui thuk takah, nangmah tuihal takin
hmangaihna

Hmangaihna chu lilies par rimtui a ni
Tin, silent roses chorus pawh a awm bawk
Thilsiam mawina lawmna

Hmangaihna hi nunna atana thlarau hla sak a ni
Tin, planet hrang hrangte balanced rhythmic dance te
pawh a awm bawk

Deep space-a a zinkawng chatuanah
Ni êng in tur chu pangpar tuihalna a ni
Tin, a par chhuak a, nunna elixir-in a chawm bawk
Leilung duhthusam a ni
A tuihal zungte chu a hnute hmanga chawm turin
Tin, nun bulpui nen nun chi hrang hrang enkawl

Ni duhzawng chak tak a ni
Thil nung zawng zawng nung leh thawkrim reng turin
Nunna tichaktu a ni
Naupang kum tling lote venhimna leh enkawlina pek
Pa hmangaihna tichhuaktu chu sual lohna nuihzatna a ni
naute chungah
Tin, hmangaihtute thinlunga automatic submission a
awm baw
A thlawna rawngbawlina leh tawrhpuina pe turin
Thian nihna pulse a ni
Thinlung kehchhia tidamtu leh hliam tidamtu
Sawifiahna dodaltu thinlung kohna a ni
Mihringte hmangaihnain a khat hla phuah thiam a ni
A hrehawm tuar tu chu
Chhungkaw khata awmte inkara inpawhna circle a ni
Hmun lian zawk lam pan zel leh zau zel
Tin, field zau zawk pawh a awm baw
Nunna ri bengchheng tak a ni
Thinlung inhawng (open minds) horizons-ah chuan
Tin, thinlung van boruak chu rilru ropui tak tak arsiin a
khuh baw
Hmangaihna hi thlarau hlimna a ni
Thlarau Hmangaihtute duhthusam chu
Tin, a hnena thlen leh inbiak pawh a duh hle baw
Archives atang hian: Hlawhtlinna leh mi hlawhtlingte
chanchin sawina
Naupang chuan hlawhtlinna chu infiamna leh doll tam
tak nei angin a ngai thei a, a chuanna tur car te tak te pawh
a nei thei baw Naupang rethei chuan hlawhtlinna chu an
duhzawng lei theihna tur sum engemaw zat neih angin a
ngai mai thei a, chutih laiin naupang hausa chuan an
infiamna thilah a lungawi lo thei a, lungawina a tlachham
thei baw
Kan lo upat deuh deuh chuan kan naupan laia kan
duhzawngte kan nuihzat thin Vawiin a puitlingte beihpui

thlak tam tak pawh hian naktuk emaw, a hnu ni emaw hian
an hipna a hloh a, duhthusam tharin a thlak ta a ni
Miin a tul leh tul lo thliar hranna a hman a tha
Miin nunna atana thil tulte a neih theih nan hlawhtlinna
a pawimawh hle: ei leh in, chenna tur, hriselna, leh silhfen
Heng thil tlemte pawh a tlakchham chuan dinhmun hrehawm
takah a ding a ni
Mi pakhat chuan thlamuanna leh hlimna tlem ber a hmu
thei tur a ni Thlarau lam emaw, thil neih duhna lam emaw
pawh ni se, taksa hriselna leh hriselna vawng reng tur chuan
mamawh bulpui thenkhat tihhlawhtlin a ngai tih hi inrem
lohna a awm lo Hrisel leh hrisel lo (rilru lamah pawh ni se)
chuan hlawhtlinna a chang thei lo
Mahse, hlawhtlinna dik tak chu eng nge ni? Miin nunah a
duh zawng zawng a hmuh chuan thlarau a nih avangin
engmah loin a la inhria ang a, thil neih thilte pawhin hlimna
a pe thei lo va, chu chu a hmasa berah chuan rilru lam
dinhmun a ni
Mahni hlim taka siam theihna thiltihtheihna kan nei a,
mahni insiamrem theihna kan nei ang bawkin Hlawhtlinna
leh hlimna thuruk chu nangmah chhungah a awm I in
inngaitlawm takah chuan lal ai pawhin i hlim zawk mai thei a
lal in ropui takah chuan Mahni pawn lama hlawhtlinna leh
hausakna hmutute chu an hlawhtling tak tak lo va, an hlim lo
bawk Hei hian mi maktaduai tam takte chu an hlim lo tihna a
ni lo; chu ai chuan, nun a\anga hlimna i la chhuak thei a nih
chuan, i rethei emaw, hausa emaw pawh ni ila, eng tehfung
pawhah i hlawhtling tihna a ni
Inchhirna leh simna chauh hnutchhiah hlimna rei lo te
chu hlimna dik tak a ni lo Hlawhtlinna dik takah chuan a
tihhlawhtlinna hriatrengna chu a tihlawhtlingna hlimna
hmasa ber a bo hnuah pawh a nung reng a Mi pakhatin a
nunah thil tha a tih leh a tih chhunzawm zel zawng zawngte
chu hlimna nghet tak angin an hriatrengnaah chatuan atan

an nung reng a Chu chu mi pakhatin nunah hlawhtlinna dik
tak a neih chu a ni

Hlawhtlinna hi thil awlsam a ni lo; mi hausakna emaw,
thil neih emaw hmanga teh theih a ni lo Hlawhtlinna awmzia
chu chu aia thuk zawk a ni Hlawhtlinna dik tak chu mi
pakhatin dinhmun tinrenga a hlim theihna a\angin a teh
theih a ni

I chhia leh tha hriatna a thianghlim leh a thlamuang a,
tu chungah pawh i bias loh emaw, tu chungah pawh dik lo
emaw i nih loh chuan leh i duhzawng chu a ruala nghet leh
inthlak danglam thei a nih chuan, leh rilru natna nalh tak leh
hriatthiamna dik tak i neih a, i mamawh chu zahawm leh dik
taka i hmuh theih hunah chuan, hlawhtlingte zingah i tel ve a
ni

Naupang chu thil tenau tlemteah a lungawi fo thin a,
mahse a lo puitlin chuan thil tam tak, villa leh car te chu neih
a duh a, chu thil neitute chu an hlim hauh lo tih a hriat
pawhin

Lungawina chu nun awlsam leh ngaihtuahna sang takah
a awm a, an rilru chu thil duhawm tak ram—ngaihtuahna
ropui tak takte ram—a vawng tlattute chuan an ngaihtuahna
chu thil neih chauha innghattute aiin hlimna nasa zawk an
nei a ni

Miin thil rah chhuah nei lo thila hun khawhral ai chuan
lehkhabu leh thuziak \angkai tak tak chhiar hi a hlawkpui
zawk daih a, Chhiar ai pawha ropui zawk chu Pathian
ngaihtuah te, A ropuizia ngaihtuah te, leh nun thuruk tawp
nei lo leh tawp nei lo hriatthiam tum hi a ni

Nun tum ber chu mi pakhatin amah a inhriat a, a
thinlungah cosmic environment a rawn thawk chhuak a, a
thisenah a luang chhuak a, a awmna chu remna,
hmangaihna, hlimna leh muannain a luah khat a, chu chu
!hnehna ropui ber a ni
Mawina

Mitdelte chuan khawi hmunah pawh mawina an
ngaisang Midangte chuan mit nei lo ang maiin an che a;
hmun mawi takah pawh engmah an hriat theih loh avangin
an hmu lo va, an hre lo baw

Leilung rawng mawi ber berte chu planetary emaw
ethereal khawvel rawng ropui tak takte nena khaikhin chuan
a mawi lo va, a dense hle baw

Taksa level-ah chuan mihringte hian an mit hmuhna
tihpun dan hrang hrang kan hmuchhuak a Mit saruak hian
colour impression tlemte chauh a dawng a; mahse, lungpui
dum hring thenkhat chuan ultraviolet êng hnuaiah iridescent
rawng an lantir a He êng hi a block chuan lungte chu an
rawng dum hmasaah an kir leh thin

Taksa khawvela rawng tam tak, van boruak dum ang chi
te hi thil chi hrang hranga êng rawn lang chhuak avanga
siam optical illusions an ni Mit hian universe chhunga thil
awm zawnz zawnz siamtu vibrations range tlemte chauh a
hriat theih avangin mihringte hian an chhehvel zawnz
zawnza thup, subtle, ethereal spectra te chu an hmu thei lo
a ni If you were to see them, you would marvel at their
splendor and

... ..beauty

... ..

Chutiang chuan, mit emaw, beng emaw pawhin hriat
theih zawnz zawnz chu a hre thei lo Mihringte chuan
ethereal, rimtui rimtui tak takte chu kan thawk thei lo va,
ether zau tak kara a pianzia, lem leh a rilru natna nalh tak
tak chhiar sen lohte chu kan hmu thei lo

Mihringte hian an sensory perception field chhunga thil
awmte pawh kan hre thei lo fo thin

Mexico ka tlawh a, Lake Zuquemilco-a "floating
gardens" ka hmuh chuan an mawina chuan ka thinlung a
luah khat a, Pathian lemziak thiam ropuizia leh ropuizia ka
hre ta a ni

Chutiang thilsiam mawina lama inhmang ang maia lang
mi dang pakhat a awm a, mahse chhungril rilru put hmang
pakhat chuan ka thil hmuh chu a hmu lo tih min hriattir a,
chu thlirna nuam tak takte chu a ngaihdan ka zawt a, ani
chuan heti hian a chhang a: "Ram tam zawk chin theihna
."turin tui chhuah dan tur tha tak ka ngaihtuah a ni
A ngaihdan atanga lui chu a thlir a Tin chuvang chuan
kan ngaihdan leh bias angin thil kan thlir vek a ni
Thlarau tin hi mi pakhat mizia emaw, hriatna emaw
siamna atana puitu zawng zawng, hriatna, ngaihtuahna leh
hriatna hrang hrang vibrations emaw oscillations-in a khuh
vek a ni

Mi tin hian makeup hrang hrang an nei a, vibration
hrang hrang an nei vek a, naupan lai atanga miin a tih
zawng zawng hi thluaka compressed capsules of tendencies
and inclinations angin a la awm reng a Tin, heng hmuh theih
loh capsules te hi kan hmuh theih loh avangin mi thiltih hian
mak kan ti hle a, anmahni duhthusam ang zelin
Mi thenkhat chu chhan hriat lohvin hlimnain a hneh
awlsam hle a, a nih loh leh an rilru put hmang chu
sawifiahna kalh zawngin a rimchhia a, anmahni atang
pawhin Mi thenkhat chu sawiselna, thuthang thehdarh leh
midangte pholannaah an buai reng a, anmahni chhungril lam
erawh chuan ngaihven leh tihthianghlim an mamawh hle
thung

Heng psychological tendencies te hian thlarau a phum
a, chu mi chuan a higher self merits a lantir thei lo
Mihringte hi a va buaithlak em em a, mahni inrintawkna
nei thei an ni! Mi tin hi bung tam tak nei thawnthu a ni a, thil
thleng inzawmkhawm leh scene hrang hrang a awm

* * *

Hlawhchhamna ngaihtuahna chu Hlawhtlinna leh
beiseina tha tak tak hmanga hnawhchhuah a ngai Hlahna
chu tihzauh lohvin tih tlem a ngai Lungngaihna chu hlimna
êng hmanga tihbo a ngai Rudeness chu ngilneihna leh

ngaihsakna hmanga hneh a ngai Thil awm lo chu
hmangaihna leh zahngaihna hmanga tihbo a ngai
Ngaihtuahna damlote chu hriselna lal̤hutthlenga lak chhuah
a ngai a, ngaihtuahna dik leh rilru dik tak hmangin
Disturbance and anxiety a ngai be eradicated by faith and
activating the powers of the mind Malsawmna awmna chu
khawih tur leh Pathian venhimna hre turin thlarauah
thlamuanna lalram din a ngai a ni
Thlarau thilphal pe rawh
Lalpa, hriatna nawmna hi a chunglam leh rei lo te chauh
a ni tih ka hrechiang ang
Thlarau hlimna chu a tak tak leh siam thar reng a nih
laiin

Pathian chu hetah hian a awm Amah hi kan sawi chhuah
mai ni lovin, nunna thuruk leh awmna thuruk a ni A ramri nei
lo a thlen theihna zau zawng chu kan hre lo mai thei a,
mahse A awmna chu kan hre thei a, A nihna pawh kan hre
thei a ni

Pathian chu thil zawng zawng lan chhuahna leh
ngaihtuahna êng zawng zawng lo chhuahna cosmic stillness
a ni Chuvangin, A awmna hlim tak ka hriat theih nan stillness
hi practice ka tum ang

Vawiin hian thlamuanna hmun thianghlim chu Pathian
duhthusam pangpar hmangin ka chei ang a, hmangaihna leh
lawmna Pathian chu ka ko ang
Khawvel hmun tinah a êng a darh ka hmuh theih nan ka
thlarau mit hmanga min inpuang turin Pathian ka ngen a ni
Pathian chuan ka duhthusam thusawi ri apiang chu a
ngaithla thin tih ka hria a ni Amah chu khawvel pum huap
hmangaihna a ni a, Pathian hmangaihna hmangin Amah chu
ka hmu thei a ni, hmangaihna hmangin zawngtu chuan
Pathian a hnaih a, hlimna thianghlim tuikhuah a in thin si a
Lalpa, ka taksa chu I cosmic energy hmanga charge
turin min pui ang che, ka rilru chu focus leh optimism

hmanga tidam turin, leh meditation atanga lo piang thlarau
lam hriatna hmanga ka thlarau tidam turin min pui ang che
Nunnaah leh thihnaah te, lungngaihna leh chhiatnaah
te, Aw Lalpa, Nangmah ka rinna hi a nghetin a nghing lo,
nghet tak leh nghing thei lovin a awm reng a ni
Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin
Kawngpui buai ber berte a ni a êng ang hian Pathian
hmangaihna êng chu ka hre chhuak ang
Ka nitin hnathawhna hmun buaithlak zawng zawngah
hian, Aw Lalpa, mal min sawm la, ka thlarau chu zing
khawvar nen ka tiharh a, I malsawmna kawngka ka thlen
theih nan
Aw Lalpa, ka thil neihte midangte hnena hlan turin
thlarau thilpek min pe la, ka rilru lui reh takah chuan I
awmna ênga ka thlarau thla eng chhuak chu ka hmu thei
turin min pui ang che
Vawiin hian finna lunglhu leh Pathian lawmna lunglhu ka
hmuh hma loh chuan Pathian ngaihtuahna leh ngaihtuahna
tuipuiah thuk takah ka pil dawn a ni
Lalpa, thil dang zawng aiin ka hmangaih zawk ang che,
a chhan chu i tel lo chuan mihring leh thil dang reng reng ka
hmangaih thei lo
Tlâng thuk tak leh van boruak reh takah te, ka thlarau
thuk tak leh ngawi renga lungpuiah te chuan Pathian awmna
ka hre a, a hlimna reng reng chu ka hre bawk a, chatuan
atâna tawp ngai lo leh vawt ngai lo A tuikhuah thianghlim
tak takte chu ka in a ni
Ka chibai buk ang che Lalpa
Aw nang hmangaihna tlukpui
Thinlung ngilnei leh hmangaihna nei zawng zawng
lal̤hutphah chungah

* * *

Sum hi duhthusam tha tilangtu a ni hauh lo Mi hausa
tam tak chuan an mamawh loh thil an lei a, chu chu an in
chhungah pile hmuhnawm lo leh tangkai lo takah a pung
khawm thin In pakhat hmuhnawm tak siam nan sum tam tak
i mamawh lo taste is the key element Mahse, in chei mawi
tumna hian mi thenkhat chu a tibuaiin, thil neihah an
innghat tlat a, mahni inrintawkna pawh a tihtlem phah a ni
Bill sang leh sang zel phurrit phur tu pawhin nun awlsam
zawh leh sum leh pai lama harsatna laka zalenna chu a duh
ngei ang Mahse chu zalenna chu rilru hahna leh thiltih lohna
lama tlu lut emaw, dikna leh rilru dik tak nei lova engkim
kalsan emaw atanga lo chhuak a ni lo vang
Vawikhat chu a thleng a, mi pakhat hian hlohna nasa tak
:a tuar a, heti hian a sawi
Aw, kei hi ka piang e! Ka hausakna ka hloh tawh a, ka"
nupui pawhin min kalsan tawh a, chuvang chuan engkim
."kalsanin hermit nih ka tum ta
He pa, ka thiante hian engkim a kalsan lo va, engkim a
!kalsan zawh zawh
Psychological well-being leh sense of contentment hi
hlimna neihna atana thil pawimawh pahnih a ni Duh zawng
zawngte kan zir chian leh thliar hrang hnu chuan heti hian
sawi theih a ni: "Thil mamawh mamawh hmuh kawngah
."harsatna a awm lo va, a neih theih lohna hi a dik lo a ni

* * *

Pathian awmna chu arsiaah te, lei thaah te, thinlung naah
te, leh rilru natna thlipuiaah te a awm a, Tupawh malsawmna
tum lam panna kawng zawh chhonzawm zel a, Pathian leh a
thilmakte ngaihtuah chuan khawvel pum huap rangkachak
puan—chatuan tawp nei lo chung a êng puan inzar pharh—
chuan a awmna nung tak chu ngaihtuahna ropui leh ropui
tinrengah leh thil tinrengah a hmu ang thinlung na tak
Mi tam takin Pathian chanchin an sawi a, mi tam takin
an zawng a, mi tam takin a chanchin an chhiar a, mahse a

awmna khawih mi tlemte chauhvin A hlimna tem tawhte chu

Amah hretu an ni

Hriat lohna avanga sumdawnna chi chu "Roasting" a ni

Mihringte hian kan duhzawng hmangin kan chanvo kan
siam a, kan thil tum leh thiltih hmangin kan chanvo kan ruat
a Chutianga tih i thlang a nih chuan hrehawm tawrhna lakah

i in chhuah zalen thei a ni Pathian, a bulpui ber chu
hmangaihna a ni a, a hmangaih chuan thiltih dik lo leh
ngaihtuahna dik lo avanga hrehawm tawrhna tuar chu a duh
lo Mihringte chu hriatthiamna thiltihtheihna leh duhthlanna
zalenna a pe a, Mahse, dik lo vingin thutlukna leh
duhthlanna fing lo tak takte chuan mihringte hian anmahni
leh mi dangte chungah hrehawmna leh hrehawmna a thlen a
ni

Zalen takin i awm tur a ni a, i thutlukna siamte chu tu

mahin an thunun emaw, an thunun che emaw phal suh i
chhehvêl, nunphung, emaw, nunphung ṭha lo tak takte
chuan khap che leh i nun dân thununtîr suh la, eng hna pawh
i thawh hmain finna nêen che la, i chhia leh ṭha hriatna chu
ngaithla la, i thiltih rah chhuah chu ngaihtuah la, i
nungchang dik lo hmanga mi dangte tihnat loh la, Pathian
ṭanpuina leh kaihhruaina zawng rawh

Mi chu thinurna, inhuatna leh inhuatna mantu a nih
chhung chuan a zalen lo An rilru put hmang leh thiltih danah
hotu an ni tur a ni a, tichhe thei rilru put hmang, duhthusam
thunun theih loh leh duhna dik lo lakah an zalen a ngai a ni
Nangmah leh nangmah i rinawm tlat chuan finnain i

ngaihtuahna a thlawp ang a, dikna chuan i thu tlûkna a
kaihruai ang a, hriatthiamna chuan i rilru a ti eng ang
Hriat lohna avanga thiltih tawhte chi chu ngaihtuahna
leh finna meiah "roast" a ngai a, chutiang chuan a lo chhuak
thei lo va, a lo thang leh thei lo ang Hei hi bumna beihna
nasa tak do let leh tihtawp dan tur a ni
Cosmic illusion - a nih loh leh Setana chuan mihring chu
thutiam dik lo leh rilru hneh thei thlemna hmangin a bum a,

chu chu tisa lam hlimna (mirage) zui turin a ti a, a
thiltihtheihnate chu a thunun a, a chhan chu thil tak tak nei
lo khawvel hlimna a tiam a, chutiang chuan thlarau huana
tam tak awm hlimna dik tak rah chu a ei loh nan nasa takin a
thawk a ni

Mi fingte chuan thutak leh thil dik lo inthlauhna chu an
hria a, hriatthiamna kawngah an thiam hle a, Ngaihtuahna
thuk zawka an luhchilh rualin, duhthlanna zalen a
pawimawhzia leh thil dik tih theihna leh a rah chhuah tha lo
leh a rah chhuah nuam lo tak takte pumpelh tûra duhthlanna
zalênna hman a ngaihzia chu an hre chiang hle a ni

Nitin ngaihtuahna seng

Vawiin hian ka chhunga thlarau hmun thianghlim
tibawlhhlawhtu hriat lohna lem chu ka tikehsawm ang a,
Pathian êng thianghlim ber chuan ka nihnaah a eng reng a,
ka rilru leh thlarau a\angin suangtuahna thim chu a ti bo \hin
tih leh min siamtu chuan min kalsan ngai lo tih ka hre reng
ang

Nunna thlipui tin hnuaiah hian Pathian awmna tuifinriat
tam tak a awm a, thinlung thawk apiang hnuaiah chuan
cosmic feeling tuifinriat tawp nei lo a awm baw
Zan tin hian taksa ka ni lo tih ka inhnukdaw
Chu ai chuan taksaa cheng thlarau chu a ni zaw
Tin, ka thlarau nihna chu chatuan atana thi thei lo a nih
thu

Ka harh hunah chuan confirm leh ka hre reng ang
Mut danah chuan ka chakna chu ka lo harh chhuak ang
a, ka chakna chu ka siam thar leh ang a, mahse chu chu a
taw lo va, ka hriatna boruak (horizons) chhui chhuak tur leh
ka thlarau thuruk hmuchhuak turin nitin ka hnukkir theihna
hmun, muang leh ngaihtuahna hmun thianghlim ka mamawh
a ni

Pathianin hun rei lote chhung atan min kalsan ngai lo tih
chiang takin ka hria a, ka taksa dinhmun chu eng pawh ni se,

Pathianah ka hausa reng a, a chhan chu a khawngaihna tam
tak chu ka chhungah a luang chhuak reng a ni
Hmangaihna chu Pathianin thil nung leh nung lo zawng
zawngte chu a inpumkhatna ina kir leh tura a kohna ngawi
renga a kohna a ni
Hmangaihna hi hmasawnna leh siam tharna huanah a lo
piang a, chuvangin keimah leh keimah leh keimah leh
keimah leh keimah leh keimah leh keimah leh keimah ka
thlarau fuih hi hlawhtlinna kawng zawh zel turin ka thawk
reng ang
Vawiin hian extreme pahnih: vanity leh negativity hi ka
pumpelh ang a, Pathianin keimah hmangin hna a thawk tih
leh a awmna ka khawih chuan thil tha lo zawng zawng lakah
ka him dawn tih ka hre reng ang
Nun tum ber chu hlimna a ni tih ka hrechhuak a, mahni
hmasialna hlimna ni lovin midangte hnawhchhuahna hlimna
a ni lo va, anmahni huapzo hlimna leh hlimna siama chak
zawka lo thanglian zel hi a ni tih ka hre Chiang hle
Thla hnungah hian thla bial ropui ber a awm a, ni hnung
lamah chuan Pathian thiltihtheihna leh chakna a awm a,
mihring rilru hnung lamah chuan khawvel pum huap rilru a
awm a Chuvangin, keimah hi keimahni te tak te: "the ego"-
ah hian ka inkhung hran lo vang
Aw Lalpa, kan thinlung zawng zawnga kan zawn che
chuan kan tan kawngkhar min hawnsak ang a, Nangmah
hnaih zawk tur leh Nangmah kan hriat chian theih nan kan
mamawh zawng zawng min rawn thawng ang
Ka rilru chu inhawng leh pawm thiam takin ka vawng
ang a, chutah chuan Pathian chu thil ropui leh ropui zawng
zawngah ka hmu ang a, a malsawmna awmna nen hian
inzawmna pawimawh takah ka awm tih ka hrechhuak ang
Ngaihtuahna hlimna ka mit ka meng chuan thim chu a
bo ang a, rinna êng chuan Pathianin a nghahna êng ramah
min hruai ang

Hriat lohna hi taksa, rilru leh thlarau lam natna zawng
zawng bul a ni tih ka hre reng ang Chuvangin Pathian êng
enin hriat lohna thim chu ka tibo ang
Vawiin hian finna thiante nen an lehkhahu leh zirtirna
hmangin ka inzawm ang a, zirlai pawimawh tak, ngaihtuahna
senga zirna kawngkhar hmanga ka luh dawn a ni
Ngaihtuahna khawvel mak leh mak tak takte hnenah
chuan Pathian, infuih tharna leh ngaihtuahna ropui zawng
zawng bulpui ber chungchanga lehkhahu leh thilte rilru hneh
thei tak tak ka chhiar ang
Pathian chuan mi dangin an neih loh thil mak tak siam
turin thiltihtheihna danglam tak min pe a, chu chu thil siam
chhuah theihna thiltihtheihna a ni a, chuvangin chu
thiltihtheihna chu tihhmasawn tumin theihtawp ka chhuah
ang

Aw ka Pathian duh tak, keimah chhungah hian
Pathianna meialh ka nei tih ka hria a, chuvangin ka thiltih te
chu hahchawlh lovin ka kalpui ang a, ka nun caravan chuan
a zinkawng chu a chhonzawm zel ang, I thil siam theihna
tawp nei lote chuan min pui a, ka thil tum chu a chawisang
a, ka thutlukna chu min charge tih hriain
Vawiin hian acting hmawng ngun takin ka ngaihtuah ang
Habit hi thiltih hrang hrang atanga lo chhuak a ni a, thiltih hi
psyche-a nghawng a neih dan a\angin a teh theih a,
chuvangin tih dan tha lo atanga ka chhuah theih nan
theihtawp ka chhuah ang
Lalpa, ka duhzawng tichak turin min pui la,
nungchangtein sal min siam phal lo turin min kaihruai ang
che, chhungril leh pawn lam thununna hmanga thlarau lama
ka insiamthat theih nan
Pathian tel lo chuan himna a awm lo Amah tel lo chuan
hlimna a awm lo Amah tel lo chuan hmangaihna a awm lo
Ama tel lo chuan thlamuanna a awm lo Pathian tel lo chuan
nun a awm lo
Ka chibai a che u

Hla a\angin melodies ka la a
Tin, rilru na tak takte chu hla leh chang a\angin a lo
chhuak ta a ni

Elixir chu nectar atang chuan an la chhuak a
Tin, pangpar leh roses rimtui chu a khawl khawm a
Ngaihtuahnate chu rilru zawng zawng atangin ka la a
Tin, ka hmangaihna atang chuan thlarau chu ka rawn
keng tel bawk

Tin, van lam thilte symphony chu an dawng ta a ni
Tin, nunna zawng zawng a\angin chakna ka hmu bawk
Ka dilna zawng zawng a\angin I khawngaihna chu ka
paih chhuak ta a ni

Tin, ka thinlungah i hmangaihna chu ka brewed bawk
Tin, ngawi rengna thupui chu ka man ta bawk
Tin, ka inpekna bêl atang chuan duhthusam leh
duhthusam chu ka la chhuak ta a ni
Tin, i hnenah ka rawn hruai vek a ni
?Engvangin nge i inthupna atang hian i rawn chhuah loh
Tin, ka hnen atanga ka inngaitlawm thilpekte kha i
?pawm em

Master Paramhansa Yogananda chuan a rawn ti a
Grape dum chanchin
Zirtirtu Paramhansa-a sawi angin
Finfiahna ropui tak tak chu duhthusam tenau a\angin a
lo chhuak \hin

Vawikhat chu ka thianpa nen Boston-a kan awm laiin
grape dum lian tak ka hmu a, lei ka duh a, mahse \$3 [kum
sawmsarih chuang kalta khan] a man a, mi pakhatin, "A
"!?khawhral lo em ni

Grape chu lei lo turin ka rilru ka siam a, chhungril lama
nemnghehna ka dawn hnu chuan ka rilruin: "Pathianin chu
.grape chu ka duh tih a hria a, grape min pe leh ang" ka ti a
Thla ruk vel hnuah tlai khat chu thei dawr pakhatin ka
lut a, a hmaa ka hmuh tawh ang chiah grape thenkhat ka lei
a, Pathianin grape min pek hma chu ka nghak ang tih ka

intiamna kha ka theihnghilh ta nghal a, ka chhungril a
Pathian aw chuan, "Chu grape chu rawn let leh rawh" a tih
.chu ka hre nghal a

Ka hawi let a, dawr neitu hnenah chuan, "Grape aiah
honeydew melon min pe rawh" ka ti a, chu pa chu a buai
hmel hle a, mahse ka dil ang chuan a ti a, melon nen chuan
ka chhuak ta a

In ka thlen chuan mak ka ti hle a, bawm pakhatat chuan
grape dum hnah pahnih, label pawh a inziak lo a, chu chuan
tuin nge min pek tih hriat ka duhna a tichhuak Thla khat
chhung zet chu tu nge a nih hriat ka tum a, ni khat chu
Pathian aw ka hre leh a, chu chuan min tiam leh a, tlai khat
chu, lecture ka pek laiin, mipui zinga zirlai pakhat chuan a
man ta a ni ka ngaihven a, a hnenah, "Pathianin grape min
.petu i ni tih min hrilh a ni" ka ti a

Negative takin a chhang a, mahse a hnuah chuan thil
thleng chu min hrilh ta a, a ngaihtuah lai chuan êng ropui tak
leh kut pakhatin grape dum thenkhat a keng a hmu a, a
rilrua ngaihtuahna nghet ber chu Yogananda tan chu grape
chu lei turin a kal tur a ni tih hi a ni

A bunch khat a lei a, a hnuah a dang a lei leh a, chu chu
inlarna chu thil hmuh theih loh mai a ni ngei ang tih a la ring
reng chung pawhin Tichuan [thudik hriat tumin] a tawngtai
a, chu inlarna chu a dik tih leh chu grape lei a, ka hnena pe
tura duhtu chu Pathian hnen atanga lo kal a nih thu a chiang
ta a ni

A void chu luah khat harsa tak a ni

Mihringin a chhunga thutakte pholangtu thiltihtheihnate
chu a tihchak a hun tawh a, hlimna chu chu thupuan nen
chuan a inzawm tlat si a, chu mimal thlirna thleng duhtute
chuan tum nei taka theihtawp chhuah a ngai a, Pathianin an
chhunga thutak a dah thutakte khawih tur leh an nihnaah
thiltihtheihna malsawmna tam tak awmte hlawkpui turin thil
siam chhuah ngaihtuahna hmangin rilru chu an chawm tur a

ni

Mi tupawh, lungawina leh lawmna zawng zawng bulpui,
Pathian tuikhuah atanga thlarau lam hlimna tuihna tem lova
taksa hriatna tihreh duh chuan hlohna investment a siam a,
a finna buh seng chu a tlem hle ang

Pathian hriat duhte chuan Pathianin an duhsakna chu
Pathianin a lo pe ang a, a chhan chu a thilphal leh mi \ha a
nih avangin Amaherawhchu, mi tam zawk chuan khawvel
duhzawngte chu an tlan pel a, tisa lama hlimna rei tak daih
loin an in thlamuan a, chu chu an hlen chhuah loh vang
emaw, an hlen chhuah avang emaw chuan hrehawm an
!tuar \hin

Sum leh pai lama hlawhtlingte pawhin a tâwpah chuan
an nunah hmun ruak luah khat harsa tak an nei ang a,
Pathian nena an nun thlunzawmtute erawh chu hausa,
thiltithe, lungawina leh hausakna hlimawm tak an ni thung
Finna thupek ngaihthah a, chhia leh ðha hriatna aw
ngaihthah hian kawng dik lo, hnim hring, hlauhawm leh
hrehawm takah a hruai a, felna kawng zawh erawh chuan
kawrfual aṭanga chhuah zalenna leh thil dik tih theihna
thiltihtheihna neihna a thlen a, chu chu instinct dik lo leh mi
hruai sualnain a thupek ni lovin

Hlimna zawngtute chuan nunah harsatnate hmachhawn
a, chinfelna zawng chhuaktu mi finge thiltawn chu an
hlâwkpu thei a ni

Dik tak chuan Pathian thiltum nena inmil apiang chu
lungawina leh muanna tuipuah a inbual a, a vannei tak zet a
ni

Pathian ngaihtuah apiang chu Pathianin a ngaihtuah a, a
nun chu malsawmnain a khat a, hlimna tui thlum a pe a ni
Kan thlarauah a lo luh theih nan Pathian hnenah i
tawngtai ang u

Kan thinlungah thlarau lam duhthusam a tiharh a ni
Dik tak chuan Pathian inpumkhatna chu nawmna dang
zawng zawng aia hlimna a ni

Cosmic thinlung khawih thei chu malsawm a ni

Zirtîr chu a nun inpumkhat duhnain a hneh hunah
Awareness sang ber nen
Thil neih harsatna atanga tlanhhuah a pawimawhzia a
hria a ni

Transparent leh healing vibrations nena inzawm
Tin, a duhzawng chu a hmanhmawhthlak zual hunah
Pathian chuan a thlarauah kawng khat a hawng a
Van rimtui a thaw chhuak a
Tin, chuta tang chuan Pathian êng a hmu Chiang hle
bawk

Thlemna man tlawm tak takte chuan an hipna a hloh
thin

A thlarau chuan thil thlum tak takte hriatna a ei a ni
Tin, a hriatnate chu gnosis rah thlum ber ber chhuahna
lam hawia a hruai ang bawkin
Tin, ropui ber awmna hriatna Chiang tak pawh
Khawvelah hian phuar lovin a nung a ni
A hlimna chuan lunglu hlu tak tak hmuchhuaktu hlimna
chu a tluk pha a ni
Chuti a nih chuan tuin nge a inzawmna chu hriat chhuah
?tum

Chu thlasik nung chu
Nun tum nen a inrem tlat a ni
A thawhrimna apiang chu Pathian malsawmna leh
thlawpna chhiar sen loh a dawng a ni
Thuruk thuruk ngaihtuah leh zawng chhuak ngai lo
Duhthusam tum chu a hmu bo ngai lo
A thawhrimna chu Pathianin lawmman pe rawh se
A thawhrimna chu lawmman a pe thin
Tin, hnehna Chiang tak pek a ni bawk ang
Magnetism: A hmasawmna, a daltu leh a hlawkna
Miin a duhthlanna magnetism chu a siam chhuak thei a,
chu chu Pathian thiltihtheihna sang ber hip nan emaw, rilru
chakna nei turin emaw, nitin nunah thil tulte hip nan emaw
pawh nise

Pathian chuan mihringte chu taksa a pe a, chu chu kan
enkawl a ngai a ni An taksa magnetism chu thil neih leh rilru
chakna chauh atana hmangtu leh hmangtute chu a tawpah
chuan bum an ni ang Mahse, an thlarau lam magnetism
tipungtute chuan chu thiltihtheihna malsawmna chu an
mamawh ngaihtuahin an thil duh zawng zawng
tihlawhtlingtuin an hmu ang
Khawvel pum huap dan tha taka hnathawk thei a awm
a, chu chu ka nunah ka tawng tawh a, a thawk tih ka
nemnghet tawh bawk
Mi pakhat tan chuan rilru thupekte chhangtu taksa chak
tak, hrisel tak neih a pawimawh hle Mi rilru hah tak, rilru
chak lo tak chu thil tum leh chakna nei lovin hna thawk tura
kal chu han mitthla la, chutah chuan sakawr pakhatin
intlansiakna hmuna tlan chhuak tura inpeih tawh chu a tan
theihna tur signal a dawn veleh han mitthla teh Chutiang chu
taksa chu a awm tur a ni
A châng chuan tar ðhenkhat hrisel ðha tak leh ðhalai
chakna nei kan hmu ðhin An taksa chu ðhalai angin a lang a,
magnetism-in a khat a, kum upa tawh mah se, mize
hmuhnawm tak tak an nei a ni
Slouching leh slouching hian chakna a tichhe (drains
energy) Mite chu an thutna hmuna an thut dan en rawh;
ðhenkhat chu muhil leh muhil angin an lang a, chutiang
chuan i hmuh meuh chuan i chau tih i hria Midangte chu ding
chungin an thu a, an awmna hmun nung tak an nei tih i hria
a i en meuh chuan anmahni nen i inzawm ta a ni
Slouched-a thut phal leh fimkhur lo taka posture tha lo
avanga ruhro curvature leh hunching siamtute Hetiang thut
hian psychological state pawh a nghawng a, negative
thinking a siam bawk Dinglam leh posture tha tak neia thut
thinte chu positive leh optimistic zawk an ni
dinhmun bik avanga - ding nghet thei lote chuan hei hi -
an beiseina, thil \ha thlirna, leh rilru lama an awmna chak
tak hmangin an khum thei a ni

I thil tih apiangah i rilru kha dah fo la, eng ang pawhin
tenau emaw, pawimawh lo emaw pawh ni se, chutih rual
chuan i rilru chu a inthlak danglam theih nan dah la,
chutiang chuan a tul chuan ngaihvenna dang lamah i inthlak
thei ang Mahse, a chung berah chuan, engkim hi
ngaihtuahna fim tak nen ti rawh, hei hian i charisma nasa
takin a tipung dawn a ni

Eng kawng pawha sumdawng hlawhtling tam zawk
chuan magnetic power hman dan an hre vek Mahni
inthununna hian magnetic influence a pe a, chutiang bawkin
rilru natna leh rilru put hmangin nghawng nei lo rilru inthlau
tak neih hian Emotional impulses chu chaknaah a chantir a
ngai a—rilru lama thiltihnaah—chu magnetic power a lan
chhuah theih nan finna chuan emotion a thunun tur a ni
Intelligence combined with emotion creates magnetism

Magnetism nei mi chuan inrintawkna nei takin a sawi Anni
hian rilru fim takin thu an sawi a, mahse an thusawiah hian
rilru put hmang an infuse Kan thusawi leh thiltih zawng
zawngah kan rinawm tur a ni a, mahse rinawmna hian
midangte tihthinrim leh mualpho tir a kawh lo
Thlai leh thei te hian magnetic property an nei a, a bik
takin thei te hian chaw ei a tikhawlo lo va, a tikhawlo lo bawh
a Chumi danglamna chu protein leh starch ei tam lutuk hian
taksaah toxins a pungkhawm thei a, taksa peng natna eng
pawh hian taksaah inthlauhna a siam ang A bik takin pum
chu a hrisel a, a thawk tha tur a ni entirnan, pum chhunga
gas hian harsatna a siam a, chu chuan a magnetic property
chu a tichhe thei lo

Chaw tam tak ei hian rah duhawm lo tak a nei a, chaw
nghei hian mi charisma a tisang thei a, chutiang bawkin
chaw ei loh pawh a tipung thei bawh Amaherawhchu, hei
hian mahni hriselna tichhe thei khawpa riltam tihna a ni lo Ni
khatah vawi thum sa ei thinte chuan mit a chak lo va,
charisma pawh a tlahniam a, Chuti chung chuan ei leh in dik

tak chauh hi a tawh lo ngaihtuahna fim tak, nungchang ropui
tak, leh nunah nungchang dik neih te pawh a pawimawh hle
Nakin lawkah magnetism-in midangte a nghawng dan
leh a thuruk tam zawk chungchang sawipui che beiseiin
Tin, ka hmangaihna huana par i par ka hmu bawh
Ka ngaihtuahna chhungril takah chuan ka hre che
Ka rilru thuk ber ah i awmna hi ka hre thin
Tin, ka hmangaihna huana par i par ka hmu bawh
I awmna rimtui hian min tikhat rawh
I rimtui malsawm takah hian ka hlim thei ang
Van leh arsi piah lam atangin ka hnenah lo kal rawh
Tin, ngaihtuahna leh rilru put hmang pawh
I hmel thianghlim ber min hmuhtir rawh
Ka thlarauah i awmna hi ka hrechiang ang
Tin, ka chhehvela mite pawh
Khawi hmunah pawh
Kum leh hun kal tawh zawng zawngah ka zawng tawh
che a ni
Duhthusam leh duhthusam kawngpuiah
Tin, tunah chuan ka chhungah i awm tih ka hrechhuak
ta
Tin, ka rilru thianghlim ber berte pawh a tichak bawh
Ka lakah hian inthup tawh suh
Emotion pangpar hnung lamah
Ngaihtuahna leh thlarau pulse
Ka thlarau hi i finna lunghlu hmangin chei rawh
Tin, I hlimna thlipui chu min pe bawh ang che
Thim khuh tu che chu ka lakah piah bo rawh
Ka mit hmuhna leh ka hriatna chungchangah
Aw Nang arsi leh van dum piah lama awm
Tin, boruak leh thilsiam leh thilsiam zawng zawng layer
piah lamah pawh
Hmangaihna ka thusawi chu pawm rawh
I hmangaihna, i êng leh i thlamuannaah ka nihna hi
thunluh rawh

Chu êng leh chatuan ro hlute chu
He khawvel hi ka thlah hun ni a lo thleng ang a, mahse
he leia ka awm chung chuan ka lawmna ber chu min
ringtute hnena Pathian thilmak chungchang sawinaah a awm
a, ka duhthusam chu sawifiah theih loh thlamuanna, zalenna
leh himna min petu Pathian êng an duhna tihpunnaah a awm
a ni

Universe chanchin, a thil chipchiar tlemte zawng
zawngah chuan, chatuan vault-ah a vawng tlat Chu chu
dimension dang a ni Hetah hian he khawvel tlemteah hian a
sei zawng, a zau zawng, a thuk zawng leh a san zawng kan
hmu a, mahse heng dimension awm lohna level dang a awm
a, chu ethereal plane-ah chuan engkim hi a langtlang vek a
—engkim hi hriatna leh hriatna a ni—engkim hi hriatna leh
hriatna a ni The sense of taste is a sensation, as is the sense
of smell Kan rilru put hmang, ngaihtuahna leh taksa hi
hriatna zawng zawng a ni Tin, mumang-a kan hmuh, kan
hriat, kan rim, kan ei leh kan khawih theih ang bawkin,
chutiang bawkin heng hriatna zawng zawng hi hriatna
thianghlim, langtlang tak emaw, ram sang zawka hriatna
emaw hmangin kan tawng thei vek Hei hi tuna ka hmuh ang
chiah hi a ni a, he taksaah hian ka awm loh lai tak ka sawi lai
hian;.. ..
.. .. rather, I am part of all that exists Tin, ka thil
hmuhte hi ka tan chuan a tak tak ang bawkin nang pawh ka
tan chuan a tak tak a ni

Khawi hmunah pawh Pathian hmu tur leh mumang leh
thil tak tak inthlauhna hre turin a harh tur a ni Ka awmna
hmunah hian tawp chin nei lo ka hmu fo thin a, chu hmun
chu tawp chin nei lovin ka hmu thin Engkim hian chu
chatuan bul atang chuan nunna a lo borrow thin
Naupang ka nih lai chuan chhun leh zan hian ka thu a,
ka tawngtai thin a, mahse chhanna a awm lo Khaw khatah
chuan mihringte ka hmu a, lehlamah chuan chatuan, min
biak lo Ka hmu a, keimah chauh ka ni tih leh mi zawng

zawngin min kalsan tawh angin ka inngai chung pawhin
 Pathian chuan min kalsan lo, a ru kin ka bulah a awm reng si
 a—ka ngaihtuahna leh ka rilru put hmang hnung lamah Tin,
 ka chhungril êng chu ka hmuh tan tirh chuan ka thlarau chu
 malsawmnain a khat ta a ni Pathian rimtui
 Thingkung zung leh tui luang chhuak chu ka hmu thei a,
 Pathian hnaih tak ka inhria a, min thlamuantu leh ka thinlung
 ti hahdamtu chuan ka tawngtai a, Amah chu ka au nawn fo
 thin a, zan tin, thilte chuan ka tan a eng leh awmzia a hloh
 chuan khawvel leh a chhunga thil awm zawng zawng, hlimna
 pawh tiamin, thil awm mai mai a ni mai thei tih hlauvin ka
 phatsan ta a, chutah chuan Pathian ka hmu ta a, tunah hian
 ka hnenah a awm reng a, engtik lai
pawhin

Khawvel hian min kalsan mai thei, mahse Pathianin hun
 rei lo te chhung atan pawh min kalsan ngai lovang Pathian
 chu engkim a ni He hall leh a chhehvel khawvel hi ka hriatna
 screen-ah hian lem che thei ang maiin a lo inphah chhuak a,
 thlarau thianghlim, êng langtlang tak, leh hriatna nem tak tih
 loh chu engmah ka en a, ka hmu lo Ka taksa lem, in taksa
 lem leh khawvela thil awm zawng zawngte hi chu Pathian
 êng pakhat a\anga lo chhuak a ni a, chu êng chu ka hmu
 chuan engmah dang ka hmu lo

Screen i en chuan thlalak che thei tak tak i hmu a,
mahse i hnunglam i hawi chuan (traditional cinema-ah
chuan) screen-ah êng zungbun pakhat chauh a eng tih i hmu

A rin loh takin a ri a, mahse a dik a ni
 Hêng thilte hi ka sawi țin a, tûnah erawh chuan
 ngaihsak lo leh ngaihsak lote hnênah ka be tawh lo nain
 Pathianin Pathian tih loh chu nunna tlâk a awm lo tih in hriat
 theih nân tun ținmah hian ka biak che u a phal ta a ni
 Engkim hi a rei lo hle a, a la awm leh a liam loh chu
 tawngtai rawh

Hetah hian hmangaihna pangpar bawm kan rawn dah a

ni

Midang kan hmangaihna hi a thleng thei a ni
I kut thahnemngai tak avangin lawmthu kan sawi e

Hmangaihna hriatna chaknaah
Chuti a nih chuan, i hnena hlan turin min fuih rawh
!Kan hmangaihna nasa tak leh duhthusam kang tak

Nu leh pa min pe a

Unaute u

cousins te an ni

kawppui

Naupang leh thiante

I hmangaih dan tur kan zir ve maithei

Expression hrang hrang leh natural difference fiah lo tak

tak nen

Mihring inlaichinna chi hrang hrang tan

. ,Aw chatuan hmangaihtu

!Aw Thenawm Chungnungbera

Bouquet braid dan min zirtir rawh

Mihring hmangaihna pangpar zawng zawng a\angin

Tin, i biak in malsawm takah chuan thilhlán atan ka dah

a ni

Mahse ka theih loh chuan

Package pumpui i hnena present atanga

Loyalty tam leh inzawm tlat avang hian

Pangpar pakhat ka la chhuak ang

Pangpar tha ber leh thar ber zinga mi

Tin, i malsawmna kawngkhar bulah ka dah bawk

!Ka hnen atangin i pawm ngei ka beisei

Nunna sting leh rang taka vuakna

Aw khawvel zawng zawng dan Lalpa

Ka hlíam leh hlíam tuar turin min pui ang che

Chhiatna leh harsatna atanga piang

Thil cheimawi leh discipline-a medal te

I Pathian rorelna kut hmanga min pek

Mi duhsak bikna hre lo
Nitin ka beihnate hi thil dik lo leh bumna dotu atan
thawk rawh se
Tin, khawvel hlimna dik lo beiseina dik lo min paih bo
turin
Midang zahngaihna vanga ka mittui tla te kha ni ta se
Ka rilru atanga bawlhhlawh leh bawlhhlawh thup te chu
silfai rawh
Tin, buaina pickaxe-a vuak na tak apiang chu hawng
rawh se
Ka chhungrihlah finna leh hriatthiamna thuk tak thar
He dense material existence thim hian min ti hlauhawm
se ka duh khawp mai
I thianghlimna leh i tihdamna êng chu ka zawng nghal
vat theih nan
Nunna hruihrual leh rang taka vuakna chuan min nawr
luih luih a
I tanpuina dil chungin ka au chhuah theih nan
Tin, ka nun leia etched dinhmun hrehawm tak takte chu
pholang turin
I thlamuanna tuihna luang chhuak reng, tam tak
chungchang
Midangah chuan roughness mawi lo tak chu awm ta se
Zaidamna leh ngilneihna nena inchei turin min nawr lui
a ni
Tin, ka thiante thusawi rilru na tak takte hian thu thlum
chauh hmang turin min hriat nawn tir rawh se
Rilru sualin lungin min vawm pawhin
Chuvangin tum tha tak nei friendly missile hmangin ka
chhang ang
Jasmine thingin a pangpar rimtui tak takte a theh darh
ang maiin
A kut chungah chuan axe chu a trunk-ah a tla thla a
Chutiang chuan, tolerance rose petals chu ka theh darh
ang

Thianghlim leh hmêlma taka min enkawltu zawng

zawngte hnenah

Khawvela thlamuang leh muang taka khawsak dan tur

He khawvel nun hi a lan dan ang a ni lo I rinna ngat

suh, a inthlak danglam a, bumna a ni a, beidawnna leh

beiseina chhe tak tak nen a khat a ni Famkimna hi hetah

hian hmuh theih a ni lo Nunna lemziak tak tak lo pe che ka

duh lo He khawvel hi paradis a ni lo Pathianin thlarau a

fiahna hmun a ni a, chutah chuan Pathianin thlaraute chu thil

\ha tak nen an hneh ang em tih leh Amah an siam ang em

tih a fiah \hin a ni—chu chu, siam rawh Pathian—an

duhzawng ber, A ram lama an kir leh theih nan

Nun hi thil lungchhiatthlak leh nuihzatthlak chi hrang

hrang, chhiatna leh farce-in a khat a, a lian tak, a danglam

reng a, a chi hrang hrang, a chi hrang hrang chhiar sen loh a

ni Thil pahnih hi a inang chiah lo Mi tin nun hi a danglam bik

Mi tin nun hi a danglam bik Mi tin hian pianphung hrang

hrang, rilru put hmang hrang hrang, leh duhna hrang hrang

an nei vek a ni

Nitin fiahna inang chiah kan hmachhawn a nih chuan

nun hi kan bo leh chau ang Paradis pawh hi, a inang reng a

nih chuan kan duh lo ang Kan hmangaih chi hrang hrang leh

chi hrang hrang Paradis hi monotonous ni ta se, Pathian

mithianghlim leh mi thianghlimte chuan Leiah hian kir leh

turin an tawngtai ang a, intihhlimna an nei ang! Paradis hi a

lawmawm berin a tharin a awm reng a, Leilung erawh chu a

tharin a awm fo thin a, mahse a hahthlak leh nuam lo takin

Mahse, nun hi hahthlak leh hahthlak tak ni mah se, mi

tam zawk chuan an hmang thiam ta hle a, nun dan dang a

awm lo tih ringin He nun hi thlarau nun nen tehkhin theih

lohvin, he khawvel fold chhunga hrehawmna leh hahna thup

zau zia chu an hre thei lo

A nihna takah chuan nun hi a tak tak a ni lo Movie hlui

te chu tihchhuah nawn fo a nih ang bawkin, thil thleng hlui

ang chiah chu chi hrang hrangin a lo thleng leh thin

Nun hi hun tiam nei lovin a kal zel chung pawhin, film
hmasa lama thupui tarlan ang chiah kha a hnungzuiin an
thlir nawn leh a ni Dik tak chuan, history hian a ti nawn leh a,
mite chu hun kal tawha museum-a thil hlui mai an ni
Nun mak tihnate chu a taka pawm tur chuan, thil tum
nei tak leh mi dangte ngaihsak lova pawm tur chuan Mi
pakhat chuan nun harsatnate chu huaisenna leh mahni
inrintawkna nena hmachhawn tur chuan hlimna leh
lungngaihna, hlawkna leh hlohna, hnehna leh
hlawhchhamnaah inthlauhna a vawng reng tur a ni
Thil thleng zawng zawng karah pawh chhungril
thlamuanna vawn reng hi bum duhna hneh theihna kawng
tha ber a ni Hei hi hun inthlak danglamnain a nghawng loh, a
tawp thlenga nghet leh danglam ngai lo mi ropui tak takte
hnen atanga ka zir chhuah chu a ni Zâwlneite pawhin
tihduhdahna an tawh lai pawhin an hriatna thianghlim chu
an hloh lo va, tumah Pathian hmangaihna an ruksak pawh an
phal lo

Thlarau lam hlimna chu amah ngei pawh hi malsawmna
humhalhna leh kulhpui ropui ber a ni Fiahna leh hrehawmna
karah Pathianin malsawmna a pek che kha hre reng ang che
I thlarau chu Pathian biak in thianghlim a ni Hriat lohna
thim chuan chu hmun thianghlim chu a tibawlhhlawh phal
tur a ni lo, Thlarau hriatnaah, chawimawi, zahawm, him leh
thlamuang taka awm chu a va ropui tak em! Engmah hlau
suh la, tumah huat suh

I hmangaihna chu mi zawng zawng hnenah pe rawh
Pathian hmangaihna chu hre la, mi zawng zawngah a awmna
hmu la, i duhthusam ber chu i thinlunga a awm rengna ni
rawh se Hei hi khawvelah hian thlamuang leh muang taka
nun dan tur chu a ni Mahse he chhungril lungawina hi tem a
harsa a, duhna thlipui na tak chuan thinlung oasis-ah a ri
chhuak a, nasa taka a thingte a tihnghing chung chuan
Duhthusam chu mi pakhat boruakin a siam a ni Kan
hriatna atanga lo piang a ni a, chu hriatnate tikhawtlai a nih

avangin thingtlang fair-a tel hian phurna engemaw zat neih
duhna chu a tihlawhtling a, mahse khawvel huapa exhibition
kan tlawh hnu leh a lantir hrang hrang zawng zawng kan
hmuh hnuah chuan fair tenau chuan a hlimthla leh a hipna
chu a hloh ta a Chutiang chuan, chu hlimna chu Pathian
nena inpawlina hlimna chu kan tawng hmasa tur a ni lesser
earthly pleasures Tichuan, duhna chu a sang zawk ang
Duhna chu a tawp thei lo; no sooner is one fulfilled than
another takes its place Mahse Pathian i hmuh chuan i duh
zawng zawng chu a famkim vek a ni Chuti a nih chuan
engvangin nge chu duhthusam ropui ber tihlawhtlinna chu i
zawn hmasak loh ang a, Pathian kut thilphal a\angin
?lawmman tha ber leh nghet ber chu i dawn loh vang
Pathianin amah hre tura zawngtu tawngtaina a chhan
hunah chuan a duhzawng dang zawng zawng chu a thleng
nghal vek ang a, chatuan atan a thleng nghal vek ang
Finna rangkachak leh chakna thir
He khawvel hi a famkim lo hle a, fiahna leh hrehawmna
sikula ni a, heng fiahna hmang hian nun zir tur kan zir a
Fiahna chhan chu min tikehsawm tur a ni lo va, kan chakna
tihhmasawn nan Anni hi evolution leh hmasawnna pianpui
dan rah chhuah a ni a; kan tan chuan hmasawn leh a hnuai
ber atanga sang ber thlenga kan chhoh a pawimawh hle
Kan tumruhna tinghet turin Pathianin kawng engkimah
min fiah a, min tikehsawm lo Hriat lohna hian min tichhe vek
a, tisaah kan rinna zawng zawng kan nghat chuan Thutak
zawnga beidawngtute chuan chatuan nunna an hmu thin
Eng nge hrehawm tawrh chhan? Kan tuar leh tawh loh
nan He khawvel hi finna rangkachak leh chakna leh nghetna
thir a lo chhuah hma loh chuan kan thlarau a hminna meipui
alh tak a ni
Nun hi game rough ang maiin a lang fo thin a, chu chu a
dikna awmchhun chu cosmic dream mai mai, permanence
nei lo a nih vang a ni

Hei vang hian khawvel hi inthlahna leh inthlahnain a
khat a ni Mi thenkhat chu rethei an ni a, thenkhat chu an
hausaw baw
Thenkhat chu an hrisel a, a then chu an damlo leh a
dangte

Mihring hian tun hmain thil tam tak a tawng tawh a,
nakin lawkah pawh thil tam tak a tawng tawh dawn a, mahse
he thudik hian a ti hlauhawm tur a ni lo
Nun hi cosmic play a ni a, Pathian chuan kan tih tur tha
tak tak, lungawina nena kan che a, Chiang taka kan
ngaihtuah chung chuan kan Siamtu nen kan inrem a, hlauh
tur kan nei lo tih Chiang takin min ruat a Hei hi finnain min
pek thlamuanna ropui tak chu a ni

A chang chuan he universe hi mumang a ni tih sawi a
awlsam a, mahse thil tak tak harsa tak tak kan hmachhawn
hian he nun hi mumang a ni tih ngaihtuah a harsa thin He
universe hi Pathian rilru leh duhzawng atanga lo chhuak a ni
tih kan hriat theih nan kan ngaihtuahna thiltihtheihna hi kan
chin chhuah a pawimawh hle

Rilru leh thil inzawmna chu thuk takin a lang Chiang hle
a, nun fiahna hlawhtling taka kan zawh theih nan taksa leh
rilru lamah pawh kan insiam thar a ngai a ni Rilru lama
chhelna kan neih a ngai a, pawm theihna kan tihzauh a ngai
Nun harsatna tuar thei lote chu harsatna thlipui leh chhiatna
thlipuiin a nuai hunah tanpui theih lohvin an awm ang
Hlimna, chakna leh hriselna kawngkhar chu keimahniah
a awm Mahse thil thleng fo chu hei hi a ni: mi pakhatin kum
tam tak chung hriselna tha a lo hlim tawh a, a hnua thla ruk
chung a damloh chuan an dam leh tawh dawn lo tih a ring
mai thei Taksa hian hei hi rilru a hneh thei lo tur a ni Rilruin
taksa a tichiang tur a ni Rilru chu taksa dinhmunin a tibuai
tur a ni lo va, taksa chu thlarau chenna hmun a ni tih kan
hrethiam tur a ni thlarau chu a nghawng loh tur a ni
Pathianin kan ngaihtuahna leh taksa thunun theihna leh
hrehawmna leh lungngaihna laka fihlim turin thiltihtheihna

min pe a Rilru hi harsatna zawng zawng bul leh hlimna
tuikhuah a ni Dik tak chuan mihringte hi a tawn zawng
zawng aiin a chak zawk a, tunah hian kan hre lo a nih pawhin
nakinah kan la hmang ang

I'm finished and done with it," ti ngai suh, hei hi rilru"
tichhe thei ngaihtuahna tha lo tak a nih avangin Mi thenkhat
chuan tlem an kal chuan an chau ang tih an ngaihtuah a, a
nih loh leh ei tur thenkhat an ei theih loh chuan an na ang tih
leh a dangte

Kan rilru chu natna emaw, tihkhawtlai emaw-ah kan
awmtir tur a ni lo va, chumi hnuah chuan kan taksa hi a tha
zawngin a inthlak danglam tih kan hmu ang Rilru hi taksa
khalhtu a ni tih hre reng ang che Rilru a chak lo a nih chuan
taksa a chak lo ang Khawvel hi a tha a, kan lungngaih tur a
ni lo va, Pathian chu kan hnenah a awm reng tur a ni
Sweets nena ka chanchin leh duhthlanna hman dan
Ka naupan laia ka chung a thil tawn pakhat ka sawi dawn
a ni

A bul tanna atan chuan naupang duhzawng chu
physiological, a nih loh leh physical an ti a; naupang a tap
hian thil an duh tih hriattirna a ni Taksa dinhmun avang hian
an tap a, chuvangin duhna hmasa ber chu taksa lam a ni
Tichuan, naupang chu a lo puitlin a, a nu duhzawng
hnuaia a intukluh chuan naupang chuan "automatic will" a
nei niin an sawi a, a chhan chu hetiang dinhmunah hian
naupang duhzawng chu nu duhzawngin a kaihruai a ni
Automatic will stage-a ka awm lai khan ka nuin min dil
zawng zawng chu ka ti vek thin tih ka hre reng a, chutih laia
ka nickname chu "the angel" tih a ni a, Mahse ni khat chu ka
nanny chuan carriage-ah chuan dawrah min hruai a, chutah
chuan orange rawng candy chi hrang hrang ka hmu a, chu
chuan ka ngaihven a hlawh a, mak tak maiin min hip ta a ni
Ka nanny hnenah chuan min lei sak turin ka ngen a,
mahse a duh lo va, engmah ka sawi lo va, kan haw leh ta a

Ka zanriah ka ei a, tichuan dessert ka ngaihtuah leh a,
ka nu hnenah chuan orange rawng sweets engemaw zat ka
duh thu ka hrilh a, ani chuan, "Ni lo i khumah kal rawh" a ti
.a

Rei vak lo hnuah ngenna chu ka sawi nawn leh a, "Nu,
orange candy piece ka duh" Ka nu chuan nghet tak leh
thutlukna siam tak zet hian, "I nei lovang, i mut a ngai a ni"
.tiin min chhang a

Tichuan ka aw chung berah chuan, "Ka orange candy hi
ka duh!" tin, ka ngenna chu ka ti nghet tlat a, ka nu chuan
dawr neitu chu candy chi hrang hrang min rawn kentir turin
a kal a, a kaitho thlengin ka nghet tlat baw
Tin, ka hlim hle tih chu rin theih loh khawpin ka hria
Engvangin nge? Ka duhzawng ka hmang a, ka hlawhtlin
avangin! Ni e, a vawi khatna atana ka duhzawng ka hman
avangin mak ka ti hle Mahse a tuk zingah chuan ka zalenna
ka hman avangin vawi khat atan ka kawng ka thlan avangin
ka nickname chu "angel" atanga "mischievous" ah a inthlak
ta a ni

Thil pawl lo tak ka duh apiangin ka chungte chuan an
zawm thin a, mahse ngaihtuahna ka ngaithla fo thin a, ka dik
loh chuan insiamthat turin ka inpeih reng thin Mahse ka dik
hunah chuan ka budge ngai lo, chhungkaw dangte pawhin
an remti lo pawh nise

Nute hian an fate duhthlanna chu an zirtir tur a ni a,
naupang an nih vang mai maia an duhzawng hnialna
hmangin an tikehsawm lo tur a ni Naupangte hian an
duhzawng chu hrisel leh remchang taka hman an duh chuan
mi nalh tia vuah an ni tur a ni lo An zalenna chu khap tur a ni
lo va, an duhthusam tenau tak takte chungchangah an nu
leh pate hnen atangin hmangaihna leh hriatthiamna rawtna
an dawng tur a ni Nu leh pate chuan an fate vuakna hmanga
hun an humhim theih nia an ngaih chuan an ti ang hun
khawhral mai mai Naupang nen thil an sawiho tur a ni a,
chutah chuan engmah an ti lo tur a ni Naupangte chuan

vuakna tenau leh nghet tak tlemte an tawn a ngai a; hei hian
an zir thuai theih nan a pui ang
Nu leh pate chuan an duhzawng an fate chungah an
nghat fo thin Naupang duhzawng chu enkawl tur a ni a,
hmangaihna, hriatthiamna leh dawhtheihna nena enkawl tur
a ni

Naupang automatic duhthlanna hnung zuiin ṭhalai "blind
will" a lo thleng He duhthlanna hi silaiin boruakah bullet a
kah ang mai a ni a, pops tibulaitu tih loh chu engmah a siam
chhuak lo Ṭhalaiten an duhzawng dynamite chu a hlawhtling
lo

Chutah chuan "explosive will" a lo thleng ta a,
naupangin tleirawl a thlen chuan duhna rilru na tak leh
ngaihtuahna fim lo tak tak hmangin an duhzawng an chhuah
chhuak thin An zirlai chu thil hrehawm tak tak leh vuakna
engemaw zat an tawn hnuah chauh an zir fo thin
Bee hian lotus rimtui chu a duh em em a, pangpar
thinlungah hian rei tak a awm reng a, nectar a hip niin an
sawi Chutianga a tih lai chuan lotus par chu a khar a, lotus
chhungah chuan a thihna a tawk ta a ni

Tichuan hmarchhak biala sakeibaknei, flute thluk zu rui
te pawh an awm baw Sakeibaknei chuan flute a tum hian
sakeibaknei chu a hnenah a lo kal a, a thihna thlentu chu a
tawk ta a ni

Sakeibaknei ran (sakeibaknei hmeichhia) thenkhat chu
sakeibaknei dangte hipna leh man nana hman thin an awm
baw

Hemi kawngah hian philosopher ropui tak pakhat chuan
:hetiang thil hi a sawi a

Bee chuan a rimtui chu a hip hle
Tin, deer chuan whistling thawm a siam baw
Sal tang sakeibaknei chu a tlu ta a ni
A chhan chu a khawih tiharhtu a nih vang a ni

Mahse, chutiang hriatna zawng zawng neitu mihring chu
engtin nge ni ang? Philosopher-in a hnena thurawn a pek
:chu

I hriatna bawih ni suh la, engmah emaw, tu emaw"

. "thunun che suh

:Kei erawh chuan ka ti a ni

I hriatna zawng zawng chu i rawngbawlnaah dah vek a

ni tawh tih hre reng la, i thupekte chu ngaithla la, i

duhthlanna hriatna chu zawm tur a ni

Thinrimna leh sakeibaknei hriatrengna

Chhungril remna zawngtute chuan thinrimna lo chhuah

dan leh a rah chhuah rapthlak tak tak a thlen fo dan hi an

hrethiam tur a ni Thinrimna avanga chhungril lama

inthlauhna avang hian mi tam tak chu an duh loh zawngin

misual leh tualthattuah an inthlak a ni

Duhna tihbuai hian rilru a mit a tidel Duh duhna vur

chuan mi rilru a rawn luah chuan a hriatna a hloh a, mihring

ropui tak tan pawha phu lo takin a che thin

Rinna hloh chuan thiltih dik leh tum ðha zawng zawng

tichaktu pianpui hriatthiamna chu a tibuai tu a ni

Mihring nunna rilru lirthei steering wheel a chhiat hunah

chuan accident a tawh ngei ang a, hrehawmna leh

hrehawmna kawngkhar chhungah a inhmu mai thei bawh

Entîr nân: Pasal chu hlim takin a khalh a, park lam

panna kawngah chuan a nupui chuan park ni lovin a nu leh

pate in lam pan tûra kawng thlak turin a ngen a, hetah hian

a hlimna chu thinrimnaah a chang ta a ni

He entîrna hi ka thlan chhan chu thil thleng tlangpui a

nih vang a ni A tlangpuiin, a rah chhuah chu pasalin a nupui

ngenna a hnawl emaw, thinrimna leh lungawi lohna a pawm

emaw a ni a, hei hi thil thleng tlangpui a ni A pahnih hian

thinrimnain a luah a, boruak a buai a, remna a tibuai a ni

Thil engemaw takah chuan thinrimna chu tharum

thawhna nei tan chuan lungngaihnaah a chang thei thin

Thinrimna hian hriatrengna a nghawng thei a, a nih loh leh

driver chuan fimkhur tak leh fimkhur taka lirthei khalh a
theihnghilh thei a, a nih loh leh traffic signal a en loh phah
thei a, chu chuan intlansiakna emaw, Pathianin a phal loh
chuan thihna emaw a thlen thei a ni

Thutawp atan chuan thinurna chuan duhthlanna
steering wheel chu nunna tawlailir-ah a khar a, a tisa leh
thlarau lam thiltumte a thlen theih loh phah a ni
elephant hriatrengna

Hriatrengna" an tih faculty hi Pathian hnen atanga"
mihringte hnena thilpek a ni a, malsawmna ropui tak a va ni
em! Hriatrengna pawh rannungte hnenah pek a ni a;
chutiang a nih loh chuan an fate chu an hre thei lo vang
Rannung thenkhat chuan hriatrengna tha tak tak an nei a,
chu chu a hnuaia sakeibaknei chungchanga thawnthu hian a
târ lang a ni

Sakeibaknei lian tak pakhatin thing a phurh lai chuan,
Khawchhak lama sakeibaknei zirtir tam takin an tih angin,
naupang pakhat chuan a rawn pan hnai a, a zungpuiah
chuan zungbun hmangin a chil a, a tlanbo ta a ni
Chu thil thleng a\ang chuan kum khat a liam ta a, chu
sakeibaknei bawh chuan tlangval pakhat chu a tawh ta a Hei
hian sakeibaknei hnenah chuan a phuba lakna tur hun
remchang tak a pe a ni Chu naupang chu a kawrfual chu a
khuh mai a, nasa takin kawngpui sir lehlamah a paih chhuak
ta a ni Chuvangin, rannungte hian hriatrengna an nei ve tho
a ni

* * *

Mumang tam tak ka nei tawh a, tunah chuan ka harh ta
Ka thlarau maicham chungah chuan, Ka Pathian hriat rengna
mei chu ka hal a, Mut muthilh kalsan mitte nen, I hmel mawi
tak chu ka en a, a êng thianghlim chu ka hmu a, ka lawm hle
Tin, i khawngaihna avang hian hriselna te, natna te,
nunna te, thihna te hi mumang chi hrang hrang a ni tih ka
hrechhuak ta a ni

Illusions curtain eng mawi takah chuan mumang novel,
rawng nung tak tak hmanga chei chu ka zo ta
Tin, tunah chuan thudik awmchhun angin ka hmu che a
ni

Chu inlarnaah chuan Pathianin min hmuhtir a
All of nature is unreal Nature piah lama awm chu a
awmzia dik tak a ni

Ni khat chu hmun thianghlim ground-ah ka kal a, ka
chhehvela ni êng chu ka en reng a, tuipui kama kalna stairs-
a ka chhuk lai chuan ka ding a, stairs-a electric light lam chu
ka hawi a, chu chu a la eng reng a, mahse Pathian êng
chuan ka hnenah a lo kal a, chu leh êng dang êng lo zawkte
chu ka thliar hrang thei lo va, ka thliar hrang thei lo
{Allah hi van leh lei Eng a ni}
Tin, êng chu thimah a eng a, thim chuan a hrethiam}
{lo

Ni ka hmu thei ngai lo va, chutah chuan ni eng leh
electric light hi a tak tak lo tak zet a ni tih ka hre ta a, chutih
laiin êng dik tak chu Pathian êng a ni
Chu inlârna ropui takah chuan Pathian chuan khawvêl
hrang hrang—a Pathian êng lan chhuahna tawp nei lo—min
hmuhtîr a, ka thil hmuhte chu A cosmic consciousness
lantîrna mai a ni tih ka hrechhuak a , Amah nêna kan inrem
chuan kan kalna apiangah A êngah kan kal ang a, kan hawi
kualna apiangah A awmna kan hre ang
Cosmic thlarau kan hriat a, a bul berah chuan thlarau
kan nihzia kan hriat chuan lei, leivut, tlang, tuifinriat leh van
chu a hmin vek a, Pathian tih loh chu engmah a la awm lo
Tin, tlangte chu i hmu a, che thei lo anga ngaihin,
chhum kal tlang ang maia an kal pelh lai hian
Engkim Pathian nihnaa inzawmkhawmna chu tawngkam
hmanga sawi chhuah theih loh dinhmun a ni a, hmangaihna,
hlimna leh hriatna (ringtuin a Lalpa a tawn avanga a hlimna)
.lungawina famkim nen a tem a ni

Chutiang thlarau lam hlimna chu nun hmantlak leh
Pathian ngaihtuahna inkâra inthlauhna dik siamin a awm thei
a ni

Psychological warehouse tihfai
Mahni inhriatthiamna hi kawng lakah a pawimawh hle Mi
pakhat chu huatthlak, thinrim, a nih loh leh thinrim chak tak
a ni thei Chutiang a nih chuan, heng miziate hi a hriatnaah
dahkhawmte hi thil tih tawhte rah chhuah a ni
Chu furniture buai tak, chhe tawh tak takte
psychological repository tihfai nan chuan thil \ha, siam\hatna
tak tak hmangin kan \an a ngai a, mi dangte chung
hmangaihna rilru kan neih a ngai a, mi kan hmangaih tam
poh leh an hmangaihna chu kan hre chhuak ang Mahse, kan
sawisel chuan, keimahni ngei pawhin, chu sawiselnâ chu an
hre chhuak ang a, amplified-in kan hnenah an rawn thawn
let leh
... ..!ang

... ..
I hmêlma hlui pakhat a thi tawh ang u, chuti chung
pawh chuan a chungah thinrimna leh huatna i la vawng reng
ang He lungngaihna avang hian i tuar ang a, a chhijatna chu i
taksa leh rilruah a lang chhuak ang Pathian avanga
ngaihdam chu a tha zawk, chutianga i tih chuan i rilru
thlamuanna tichhetu phuba lak duhna sual lakah i in chhuah
zalen ang a, i thlamuanna a tichhe ang Huatna chungah
huatna dah khawm emaw, huatna nena inhmêlma chhân lêt
emaw hian i hmelma i chungah hmêlma chu a tizual mai ni
lovin, a rah chhuah angin nangmah ngei pawh i taksa leh
rilru natna a tichhe baw [Chuvangin ngaihdamna mawi tak
.nên ngaidam rawh]

(Tumah ka ngaihdam leh thinrimna ka neih loh lai khan)
Hmelma lungkhamna atang chuan ka inhnukdaw ta

a

A hun hunah chuan mi pakhat chuan amah chauha awm
turin engkim a kalsan a ngai a, chu chu nun tum ngaihtuah

tur chuan Mi tam zawk chu hnam dan leh fashion hrang
hranga luang chhuakah an pil bo thin A nihna takah chuan
anmahni nun hi an hmang tak tak ngai lo va, khawvel nun an
hmang zawk zawk Eng nge an tihhlawhtlin a, khawiah nge
?an tawp

Chuvangin, mi pakhatin a rilru buaina tihreh nan leh a
thupui hrethiam a, a tum tum chu ruat a tum theih nan nitin
buaina leh "duties" atanga a chang chuan a inthiarfihlim hi a
finthlak hle

Thu hriattîrna ropui ber i dawn theih chu i chhia leh tha
hriatna a ni tih hre reng ang che: i thlarau aw tihsual theih
loh leh tihsual theih loh I chhia leh tha hriatnain a hrih che
chu i nihna dik tak a ni a, chei mawi leh inthuanma tel lovin
Isua Krista thiltihtheihna kha han ngaihtuah teh, "Ka Pa,

.ngaidam rawh, an hriat loh thil tih dan an hre lo," a ti a
I chhia leh tha hriatna êng tak aw ngaihthlak hian i
kawngah êng a thlen ang a, i nunah malsawmna a thlen ang
I thinlungah duhthusam hlen chhuah duhna nasa tak i neih
hunah, i hriatthiamna hmang la, heti hian inzawt rawh:
"?"Tihpuitlin ka tum chu duhthusam tha nge tha lo a ni em

Thil tam tak chuan mihring duhzawng a tichak a Mi
pakhatin model car thar a hmuh chuan a ang chi nei duhin
style thar in a hmuh chuan a ang chi nei duh a ni Fashion
trend thar chu a lar ta hle a, chu style chu lei leh ha turin
!miten an duh em em a ni

Khawi atanga lo chhuak nge duhthusam? Darkar tam
tak chhung chu he thil hi ngaihtuah chungin ka hmang I duh
zawng zawng chu i categorize thei em? Ka duh zawng zawng
chu ka thliar hrang thei a, a tha chauh ka vawng a Tin,
Pathian inpumkhatna ka neih chuan ka duhna tha zawng
zawng chu vawi khatah a thleng famkim vek tih ka
hmuchhuak Vawiin hian mi pakhatin thil pakhat a duh a,
naktuk hian an thlarau chuan thil dang a duh a ni
Pathian Engkimtitheia a\anga lo chhuak rilru chu
khawvêl thil \hain a tihlawhtling thei lo Pathian chu thlarau

ro hlu ber leh hlu ber a ni a, Amah chauh hian thinlung
duhthusam chu a tihlawhtling thei a, thlarau duhzawng a
tihlawhtling thei a ni

Thil \hain a khat cosmic storehouse-a luh theihna
Pathian chu finna zawng zawng bul leh tuikhuah a ni a,
remna siamtu a ni a, hausakna leh tamna zawng zawng
dahkhawmna a ni baw
Khawvel pum rilru chu a famkim a, a famkim a, engmah
a tlachham lo He malsawmna chi hrang hranga khat cosmic
storehouse hi lut tur chuan mahni chhungah hian tamna
hriatna a nei tur a ni a, beiseina nei reng tur a ni a, a lo awm
tur lira, pound, dinar, dollar emaw lo chhuahna tur a hriat loh
!pawhin

Pathian thilphalna chu ruah hahdam tak, ruah tam tak, i
vawn bêl eng pawha i dawng thei angin ngaihtuah rawh! No i
vawn chuan i khat ang; bêl chu a lian zâwk a nih chuan chu
pawh chu i luah khat ang Eng ang bêl nge he vân lam thilpêk
dawng tûr hian i hman? I bêl chu a tlin lohna a awm thei—
rilru leh finna lama khur a khat pawh a ni mai thei Chutiang
a nih chuan, hlauhna, huatna, rinhlelhna, leh inhuatna a\
angin i inthiarfihlim a, remna, muanna, thinlung tak leh
hmangaihna thianghlim tuiin i silfai a, i tithianghlim a ngai a,
chu chu Mi thilphal hnên ațanga khawngaihna tam tak
dawng tûra inbuatsaihna atan a ni

Pathian tamna chu rawngbawlina dan angin a thawk a,
thilpek pe hmasa phawt la, chutah dawng rawh Mite hnenah
i theihtawp pe la, a let leh nan a tha ber i dawng ang I tum
hmasak ber apiangah hlawhtlinna beisei suh Tum thenkhat
chu a hlawhchham thei a, mahse thenkhat chu a hlawhtling
baw ang

Hlawhtlinna leh hlawhchhamna hi a inzawm tlat a
Pakhat chu a dang tel lo chuan a awm thei lo va, harsatna
emaw tih tur pawimawh ber berte chu hmalakna tur
ngaihtuahna senga hmachhawn tur a ni a, tih tur awmte
tihlawhtlin tumin theihtawp chhuah a ngai a ni

Final stretch i thlen thlengin chakna leh thahnemngai
takin thawkrim rawh There's no need to falter or retreat
Kawng i hmu thei lo a nih chuan i beih tawh loh tur tihna
a ni lo Tum i hloh a nih chuan i thlen theih dan tur zawt la,
mahse beih tawh suh Mi tam tak chuan harsatna an tawh
veleh hlawhchhamna an pawm nghal mai Hlawhchhamtute
chuan anmahni ang bawka hlawhchham tawh midangte nen
ni lovin, mi hlawhtlingte nen inrawn tur a ni I tumruh ang u,
hlawhtlinna chang turin tumruh ila he thu bul hi kan nun
philosophy ni rawh se
Hlimna Hla

Ka hun a lo thlen hunah
Thihna hian ka beng a tikhawlo
Ka Pathian hmangaih aw chu ka ngaithla ang
Tin, min rawn call hnahnung berin ka thawk a tihtawp
chuan

A Pathian awmna rimtui chu ka thaw chhuak ang
Tin, thihnain ka lei a tihreh lai hian
A hmangaihna nectar chu ka tem ang
Tin, thihnain ka mit a tihdel lai hian
A êng awm zawng zawng chu ka hmu ang
Hmun tinah lallukhum khum a ni
Tin, thihnain ka thisen leh ka khawih a vawt lai khan
Ka cosmic hmangaih tak rilruah chuan lumna ka zawng
ang

Tin, ka mit hian floor te a hmuh tawh loh chuan
Ka vision beam chu a rawn lut ang
Engkim a tikehsawm a, a thuruk thup chu a puang
chhuak ta a ni

Tin, ka beng a hriat theih tawh loh lai pawhin
Tun hma leh tunlai thil zawng zawng ri chu ka ngaithla
ang

Tin, ni lo la awm turte pawh
Tin, ka hnar hian lei rimtui a hlim theih loh lai hian

Thlarau thuruk chu kawng tinrengah ka zawn chhuak

ang

Leiin a thlum theih loh hunah

Thil tha leh malsawmna ka tem tawh zawng zawng kha

ka hre reng ang

Tin, he taksa ka hriatna a bo chuan

Ka cosmic body hian a hre thei ang

Hetah leh khawiah pawh engkim a thuruk, magical

touch

Tuipui chungah chuan tuifinriat thlipui a zai tih ka hre

mai ang

Tin, cosmic bubbles te nen boundless space ah an tlan

lut baw

Taksa cell te chu a boral vek ang

Hun eng emaw chen atana a khapnate chu chinfel a ni

ang

Mahse, chatuan meialh zingah nung chungin a tho leh

ang

Hlimna i hmu ang a, lawmna i hre baw

Hlimna i tem ang a, hlimna rimtui chu i thawk chhuak

ang

Tin, hlimna nghet tak, siam thar lehna i nei baw

Tin, Pathian hlimna hla ri angin a zai baw

Hriatthiamnate chuan hrehawmna leh thihna atan

thlarau lam zai chu kalsan rawh se

Tin, chatuan hlimna rilruah inthlak danglam turin

Eng, hlimna leh lawmna ramah

:Nunna kawng chu hetiang hi a ni

Rilru lama thanlenna daltute chu mahni inhmangaihna,

chapon, duhâmna, thinrimna, huatna, inhuatna, leh mi chu

hriat lohna thuk zawka hruai emaw, nawr luihtu mizia thim

dangte a ni A mamawh nghâl chu zalenna kawng zawh hi a

ni, a chhan chu mihring duhzâwngte chu tihthar leh tâwp nei

lo anga lang tih dânin a thunun a ni. a neitu tan zalenna leh

zalenna kawng zawh theih loh phah a ni

Nunna kawng chu hetiang hi a ni: a sir khatah chuan
hriat lohna ruam thim tak a awm a, a sir lehlamah chuan
finna êng êng tak chu Finna anga thil kan tih hian zalenna
kawng chu him takin kan kal a, kan mamawh chu kan hmu
chhuak a ni

Khawvel pum pui hi Pathian duhzawng siam a ni a, chu
duhthusam malsawmna nena kan inrem chuan kan mamawh
chu thawhrimna tel lovin kan hnenah a lo thleng thin
Ka ngaihtuah chu a thleng ngei dawn tih ka hriat
avangin keimah tan engmah ka duh tawh lo
Pathian finna leh Pathian hmangaihna neih hian thinlung
duhzawng zawng zawng a tihlawhtling a, thuin a sawifiah
theih loh dinhmun mak leh mak tak chu a va ni em,
Nangmah leh i chanvo chung remna leh muanna lal i nihzia
i hriat chian chuan engmah i hlau lo Rather, khawvel pum
hian Pathian duhzawng leh tanpuinain i duhzawng
tihlawhtlin tumin hna a thawk a ni
Pathianin mihringte chu a anpuia a siam a nih avângin,
Amah hmutute chuan an dilna apiang chu a pawmsak a, an
duhzâwng a pe tih an hmu ang Mahse mihringte hian mi
dangte thunun duhna emaw, a thiltihtheihna lantîr duhna
tlemte pawh an neih chhung chuan Pathianah zalenna a hmu
lo vang

Pathian hriatna hi inngaihtlawmna, hmangaihna leh
thlarau lam himna a\anga \an a ni a, Pathian hriatnain
thiltihtheihna dik tak chu a lo thleng \hin
Tuipui te tak te hian a hnung lama tuifinriat zau tak hian
a thlawp tih hria se, "Tuipui nen hian pumkhat ka ni" a ti thei
ang Pathian tuifinriat hi kan hriatna piah lamah a awm a, kan
hnaih hle a, chuvangin hlauhna leh lungkhamna a ngai lo
Pathian nihna chu remna, inngaihtlawmna, hmangaihna,
hriatna zau zawk, leh engkim huapzo hriatna a ni Tupawh
Pathian nena inrem chuan a thiltihtheihna a neihte chu amah
leh midangte hnenah a finfiah a ngai lo vang, a chhan chu a
thlarau chuan thiltihtheihna zawng zawng neituin a chhawm

nung tih leh Pathianin a awmna apiangah leh a awmna
apiangah a enkawl a, a venghim tih a hria a ni
Pathian hretute chu an thlarau miziaah an harh a, an
tisa miziaah an muhil a, A khawngaihna a\angin engkim an
hmu thei tih an hria
Chutichuan, keimahni leh keimahniah rinawmin, chu
mahni inrintawkna chu kan beih a ngai a, khawvel thang leh
a bumna thlemnate atanga tlanchhuah tum a, thil \ha leh \
angkai taka ngaihtuah a, he khawvel leilunga \hatna chi
phun turin kan hun kan seng a ngai a, chutiang chuan kan
hmuh aia \ha zawkin kan kalsan thei ang
Kan tan kawngkhar a inhawng ang a, kan hmaah kawng
a inhawng ang
Nun hi altruistic service-ah a innghat tur a ni, he ideal hi
awm lo se chuan Pathianin mihringte hnena a pek
consciousness hian a theihna zawng zawng a thleng dawn lo
Mi dangte rawngbawl a, kan ego kan theihnghilh hian mahni
ropui zawk—Pathian thlarau chu kan tawng dawn a ni
Hnathawh hi a pawimawh a, mihring finna leh thil siam
chhuahna atana chêtîrtu chak tak a ni Amaherawhchu,
hnathawh tum ber chu hausakna khawlkhawm a nih chuan a
hlutna a hloh a, awmze nei lo a lo ni ta a ni
Hnathawh hi rawngbawl na a ni a, hralh tlak thil chu
quality tha tak leh midangte tana hlawkna tak tak nei tur a ni
Mi dangte rawngbawl hian chutiang baw chuan kan in
tanpui thin a, anmahni pawh anmahni tihzauhtu kan nih ang
bawkin kan extension an ni si a
Mi puitling chuan ngun taka ngaihtuah lovin a che ngai
lo Rawngbawl na kan pek hian rawngbawl na kan dawng baw
a, chu chu thil awm lo lam pawh ni se
Chuvângin, sum leh pai, rilru lam, a nih loh leh
nungchang lama ãanpuina pêk hmanga mi dangte
rawngbâwl na chu a let lehna tûra rilru lama lungawina neih
tihna a ni

Kan mihringpuite tana rawngbawlina kan hlan apiang
hian khawvel pum huap hriatna (universal consciousness)-ah
step khatin min hnaih tir thin Miin midangte ngaihsakna dik
tak a lantir hian a hriatna chu a hriatna nen a inzawm
khawm a, chutih laiin hmangaihna thuhmun (unconditional
love) chuan hriatna ramri chu cosmic awareness threshold
lam hawiin a tizau thung

Kan unaute hlimna kan ngaihtuah chuan kan hlimna
chanpual chu a tam ang a, kan hmangaihna chu midangte
hnena kan pek chuan a chakna chu an hria ang a, a \ha
zawngin an inthlak ang

Mitdel attachment leh inreasonable hatred te hi
awareness stage sang tak thlen theihna tur daltu tha lo tak
an ni vek Pathian fa kan nih vek avangin mi zawng zawng
hmangaih hi kan zir a ngai a ni

Kan thil tih zawng zawng hi duhthusamin kan tih tur a ni
a, kan hmalaknaah pawh thil tum nei tak kan ni tur a ni Miin
hmangaihna leh lungawina nena hna thawh duhna thinlung
tak tak leh thlarau sang tak a neih hian, hahna leh bo lovin,
cosmic energy chu an taksa, rilru leh duhthlannaah a luang
chhuak chhunzawm zel a ni

Chak lohna leh hahna ngaihtuahna chu a hriatnaah a lut
phal lo chuan a nerve charge tur leh a taksa cell leh tissue te
tiharh turin chakna nem tak leh thil pawimawh tak tak
current charges te tan hmun a siamsak thin

Miin thil tih duhna a tlakchham chuan a tir a\angin a
chau tih a inhria a, mahse duhna a neih chuan a nihna chu
chakna leh chaknain a luang chhuak \hin

Mi thenkhat chu hnathawhnaah an inhmang em em a,
mahni inngaihtuahna emaw nun nuam tihna emaw hun an
nei lo A, chutih rual chuan kan rilru chu thil tha tak takah kan
inhmang reng a, chakna thup takin min thlawp a, chakna
min pe tam zawk tih kan hria

Thinlung hi hna thawh kawngah thinlung tak leh rinawm
a nih chuan kan tan kawngkhar a inhawng ang a, kan hmaah
kawng a inhawng ang

Nunna factory-a hlim leh lungawi taka kan hna kan
thawh theih nan Pathian Engkimtitheia malsawm turin kan
ngen a ni

Tin, A finnain kan ngaihtuahna min tichak rawh se
Tin, a thiltihtheihna thlipui chu kan nitin hnathawhna
luite chungah a zai bawk

!Vawk talh ang maia chiang taka hmu thei lo
Eng dinhmunah emaw, eng dinhmunah pawh
duhthlanna dik siam dan tur kan hriat theih nan, kan rorelna
chu hriatna thiltihtheihna hmangin kan kaihruai tur a ni
He hriatna parukna hi kan nei vek a, mahse mi tam
zawh chuan an hmang lo Chu ai chuan hriatna hnuai lam
panga leh rintlak lo zawh panga report-ah an innghat a, a
chhan chu chu hriatna panga chuan thutlukna dik siam tura
kan rinchhan theih tur thu chiang tak min pe ngai lo
An huam chin leh thiltihtheihna tlemte bakah hian
hriatnate - leh anmahni nen chuan ego-bound mind te hian
thil chu a duh leh duh loh angin an hrilhfiyah a, thil dik tak leh
a tawpah chuan mihring tana tha ber tur angin an hrilhfiyah lo
Miin a thu tlûkna siam chu a hriatnain a pêk report-te
leh hriatna nêna inzawm, a rilruin a hrilh tâwpna a\anga a
nghah avângin, enthlâk theih loh dinhmunah a
inhnamhnawih fo t̃hîn

Khawvel pumin nitin hun engemaw chen chhungril lam
hawi a pawimawhzia an hriatchhuah hun a lo thleng ngei ka
beisei a, kaihhruaina zawngin Pathian tanpuina dil a
pawimawhzia a hriatchhuah hun tur chu Miin hetianga a tih
hian a inthlau zawh a, a rilru a thlamuang zawh a, a fimkhur
lehzual a, a hriatna a inhawng a, thil chiang taka hmu theiin
thutlukna dik siam turin a phalsak bawh a ni chu chuan rilru
hah tak leh ngaihtuahna seng lova thil ti tûra chêt̃t̃irtu a ni

Hriatthiamna chu hriatthiamna ang bawkin, a t̃ul huna
tih t̃ur hriat ñana t̃anpuitu thlarau mizia a ni Chutiang thlarau
lam mizia chu ngaihtuahna dik tak leh Pathian ngaihtuahna
hmangin a nei thei a ni

Duhna leh rilru natnain mi rorelna a khuh chuan,
hriatthiamna chu mitdel a lo ni ta a, rilru leh thlarau lamah
pawh Hriatnain mi a hneh chuan buaina leh buaina an tuar a,
an tlu a, chiang taka hmuh theih lohvin an awm a, vawk talh
!ang maiin

Emotion hian mi chu a ngaihdan leh midangte thlirnaah
biased a siam a, ngaihtuahna fim tak leh thil awmdan chu
fing tak leh rilru fim tak nena hmachhawn theihna a ti
paralyze bawk

Kan mimal ngaihdan a\anga thudik thliar hran kan zir
hunah chuan kan rorelna chu kan rilru lam duhnain a
nghawng nasa tawh lo vang Mi zawng zawngin hei hi zir ta
se, khawvel hi tuna a awm aia hriatthiamna leh remna hmun
a ni zawk ang

Hriatthiamna hi thinlungah a lo chhuak tlangpui thin
Thinlung hian a rilru a hahdam loh chuan mi chu thil dik lo
ngaihtuah turin a fuih a, mi thenkhat leh dinhmun thenkhat
nena inzawmnaah fimkhur turin a fuih thin Thil pakhat
chungchangah hlauhna i neih chuan, a nih loh leh eng kawng
nge zawh tur tih hriat i duh chuan i thinlung lam ngaihtuah
ber rawh

Lungkhamnain a hneh che a, harsatnain a hual vel che
apiangin i ngaihtuahna chu i thinlungah dah la, chuta tang
chuan rilru natna lo luang chhuakte chu hriat chian tum la,
ngawi rengin awm la, rang takin rilru natna thuk tak chuan a
rawn luah khat ang che a, Pathian chuan, i chhungril
hmuhna hmangin, chutih lai chuan i tih tur dang chu a entir
ang che

Thluak cell awm dan pangngai lo tihdanglam
Thlarau lam tidamtu pangngai emaw puithiam emaw
chuan sual ngaihdam theihna emaw, thurawn dil tura an

hna lo kal mi sualte chhuah zalen theihna an nei lo, an tih
theih awmchhun chu thlarau lam damdawi pek mai a ni a,
chu aia tam lo Mahse Pathian hretute chuan thlarau lam
dinhmun hmasawn tak tak an thleng tawh a, chuvang chuan
mi sualte hna thlarau lam thurawn pek mai maiah an
lungawi lo va, mahse - Pathian khawngaihna leh tanpuinain -
anmahni chhuahtu thlarau thiltihtheihnain an luah khat thei
a ni an sual thiltih rah chhuah chu

Thil \ha leh \ha lo zawng zawng hi thluak cell-ah thup
vek a ni a, ngaihtuahnaah chuan thil \ha emaw \ha lo emaw,
rilru put hmang emaw angin a lang \hin

Mi chuan a thluak cell-te chu chutiang tih dan
thiltihtheihnain a charge avangin thil tih dan hrisel lo tak tak
a tuar a, chu chu duhthlanna, ngaihtuahna, thinlung taka
tawngtaina leh positive affirmation chhunzawm zel hmangin
a thil tih duh loh zawng zawng chu remna leh muanna
nunphung tha takah a chantir thei a ni

Hei hi dik taka kaihhruai nunna chakna chuan thluak
cell-te nihna danglam tak chu thlak danglam tura hna a
thawh hian a thleng a, chutiang chuan chu cell-te chu thil
tha, dik leh mawi zawng zawng nen a khat vek a ni
Chumi awmzia chu ngaihtuahna dik lo hmanga khat
thluak cell-te chu thluaka chak taka khawn khawm a, thil
ropui leh \angkai tak atana hman a nih chuan thil pawimawh
tak takin a kang tihna a ni

Mi chuan a taksa taksa nena nghet taka innghah chuan
a thiltih pawimawh tak chu a taksa ruh leh hriatnate nen a
inzawm tlat a, ngaihtuahna seng, thlarau lam rilru pu mi
chuan a taksa ruh leh taksa chu active relaxation-ah a dah a,
an rilru chu hriatna a\angin a inthiarfihlim a, chutiang chuan
nunna chakna chu nervous system-ah a awm tawh lo va,
thluaka a concentrate ta a ni Hemi avang hian meditation hi
hmanraw tangkai ber a ni thluak cell-te thlarau lam thila
siam leh rilru a\anga tih dân duh loh zawng zawng zung chu
tihbo tumna a ni

Thiltih dan chu thiltihtheihna a ni a, chu thiltihtheihna

chu miten thil tha tihnaah hmang lovin thil tha lo tiin an
hmang sual a ni

Hriat lohna te, ngaihtuah chian lohna te, pawl \ha thlan

loh te, leh thil \ha tih ngaihthah te hian mi chu nungchang \

ha lo thang leh thangah a hruai lut fo \hin a, chu chu a duh
loh zawnga a chung a kal mi chu a ei zo vek thei, hnim hring
ang mai a ni

Duhthlanna leh rorelna dik tak aiin ðhian nihna nghawng

:chu a chak zawk a ni

Mi sual chu ðhian suh, mi sual chuan mi mizia a tichhe]

.[thei a ni

Mi fingte chu thawhrimna tel lovin zahawm takin an che

a, chhiatna ngainatute erawh chu sual leh sual ti tura nawr
luihtu nungchang chaknain thil tha lo leh huatna ti tura nawr
an ni thung

Pathian Engkimtitheia hnenah ngaihtuahna tha min fuih

turin kan ngen a ni

Thil \ha leh mawina kan hmuh theih nan

Thil \angkai leh \ha lo kan thliar hrang \hin

Tin, a lam kan hawi theih nan

Tin, kan beisei baw

Thil tha zawng zawng chhuahna bulpui

Tin, thil \ha zawng zawng bul a ni baw

."Aw tlang, thli reng rengin a ti nghing thei lo che"

Mi inthlau tak chu a hna a thawh laiin a rilru a hahdam

a, a rilru a hahdam a, hlawhtlinna emaw hlawhchham emaw

pawh nise Hlawhtlinna leh hlawhchhamna chu hun hrang

hrangah a thleng ngei ang, taksa, rilru leh khawvel inhmeh

lohna pianpui pahnihna ang chuan Mahni nihna inhriat nawn

tir rengtu chuan inhnialna a taw lo va, khawvel thil mak tak

takte pawhin a nghawng tlem zawk a ni

Chhungril lama inthlauhna neih duhtute chuan taksa

awm dualistic consciousness-in a tihbawlhhlawh an phal tur

a ni lo Chutiang tih chu rinhlel rual lohvin a harsa a ni, a

chhan chu thlarau chuan taksa sensitive tak a lainat hian a
mizia tha leh tha lo a nei vek a, taksa dinhmun inthlak
danglam zel nena inzawmna a\anga chhuah zalen tur chuan,
thil zawng zawng bulpui ber taksa hriatna chu a paltlang a
ngai a ni lungngaihna

Thil awmdan zahngaihna hnuaia nungte chuan nawmna

leh lawmnaah an lawm a, hrehawmna leh harsatnaah an
lungngai a Mahse, hriatna lo pung zelte erawh chu an muang
a, an rilru a hahdam a, nun pangngai puan bulpui ber [thliin
a tiharh loh tlang ang maiin] tihbuai leh buainain a nghing lo
Mi inthlau tak chuan lungngaihna leh hrehawmna hunah

pawh dinhmun \ha leh \ha lo hnuaiah pawh chhungril
thlamuanna a vawng reng \hin Chu bâkah, mi dangte
lainatna, an rilru put hmang hriatthiamna leh anmahni
lungkhamnain a hneh lohvin tanpui theihna an nei a
Chutiang chuan, an chhûngril chakna hmangin, mi dangte
thlamuan theiin, an lungngaihna chu an tiziaawm thei a, an
rilru hahdamna leh inthlahna hmang hian mi dangte chu
zirtîr loh chungchâng zirtîrna hlu tak an nei a ni rilru natna
tichhe thei tak takte laka tlu lut

Mi fîng chuan mi zawng zawngah Pathian thlarau chu a

hmu a, mahni hmasial duhna ata a chhuah zalen rualin
taksa, rilru leh thlarau mamawh phuhruk turin Pathian hnen
atanga a hnena lo thleng zawng zawng chu rinna leh lungawi
takin a pawm a Ego tikhawtlai a\angin a chhuak a, midang
lakah hmêlma nihna a nei lo va, a hmel leh thusawi pawh mi
tibwaitu vibrations chhiat takin a phur lo remna leh muanna
a awm a, a chhan chu a thil zawn Pathian thlarau chu mi
zawng zawngah thup tlat a hmuh vang a ni

A tum ber a thlen chuan hlawhtlinna leh hlawhchhamna

chu a tan chuan a inang vek a, a pahnihna hriatna chu
khawvel pum huap inpumkhatna bulpui a hmuh chhuah
rualin a bo vek a ni

Pathian hmangaihna leh mihringte rawngbawlina avanga
a hna a thawh lai hian chatuanin a innghahna nei lovin a
awm reng a ni
Hlimna thlen theih nan

Hlimna nei tur chuan mahni inthununnain a thunun nun
a hmang tur a ni Nun dan sang zawka an dinhmun thunun
tumtute chuan an dinhmun chu chutiang chuan a insiamrem
nghal mai tih an hmu ang He nunah harsatna kan tawhte
hian min tichak a, dinhmun sang zawk kan thlen theih nan
theihtawp chhuah nasa zawk turin min fuih a ni
Chu chu i zawn a nih chuan a panna kawngte chu zawh
la, chuta tang chuan tumahin an dang thei lo vang che a, an
chhuhsak thei lo vang che

Pathianin chhan min pe a, chumi chhungah chuan rinna,
beiseina leh hlimna êngte kan hal a ngai a, fiahna
lungchhiatthlak zawng zawng lakah a theih ang anga kan
chhuah zalen a ngai baw Kan dinhmunte thunun ai chuan
kan thunun theih nan duhthlanna kan neih a ngai baw
Kan nun atana ruahmanna dik leh dik tak siam a
pawimawh hle a, chutiang thil tha kan tih duh zawng
zawngte kan hlen chhuah theih nan leh kan tih tur kan
hriatte Kan ruahman a, kan beih zel ang a, kan thawh lai
hian, Pathian, Mi thilphal, min petu leh thil dik lam min
kaihruaitu chu a ni tih i hre reng ang u Chutianga kan tih
chuan tumruhna, dawhtheihna, chhelna leh hmathlir chiang
tak kan nei ang

Pathian lei zau takah hian i awmna apiangah
hlawhtlinna leh hlimna kan duhsak che u a ni
An vai hian specter leh image inzawm tlat an ni

Rose huan te pawh a awm

Mittui tlakna Valleys

Tin, dewdrops te pawh tender buds ah an inngnat baw

Tin, naupan lai hlimna te pawh

leh duhthusam thunun theih loh te

Tin, an ebb and flow-a hlimna nasa tak te pawh

Tin, thinlungah lungngaihna rit tak tak a awm baw
Tin, van boruak meipui chu a eng chhuak a, a bo vek

baw

Tin, infatuation mirage chuan min hip baw

Illusion atanga illusion thlengin

Tin, duhna chu passion nen

Tin, octopus ang maia grip nghet tak chu

Tin, nausen piang thar au thawm pawh

Thihna rattle chu a rawn ri ta

Tin, hriselna bubbling hlimna pawh

Tin, hun rei lote chhunga thil thlengte pawh a awm baw

An vai hian spectra leh image inzawm tlat an ni

Consciousness screen-ah chuan

Lalpa, min pui rawh

Ka chhungah hian mizia ropui tak tak leh nungchang tha

tak tak ka neih theih nan

Tin, ka chhunga muanna leh insumtheihna sipaite ka

zirtir theih nan

Pathian kaihhruaina hnuaia a hruaitu ni rawh

Indona thutlukna siamtuah chuan

Hriat lohna leh hnialna dodalna

Tin, i malsawmna banner leh article te chawi sang turin

Thutak banner leh felna leh thatna thu bulte

Ka thlarau lungphun chungah chuan a rawn inher

chhuak

Tin, ka nun chhunga bial hrang hrangte pawh

* * *

Hlahna aiin fimkhurna a awm tur a ni Invenna tur

ruahmanna siam a ngai a, natna thlentu te tihbo a, hlahna

laka inthiarfihlim turin theihtawp chhuah a ngai He natna

hrik hi hmun tinah a tam em em a, miten an hlauthawng a

nih chuan nun nuam an ti thei lo ang Hriselna atana

fimkhurna tul zawng zawng awm mahse, mi pakhatin a in

chu microscope hmanga a enfiah thei a nih chuan a ei duhna

leh ei duhna a hloh ang

Eng pawh hlauh la, i ngaihtuahna chu hawisan rawh
Pathian kutah dah la, Amah i rinna tichak rawh Hrehawmna
tam tak hi lungkhamna avanga lo awm a ni tlangpui Natna
pawhin a la nuai loh lai hian engvangin nge i tuar? Mi tam
zawk natna hi hlauhna atanga lo chhuak a nih avangin
hlauhna thlahthlam chuan a chhuah zalen nghal ang a,
tihtamna pawh a awm nghal ang Zan tin, i mut hmain,
nangmah leh nangmah in nemnghet rawh: "Pathian chu ka
hnenah a awm a, Pathian nei apiangin hlauh tur a nei lo"

Mentally surround yourself with the Spirit of God and his
cosmic energies, believing that any germ that attacks you
will be struck down Repeating "Aw Pathian, Engkimtitheia"
emaw, "Aw Lalpa, tanpuitu" emaw tih hi rinna famkim nen a
venghim ang che a, a tichak ang che a, nuam leh hrisel takin
a awm tir ang che Pathian nen in inrem hunah chuan a
thutak chu i chhungah a luang lut ang a, i chhungril lamah
chuan harsatnain a khawih loh leh boral thei lo thlarau i ni
tih i hria ang

Hlauhna i neih apiangin i kutphah chu i thinlungah dah
la, veilam atanga dinglamah hnawih la, heti hian: "Aw Lalpa,
he hlauhna hi ka lakah la bo la, ka rilru leh ngaihtuahna hi
eng thil pawh tibwaitu lakah chhuah zalen rawh" Radio
interference tihbo dan tur a awm ang bawkin, veilam atanga
dinglam hawia i thinlung i hnawih reng chuan, i thinlung
atanga hlauhna hnawhchhuah tumna ngaihtuahnaah i rilru i
pe reng a nih chuan, chu hlauhna chu Pathian tanpuinain a
bo vek ang, leh Pathian hlimna chuan i nihna zawng zawng a
luah khat tih i hre ang

Hlauhna hi mihringah a awm reng a, chu chu paih bo
chu Pathian ngaihtuah leh a awmna hriatna hmangin a theih
a ni

Pathian ring la, i thil tih apiangah dik takin awm rawh
Entawn tur tam tak an awm a; don't add your name to their
long list I thil tih chu Master la, a hmaa tumahin an la tih
ngai loh dan danglam takin ti rawh Duhthusam chu thinlung

tak a nih chhung leh duhzawng a awm chhung chuan thil
siam chhuahna tur field chu a inhawng a ni All of nature
responds to you when you are in harmony with God
Mite hian anmahni an dah hmasa fo thin a, mahse
midangte hi kan ngaihtuah a, kan theih ang tawkin kan
tanpui tur a ni a, kan duh angin duhsakna kan hlan tur a ni
He thil hi duhthusam leh thinlung zawng zawnga kan tih hian
kan lainatna circle chu a zau a, keimahni leh midangte
inkara hmangaihna inzawmna chu a thuk a, a nghet zual
sauh niin kan hria
Mi 1,000 awmna boruakah chuan mi zawng zawng hi
inrem taka awm ta se, mi tin hian thian 999 an nei ang
Mahse chu boruak chhunga mi zawng zawng chu midangte
hmêlma anga awm ta se, mi tin hian hmelma 999 an nei ang
Thla eng leh ram hla tak tak hlim tak takte
Tlai a lo thlen chuan i ngaihtuahna chu thla eng nen
inzawm tir rawh
I lungngaihnate chu a êng hmangin silfai rawh
I taksa chungah chuan êng mak tak chu zawi zawiin a
darh tih ka hria
Tin, thing leh hmun hla tak takte chungah pawh
Hmun zau takah chuan ding la, mitmeng muang takin
en rawh
Thla êng leh a hmuhnawm tak takte chu
Horizon eng mawi tak maia veiled fringes te chu han en
teh
I ngaihtuahna ngaihtuahna chuan thlirna ramri chu pel
se
Rangkachak mumang ram thlengin
Thla êng in a lan dan aṭang chuan i ngaihtuahna chu
sawn rawh
Arsi hla tak tak leh van hla tak takte hnenah
Ether nung piah lama chatuan ngawi renga awm chu
Hmangaihna leh nunnain engkim a pulsate na hmun
Thla êng chhuak chu en rawh

Leiah chauh ni lovin
Chu ai chuan, i rilru ropui tak ram tawp nei lo kil tinah
Ram hla tak tak, hlim tak takte i thlen theih nan thûk
takin ngaihtuah rawh

Thlarau lam hriatna thuk tak dimension te
Tin, universe hi tangkarua êng anga ngaih a ni bawk
A tawp chin a nei lo va, tawpna pawh a nei lo

* * *

Mihringte hi nungchang hrisel loin a phuar a, chûng
nungchangte chu enkawl reng a ni a, nungchang thate chu a
thi a, a boral bawk

Mikhual lawm lohte chuan mi nunah hmun hmasa ber an
chang a, tlawhtu chawimawite erawh chuan a hnen atangin
ngaihsak loh leh ngaihsak loh mai loh chu engmah an dawng
lo va, mualpho leh thinlung na takin a kawngka a\angin an
hawisan \hin

Thiltih \ha chu thiltih \ha hmanga enkawl a ngai a, hei hi
company \ha leh thuziak rilru hneh thei tak takte hian a
tichiang a, a chhan chu duhthlanna aiin boruak nghawng a
chak zawk a ni

Mihringte hi thil neih duhnain a hruai a, rilru êng chu
chhung lam aiin pawn lam a hawi reng a ni Mihringte hi
hetah leh khawiah pawh an tlan a, mahse khawvelah hian
anmahni leh an chhia leh tha hriatna laka humhim thei tur
hmun a awm lo; hun engemaw chen mahni inngaihtuahna a
pawimawh hle

Miin hlawhtlinna tur a tawngtai laiin a ngaihtuahna chu a
ruala hlawhchhamna, buaina leh ngaihsak lohna
ngaihtuahnain a khat a nih chuan, mi pakhat mission-a tirh
mai mai ang a ni a, chu chu kawngpuiah rukruten an beih tir
mai mai Mihring hlawhtlinna rukbotu rukrute hi an tih dan
tha lo Mi pakhatin humhim lohvin Pathian hnenah a
tawngtaina a thawh a, lungkhamna leh lungkhamna rukrute
chuan Pathian an thlen hmain an bei thin Dik tak chuan.

Pathianin tawngtaina a ngaithla a, a chhan chu khawi

hmunah pawh a awm a, engkim a hre vek a, mahse dinhmun
thenkhatah chuan tawngtaina hi chhan a ni lo Engvangin
nge a chang chuan chhan loh a nih? A chhanna chu
subconscious mind leilunga chi tha lo (negative seeds)-ah a
awm a ni Chu nungchang tha lo, hun kal tawh hla tak leh tun
hnai atanga lo piang chu mi leh Pathian inkara daltu angin
ding thin Ngaihtuahna tha chu thlarau leiah phun a ngai a,
chutiang chuan dinhmun dik takah a lo thang lian thei ang a,
rah a chhuah thei ang Mi pakhat chuan hriselna, hausakna
leh dinhmun \ha takah chauh a innghat thei lo, hengte hi a ni
fleeting and temporary Thlarau ramah sum dah hi a finthlak
hle

Mihring nun leh thlarau chhungah hian tihchhiatna
chakna hna thawk reng a awm a, chu chu hun kal tawha
tihsual a\anga lo chhuak a ni Chuvangin, heng chakna chak
tak takte hmachhawn leh hmachhawn kawngah hian fimkhur
leh fimkhur taka awm reng a ngai a ni

A ruala mahni rilruah, "Ka hlawhtling ka ring lo," tia
inngaihtuah chungah hlawhtlinna tura tawngtai apiang chu a
hlawhtling lovang Pathian êng a eng a, van malsawmna a lo
chhuk theih nan rinna thahnemngai tak leh thinlung
inngaitlawm tak nen tawngtai a ngai a ni

Phone chhe tak hmanga thu sawi theih a nih loh ang
bawkin, lungkhamna, lungkhamna, lungawi lohna leh thil rei
lote chhunga inngahna rilru hmanga tawngtaina chu \ha
taka tihchhuah theih a ni lo Through profound tranquility and
serene harmony with refined, constructive vibrations, the
mind can be repaired and calibrated, its spiritual receptivity
amplified, Pathian hnena thinlung taka thuchahte \ha tak
leh \angkai taka thlen theihna leh A chhanna malsawmna
dawng thei tura siam

Aw Lalpa, ka kut chu ka rilruah ka nghat a, ka taksa pum
pui ka hlan che a, ka tawngtainate chu hmangaihna thuk
takin ka thuntir che a, I chungah naupangte hmangaihna sual
nei lo chu min pe la, ka dilna thu hnuaia I hnaihzia ka hriat

theih nan min pui ang che Ka rilru zawng zawngah I awmna
hi ka hre thei ang a, I finna hian ka hriatthiamna a chhawm
nung tih leh ka nun hi I êng meialh leh I khawvel pum huap
lan chhuahna a ni tih ka hrechhuak ang nunna

Mi hlim ber an ni tlangpui

Mihring hlimna dik tak chu mi pakhatin zir tura a inpeih
rengnaah a awm a, dik leh zah taka thil ti turin a inpeih
rengnaah a innghat a ni
Natna thlentu ber

Thlarau lam nihna chu taksa leh rilru nena inzawmna,
leh chu mi hmanga a hriatchhuahna chu kan hrehawmna
zawng zawng bulpui ber a ni a, chu chu kan hrehawmna
zawng zawng, kan tihkhawtlai theihna te, kan tihkhawtlai te,
kan tlin lohna te, leh kan tlakchhamna zawng zawngte bulpui
ber a ni He inzawmna avang hian hrehawmna leh hlimna ang
bawkin phurna kan tawng a, chutiang khawpa Pathian
hlimna emaw, hriatna emaw kan tawng thei lo
Sakhaw chu a bulpui berah chuan hrehawmna pumpelh
rengna leh hlimna thianghlim, a nih loh leh Pathian neih a
huam a ni

Tui buai tak chungah ni lem tak tak chu chiang taka
hmuh theih a nih loh ang bawkin, thlarau lam thlarau
(thlarau pumpui inlanna) nihna dik tak, malsawmna dawngtu
chu hriatthiam theih a ni lo va, a thupui chu thlarau leh taksa
leh rilru dinhmun inthlak danglam leh danglam zel nena
inhriatthiamna atanga lo chhuak buaina leh lungkhamna
thlipuiin a man thei lo

Tui hrual chuan ni lem dik tak a tidanglam ang bawkin,
rilru buai tak pawhin chu hriatna emaw, inzawmna emaw
hmang chuan thlarau chhungril lama hlim reng reng chu a
tidanglam bawk

Khawchhak finna lehkhabuah chuan hetiang hian a

:inziak a ni

Taksa chunglamah tho chhuakin thlarau i nihzia i hriat"
chian chuan chatuan hlimna i nei ang a, hrehawmna zawng

zawng lakah i zalen ang" {Tin, "Ka Lalpa, hriatnaah min
 .tipung ang"} ti bawh ang che
 Tin, thutak chu in hria ang a, Thutak chuan a chhuah}
 {zalen ang che
 Zalenna hi mahni inrelbawlna atanga lo chhuak a ni tih
 dan tha chu thian ropui ber a ni
 Ka zirtirtu, Sri Yuktswarji-a thusawi nghawng nei ber chu
 ka hnena a sawi nawn fo thin thu pathum a ni: " Nungchang
 zir rawh " Chumi avang chuan a chungah lawmthu ka sawi
 thei lo tak zet a, nungchang dik chu thil awlsam a ni ngai lo
 tih ka hria
 Thil pakhat i hneh a ngai hunah chuan i hneh a ngai tih i
 hrethiam tur a ni I kalsan a, i inhlat mai ni lovin, chutiang
 ngaihtuahna chu i paih bo a, i ngaihtuahna a\angin i
 hnawtchhuak tur a ni Negative thinking hi hmêlma
 hlauhawm tak a ni a, hneh ngei ngei tur a ni
 I ngaihtuahna chu sensory awareness atanga thlarau
 lam awareness lama i sawn chuan hnehna i chang ang a,
 nangmah tan hlimna i thlen ang Hlawhtlinna chu rilruah a
 awm Mi pakhat chuan heti hian a inzawt tur a ni: "Ka hriatna
 bawh ka ni em, an pu ka ni em? Remna lamah ka hausa em,
 "?thlarau lamah ka rethei em
 Mi pakhat chu thil tam lutuk victim a ni tur a ni lo Thil
 nuam ti la, mahse sal atan phal suh Zalenna nei la, ngilnei
 la, thian la, hlim tak, hlim takin awm la, dinhmun zawng
 zawngah nangmah pu ni rawh Mihring chu hriatna chauh
 bawh a ni tur a ni lo va, rinna dik tak angin a che tur a ni
 Tupawh thil pahnihte paltlang a, khawvel hriatna (cosmic
 consciousness) neih duh chuan mahni inthununna a nei tur a
 ni a, thil zawng zawng tuar chhuak turin a inzirtir tur a ni rilru
 lama harsatna leh lungawi lohna awm lo dinhmun zawng
 zawng
 Mi duh zawng tih chu zalenna a ni lo va, zalenna
 hmansualna a ni zawh Zalenna chu mahni inthununna dan
 zawm a\anga lo chhuak a ni a, chu chu mahni inthununna a

ni Zalenna dik tak chu finna kaihhruaina hnuaia engkim tih
tihna a ni Zalenna chu Pathian leh a dan nena inmil lovin a
tlem a, a thuk lo

Mi tam zawk nun hi duhzawng, duhzawng, mizia, tih
dan, leh boruak leh khawtlang nun nghawng danin a thunun
a ni

Taksa tih danin rilru a thunun tan chuan taksa tan
duhthlanna thupek zawm a harsa thin Hei hi a ni thau lutuk
te hian taksa rihna tihtlem tumin an bei nasa hle a, ei leh in
an zawm lai pawhin Conscious cells te hian anmahni tih dan
phung an siam a, rilru thupekte chu an chhang rang lo
Amaherawhchu, uluk taka zirtir an nih chuan rilru thupekte
chu duhthusamin an zawm ang a, a kalh zawng pawh ni
lovin..
. rilru chakna sâng zâwkte—chutiang
taka zirtîr leh exercise neih a nih chuan taksa thunun thei
thiltihtheihnate

Thiltih \ha chu i \hian ropui ber a ni a, \ha lo chu hmêlma
inthup a nih laiin, tih dân emaw, thiltih emaw tih nawn leh a\
angin fimkhur tur a ni, tih nawn leh hian thiltih chu miin a
hriat hma pawhin tih danah a chantir a, chu tih dan chu
second nature-ah a chang ta a ni Amaherawhchu, thil \ha tih
dan pangngai leh thil \ha, thil siam chhuah ngaihtuahna
hmangin tihdanglam theih a ni

Hmun tinah order leh consistency chhinchhiahna
Ngaihtuahna hmasa berte chuan an thil hmuh dan a\
angin mihring tin hi thil leh rilru inzawmkhawm kan ni tih an
ngaihtuah a, chu an hmuh chhuah avang chuan
thiltihtheihna pahnih, thilsiam leh rilru (nature leh mind) a
awm tih an ring ta a ni

Tichuan heti hian an ngaihtuah tan ta a: "Engvangin nge
nature-a thil awm zawng zawng hi kawng khata inrem a nih?
Engvangin nge mi pakhat kut pakhat chu a dang aiin a sei
loh? Tin, engvangin nge space-ah hian arsi leh planet te hi

an insu lo? Kan thlirna apiangah universe-ah hian order leh
."consistency chhinchhiaahna kan hmu a ni
He thu bul atang hian rilru leh thil hi a inthen thei lo va,
chutih rual chuan anmahni pakhat zel chungah thuneihna
famkim an nei thei lo tih an thutlukna siam a, chu chu
engkim thunun thei rilru pakhat a awm a ngai a ni
He thutlukna hian a pianphungah chuan thil leh rilru
pahnih chhan leh bul tanna, Pathian pakhat, anmahni
kaltlanga awm leh an piah lama awm, finna famkim hmutu
chuan engkim hi, a bulpui berah chuan, thlarau a ni tih a
hrethiam a, chu thlarau chu a lan danah khuh bo leh hmuh
theih loha thup ni mah se
Thlarau lam hriatna neitute chuan Pathian êng chu
hmun tinah a lo lang tih an hmu a
Zawhna awm thei chu: engtin nge zirchiangtute hian a
?tir lamah khan an hmuh theih
A hmasa ber atan chuan khawvel leh matter nena
inzawmna dik tak tihbo tumin an mit an chhing a, chutiang
chuan khawvel leh matter hnung lama awm universal mind
hriatnaah an ngaihtuahna an dah vek thei ta a ni
Anni chuan intuitive takin thilsiam chhunga Pathian
awmna chu hriatna panga hriatna pangngai hmangin an hre
thei lo tih an hrethiam a Chutiang chuan, chu chu thuk tak
leh Chiang taka ngaihtuah chungin anmahni chhunga a
awmna hriat theihna tur kawng an zawng ta a ni
A tawpah chuan hriatna pangate kawngkhar leh
kawngpui zawng zawng chu an khar vek thei a, an khar vek
thei a, rei lo te chhung chu thil hriatna atanga inngat lo
takin an awm ta a, chutah chuan thlarau chhungril khawvel
chu an hnenah a inpuang tan a, an hmaah a inhawng ta a,
chutiang mimal ropui tak takte tan chuan hahchawlh lovin an
esoteric research chu an zawm ta a, Pathian chuan a tawpah
chuan a inpuang ta a ni
I thawhrimna hnungah Pathian thiltihtheihna dah rawh

I chhungril chakna chu thil siam\hat leh \angkai tak tak
atan chhuah tir la, thil tam zawk i nei ang Proceed with
unwavering determination, utilizing every element of success
I thil siam thlarau thiltihtheihna nen inrem rawh, i rilru hneh
thei tur leh i harsatna zawng zawng chinfel thei tur rilru tawp
nei lo nen in inzawm ang nun kawng tinrenga thil
tihhlawhtlin leh thil thar siamte
Thutlukna pawimawh eng pawh i siam hmain ngawi
rengin thu la, Pathian tanpuina leh malsawmna zawng la
Chutah chuan i chakna hnung lamah Pathian chakna a awm
tih i hrechhuak ang a, i rilru hnungah Pathian rilru a awm tih
i hrechhuak ang a, i duhzawng hnungah Pathian duhzawng a
awm tih i hrechhuak ang Pathianin a thawhpui che chung
chuan i thawhrimna chu a thlawn lo vang a, i hlawhchham
hek lo vang; chu ai chuan i chakna a lo pung ang a, i theihna
a pung ang Tin, Pathian rawngbawlnaa i hna i thawh zawh
hunah chuan A malsawmna i dawng ang
Nunnaah i hnathawh hi a inngaitlawm a nih chuan
ngaihdam dil suh Pathianin a tih tur a pek che i hlen chhuak
tih chhuang rawh I theihna zawng zawnga i chanvo hlen
chhuak turin a duh che Mi zawng zawng hian i chanvo ang
chiah hi an thawk thei vek lo Pathian ti lawm tura i thawh
chhung chuan khawvel chakna zawng zawng hian i hlimna
leh i damna tur atan inrem takin hna an thawk ang
Pathian hnenah thil dang zawng aiin Amah i duh zawk
tih i nemnghet chuan A duhzawng nen i inrem ang Tin, i
kawng daltu tur daltu eng pawh ni se, i zawn chhuah loh
chuan i mihring duhzawng chu a tha berin i hmang a, hmân
lai mi fingte leh hlawhtlinna dik tak chang tawh zawng
zawngte hriat hlawh hlawhtlinna dan chu i hmang bawh a ni
Chu thiltihtheihna malsawm tak chu hriselna, hlimna leh
remna nei tura i beih tak tak phawt chuan khawvel
thiltihtheihna thianghlim chu i rawngbawlinaah a awm a ni
Hêng thiltum ropui tak takte hi i hlen chhuah hian Pathiana i

chenna dik tak lam pan chuan mahni inhriatna kawng chu i
zawh ang

Hlimna hi hlawhtlinna tehfung a ni
Pakhatnaah chuan, i thil tum tihhlawhtlin duh chu beih
tlâk a nih leh, chu chu thlen chu hlawhtlinna tak tak anga
ngaih a phu tih i enfiah tûr a ni
Hlawhtlinna chu eng nge ni? Hriselna leh hausakna nei
mah la, mi zawng zawng (leh nangmah leh nangmah nen
pawh) harsatna i neih chuan, i nun hi a hlawhtling lo Khawvel
hi a thim a, nun hi rah chhuah nei loin hlimna i hmuh loh
chuan Sum i hloh hian thil tenau i hloh Hriselna i hloh hian
thil pawimawh zawk i hloh a Mahse, thlamuanna leh muanna
i hloh chuan nun ro hlu ber berte chu i hloh ta a ni
Chuvangin hlawhtlinna tehfung chu hlimna tehfung
hmanga teh tur a ni a, khawvel pum huap dan nena inmil leh
inrem thiamna hmanga teh tur a ni Hlawhtlinna hi khawvel
tehfung hriselna, dinhmun leh thiltihtheihna hmanga teh a ni
lo Hêng thilte hi a takin hman dik a nih loh chuan hlimna a
thlen lo He thil a thlen theih nân hian finna leh Pathian leh
mihringte hmangaihna a neih a ngai a ni
Pathianin i rilru leh duhzawng hmang emaw, hmang sual
emaw hmanga lawmman pek emaw, hrem emaw theihna a
pe che a nih chuan Hriselna, hausakna leh finna dan i
bawhchhiat chuan natna te, retheihna te, leh hriat lohna te i
tuar ngei ang Chuvangin, i rilru i tichak tur a ni a, kum kalta
chhunga rilru leh nungchang lama phurrit khawlkhawmte
chu i phur duh lo tur a ni Chung bungrua chhe tawh tak takte
chu meiah hal rawh tuna i thutlukna malsawmna leh thil
siam\hatnate i neihte chu, zalenna kawngkhar i thleng ang
Hlimna chu - eng emaw chen - pawn lam dinhmunah a
innghat a, mahse a bul berah chuan mi rilru dinhmunah a
innghat a, hlim tur chuan hriselna tha, rilru inthlau tak, nun
hausa, hnathawh tling, lawmthu sawina thinlung, leh a
chung berah chuan Pathian finna leh hriatna neih a ngai a ni

Hlim taka awm tumna nghet tak chuan nasa takin a pui
ang che I dinhmun hi a danglam beisei suh, i harsatnate chu
hmun dangah a awm tih ring sualin Lungawi lohna chu thil
tih dan thûk tak, tihchhiat harsa tak, nangmah leh i
chhehvela mite rilru natna thlentuah lo chang suh
Nang leh midangte tana malsawmna ropui ber pakhat
chu hlim leh beisei nei taka awm hi a ni Hlimna i neih chuan
engkim i tihlawhtling vek tawh Hlimna tih awmzia chu
Pathian nena inrem taka awm tihna a ni a, ngaihtuahna hian
hlimna neih theihna a pe baw
Mind habits: Hlawhtlinna ti chak emaw, tikhawtlai

emaw

Mi pakhat tih dan hian a hlawhtlinna ti chak emaw,
tikhawtlai thei emaw thiltihtheihna a nei a, chu chu hun rei
lote chhunga infuih tharna emaw, ngaihtuahna fîng tak tak
emaw a ni lo va, mi pakhat nitin rilru lam thil tih danin a nun
kalphung a tichiang zawk a ni
Rilru lam thil tih dan hi rilru lam magnet ang mai a ni a,
thil thenkhat, mi leh dinhmun thenkhat hip thei a ni Rilru
lama thil tih dan tha chuan hun remchang tha leh hlawkthlak
tak tak a hip thei che a, rilru lam thil tha lo chuan khawvel
rilru put hmang leh dinhmun duh loh zawng nei te nen a
hnaih tir che a ni

Thiltih \ha lote chu i tichhe thei emaw, a tiharh thei
emaw thil eng pawh pumpelh chungin i neutralize thei a, an
thiltihtheihna chu i tichak lo thei a, chu chu i ngaihtuah reng
lovin Tichuan, i ngaihtuahna chu tih dan \ha lam hawiin, chu
chu i nun chhunga thil pawimawh tak, i rintlak leh i rinchhan
theih a nih hma loh chuan tihhmasawn zel turin thawk rawh
Kan chhungah hian chakna inhmachhawn pahnih chu an
inhnial reng a: pakhat chuan kan tih loh tur ti tura min fuih a,
pakhat chu harsa zawk anga lang pawh ni se, kan tih tur ti
tura min fuihtu A aw hmasa ber chu sual aw a ni a, a
pahnihna chu thil tha aw emaw, Pathian emaw a ni

Nitin zirlai harsa tak takte hmang hian nungchang \ha
lote chuan thil neih duhna tawp nei lo thing chu a chawm a,
nungchang \ha chuan thlarau lam beiseina leh duhthusam
sang tak thing chu a chawm tih Chiang takin i hmu ang
Ni khat chu mahni inhriatthiamna rah tui tak, puitling
tak tak i seng theih nan, thlarau lam thing malsawmna dik
tak hmasawmna turah i thawhrimna chu i dah nasa lehzual
tur a ni

Nungchang \ha lo chi hrang hrang lak ata i zalen thei a,
mi ropui leh ngilneihna hmangaihna a\anga thil \ha leh ropui
zawng zawng i tih theih a, thil \ha loin lungngaihna leh
inchhirna a thlen \hin vang ni lovin, thlarau lamah i \hang
lian ang a, kawng i pan zel ang
I duhthusam leh tumruh taka i nungchang tha lote i
kalsan hunah i zalên ang Lal i nih hunah chauh i zalên ang a,
i rilru put hmang, i ngaihtuahna leh tih tûr chu i duhzâwng
kalh zawng pawh ni se, tih tûr thupêk pe thei i nih hunah
chauh i zalên ang Chu mahni inthununna leh mahni
inthununna thiltihtheihnaah chuan chatuan zalênna chi chu a
awm a ni

Tun thleng hian hlawhtlinna ziarang pawimawh
engemaw zat ka sawi tawh a: ngaihtuahna \ha, duhthlanna,
rilru lam thlirletna, hmalakna, leh mahni inthununna
Lehkhabu tam tak chuan heng mizia pakhat emaw a aia tam
emaw hi sawi uar mah se, heng thilte hnuaia Pathian
thiltihtheihna awm chu an pawm thei lo Pathian duhzawng
nena inmilna hi hlawhtlinna thlenna atana thil pawimawh ber
a ni

Pathian duhzawng chu lei leh a chhunga thil awm zawng
zawng, leh universe leh a chhunga thil awm zawng zawng
tichaktu chakna a ni Pathian duhzawng a ni a, chu chuan
planet te chu an orbit-ah a vawng reng a, nunna nei zawng
zawngte pian dan, an thanlenna leh an boralna cycle te chu
a tidanglam thin a ni

Embers of duhthusam

Aw, Lalpa

Ka duhthusam meialh chu i malsawmna hmuah chuan

chatuan atan kang rawh se

Ka Pathian duh tak, ka hmangaihna lotus chu lei

theihnghilhna hnim hring atang chuan la chhuak la, chu

chuan i hriatrengna fimkhur rengna hnute chu chei rawh

Van hmun thianghlimah chuan I hmaah ka bawkkhup a,

ka Pathian

Rose rimtui takah chuan i aw ka hre ta

Tin, lilies tui tak takah chuan i ngilneihna chu ka hre

bawk

Tin, ka duhthusam ri bengchheng takah chuan i

hmangaihna chu a chhanna a ni

Pathian chu ngaihtuahna leh hriatna engemaw tak

hmangin hriat theih a ni tih ka hria a, mahse rilru buai leh

buai tak hmangin hriat theih a ni lo

Ngaihtuahna hlimna chu ka mit ka meng ang a, thim

zawng zawng a bo tawh tih ka hmu ang Ngaihtuahna kulh

hnung lama Pathian remna tuikhuah thup chhungah ka

inhnim pil ang a, pawn lam thiltihtheihna dodaltuin a

tihchhiat loh nan ngaihtuahna hmangin ka chhungril chu ka

tithianghlim ang Tin, Engkimtitheia ngaihtuah chungin ni tin

ka chibai ang

Ngawi renga hmun thianghlimah chuan i thlamuanna

maicham chu ka hmuchhuak ta a ni

Tin, remna maicham-ah chuan i hlimna thar reng reng

ka hmu bawk

I aw Lalpa, ngaihtuahna puk chhungah hian ka ngaithla

ang a, chutah chuan ka chhungah chatuan van hlimna ka

hmu ang Remna chuan ka thinlung a luah khat ang a, ka

awmna chu a tuam ang, ngawi renga awm emaw, hnathawh

lai emaw pawh nise

Van dome chhunga arsi eng tak, eng hring dup zawng

zawng leh ngaihtuahna thianghlim leh thianghlim zawng

,zawng te

Thiltih ropui tak tak leh thiltih ropui tak tak zawng
zawng hi ka Pathian duh tak ka thlir theihna tur tukverh a ni
ang

Rilru lam ngaihtuahna famkim leh duhthusam tawp nei
lo nen chuan thlarau mit (mitmeng inkar) hmangin ka
hriatna chu chatuan lalram lamah ka thawn ang
Ka thlarau chu taksa saltanna ata ka chhuah zalen ang
a, thlarau tuifinriat lian zawk nen ka pawlh ang
Psychoanalysis neih a tulzia

Hlawhtlinna thuruk dang chu psychoanalysis a ni
Introspection hi i rilru thuk tak thup, chutiang ni lo se i hnen
atanga thup bo tur chu i hmu thei a ni
I hlawhchhamnate chu hmu chhuak la, i rilru put hmang
leh i duhna ṭha leh ṭha lote chu thliar hrang rawh
Tuna i awmna hmun, i thil tih duh leh i kawng daltu eng
nge awm tih hriatthiam nan mahni inhriatthiamna hmang
rawh I hnathawh tak tak chu sawifiah la, i nun tum chu
hrethiam rawh

Mize dik leh ropui tak, duhthusam leh duhthusamte
phurrit nei lo mizia zawng zawng neih tum rawh I rilru chu
Pathian nena inmil leh inrem taka awm rengin, i thil tum lam
panna kawngah chuan rang takin, him takin, inrintawh takin
hma i sawn ang I tum ber chu Pathian panna kawng zawn hi
a ni Mahse he khawvelah hian hlen chhuah tur
mawhphurhna leh mawhphurhnate pawh a awm bawh
He leiah hian mikhual angin kan inlan a, Pathian kan
hmangaih hunah chauh unau kan ni

Duhthlanna (willpower coupled with initiative) chuan i
thutiamte sawifiah turin a pui ang che a, a famkimin a hlen
chhuak thei ang che Initiative chu eng nge ni? I chhunga thil
siam chhuah theihna a ni: Siamtu tawp nei lo atanga meialh,
mi dangin an la siam ngai loh thil siam theihna thiltihtheihna
pe thei che chuan Thil thar leh thil siam chhuah thiamna nei
turin a fuih che a ni Hnathawh tumna nei mi pakhat
hlawhtlinna chu shooting star ang maia mit tidel leh mak tak

a ni thei Engmah lo atanga thil awm lo anga lang thil siamin,
thil theih loh anga lang chu mihringte hian a awm thei tak
zet tih an lantir a ni harnesses the power of the supreme
creative spirit Initiative leh innovation hian mahni ke pahnih,
zalen leh mahni inrintawkna neia ding thei a ni a,
hlawhtlinna chhinchhiahna zinga mi a ni

Hlawhtlinna Ngaihtuahna Alert

Tun thlenga i hlawhchham ta ang u, indona bansan a,
hlawhchhamna chu chanvo anga ngaih chu thil âthhlâk tak a
ni

Miin thil tam zawk a tihhlawhtlin theih phawt chuan
theihtawp chhuah tawh loh ai chuan indonaa thih a tha
zaw, a chhan chu a thawhrimna chu thih hnuah pawh nun
tharah a chhonzawm zel dawn a ni

Hlawhtlinna leh hlawhchhamna hi tun hmaa i thil tih
tawhte rah chhuah dik tak a ni a, chutiang bawkin tuna i thil
tih tawhte pawh a ni Chuvangin, thil tawn tawhte a\angin
hlawhtlinna ngaihtuahna i enkawl a ngai a, chu chu i chakna
i pe tur a ni a, chutiang chuan i tunlai nunah hlawhchhamna
ngaihtuahna i thunun thei ang

Mi hlawhtlingin harsatna leh harsatna a tawhte chu mi

hlawhtling loin a hmachhawn aiin a nasa zawk mai thei
Mahse, a hmasa zawkte chuan hlawhchhamna ngaihtuahna
chu a pum pui leh a ngeth taka hnawl turin an inzirtir a ni
I rilru chu lungngaihna leh beidawnna a\angin hnehna

leh hnehna lamah i sawn tur a ni; lungkhamna atanga
thlamuanna thlengin; rilru lama buaina leh lungkhamna
atanga rilru lam ngaihtuahna (mental focus) thlengin; buaina
leh buaina a\angin remna thlengin; tin, remna a\angin
thlarau lam himna thianghimah He mahni inhriatthiamna hi
i neih hunah chuan i nun tum chu hlawhtlinna lallukhum
khum a ni tawh ang a, ropui takin i tihlawhtling tawh ang,

Pathian \anpuinain

Ngaihtuahna thiltihtheihna

I ngaihtuahna pangngai quality leh nature a zirin
hlawhtlinna emaw hlawhchhamna emaw i lantir thin
I nunah eng nge thiltithe i zawk: hlawhtlinna
?ngaihtuahna nge hlawhchhamna ngaihtuahna
I ngaihtuahna a tam zawk chu a tha lo a nih chuan, a
chang chuan ngaihtuahna tha tak tak te hi hlawhtlinna hip
nan a tawh lovang Mahse, dik taka i ngaihtuah chuan i thil
zawn chu i hmu chhuak ang a, i tum chu i thleng ang, thimin
a hual vel nia i hriat pawhin

Nangmah chauh hian Rorelna Ni-ah hian mi dangin
chhanna an pe lo vang che a, account an siamsak lo vang
che Khawvela i hnathawh, i thiltihin a dahna che (i thiltih
tawhte rah chhuah), mi pakhat chauhin a ti thei a ni: nang
Tin, i hnathawh chu eng emaw kawng zawnga i mihringpuite
rawngbawlina a neih hunah chauh hlawhtling anga ngaih a ni
Eng harsatna pawh ngaihtuah reng suh la, ngaihtuah
reng suh Thil chu rei lo te chhung chawlh tir la, anmahniin an
chinfel mai thei Mahse, i hriatthiam theihna hloh khawpa
chawlh tir suh Chu ai chuan, heng chawlh hun chhungte hi i
ngaihtuahna thuk zawka siam la, i chhungril lama boruak
muanawm tak thleng turin hmang la, nangmah leh nangmah
nena inrem taka i awm lai hian i thil tih zawng zawng chu
chiang takin i ngaihtuah thei ang I ngaihtuahna a vakvai
pawh ni se, i ni ang able to gather them and realign them He
inrem taka awm theihna malsawmna hi thawhrimna leh
tihchakna hmangin kan nei thei a ni

Nu, zirtirtu Paramhansa sawi dan chuan

Mother's Day puala lecture a pek

Nu tha tak tak, ngilneihna leh duat taka fate enkawltu

zawng zawngte tan he ni hi ngaihtuahna tha takah i phur
ang u

Nu hmangaihna chu ngilneihna leh ngaihsak lohna nena

min tihchhiat nan min pek a ni lo va, khawvêl lungkhamna

leh tihbuai aṭanga thlarau chau tak takte chu ngilneihna

hmanga mi dangte thinlung kan tihêm theih nân kan

thinlungah ngilneihna thlen tûrin min pêk a ni lainatna neia
lainatna

Ka nu ka hmangaihna nasa tak hmangin ka thlarau lam

êng ka dawng a; ka nu ka hmangaihna dik tak chu Pathian
ka hmangaihna lo pung zel chhan ber a ni a, chu
hmangaihna chuan a bul thianghlim zawng turin min chêtât
a, chu chu Pathian, thatna leh thatna zawng zawng bulpuiah
ka hmu a ni

Nu chu pa aiin a ngilnei zawk a, a ngaidam thei zawk Nu
chu Pathianin thuhnuairawlh nei lo hmangaihna entawn tur
thianghlim ber a ni Pathianin min hmangaihna lantir turin
nute a siam a, chhan nei emaw, chhan awm lo emaw pawh
ni se

Hmeichhia hi khawvel pum huap nu nihna mihring lantir
nan ka ngai a, a chungka ka ngaihsan ber chu a nu
hmangaihna dik tak hi a ni Hmeichhiaah hian thlarau lam
mawina leh awmzia sang tak hretute chu rilru natna ropui
takin a tiharh a, infuih tharna ram zau takah inhawng an ni
tih an hmu chhuak a, Hmeichhia hi ngaihlu leh zahna nena
thlir a, ngilneihna leh chawimawina nena enkawltu tu pawh
thinlungah hmangaihna a luah khat vek a ni

Pathianin nute thinlungah a hmangaihna hi tuh lo se
chuan an fate chu an hmangaih thei lo ang Amaherawhchu,
chu hmangaihna chu a luang chhuah dan avang pawh hian
chawimawina a awm baw Mi ropui zawng zawng hian an
nute hnenah hmangaihna ropui tak an lantir a ni

Nu awmna avang hian in chu êng, lawmna leh
malsawmnain a khat a ni Nu hmangaihna meialh chu kan
thinlungah eng takin a kang reng ang u
Tin, khawvela nu tha zawng zawngte chibai ka buk baw
Tin, ngilnei taka enkawltu zawng zawngte hnenah pawh
Anmahni chawimawina atan leh an thatna hriatpuina
atan

Thuk zawnga thusawi ri

Master Paramhansa Yogananda chuan a rawn ti a

Lehlin: Mahmoud Masoud-a lehlin a ni

I thil siam, hun kal tawh, tunlai leh hmalam hun khumah chuan rei tak ka awm tawh a, kei—chatuan fa—chuan lungkham leh buai takin ka inhria a, ka bei fo a, mahse a hlawhtling lo, a tawpah chuan bumna relativity daluin a hual vel khum atang chuan ka zuang chhuak thei ta a, I kutah min vuan a, chatuan thlamuanna melodies nen min rawn kuah a, chu chu ka fa a ni chatuan—I chatuan—chuan ka lu chu I thil awm zawng zawng huapzo rilruah ka nghat a ni

Ngaihtuah buai suh, ka fapa

Hun harsa tak karah chuan i aw chuan: "Ka venhimna ni chuan i darkar eng ber leh thim ber ah pawh a êng vek a ni" a tih ka hre ta.

Ka fapa, lungngai suh, rinna leh nuihzatthlak tak nei rawh! Lungngaihna hi thlarau malsawmna nihna chungah dik lohna a ni si a I nuihzatthlak tak takte hmangin ka damna êng chu eng rawh I hlimna, ka fapa, hlimna leh lungawina min thlen a ni

Nangmah nen hlim takin awm rawh u

Nun chhiar sen lohah chuan nangmah nen kan zai a, hla chhiar sen loh ka sa tawh a, ka in lama ka haw apiangin i kuah duhawm tak kha ka la hre reng a—nangmah hnenah—kum zabi tam tak ka awm loh hnuah pawh, inthenna ri bengchheng takin ka chungah a rawn sil a, hetah hian ka awm leh ta, i chatuan awmnaah chuan, i khelhpui a, ka nuihpui che a, ka chatuan hmangaihna hlate chu ka sa che a ni

Ka duh loh zawng ni lovin, Aw Thihna

Naupang tlanchhia, a rualpuite hnen atanga lak chhuah ang maiin ka duh loh zawngin lei a\angin tharum hmanga hruai ka ni lovang Pathian ka hmangaih a, Ani pawhin min hmangaih a; tin, a vawi khatna atana ka chhuah hunah chuan hun stage-ah he chanvo hi ka zo tawh ang—he thiltih hi Pathianin a cosmic drama chhunzawm zeln a atana min tum hi Nunna drama-a ka chanvo ka hlen chhuah hian ka nui ang a, ka tap ang: duhthusam tihhlawhtlinnaah lawmin ka tap ang a, beiseina tihchhiatnaah ka lungngai a Mahse ka chanvo ka zawh hunah chuan, eng ang pawhin harsa leh hahthlak mah se, ka chhuahsan ang earthly stage with a smiling heart I will rest for the cosmic mother, basking in her bliss, chutah chuan leiah ka kir leh ang a, fimkhur lo taka bumna huana phun duhna hluite’n an hip tawh lo va, a ngenna ngilnei leh ngilnei tak chhanna atan zawk a ni

Hmangaihna nei Lotus

Ka rilru rulhut chu I hmangaihna thinlung lotus-ah a
 inhnamhnawih a, Aw Lalpa, chuta tang chuan I hmangaihna
 nê̄m tak tui (nectar) ka in a He ka thlarau lam rulhut hian I
 rimtui rimtui tak chhuahtu pangpar chauh a khaw! khawm a,
 tisa hlimna khawizu chu ka hloh a, a tawpah chuan I ê̄ng
 thianghlim lotus chu ka hmu ta a, chutah chuan ka vakvai
 tawh a

ni.
 the fields of incarnations, drawn by the
 scents of flowers to countless experiences Mahse tunah
 chuan ka vakvai chu ka titawp ta a ni, I rimtui malsawmna
 chuan ka thlarau tuihalna chu a ti reh a, eng rimtui emaw
 rimtui emaw ka duhna kang tak chu a titawp ta a ni

Bumna ramngaw chu a kang ta vek mai

Inbumna leh bumna ramngawah chuan keimah chauh
leh lungngai takin ka inhria a, chuvang chuan mahni
inthununna bundle ka hal a, mahse mei chu a kang zauh

zauh a, meialh tel lovin ka thinlung thuk tak atangin ka
tawngtai a, Ka hnenah i lo kal a, Aw Lalpa, ka chak lohna
thenkhat chu i hal a, meialh chu rang takin brush hring leh
tihsual thickets hmangin a darh ta a, chutah chuan an thleng
ta a ni duhna thing hling tak tak leh chaponah leh
inngaihluhna thing sang tak takte chu a khawih I êng lei
chuan ka hriat lohna ramngaw zau tak takte chu a ei zo vek
a, vut-ah a chantir ta a ni Ka lawm e, Aw Pathian Kangtu!
Tin, I chhiahhlawhte chuan \anpuina leh tihsam thui dilna
dilna leh \awng\aina hmangin Nangmah rawn pan rawh se

I hla dik tak chu

I thusawi ngaithla turin, Guardian Angel, hmangaihna
khawih nêam tak takte nen ka chhungril hmuhna radio chu ka
tuned a, ngaihtuahnaah hian i bula awm i mi thianghlimte
hla thlum ber berte chu ka ngaithla fo thin: thlarau lam
symphony sublime te, ka thinlung atanga lo piang
composition te, leh ka hmân lai ka duhthusam hla thlum tak
tak te chu Dawhtheihna leh rilru hahdam takin ka instrument
chu ka tuned a ni deepest feelings, and when drowsiness
weighed down my eyelids and I was about to succumb to
sleep, your authentic song flowed through me Tin, tunah
chuan i hla hlimawm tak takte ecstatic echoes chu ka
broadcast a, i devotee-te zaipawl-ah ka aw ka belhchhah a,
chutiang chuan hlate chu a lo nghet zual sauh ang a,
duhthusam leh duhthusam chu a nasa zual thei ang

Thlarau tuifinriatah ka inbual ang

Nang nen inzawmkhawmin, Thlarau zawng zawng
huapzo, khawvel nunphung (pulse) tak tak ka lo ni ang
Thlarau tuifinriatah ka inphah ang Mihring rilru thianghlim
thlipui chungah ka zai ang a, hlimna malsawmna nen ka
luang chhuak vek ang Van Himalaya tlang atang chuan,
duhthusam sang tak tak universal torrent ka chhuah ang I
will be every tear shed in compassion for others I will be

present in the
golden..
.. mi thianghlimte ngawih
ngawih leh rilru rosy beiseina par chhuak Aw Duhsakna
Tihlawhtlingtu rinawm!

Ka chatuan meialh chu i êng tawp nei lo nen a inzawm
hunah chuan mit tinah ka eng chhuak ang

Remna awm rawh se

Thusawi thar leh hriatna thar

Nunna thlasik ni-ah chuan
Emotion nectar chu ka khawkhawm thin
Thil \ha thlum pangpar atang hian
Thlarau \ha huana \hang lian
Tin, ka thinlungah distilled essence chu ka dahkhawm
bawk

Tolerance pangpar sang tak tak atang chuan
Tin, inngaihtlawmna hnah te chu an rimtui nem tak nen
Tin, lotus ngaihtuahna hlimthla pangpar hmuh tur awm
lo tak takte pawh
Tin, thlasik khaw vawt tawn hriat vur tla ka chhehvela a
tlak hian

Tin, leia inthenna hrehawm tak chu
In lumna leh thlamuanna ka zawng thin
Ka thinlung cell chhunga nectar dahkhawmah chuan
Chu cell malsawmnaah chuan, i hmaah
Divine bee hi ka hmu fo thin
Ka kum upa lam duhthusam thlum tak chu sip rawh
Ka thlamuang a, ka hlim a, ka thlamuan bawk
Lawmna tui tla ka ni ang
Ka hlimna chu luang chhuak chhunzawm zelin a ri
chhuak
Tuipui lian tak chuan a rawn nuai bo na hmun

Midangte lungngaihna leh lungkhamna phurrit rit tak
takte chu

Rin loh takin ka tlan chak ang

Hmun tawp nei lo chungah

Thlarau hrehawm tuar a\angin

A hlauhthawnna tihbo nan

Tin, a harsatnate pawh ka ti bo ang

Lightning eng ang maiin ka awm ang

Zan thim ber ah chuan

A ropui taka lang turin

I mawina, hmanlai atanga thup

Hmuh theih loh mit thim hnung lamah

Thla eng eng mawi tak takte chu keimah ka ni ang

Leilung atanga thim hnawhchhuah

Eng zung ka ni ang

Thim thup tibotu

Mihring ngaihtuahna kil khatah

I khawngaihna zarah, Aw Lalpa

Silashy, finna eng chhuak nghal mai

Kum leh hun kal tawha tihsual a pungkhawm

Hmangaihna thlarauah a siam chhuah lungawina chu

a rilruah a awm lo

Mahse, chu rilru put hmang chuan hlimna a thlen

zawkah chuan

Hmangaihna hian hlimna a thlen thin avangin

Hmangaihna hian hlimna nasa tak min pek avangin kan

hmangaih a ni

Hmangaihna hi tum a ni lo; hlimna hi tum ber a ni

Pathian chu chatuan leh hlimna siam thar reng a ni

Tin, thlarau pianphung pawh chutiang bawh chu a ni,

chuvang chuan thuruk thiamte chuan hla an sa thin

He thutak hi tawng tawh leh chu thlarau lam hlimna tem

:tawhte chuan

Lawmna a\angin kan lo kal a, hlimnaah kan nung a, kan"

."nihna a lo inphah \hin

Tin, cosmic joy-ah kan kir lehang, chu hlimnaah chuan
 ."ni khat chu melt turin
 Hmangaihna leh lainatna ang chi rilru ropui zawng
 zawng
 Huaisenna te, inpekna te, inngaihtlawmna te hi lawmna
 tel lo chuan awmzia a nei lo
 Lâwmna tih awmzia chu hlimna tihna a ni a, hlimna
 chungnung ber lan chhuahna a ni
 A nih loh leh lungawina lian ber
 Tin, i Lalpa chuan a pe ngei ang che, tichuan i lungawi}
 {Lawm la, lawm rawh} {ang
 Pawn lam thil engemaw avânga hlimna lo chhuak thei
 mah se
 Mahse a nihna thianghlim takah chuan condition-in a
 phuar lo
 Material condition awm lovin a lang fo thin
 A châng chuan zing lamah i tho mai thei
 Hlim taka thlawk chhuak dawn ang maiin i inhria
 Tin, ngaihtuahna thlamuang taka i thut chuan hlimna
 chu i chhungah a rawn thawk chhuak thin
 Pawn lam alarm engmahin a tiharh lo
 Thlarau hlimna tluk loh a ni
 Mahse hlimna chu dinhmun thenkhat nena inzawm a nih
 chuan
 Chutiang dinhmun atang chuan a lo chhuak lo
 Dik tak chuan, chûng dinhmunte chuan hlimna tawn
 theihna hmanruaah a thawk a ni
 A tir lama thlarau chhunga thup chu, thlarau leiah chuan
 pickaxe ang maiin ka lai chhuak a
 Tin, mihring chhungril lama hlimna inthup atang chuan
 hlimna tuikhuah a chhuak ta a ni
 Chuvangin mihring tawnhriatah hian mamawhna a lo
 chhuak tlangpui
 Chu hlimna thup chu chhungril takah chhuah tir turin
 thilthleng thenkhatah

Hmangaihna pawh hi thlarau pianphung a ni a, mahse
hlimnaah a inngnat a ni

Hlimna tel lo chuan hmangaihna a awm lo
Hmangaihna hi hlimna tel lovin a ngaihtuah thei ang
em? A ni lo tih a chiang

Hmangaihna chhân lêt lohin a thlen hrehawmzia kan
sawi hian

Duhthusam tihhlawhtlin loh kan sawi a ni
Mahse hmangaihna tawn tak tak chu hlimnain a zui reng
a ni

Ka rilru chu bee a ni a, a thlawk thin
Ka thinlung huan hmun hla takah chuan
Ka hmangaihna thlipuiin a hnim hrual chu
Dew lunghlu hmanga chei, i thlum
I tan lilies mak tak tak ka phun a ni
Thlarau lam inthliarna a\angin
leh daffodils sen (yellow daffodils) te a awm baw
Ka simna mittui chu hip lut turin
Tin, violet nalh tak tak, inngaitlawmna mumang ang
maia lang baw

Tin, ka thinlung chu thlarau hriat danah a inhawng zau
hle baw

Ka ngaihtuahna thingte chu nangmah hnenah ka hlan e
Dilna rimtui tak tak thei rah tui tak tak
Kut inngaitlawm tak, hnah hring, hnim hring hring
hmanga siam nen
Tin, ka thinlung huanah pawh
Ka ngaihtuahna chu ka chhehvela rulhutrawn ri ang mai
a ni

I tan nectar thianghlim thilhlán karah zu ruih
Khawvel pumin "hmangaihna" tih thumal awmzia dik tak
.chu an theihnghilh ta
Hmangaihna chu mi tam takin an hmang sual a, a
thinlung an tikehsawm a, mi tlemte chauhvin hmangaihna
awmzia an hre tawh lo

Olive hmun tinah hriak a awm ang bawkin hmangaihna
chuan thilsiam kil tin a tuam chhuak a Mahse hmangaihna hi
sawifiah a harsa hle a, chutiang bawk chuan thuin orange
thlum a sawifiah thei lo mi pakhatin a rah chu a thlum hriat
theih nan a tem tur a ni Hmangaihnaah pawh chutiang bawk
chu a ni

In thinlungah hian eng emaw ti takin hmangaihna in
tawng vek tawh a, chuvangin a nihna ngaihtuahna in nei a
Mahse mi zawng zawng hian Pathian hmangaihna thlen
theihna tura hmangaihna tihpun dan, tihthianghlim dan leh
tihzauh dan tur an hre lo

Nun tir lamah hian thinlung tam zawkah hian Pathian
hmangaihna meialh a awm a, mahse chu chu miin a enkawl
dan a hriat loh avangin a bo tlangpui
Mi tam zawk chuan hmangaihna awmzia thlirlet a ngai
lo tih an ring Hmangaihna chu an chhungte, an thiante leh
an ngaihven em em midangte chung a an rilru put hmang
angin an hria Mahse hmangaihna chu chu aia tam a ni
Hmangaihna dik ka sawifiah theih awmchhun chu a
nghawng sawifiahna hi a ni Mi pakhatin Pathian hmangaihna
tlemte pawh a hre thei a nih chuan
A thunun theih loh khawpa hlimna tuilian chuan a hneh
ta a ni

Thil \ha tih leh midangte \anpui tumna kawngah kan
chak tur a ni Mahni leh a chhungte chauh ngaihtuah mi
chuan hlimna tam tak a hmu lovang a, mi dang hrehawm
tuar thei tur a ngaihtuah loh chuan a mamawhtute hnena
tanpuitu kut phar chhuakin thlaraua hlimna lo piang chu a
hloh ta a ni Chumi avang chuan a hlimna bungrua chu a te
hle ang a, a chhunga thil awmte pawh a famkim lo ang
Sum hi ka tan chuan thil pakhat tihna a ni a, chu chu thil
tha tihna leh midangte tanpui nan hman hi a ni
Nangmah zahna leh thil dang vang ni lo, thinlung tak
tak, rinawm leh inthian duhtute hi khawvelah hian an tlem
hle

Heng \hian rinawmte hi khawvel hlimna an ni a, \hian dik
tak chu he khawvela hausakna zawng zawng aiin a ropui
zawk a ni

Mite nena an inbiakpawhna dik tak chuan Pathian a hmu
ang a, an thinlunga hmangaihna neitu chuan midangte a hre
tak zet ang, glass fiah tak atanga a hmuh a, a chhunga thil
awmte a hriat chian ang bawkin Hetiang mi dangte hriatna
hi Pathian hmangaihna leh chu hmangaihna ang bawka
midangte hmangaihna atanga lo chhuak a ni

Mi maktaduai tam tak chu mut laiin subconscious mind
thil mak tak takte hian a man a Mahse, dinhmun sang
zawkah chuan i duhzawng chu suangtuahna hmang ni lovin,
thil tak tak hmangin i hmu thei emaw, i hre thei emaw a ni
He chair-ah hian thuin ka rilru chu khawi hmunah pawh
ka hawitir thei a, chu hmuna thil thleng dik tak chu ka hmu
thei a ni

A châng chuan zirtîrte chu subconscious-ah an nung a, a
châng chuan hriatna sâng zâwk lamah an chho bawk Tin,
hriatna sâng zâwk paltlang thei leh cosmic consciousness nei
thei mi tlemte thlan bik an awm bawk: Pathian thlarau ram,
a bul leh a chhan nei lo

Thlarau lam hriatna thianghlim dinhmunah chuan thil
zawngtu chuan thilte chu a tawn theih nan a ngaihtuah
hmasak a ngai lo Cosmic consciousness nena an
inzawmkhawm chuan an hriatna chu a zau a, awmna atom
tin nen a inzawm khawm a, universe pumpui leh thil nung
zawng zawngte chu hriatna nei takin an hre ta a ni He thil
tawn hi tawp chin nei lo hriatna tihzauh a ni
Chu hriatna chu tu pawhin a tawn chuan thlai hruiah leh
tlang chhipah a awm tih a hria a, a taksa cell tin leh space
atom tinreng chu a hre vek a ni
I chhungah khawvel ropui zawk a awm lai hian taksa te
!tak te i ni tih i hria em
Mahse cosmic consciousness pawh chu a piah lamah a
awm bawk a, zawngtu chuan awmna zawng zawngah an

awmna a hriat theih chuan hlimna tawp nei lo leh Pathian
hmangaihna ropui ber an tawng thin
Tin, i hmangaihnain ka hriatnate chu a inrawlh a, i}
{mawinain ka thilsiam zawng zawng a khat ang bawkin
Pathian hriatna hmun tina awm nen a inzawm khawm a
ni

Chuvangin Pathian lakah beiseina tha nei la, a duhsakna
!beisei rawh I thil tum thlen chu beidawng suh
Mi chu thlarau lam êng a nei tawh nia inngaih mai maiin
Pathian hnênah a awm thei lo
State sang zawk thlen theihna tur chuan mahni
insiamthatna leh nungchang tihthianghlim hi thil pawimawh
tak a ni

A theih ang anga Pathian hriat leh Pathian hriatna dik
tak hi a danglamna nasa tak a awm Inngaihtlawmna te, finna
te, thinlung tak tak te, nungchang tha tak te, leh thinlung
taka duhna hmang chauha hriat theih a ni
Mi inngaitlawm chu Pathian hrechiangtu leh Pathian
hriatpuitu a ni

Cosmic consciousness-a thuk taka luhchilhtute chuan an
pianphungah thlarau lam theihna mak tak tak leh thilsiam
chaknate chungah thuneihna an nei a Mahse, Pathian hriatna
dik tak hmutu chuan an thiltihtheihna chu inchhuanna leh
inlanna atan an hmang lo va, finna leh finna nei lovin
Mi fingte chuan Pathian chu awmchhun a ni tih an hre
chiang a, inngaitlawm takin an hnena a duhsakna thilpek
mak tak takte chu A hnenah an pe kir leh thin
Thil awm zawng zawng hi thilmak a ni lo em ni? Tin,
mihring hi a awmna avang chauh pawh hian thilmak a ni lo
?em ni

Pathianin thilmak a siam zawng zawngah mihringte kan
lungawi loh chuan engvangin nge mithianghlimte hian
?thilmak an tih tam zawk ang

Pathian mi thianghlime felte hian Pathianin a tih loh
chuan engmah an ti lo va, a chang chuan chhan fiah lo leh
hriatthiam harsa tak tak avangin an ti lo
Consciousness sang zawk leh subconscious
consciousness a danglamna chu entirnan ka entir ang
Higher consciousness chu - harh leh muhil leh hriatna
famkim nei chungin - duhthusam leh pawn lam thil
tihchakna awm lovin taksa chhunga hriatna eng pawh i thlen
theihna dinhmun chu a ni
Thil hriat loh suangtuahna ram (mumang khawvelah)-ah
chuan bawnghnute lum no khat i in thei a ni
Mahse he fiahna hi i chungah a nhat a ni Mahse,
hriatna sang zawkah chuan chutiang bawh chu emaw thil
dang emaw chu hriatna leh tumruh takin i tawng thei a ni
Kawngpui chu a thui hlein a lang thei a, mahse mel
sangkhath zeta thui chu ke pen khat chauhvinn a intan a Tin,
beiseina neia a awm chung chuan engmah daltu engmahin
thil tum duhthusam chu a dal thei lo
Hmanlai nun ka la hre reng
Chutah chuan ka zawng che a ni
Tin, zan tam tak chu ka hre reng bawh
Arsi eng mawi tak takte nen a chei
Tin, dawn views te pawh a awm bawh
Dewy innocence nei chu
Tin, twilight hours inrem tak takte pawh
Beram rual bell ri rhythm nen
Tin, kum tam tak jeweled te pawh
Thlasik pangpar leh pangpar te nen
thlasik thli a tleh thin
ruahtui kawr langtlang tak tak
Diamond ice clusters a awm a
Thlasik lai chuan
Ah, vawi engzat nge i lo thlen hun ka nghah
Hlimna avanga thinlung zai chungin

Ka thlarau chu nangmah duhna nen a thlawk chhuak ta

!mai

Zan tin, thlamuang leh hahdam taka kan mut chhung

hian thlamuanna leh lawmna tem nuam kan ti hle

Mut thuk takah kan tlu lut hian Pathian chuan hriatna

sang tak, thlamuang takah min siam a, chutah chuan he

awmna hlauhna leh lungkhamna zawng zawng hi kan

theihnghilh vek a ni

Meditation-ah chuan chu rilru lam dinhmun malsawm

tak chu harh hun lai pawhin kan tawng thei a, level dang

atanga thlamuanna kan tem thei baw

Pathian hlimna a lo chhuk chuan ka thawk a reh a, ka

thlarau chu a sang chho a, vawi khatah mut sangkhat hlimna

chu ka tawng a, chuti chung pawh chuan ka hriatna

pangngai chu ka hloh lo He cosmic experience hi hriatna

dinhmun sang ber thlen tura thuk taka chhui tute tan chauh

dah a ni

Mi pakhat nihna chu Pathian hlimna nasa takin a khat

chuan taksa chu a reh vek a, thawk a luang chhuak tawh lo

va, ngaihtuahna a reh a, zawi zawiin a bo ta hial a ni

Mi pangngai chuan harh leh mut inkar ramri-ah mutthilh

a nei a, hun rei vak lo chhung chu damna a nei a, mahse

muthilh thuk takah an drift chuan he rilru hi a bo nghal vat

Mut hi hriatna hloh vek a ni lo a, a chhan chu, harh lai hian i

mut chu chawlh hahdam a nih leh nih loh i hria a ni

Mut dinhmun tam tak a awm—a then chu a eng, a then

chu a thuk Mahse, mi pakhatin a hriatna dinhmunah Pathian

nen a thlarau lam thil tawnte chu mut emaw, mut emaw

hlimna ropui ber (muthilh hmaa mutthilh emaw, mutthilh

.emaw) aiin a hlimawm zawk a, a hahdam zawk baw

Ka hriatna leh hmuhna ang tluka ka tan i ni lo a nih)

(pawhin

Ka mit chuan engmah a hmu lo va, ka beng pawhin

engmah a hre lo

Mut ai chuan ka mitmeng tan i thlum zawk si a

Tin, himna aiin ka thinlung tan chuan a thlum zawk
bawk

Mut thuruk leh thuruk piah lamah hian heng hlimna
thianghlimte hi a awm a ni

Mi zawng zawng kan ti lawm thei lo a ni a chhan chu chu
chu thil theih loh a nih avangin tumah tithinur lo turin ka
theihtawp ka chhuah thin

Chu chu ka tih theih awmchhun a ni

Pathian lawmna kan zawng hmasa tur a ni Ka thil tum
ber chu Pathian tihlawm hi a ni Ka kut hmangin inngaitlawm
takin a hmaah ka tawngtai a, ka ke hmangin khawi hmunah
pawh ka zawng a, ka rilru chu Amah ngaihtuah a, a thilmak
tihte ngaihtuah turin ka hmang bawk

Thlamuanna, hmangaihna, hriatthiamna, ngilneihna,
lainatna leh finna anga kan hriat theih nan Pathianin kan
thinlungah hmun hmasa ber a luah tur a ni
Hei hi, thil dang ni lovin, ka hmuh leh sawi tura ka lo kal
chu a ni Ngaihtuahna bakah hian company tha tak neih reng
tur a ni

Mite hnung zui lovin, Pathian hnungah kan tlan tur a ni

Hêng ngaih dânte hi hlâwkna i hmuh chuan Pathian
malsâwmnaah ngai rawh, chawimawina zawng zawng chu
Amah a ni si a

Midangte hnenah hrilh la; perhaps they will find in it
what you find Nitin mamawhtute hnena tanpuina pek hi kan
theihnghilh tur a ni lo, kan theih ang tawkin Ka kawr
chhungah pawisa ka neih chhung chuan pek ka bansan lo
vang, ka bulpui tawp thei lo leh tawp thei lo chu Pathian a ni
si a

Mi ropuite tih angin Pathian kan hriat a ngai Hei hi
ngaihtuahna leh mimal thawhrimna hmanga tih theih a ni
Vawikhat chu hermitage pawnah ka kal a, ka zirtirtu
ropui Sri Yuktiswar, kum engemaw zat kalta a boral tawh kha
ka ngaihtuah a

Amah chu duhna nasa tak ka nei a, hermitage mawina
leh boruak nuam tak en turin ka bulah a awm loh avangin ka
lungngai hle a, rang takin van atangin min rawn inlar a, a ti
:a

He hmun mawi tak hi nangmah chauhin nuam i ti em"
"!ni? Kei pawhin nangmah ang bawk hian nuam ka ti ve tho
Pathian nena inzawmna duhtu zawngtu chuan nitin
ngaihtuahna leh Amah hmangaihna hmanga beih a ngai a ni
Tin, chu hmangaihna chuan mi zawng zawng hmangaih
rawh

Hei chauh hi indona pumpelh theihna kawng awmchhun
a ni Thlarau lama thawhhona a pawimawh a, thlarau lam nun
dik tak tel lo chuan mimal emaw, khawvel pum huap emaw
hlimna a awm lo Inremna thianghlim hi taksa, sum leh pai,
nupa inkar, nungchang leh thlarau lama harsatna zawng
zawng chinfelna awmchhun a ni

Hlimna chu Pathian hnaih taka inhriatna a\anga lo
chhuak a ni Mihringte chu hriat lohna lungphun hnuaiah an
inkhung a, he lung in mualpho tak a\ang hian chhuahsan hun
a ni ta Rilru chu Pathian lam hawi reng tur a ni, eng dinhmun
pawh ni se

Tichuan thlamuanna leh hlimna nasa tak i nei ang
Pathian duhthusam a, a tana an nihna inhlan a, infuih
tawn a, in tivar tawn a, Pathian hre rengtute hi khawvela
hlim leh A tawpa hlimna dawngtu an ni
Thil awm zawng zawng hi Pathian rilru kaihhruaina
thlipui ang maia vibration a ni He intelligent vibration hi
Thlarau Thianghlim, a nih loh leh Thlarau rinawm a ni a, chu
chu tawngtaina leh ngaihtuahna hmanga inbiak pawh theih a
ni

I thlarau muannaah leh i rilru ngaihtuahna huang
chhungah chuan, infinite absolute nena hmangaihna
thawnthu hi tawp chin a awm lo
Mahse sum leh pai kan zawn hmasak phawt chuan
Pathian hmuh a har khawp mai

Pathian chu kan nunah kan chanvo pawimawh takah
kan siam tur a ni a, chumi hnuah chuan he nunah hian kan
mamawh zawng zawng kan nei vek ang
Tupawh a thinlunga Pathian tan hmun nghet tak siamtu
chu Pathianin a chanvo chu lei leh van thil tha tam tak a
siamsak ang a, a hmaah chuan finna nite eng chhuak, a
kawngte ti engtu leh a chhehvella thim awmte tibo vek thei
tur boruak zau tak a hawng ang

Pathian chu chatuan hmangaihtu a ni a, mihring tan
chuan a hmangaih anga Pathian a hmangaih - a tlem berah -
a mi duh berte a hmangaih lai chauh lo chu himna a awm lo,
a chhan chu Pathian tel lo chuan hmangaihna nihna hi kan
hre lo vang a, a thlum pawh kan tem lo vang
Thinlung zawng zawnga Pathian kan zawn theih nan kan
duhzawng hman dan leh kan rilru tikhawtlai kan zir a ngai a
ni

Mihring thiltih chu duhnain a thunun a, chu tih dan
chuan a tih duh loh thil ti turin a nawr fo thin
Dik tak chuan mihring hi a hmêlma pawl ber a ni a, a
hre lo nachungin thut dan emaw, Pathian tana hun hlan
emaw a hre lo va, chuti chung pawh chuan himna a chan
theih a beisei a, Paradis-a a luh nghal theihna tur a tichiang
!bawk

Lehkhabu chhiar emaw, sermon ngaihtlak emaw
ringawt pawhin tawnhriat thianghim neih theih a ni lo
A nih loh leh thil tha tih mai mai Hengte hi a \angkai vek
a, rinhlel hual a ni lo, mahse a tawh lo Pathian nena
inzawmna siam hian uluk taka ngaihtuahna leh ngaihtuahna
thuk tak a mamawh a ni

Nun hi mumang lian tak a ni
Suangtuah! Kum sawmhnih hnuah chuan kan awmna hi
mumang a ni tawh ang a, tuna kan thil tih zawng zawng hi
chu mumangah chuan a tel ve vek dawn a ni
Mihringte zinga mi ropui ber berte pawh mihring hriatna
thil siam mai mai an lo ni ta a Mahse, chu mi ropui tak takte

chuan an thil tum ber chu an thleng a, a chhan chu a sang
ber an thleng a, thlarau lamah an nung reng a, thil thleng
zawng zawng hriatna chiang tak leh hriatna nei tak nen,
Pathian hriatnaah an inpumkhat avangin
An ngaihtuahna leh zirtîrna hmanga anmahni nêna
inrem tum apiang chuan an awmna chu a hre ngei ang a, an
malsâwmna chu a hip ang a, anmahni nêna inzawmna tak
tak an nei tih a thinlung chhungril takah a hre ngei ang
Nun hi mumang ropui tak a ni Mahse, mi pakhatin mahni
taksa a en a, nun nena nungchang a hmuh chuan he
mumang tak takah hian rinna nghet tak a nei a Hlimna tur
chuan hei emaw chu thil emaw chu an neih a ngai tih an ring
Mahse duhna engzat pawh hlen chhuak mah se, chu mi
hmang chuan hlimna a hmu lovang Miin a neih tam poh leh a
duhzawng a neih tam poh leh Duhthusam chu tihthianghlim
a ngai a, thlamuanna, thlamuanna leh chhungril lungawina
nena nun a duh chuan nun awlsam zawk a ni
Pathian Lehkha Thu chuan a duhzawng chu chhungril
lam (an thlarau lam hawia) luang chhuak rengtu chu
chhungril thlamuanna sang tak nei mi a ni tih a sawi Hemiah
hian tuifinriat ang an ni a, chu chu a danglam ngai lo va, a
tahniam ngai lo va, a chhunga tui luang chhuak chu a khat
reng a ni Mahse, an thlamuanna tuihna hmuna duhna khur
siamtu leh tui pawimawh tak takte chu a luang chhuak a, a
boral tir thintu chuan thlarau lam thlamuanna engmah a hre
lo leh chhungril hlimna te
Pathian hretu, Amah nena inbiak theihna nei leh hriatna
neia A awmna hre theitute hnen atangin kaihhruaina kan
mamawh a ni
Zawlneite hian chhungril thlamuang taka Pathian zawng
turin min ngen a
Thlarau mahni chauha awm, thlarau rinawm leh thlarau
lam hlimna sang ber awmnaah
Enlightened-te pawhin heng ngaihdan te hi an thlawp a

Ngaihtuah thuk a pawimawhzia an sawi uar hle
Thlarau thuk zawka mahni sang zawk hriatchhuah nan
Mite chuan midang ngaihthlak mai mai emaw, lehkhabu
chhiar emaw chauhvin hriatna an nei thei tih an ngaihtuah
ka duh lo An chhiar leh hriat chu an hmang tangkai tur a ni
Pathian biakna hmuna kal chu awmze nei lo inbiakna

neih ai chuan a tha zawk

Mahse Pathian biakna hmunah pheii chuan mahni
thinlunga Pathian awmna chu khawih leh hriat a ngai a ni
Emotional outbursts leh rational analysis te hian kan
thlarauvin a neih duh em em Pathian hriatna chu min pe thei
lo

Pathian hnena kan inpek a, mahni hmasial duhna kan
thlah lai leh Pathian chu kan hnenah a awm reng tih kan
chian hian

Kan thlarauah a cheng a, ngaihtuahna leh rilru put
hmang tha leh ropui tak takin min fuih a Hlimna leh zalenna
kan nei ang a, thlarau boruak thlirnaah finna ni chhuahna
kan hmu ang

Sakei lo ni ta mouse chu

Mi fing Paramhansa Yogananda-a sawi angin
Hun rei tak kal ta khan ramngaw thuk takah chuan
Pathian hre mi thianghlim pakhat chenna in hermitage a
awm a He mi malsawmna dawngtu hian finna nasa tak leh
thiltihtheihna mak tak tak a nei a, a bulah chuan rulhut te
tak te, thunun thei tak mai chauh lo chu tumah an awm lo
Zirtîr tam tak leh mi thianghlim hmuh duhtu mi dangte
chuan an tlawh ngam a, sakeibaknei râpthlâk tak tak leh
ramsa dangte awm chung pawhin, a hmangaihna a hip a,
Pangpar leh rahte chu thilhlân angin an rawn keng ang
Mithianghlim tlawhtu zawng zawngte chuan amah leh
savawm inzawmna nghet tak chu mak an ti hle a, mi
thianghlim sakeibaknei hnim hring (tame mouse) hnenah
chuan a hnah ðhenkhat chu an paih chhuak ðhin

Ni khat chu zirtir pawl pakhatin an zirtirtu hmun hla takah an tlawh laiin, ui pakhat chuan mi fing ke bulah chuan au chhuakin, venhimna zawngin, ui pakhat chu a rawn um zui ta a, chutih lai tak chuan, zirtirte mitmeng mak tak hmaah chuan, mi thianghlim chuan hlauthawng tak chu ui lian tak, râpthlâk takah a chantir ta a ni! Thilmak engemaw takin, tunah chuan mouse chu ui zingah zalen takin a tlan kual a, hliam tuar lovin He inthlak danglamna hian a lawm hle a, a thlamuanna tibulaitu awmchhun chu zirtirte thusawi ri a ni a, an mitmeng an meng a, an kawhbmuh a, mouse atanga lo chhuak ui tiin an ko a ni

Hun engemaw chen hnuah chuan zirtirte tho chu an zirtirtu tlawh turin an kal leh a, savawm rual pakhat chuan ui-mouse chu an rawn um zui a, chu chu a meow ring hle a, mi thianghlim ke bulah chuan venhimna a dil a Mithianghlim chuan, "Sakeibaknei ni rawh" a ti a, chutah chuan zirtir mak tak mai chuan ui-mouse chu an mit hmu ngeiah chuan ui-mouse chu sakeibakneiah a chantir tih an hmu nghal a, chu chu ui-mouse-te pawh chuan mak an ti hle baw transformation of their prey, but they were disappointed and went back hungry A tawpah chuan, savawm-mouse chu savawm dangte nen chuan zalen takin an vak kual a, anmahni nen chaw an ei dun a, rannung te zawkte chu an en hniam ta a ni

Vawi khat dang chu, a hmaa thilmak tih pahnih hmu tawh zirlai thote chuan an zirtirtu nen an zir dun lai chuan, Bengal sakeibaknei lian tak pakhatin sakeibaknei-mouse a rawn um lai an hmu chuan mak an ti hle a, chu sakeibaknei chu a hma ang bawkin zirtirtu ke bulah chuan venhimna zawngin chak takin a tlan a Zirtirtu chuan vawi khat chu a thilmak thiltihtheihna hmangin sakeibaknei chu a kawng zawhah a titawp a, a sakeibaknei thununna chu a bia a, a ti a, "Ka mouse duh tak, i hmelma laka ka humhim chhunzawm zel che hi ka tan chuan âtna a ni Hetih lai atang hian sakei ni turin ka duh che a ni" Zirlaite chu an rilru a hahdam rual

chuan an nui dun ta a, "Van tha! Mithianglim sakeibaknei
râpthlâk tak hi en teh! Mi thianghlim sakeiah a chantir tawh
"!sakeibaknei mai mai a ni

Hun a kal zel a, hermitage tlawhtute chuan chu hmun
vengtu sakeibaknei hlauhawm tak chu a takah chuan
zirtirtuin sakeibaknei dinhmuna a chawisang mouse te tak te
chauh a ni tih an hrechhuak ta a Zirlai upa zawkte chuan
hermitage-a lo lut tharte chu an ti thlamuang ang a, heti
hian an hrih thin: "Sakei hi hlau suh u, sakei hi hlau suh u,
sakei tak tak a ni lo, zirtirtuin sakei lem a pek chu mouse a ni
He bullying mouse hian a tawpah chuan vantlang
mualphona chu a chau ta hle a, a rilruin: "Ah, mi thianghlim
chu amah ngeiin ka that thei a nih chuan ka hrehawm
tawrhna chhan chu ka chhuahsan tawh ang" tiin a ngaihtuah
.ta a ni

Chu ngaihtuahna chuan a rilru a rawn luh meuh chuan
mi fing chu a rawn bei ta a, thah a tum a Mahse chu mi fing
chuan a lo nghak reng a, a ngaihtuahna kalphung a zawm
tawh ang bawkin leh a thil tum a hriat avangin, chuang
chuan a thu awih lo sakei rilru chhunga thil thleng chu a hre
nghal a, a au chhuak ta a, heti hian a ti a: "I awm ang angin
.lo kir leh rawh" a ti

Tin, chu chu a thleng ta a ni, mitmeng khat lek chhungin
sakeibaknei chapo tak chu hlauthawng taka mouse-ah a lo
!chang leh ta ang maiin

Mi zawng zawng hian midang aiin pawisa tam zawk an
duh a Tin, an hmuh chuan an aia midang hausa zawk an nih
thu an hriatchhuah avangin an lungawi lo reng a ni
Mite chu anmahni siam leh anmahni duhzawng siam
chhuah hrehawmna spiral-ah an cheng a ni
Thil neihte hian hlimna a thlen lo va, mi lungkhamna a
tipung fo va, a lungkhamna leh hlauhna a tipung fo thin
avangin kan neih angah kan lungawi tur a ni
Pathian lam panna kawng hi kawng awlsam ber leh
awlsam ber a ni a, chutih rualin sakhaw thil tih dan leh

formalities tam tak awm mahse chu chu mi tlemte chauhvin
an kal a ni

Kan thinlung hi Pathian lam hawitir a, kan tana tha ber
leh nget ber tur dil hi a tha zawk

Dik tak chuan Pathianin min nghak reng a, a chhan chu
sual leh hlauhawm laka min awmtir duh avangin kan
thinlung leh rilruah Amah nen min duh a ni, a chhan chu
khawvel thil man tlawm tak takte hian mihring duhthusam a
tihlawhtling thei lo emaw, thlarau lam hmun ruak chu a luah
khat thei lo a ni

A rilru chhungril takah eng nge a hriat
Pathianin min biak reng a, mahse a aw hretu chu an
tlem hle

Chu aw ngawi reng chu ngaihtuahna ri leh duhna
langsar tak takte thawm ri chuan a tichhe fo thin
Mahse ngaihtuahna a reh a, duhna a reh chuan Pathian
aw chu ngawi rengin, a chau hle chung pawhin chiang takin
kan hre thin

Dik tak chuan Pathianin mihringte tanpui nan engkim a
ti a; An tan kawngkhar a hawng a, an kawngte a ti eng a
A ke penna hmunte a hmuh theih nan, a tlu lo emaw, a
ke a chet loh nan emaw, mahse mi tam zawk chuan he
thudik hi an hre lo

Khawvel pum pui hi indona siamtu mahni hmasial,
duhâm duhna avang hian buaina leh buainaah a pil bo a ni
Engmahin indona a siam lo

Nunna indonaa mi huaisen ropui ber chu mahni hnehtu
leh a duhzawngte hnehtu hi a ni
Sum leh pai te, hmingthanna te, duhna te, leh he thu bul
kalh zawng zawng hian kan thlamuanna leh hlimna a tichhe
vek a ni

Mite hian nun hlutna dik tak ngaihtuah reng hi zir sela
chuan an zawn hlimna chu an hmu ngei ang
Mahse an tum a\angin an kal bo a, leilung duhzawng
luang chhuakin a nuai bo ta a ni

Thlemna engmahin ka kawng thlan leh keimah tan ka
zawh dan atang hian min hruai bo thei lo tih ka hmuchhuak
ta

Pathianin thiltihtheihna min pek hmang hian mi sang
tam tak ka hip thei a, mahse chu thiltih dan chuan ka tan a
tichhe dawn a ni
Eng pawh ni se, mi sang tam tak hip leh an rilru hneh ka
duh lo

Pathiana zung nghet tak nei zirtir thinlung tak tak hmuh
hi ka duh mai a ni

Pathian hmangaihtute chuan heng ngaihtuahnate hi an
tem ang a, an thahnemngaihna tuar rengte chuan Pathian
malsawmna an dawng ang

A awmna chu heng zirtirna hmang hian a lang Chiang
hle

Miin Pathian bum theih a ni lo, a chhan chu a
ngaihtuahna hnung lamah direct-a awm a, a rilrua thil thleng
leh a duhzawng a hriat vang a ni

Khawvel a phatsan a, thlarau lam inremna a duh hunah
chuan Pathian chu a hnenah a lo kal ang

Chu duhna chuan duhtu thinlungah zung a kaih chuan
Pathian chu chu thinlungah a lo kal a, thatna leh
malsawmnain a khat thin

Thil neihte hian remna dik lo leh lungawina rei lo te
chauh a pe Mihring nun chhan dik tak awm chhun chu a
Siamtu nena inrem leh A duhsakna chan hi a ni

Chu inremna chu chatuan thuthlung leh thuthlung
bawhchhiat theih loh a ni tur a ni

Aw Lalpa, ka chhungah I damna êng ka lantir theih nan
thianghlim takin min ti langsar ang

Ka rilru darthlalang, lungkhamna avanga nghing chu, i
hmel tawp nei lo chu a lantir theih nan timuang rawh
I thlamuanna rimtui ka thaw chhuah theih nan ka
thlarauah rinna tukverhte chu hawng rawh

Nun tum awmchhun chu Pathian hriat hi a ni tih ka
hrechhuak ta
Pathian hriat hi nun tum ber a ni tih ring tlat lo pawh an
awm thei Mahse nun tum ber chu hlimna hmuh a ni tih hi
tumahin an hnial thei lo Tin, Pathian chu hlimna tawp ber a
ni tih hi rinna famkim leh chiang takin ka sawi a ni
Hlimna ropui ber a ni
Khawvel pum huap hmangaihna famkim a ni Chu chu a
nena inremte thlarau chhuahsan ngai lo chatuan hlimna a ni
Chuti a nih chuan engvangin nge chu hlimna tawp ber chu
?neih kan tum loh
Midangin min pe thei lo Mahni chhungah kan enkawl
reng tur a ni a, kan chin zel tur a ni
Khawvel hian mite hnena a nawmsakna pe turin a bei
reng a, mahse chutiang hlimna rei lo te chu a tawpah chuan
inchhirna, lungngaihna leh simna a thlen thin Mi vannei ber
pawhin, engkim nei ang maia langte pawh hi an la hlim tak
tak lo mai thei a, leilung thilah hian rei tak an lungawi lo mai
thei, a chhan chu an tuihalna dik tak chu an ti reh lo va, an
thlarau lam riltamna pawh an tireh lo baw
Pawn lam thil kan ngaihtuah tam poh leh chhungril
ropuina kan hre thei lo
Chu chu Pathian thlarau chatuan hlimna tem hian kan
tawng thei a ni
Chhung lam kan hawi tam poh leh pawn lam harsatna
kan tawk tlem zawk It's a constant equation, mahse mi tam
zaw chuan khawvel ṭhian nihna, an chenna khawtlang leh
an nunphung hrisel lote nghawng avang hian he thudik hi an
hre lo
Khawtlang chuan mi chu thudik thuk zawk ngaihtuah
phal lovin thil langsar tak takah a thun lut a, a buaipui reng a
ni
Thlarau lam hmunte pawh mi ṭhenkhatin an malsawmna
boruak aṭanga hlawkna hmuh duhna tak tak nei lovin an
tlawh ṭhin

Chu tlawhna aţang chuan engmah an hlawkpui lo tak zet

a ni

Pathian hmuh duhtute chuan khawi hmunah pawh an

hmu ang Mihring tih dan hi a tichhe thei a, a tichhe thei

bawk

Tichhe thei, tichhe thei, tihboral leh tihboral thei

rannung râpthlâk tak

Miten an neih ang anga hlim leh lungawi dan an zir a

hun tawh hle

Kan kawnga thil lo thleng ai chuan engmah kan duh tur

a ni lo Pathian hi a thilphal a ni; Kan mamawh chu a hria a, a

hun takah a pe chhuak thin Hei hian theihtawp chhuah lovin

Pathian kan rinchhan tur tihna a ni lo—engmah a ni lo Kan

theihna zawng zawnga kan chanvo kan hlen chhuak tur a ni

a, a bak chu Pathian kutah dah mai tur a ni tihna a ni a, ani

hian kan mamawh leh phu tawh min chhuhsak ngai lovang

Chatuan hlimna kawng tha ber chu Pathian awmpuina

hriat hi a ni Kan duhthusam sang ber chu Pathian hriat leh a

bula awm tura thutlukna siam hi a ni tur a ni

Pathian hian kan ngaihtuahna leh rilru put hmangah

hmun hmasa ber leh sang ber a chang tur a ni a, kan nunah

lungphum nghet ber leh nghet ber nia kan ngaih tur a ni

Pathian, a khawngaihna famkimah

Hlimna leh fuihna min pe thin

Tin, nun tak tak min pe bawk

Finna dik tak

Tin, hlimna dik tak a ni bawk

Hriatthiamna dik tak hmangin

Kan nunah thil tawn hrang hrang zawng zawng

Mahse Pathian ropuina a lang lo

Thlarauin a hriat thlarau muannaah chauh lo chuan

Tin, chu chu a inmil theih nan serious takin

Chutah chuan thutak hmachhawnin kan ding a

Ram pawnah chuan illusions hi a chak hle

Tlemte chauhvinn an paih chhuak thei

Pawn lam boruakin nghawng a neih dan
Khawvel hian a buaithlakna tawp nei lo chu a
chhunzawm zel a ni

Tin, a thil tawn chhiar sen loh te pawh
Nunna lanchhuahna hnung lamah Pathian aw a awm a

Min ko fo va, min be fo thin
Pangpar leh lehkhahu thianghlim hmangin
Kan chhia leh tha hriatna a\angin

Tin, thil mawi zawng zawng kaltlangin
Chu chuan nun chu nun tlak a siam a ni
Nightingale a ni

Kei hi i nightingale ka ni a, i cosmic presence vanah ka
chho a, i thutak ruahtui tla zawng zawng ka ni
Ngawi renga chhum khirh tak atang chuan i
khawngaihna ruahtui tla thla turin rinna thuk tak nen ka
tawngtai a che

Tin, tuihal lutuk ka nih avangin nangmah ka hriatna
point thianghlim zawng zawng chu duhthusamin ka dawng
vek a ni

Aw, ka chhung leh ka chhehvela i awmna chu hriat ka
!duh em em

Ka tuihalna rei tak chu i khawih hian ka thlarau kang leh
duhthusam leh duhthusam avanga ka meialh a tihlum khan
a reh chauh a ni Beidawnna leh beiseina nei lo hun chu a
liam ta a, ka harsatna vawt tak chu i thlamuanna ruahsur
nasa takin a bo ta a ni

Tin, tunah chuan ngawi reingin ka hover a, ka soar a,
lungawina leh lungawina hla ka sa a
I awmna sang tak atanga i thlamuanna tui luang chhuak
chhunzawm zel chauh in thin i nightingale ka ni

Mimal, industry, leh politics lama mahni hmasialna te,
hnam pakhatin hnam dang aia chungnung zawka ngaihnain
a tiharh, rinna leh thurin sumdawnna te hian hnam leh chi
hrang hrangte inkara inthenna leh inhlak takna a siam vek a,
indonain leilung hi a tikehsawm a Chumi avang chuan sum

leh pai lama chhiatna, thlarau lam hriat lohna, leh mipui
zawng zawng hrehawmna a thleng ta a ni
Thlarau lam mizia te, thil neih thatna te, leh mihring
mize ropui tak takte inzawmkhawm—mi hlawhtlingte nunah
a lan chhuah kan hmuh ang chi—siam hi nun hlimna bulpui
ber a ni a, mihring tha ber berte a siam chhuak ang
Engtik lai pawhin, khawi hmunah pawh
Ngaihtuahna dik tak, nungchang tha, leh mi dangte
chungarilru lama lainatna dik tak neih tumnate chu kan
pawm tûr a ni
Dik tak chuan, mihringte hi dikna, lainatna, leh thil chi
hrang hrangte intluktlanna leh inthlau taka tihhmasawn
hmangin kan chawisang a ni
A mizia finna, thlarau lam leh nungchang lam hawi
zawng zawng
Mihring zawng zawngte thil tum ber chu remna te,
lungawina te, himna te, hriatna te, leh thih theih lohna te
neih hi a ni
Tin, he kan chhunga famkimna thup duhnaah hian
Pathian lem a awm a ni
He milem malsawmna hian an nihna sang zawk nena
inmil mihringte hmangin inpuan chhuah a tum a ni
Pluralism hi thilsiam dan a ni a, inpumkhatna chuan thil
awmze nei lo (absolute) lam a pan a ni
Inthenna leh inthenna a awm chuan khawvel hi indona
leh thihna meipui chungarilru hrehawmna leh hrehawm
tawrhna a lum leh a bubbuak, bawm a lo ni ta a ni
Thinlung inpumkhattirtu, thlarau inhnaih tirtu leh thutak
nena inzawmkhawmtu nun tha ber
Hlimna, remna leh chatuan kawng a ni
Pathian chauh lo chu engmahin lungawina min pe thei lo
va, kan mit ata hrehawmna mittui a hrufai thei lo
Mihring thlarau hi a pum pui a\anga \hen hran a ni a, a
pum puiah a kir leh a ngai a, a pum puiah a kir leh a ngai a,

hlimna kan zawn hian hlimna zawng zawng bulpui Pathian
hnenah min hruai tur a ni

Kan hriatna tuihalna chu Pathian finna tuikhuah ata
tihreh a ngai Kan thlamuanna chu Pathian remna sawifiah
theih loh nena inzawm a nih chauhvvin a famkim ang

Kan awmna hian chatuan a nih theih nan Pathian
awmna a mamawh a, kan hriatna chu cosmic consciousness
nena a khawih leh inzawmkhawm hunah a zau zel ang a, a
zau zel ang Kan hlimna chu tawp chin nei lo a ni ang a,
Pathian hlimna nena inzawm a nih chuan a let maktaduai
tam takin a pung ang

Duhamnain a tihlum pum chu
Vawikhat chu mi fing pakhat hian mi ei leh in ei leh in a
.ei a, mi fing chuan: "He chaw tha hi ka ngaina" a ti a
Mahse a ei tam lo Mi ei leh in ei tam tak chungchang
erawh chuan a dam chhungin hetiang chaw tui tak hi a la
tem ngai lo

A ei chhunzawm zel a, a stuff a, ei tam lutuk avanga a
thih thlengin In dam rei rawh se
Mi fing, duhthusam chuan ei tur chu a hlim hle a, mahse
ei leh in ei thinte tichhe thei rilru lama inzawmna nei lovin Mi
fing chu a thlarau chawmtu leh a taksa cell-te tichaktu
thlarau lam chakna langtlang tak takte nen a inmil a, a ei
hunah chuan a hnena a thlen tih a hriat chian em em cosmic
energy luang chhuak chu a tikhawlo emaw, a tikhawlo emaw
loh nan a tlem berah a ti thin

Thlarau nun hmang tur chuan engkim kalsan a, nun
khauh tak neih a ngai lo va, mihring hi chhang chauhvvin a
nung lo tih hriat reng a ngai a ni

Hmangaihna Paradis leh hlimna vanram
I êng malsawm êngah chuan ka thlarau dilnate ka hlan a

ni

Tin, ka thinlung thilpek inngaitlawm tak hi pawm turin
ka ngen bawk che a ni

Thim thlarau te chu ka lakah hla takah dah rawh

Van mit atang chuan min en teh
Ka thinlung leh ka rilru put hmang chhuahna atang hian
Biak inah ka hmangaihna che min hmuhtir rawh
Thil tha ka hmuh theih nan mal min sawm rawh
Thil tha ka ngaihtuah thin
Tin, mi tha leh nungchang tha tak takte nen in
inhmelhriat bawh ang che
Tin, nangmah ka ngaihtuah theih nan
Aw Nang thatna leh felna zawng zawng bulpui i ni
I khawngaihna avangin ka nunna hmun thianghlim ata
hnawhchhuah ka ni ang
Ngaihtuahna hrang hrang zawng zawng
Tin, ka chhunga i awmna malsawmna nen pawh ka
resonate bawh
Hlimna paradis-ah ka cheng ang u
Ngaihtuahna ropui leh ropui tak tak ka ngaihtuah thin
I hlimna rimtui chu min theh la
I hmangaihna thianghlim chuan min tuam reng rawh se
Hmangaihna paradis-a ka awm theih nan mal min sawm
ang che
I Pathian awmna nuam ti takin
Tin, i vanram thlamuanna pawh
Tin, thlarau thi thei lo ka ni tih ka hriat theih nan
Tin, i êngin ka nung bawh
Tin, i malsawmnain ka nung bawh
Ka Pathian duh tak
Garden of Dawn atang chuan
Eng pangpar ka la seng ang che
Inngaitlawm taka hlan turin
I keah chuan
Ka hmangaihna che arsi piercing chu ni rawh se
Thawhrimna sang zawk nen hmalam a pan ta a ni
Mak tihna boruak hmangin
Tin, ka theihnghilh che hi
Tin, a thim chu a ti bo bawh

Min theihnghilh suh ang che
Ka theihnghilh che pawh nise
Min hre reng ang che
Ka sawi lo che pawh nise
Pathian hi ka nunah a hlu ber a ni
Ka chhia leh tha hriatnaah chuan a lal ber a ni
Tin, finna thute chuan min tichak a ni
Kawng dikah min kaihruai thin
Chu chu ka adopt tur a ni
Nun inthlau tak
Chu chuan Pathian leh thilsiam dan zawng zawng a
ngaihtuah vek a ni
Activity leh thlamuanna a inzawm khawm a ni
Hlimna a thlen a, mihring chanvo a tihlawhtling bawk
In chu lunghlu khata khat chu thim zingah hmuh tur a
awm lo
Chutiang chuan Pathian awmna chu hriat theih a ni lo
Hriat lohna zan a lal chhunzawm zel chhung chuan
Pathian kan hriatthiamna hi a tak tak a nih loh chuan
Chumi tel lo chuan kan nitin hna kan hlen chhuah theih
loh nan
Pathian leh nunna inkarah hian inzawmna engmah kan
nei lo tih a chiang hle
Ambition kan neih a, midang rawngbawlina ngaihtuahna
hmanga lallukhum kan khum hian
Midangte tanpuiin mahni kan in tanpui thin
Aw, Lalpa
Ni êng pawimawh tak darh zel nen
Mi rethei leh raltlante thinlungah beiseina eng ka theh
darh ang
Tumruhna leh mahni inrintawkna khawnvar khalh rawh
Hlawhchham nia inngai te thinlungah
Nun hi zirna leh tih tur hlen chhuahna sikul a ni tih kan
hriat chian hian
Chutih rual chuan mumang rei lo te a ni

Tichuan Pathian chu kan hnenah a awm tih kan hria ang
Nun hi rawngbawlinaah a inngnat tur a ni
Chu thiltum ropui tak chu tel lo chuan
Pathianin mihring hnena a pek rilru chu a tihlawhtling
lovang

A siam chhan chu
Pathian hnuaia intukluhna chuan mi chu a hna zawng
zawng hlen chhuak thei turin a pui a ni
Lawmna leh Pathian chungaw lawmthu sawina nen
Inpekna hmang chauhvinn remna kan hmu thei ang
Finna leh nungchang lama chak lohna zawng zawng ka
hal vek ang

Design meipuih chuan
A chhan chu chutiang chak lohnate chu ka paih bo loh
chuan

Pathian meialh chu ka hmu thei dawn lo
Aw, Lalpa
Vawiiin hian thil Chiang tak tak tihlawhtlin ka tum tlat
dawn a ni

Tichuan ka ruahman ang chu ka ti ta a
Ka thil tum chu a dik leh dik loh ka enfiah hmasa ang
Tin, chutah chuan i chakna chu ka hre tawh ang
Tin, i tanpuina leh malsawmnain ka tih tum chu ka hlen
chhuak ang

Whispers leh Breezes te pawh a awm
Master Paramhansa Yogananda chuan a rawn ti a
Lehlin: Mahmoud Abbas Masoud-a lehlin a ni
Ego te tak te chuan a rawn strut kual mai thei
a, chhuanawm leh chapo takin: Kei hi nangmah ka
ni!

Mahse, ka nihna dik tak, ngilneihna leh
inngaihtlawmna pangpar chi hrang hrang rimmtui tak
chu hriat ka tum ang

**Aw Pathian, ka nihna dik tak min rawn pholang
la, ka thuk takah: I entawn tur ka ni a, ka anpui i ni
tih i sawi ri hi ka ngaithla ang che!**

Zan mumang huanah chuan

**Zan lama ka mumang huanah chuan pangpar
tam tak a par chhuak a: ka suangtuahna pangpar
hmuh tur awm lo tak takte Chutah chuan planet
êng lum tak a engna hmunah chuan leilung
beiseina hnahte chu a inhawng a, tihhlawhtlinna
leh lungawina par eng mawi tak takte chu a darh
chhuak a ni**

**Chu mumang êngah chuan, theihnghilh tawh
hmêl duh takte rilru put hmang, leh rilru natna hlu
tak tak nymph-te chu hun rei tak kal ta aṭanga hriat
lohna leilunga phum tawhte chu ka hmu a—an vai
hian puan eng hring dup chungin an tho chhuak a,
mumang vantirhkohte kohna chhangan, fiahna kal
tawh zawng zawng thawhleha chu ka hmu a ni**

**Lalpa, zan tin mumang ram tlawhna hmanga
nitin kan harsatnate theihnghilh theihna zalenna
min pe I laka harh chhuak tur leh mihring
lungngaihna laka chatuan atana tlanchhuak turin
min pui ang che**

Ka lo haw hun chu i nghak reng a ni

**Aw Pathian Inhumhimna! Nunna tuifinriatah ka
pil bo a, harsatna thlipui thlipuiin a rawn vawrh
kual vel a, nuam tihna thlipui chung a ka lo pil
emaw, a chang chuan lungngaihna thuk takah ka pil
emaw pawh ni se, i tuipui kam, ethereal shores
thlenga he pahnihna hi tlanchhuah ka duh em em a,
ka dilna thawk chhuak apiangin, ka inhumhimna
awmchhun chu ka hnaih zual sauh sauh a ni**

**Ka lo thlen hun tur chu i duh em em a, ka lo
haw leh tur pawh i duh em em tih ka hriat avangin
ka beih hi ka bansan dawn lo!**

paradis sava

**Paradis sava ka ni: i kut malsawmna hmanga
siam van sava ka ni**

**Khawngaihna leh rawng mawi tak takin min
chei a: hlimna hnuai lam leh thlarau lam pangpar
rangkachak hmul hmangin**

**Nunna boruak thim tak, mitmeng hlim lo takah
chuan hlimna paradis zawngin ka chho sang hle a,
ka hmul êng tak chu beidawna hmun dumin a rawn
hnawih a**

**Ka Pathian, lo kal la, i paradis sava chu finna
êng leh thlamuanna tui thianghlim leh tui takin
silfai rawh**

Pathian lemziak thiam

**Ka thinlung na zawng zawng hi i chungka ka
chatuan hmangaihna hlaah hian thu thar ni rawh se**

**Ka hmuin aw a chhuah apiang hian i aw
thianghlim atanga malsawmna vibrations rawn
thlen rawh se**

**Ka ngaihtuahna zawng zawng hi i awmna
hlimnain khat rawh se**

**Ka duhzawng chu i Pathian chaknain charged ni
rawh se**

**Ka ngaihtuahna, ka thusawi leh ka duhthusam
zawng zawngte chu i khawngaihna chei rawh**

**Aw Pathian lemziak thiam thianghlim ber, i duh
angin ka nun hi siam la, i design danglam bik angin**

Ka humhimtu i ni

**Lalpa, thlarau thianghlim lova thinurna leh
duhna sakawhte kaihthawh lo turin min pui rawh
Mahse min rawn bei a nih chuan ka thlarau chhunga
i venhimna lungpui lungpuiah hian ka inhumhim
ang**

**Aw Pathian Vênghimtu! Nang tel lo chuan
himna leh himna ka hmu lo vang, mihring kulhpui**

**hneh theih loh ber berte pawhin ka hmu lo vang Ka
humhimna khuhna leh harsatna puak thei puak thei
laka ka phaw nghet tak ni la, malsawm rawh,
chutiang chuan—surgery thianghlim hmangin—
nunna hliam leh shrapnel tuar zawng zawngte chu
ka tidam thei ang**

ecstasy thianghlim tak a ni

**I hnungzuitute tawngtai lai hian an mit a\angin
hlimna thianghlim êng chu ka la khawm a, ka
thlarau tuihalna nen ka pawlh a, ka ngaihtuahna
tuihal tak takte tana in tur hahdamna atan ka hlan
a chutichuan an reh hma loh chuan an in a, an
hrehawmna leh hlauhate chu a bo ta a ni**

**Tin, thlamuanna leh thlamuanna zawngtute tan
chuan he in tur mak tak hi thinlung taka thinlung
tak tak leh tum tha tak neia no langtlang takah ka
hlan a ni**

**He malsawmna elixir in apiang hian an
harsatnate theihnghilhin an hrehawmnate chu bo
vekin, hlimna rei tak nei rawh se!**

Chhiatna meipuiah mi tithianghlim rawh

**Ka nun raw metal chu chhiatna leh fiahna
meipuiah a hmin a, thu dik lo zawng zawng chu thil
tawn leh thil tum thianghlim meiah a tithianghlim
vek a ni**

**Pathian Siamtu, mihring chak lohna ata min
chhanchhuak la, thir ang maia chak duhna leh thir
khauh ang maia thlarau lam thutlukna min pe rawh
Ka essence thianghlim tak chu mahni inthununna
leh tumruhna dik tak hmanraw tangkai takah siam
thar turin min pui ang che**

Tin

Ka ni leh ka thla ni rawh

**Aw Lalpa, ka hlawhtlinna ni hlimawm tak tak
karah min kaihruai turin I finna eng rawn tir la, ka**

**lungngaihna zan thim tak karah ka kawngte ti eng
turin I thla khawngaihthlak tak êng chu rawn tir
rawh**

Ka hnenah lo kal rawh

**Chu ni zing chu a lo chhuak dawn em ni, i hming
malsawm tak sawina chuan mittui tuilianin ka hriat
lohna kamah a rawn nuai ang a, ka thinlung a ti
hnim ang em?**

**Tichuan, ka mittui khawlkhawmna dilah chuan
finna thianghlim lili te chu a lo chhuak ang a, an
êngin ka thim chu chatuan atan a tibo ang**

**Aw thil awm zawng zawng huapzo khawvel pum
huap Nu, ka hnenah lo kal rawh, I khawngaihna
zawng zawng huapzo leh I khawngaihna tawp nei lo
hmel chauh lo chu engmahin ka lungngaihna a tibo
thei lo va, ka lungngaihna chu a ti bo thei lo vang**

Bond chhe thei lo

**Lalpa, chhungril thlamuanna leh khawvel
thawm karah Nang nena kan inpumkhatna hmu
turin min zirtir ang che, ngawi renga min hual vel
emaw, thawm emaw hian min hual vel pawh a
pawimawh lo, hmun tinah leh engtik lai pawha I
awmna zawng zawng huapzo ka hriat theih phawt
chuan**

Chuvangin hlim takin ka hna hi ka thawk ang

**I thawkrim hle a, thinlung hlim maktaduai tam
take tan nuihzatna i thlen a, Nunna factory-a ka
hnathawh lai hian - nangmah ang bawka -
nuihzatthlak lo tak ka neih theih nan malsawm rawh**

**I chakna thlipui chu ka nitin hnathawhna luiah
chuan zai reng rawh se**

**Divine Mother, atom, pangpar leh universe
design hi nuam i tih ang bawkin, rilru inthlau tak
leh thlarau lungawi tak nena hnathawh leh thil siam
thuruk min zirtir ang che**

Rilru, rilru leh taksa lam damna

**Aw cosmic thlarau, taksa chu i cosmic energy
hmanga charge-a tihdam theih nan min pui ang che,
rilru chu hlim tak leh rilru lam ngaihtuahna hmanga
tihdam theih nan, leh a chhan zawng zawng bulpui
ber - hriat lohna - atanga thlarau tidam turin
damdawi tha ber: nitin Pathian ngaihtuahna
thianghlim hmanga tihdam turin min pui ang che**

Damdawi tih nemnghehna

**Aw Pathian Thlarau, ka taksa hi Nangin i siam a,
chuvangin a chhungah i awm avangin a hrisel a, a
hrisel bawh Nangmah ngei hi famkimna i ni a, kei
pawh I anpuia siam ka ni a; chuvangin, ka dam tha
a, ka dinhmun a tha ber bawh!**

Midang tihdamna atana nemnghehna

**Pathian anpui i ni a, a chatuan chakna chuan i
taksa cell leh tissue tinrengah a tuam vek a I nihna
zawng zawng chu A Pathian awmna nen a rawn
pulsate a A khawngaihna avangin i hrisel a ni**

Ka lawng captain ni rawh

**Aw Lalpa, ka nitin hnathawhna lawng hotu ni la,
I tuipui kam thianghlim, chau tawhte tan himna leh
chawlhna hmun thleng turin kaihruai rawh**

Mi âtna kawng dik lo meipui

**Thil tihsual zanah chuan rilru hlimna rilru
tibuaitu mirage chu kan um zui a; tin, thlarau lam
hmasawnna kawng kan zawh lai chuan beidawnna
leh hlohna hnim hring zingah kan tlu lut ta a ni**

**Aw Lalpa, Nang fimkhur leh ngaihven rengtu,
duhthusam leh rilru natna tui thuk lo tak chung
âtna meialh lo chhuak chuan hlimna bulpui lem leh
thangah min hruai lut suh**

**I fate kan ni a, kan vanram thlen duhtu kan ni a,
Thlarau hriatna chhungril êng, i êng thianghlim chu
zuiin, i malsawmna tuipui lam pan tura min kaihruai**

**a, min ko a, kan thil tum kan thlen theih nan
Malsawm rawh!**

I aw chu ka hre ta

**Nun tam takah chuan i thusawi nem tak kha ka
hre tawh a: Lo haw rawh!**

**Mahse, duhthusam malsawm loh thawm karah
chuan a bo ta a, a bo ta a ni**

**Duhthusam queue-a mipui tam tak awmna chu
ka kalsan tawh a, ka thinlung virginal retreat-ah ka
sawm ang che**

**Nangmah ngaihtuah tura ka thut hunah chuan
ka hriatrengna kil khata la awm reng lei thlemnate
chu i tibo dawn em ni?**

**Ka thlarau thlamuang takah chuan i malsawmna
aw hriat chu ka thinlung zawng zawngin ka duh a ni**

Hriatrengna meipui

**Ka kawng ka bo mai thei a, kawng thim leh
labyrinth thim takah ka vakvai mai thei a, mahse
Aw cosmic mother, rinhlelhna leh rinhlelhna thliin a
tihmit loh nan hriatrengna meialh te tak te chu i tan
veng rawh**

**Lei lam thil zawng zawng ka dil a, a tawpah
chuan nangmah chauh ka duh tih ka hmuchhuak ta
chauh a ni, Nu! Lo kal la, min kalsan ngai suh!**

I êng hmaah thim a bo vek

**Aw Pathian Zirtirtu, ka hriat lohna thim chu hun
chhung ang maia upa tawh mah se, I êng zing takah
chuan thim chu a awm ngai lo ang maiin a bo vek
dawn tih ka hrethiam ang che!**

Ka nun chhunga flute play rawh

Aw Lalpa hmangaihtu, ka kuahin i fate pui rawh

**Ka aw hmangin thu sawi la, ka rilru chu
midangte fuih nan hmang rawh**

**Ka thaw nen thawk la, nang chauh hi ka nun
flute-a i chatuan hla phuah thiam i ni si a**

I cosmic mei atanga meialh (spark) ka ni

**Thilsiam bul tan tirh khan i hnute meialh atanga
thilsiam meialh a lo thlawh lai khan i khawvel lo
chhuahna chanchin tha puangtu planetary light
zaipawl nen ka zai a**

I planetary fire atanga chatuan meialh ka ni

**Aw hmangaihna leh dawhthei tak Divine Heart!
Kan inkara hmangaihna leh inpawlina thuthlung
siam thar leh turin min pui ang che—ngaihtuahna
hmangin—kan inkara hmangaihna leh inpawlina
thuthlung hi ka malsawmna zinnaah hian—nunna
hnua nunna—nang leh ka thlarau lam kaihruaitu chu
ka chatuan leh chatuan thian i ni tawh a, i ni reng
bawh ang tih hi ka hrethiam ang che**

Hlimna hriatna

**Dik tak chuan Pathian chu hlimna a ni ka tih hian
chatuan a awm a, ama malsawmna awm chu hre
rengin a hre bawh tihna a ni bawh Tin, chatuan hlimna
emaw, Pathian awmna emaw tawn kan duh hian
chatuan, danglam ngai lo awmna leh chu hlimna chu
hriat reng emaw, hriat reng emaw kan duh tak zet a
ni**

**Lecture hmasaah khan, rational argument
hmangin, kan zavaiin - a sang ber atanga a hniam ber
thlengin - hlimna kan zawng tih kan lantir tawh a, he
thil hi mi thiltih leh thil tum ngaihtuah hian pawm
theih thil a lo ni ta a ni**

**He thubuai hi tlem han sawi nawn leh ila: Mi sang
zawh pakhatin kan hnenah lo kal se, leia hnam zawng
zawng hnenah, "Aw mihringte u, chatuan lungngaihna
leh tawp thei lo hrehawmnate chu chatuan awmna
nen ka pe ang che u In pawm ang em?" Chutiang
thilpek chu tumahin an pawm lo ngei ang, a chhan**

**chu mi zawng zawng hian chatuan awmna neia
chatuan hlimna an duh a Mihring chêtîrna en hian
mihring tin hian hlimna neih kan duh tih a târ lang a
ni**

**Chutiang bawkin, tumahin tihboral emaw, mahni
intihhlum emaw hi an duh lo va, an rawtna mai mai
pawhin hlauhna leh hlauhna a thlen angin Mi zawng
zawng hian awm reng an duh a, mahse chu awmna
hriatna emaw hriatna emaw nei lo chatuan awmna
hlan kan nih chuan kan hnawl ang Tuman hriat lohna
awm duh lo Kan duh zawng zawng hian tawp nei lo
hriatna neia awmna kan duh vek a ni**

**Tunah chuan Pathian chu eng nge ni? Pathian chu
hlimna emaw, hlimna chungnung ber emaw ni lo thil
dang ni ta se, Amah nena inpawlina hian hlimna min
thlen lo a nih chuan, a nih loh leh kan hrehawmna a
tiziaawm lo a nih chuan, Amah chu kan duh lo vang a,
A lam pawh kan hawi lo vang Pathian chu kan tan thil
tangkai lo tak ni ta se, Amah hnaih hi kan ngaihsak lo
vang What good is the idea of a Lord who remains
unknown to us, whose presence we cannot feel within
ourselves or in at least some aspects of our nunna?**

**Pathian chungchanga kan rilru ngaihdan chu eng
pawh ni se, hetiang hi: (A chungnung ber emaw, kan
chhungah leh kan chhehvelah a awm emaw), chu
ngaihdan chu a awmna pawh kan hriat loh chuan a
hual vel a, a awm reng a, a awm reng bawk a, chu chu
thil Chiang lo leh thuruk takin a khuh a ni**

**Hetianga Pathian kan hriatthiamna leh Amah kan
tawn danah hian kan inhnialna leh kan inhriatthiam
lohna avang hian kan tana a pawimawhna leh sakhaw
tana a hmantlakzia hi kan hrethiam thei lo niin kan
inhmu a He thlirna Chiang lo hian kan chhungah rinna
tling tak a siam thei lo va, chuvangin kan nun a
tidanglam lo va, kan nungchang pawh a takin a**

**nghawng lo va, Pathian hriat tumin a tul anga
thawhrimna pawh min tichak lo bawh**

**Tin, khawvêl sakhua hian Pathian chungchâng
eng nge a sawi? Pathian awm tih finfiahna chu
keimahni chhungah a awm tih a sawi Chu chhungril
thil tawn a ni I nunah hun khat tal chu i hre reng tur a
ni, tawngtainaah emaw, dilnaah emaw, taksa lama
tihkhawtlai leh daltu te chu a bo tawh emaw, a bo
hnaih tawh emaw tih i hriat lai kha, hmangaihna
tenau leh huatna te, hlimna leh hrehawmna te chu i
rilruah a tlahniam vek a, i thinlung atangin hlimna leh
thlamuanna thianghlim a lo luang chhuak a,
thlamuanna i hlim hle a ni hlimna leh lungawina
engmahin a tibuai lo**

**Chutiang thiltawn ropui tak chu mi zawng zawng
hnena pek a nih tlangpui loh laiin, engtik lai pawhin,
tawngtaina emaw, biakna emaw, ngaihtuahnaah
emaw pawh ni se, thlarau lam hlimna leh remna
thianghlim hun tlemte kan tawng tawh tih hi rinhlelh
rual a ni lo Hei hi Pathian a awm tih finfiahna a ni lo
em ni? Tih tak zeta tawngtaina emaw, thinlung taka
biakna emaw huna kan chhûngril lama hlimna
thianghlim kan neihte aia Pathian awm leh nih loh
finfiahna dik tak dang eng nge kan hlan theih ang ?**

**Pathian awmzia cosmic evidence awm mah se—
effect atanga cause thlengin, khawvel atanga khawvel
Siamtu thlengin—teleological argument (nature
thiltum zawwna nena inzawm), cosmic plan leh
adaptation atanga chu plans thlenga Universal
Intellect, ruahmanna leh inthlak danglamna zawng
zawng siamtu Universal Intellect thlengin moral
argument pawh a awm bawh: chhia leh tha hriatna a\
angin famkimna hriatna a\
angin kan hmaa awm dik lo
thei lo Being thlengin stand, accountable for our
duties and responsibilities Mahse, heng thubuaite hi**

rilru thiltihtheihna tlemte hmanga Pathian hriatna famkim emaw, direct emaw kan neih theih loh avangin, heng thubuaite hi finna ngaihtuahna atanga lo chhuak, degree hrang hranga lo chhuak a ni tih pawm a ngai a ni

The faculty of thought, or intellect, provides a fragmented and indirect view of things Thil pakhat chu finna lama hriat chhuah tih awmzia chu a nena inzawm chung a hmuh loh tihna a ni a, chu aia inthen laia hmuh a ni zawk Mahse, intuition hi thutak hriat theihna kawng dik tak a ni He intuition hmang hian hlimna hriatna emaw, Pathian hriatna emaw a nei thei a ni

Hlimna hriatna leh Pathian hriatna awm tak tak chungchangah hian inrem lohna a awm lo, a chhan chu hlimna hriatna kan neih hian kan mimal nihna emaw, kan mize tlemte emaw chu a inthlak danglam a, a danglam tawh niin kan hria a, hmangaihna leh huatna, hlimna leh hrehawmna pahnihna chu kan paltlang tawh a, hriatna pangngai dinhmun tlemte chu chiang taka kan hmuh theihna level kan thleng ta a ni also experience an inner expansion and a comprehensive empathy for all things Hetiang dinhmunah hian khawvel thawm chu a bo vek a, phurna a bo a, kan chhungah hian awmna inpumkhatna hriatna leh cosmic light hmuhnawm tak a lo chhuak thin bawlhhlawh leh inthlak danglamna zawng zawng chu engmah lovah a bo vek a, ram dangah kan insawn tawh ang maiin kan inhria a: chatuan hlimna leh tawp nei lo hlimna bulpuiah Is chuti a nih chuan, hlimna hriatna chu a chung a kan sawi tawh hriatna dinhmun zawng zawngte lan chhuahna Pathian hriatna a ni lo vang?

Chuti a nih chuan, Pathian chu mihringte tawnhriat thlamuang leh hlim tak ram chhunga kan

**hruai luh chauhvin hlimna anga ngaih theih a ni tih a
chiang a, Chuti a nih chuan Pathian chu intellectual
theories hnuaia hypothesis mai mai a ni tawh lo vang,
he Pathian ngaihdan hian midang zawng zawng a
phak lo em ni? Kan thinlungah ngaihtuahna hlimna
angin a inpuang a, tawngtaina thuk tak leh thinlung
taka biaknaah Thlarau thlamuang tak neitu chu
malsawm a ni!**

**Hetianga Pathian kan hriatthiam chuan—chu chu
hlimna taksaah a ni—chutiang chuan sakhaw hi
khawvel pum huap thil tulah kan siam thei ang, a
chhan chu tumahin hlimna neih an duh tih an hnial lo
va Tin, mi tu emaw chuan kawng dik hmanga neih a
duh chuan Pathian nena an inhnaih em em avang leh
Amah an hriat chian em avangin sakhaw mi anga
ngaih an ni a, Pathian chu a taksaah thinlung hnaih
tak anga kan sawi tawh ang khan nuam tak**

**He hlimna, a nih loh leh Pathian hriatna hian kan
phal chuan kan thiltih leh mizia zawng zawng a tuam
thei a Tin, kan vawng reng thei a nih chuan he leia mi
tinte thiltih leh thil tumte sakhaw lama hlutna
(relative value) chu kan rel thei a ni**

**Vawi khat chauh pawh ni se, hlimna hriatna neih
hi kan sakhaw, kan thil tum leh kan thil tum ber a ni
tih kan hriat chian chuan, khawvel sakhaw hrang
hrangte zirtirna, rawtna leh khapna hrang hrangte
awmzia chungchanga rinhlelhna zawng zawng chu a
bo vek ang thil awm dan thurukte chu a lo lang ang a,
kan nun chipchiar tak takte chu, an thiltih leh
chêttîrna hrang hrangte nêna a êng ang Thil tak tak
leh ngaihtuahna fim lo, harh leh mumangte chu kan
thliar hrang thei ang Mihringte hruai sual fo tawh leh
mite inkara inkharkhip siamtu nunphung leh
nunphungte pawh a hlawk lo tih pawh kan hmu ang
Chu bâkah, sakhaw hi hetiang taka hriatthiam a nih**

chuan, hetiang hian tumah an awm lo ang khawvel—
naupang emaw, puitling emaw—chuan zirlai emaw,
hnathawk emaw, ukil emaw, doctor emaw, engineer
emaw, thingrem siamtu emaw, zirtirtu emaw,
hnathawk emaw, thilpek petu emaw, nunah an
dinhmun eng pawh ni se, an ti thei lo vang

Sakhaw chu mamawhna rilru tihbo a, hlimna neih
a nih chuan, tu nge sakhaw mi nih duh lo ang, a nih
loh leh, hmanraw leh kawng dik tak hmanga inhriattir
a nih chuan tuin nge chutianga nih chu nasa zawka
bei lo ang?

Hetah pawh hian sakhaw hrang hrang tamna lam
ngaihtuah tur a ni lo Khawvela mi zawng zawng hi
mahni duh danin sakhaw mi kan ni thei a, chu chu
hlawhtling zawkin an ti thei a, kawng \ha tak tak
hmangin Hetah hian, class emaw rinna emaw, pawl
emaw, pawl emaw, incheina emaw, boruak emaw,
kum emaw, mipa emaw, hnathawh emaw, dinhmun
emaw a\anga inthliarna a awm lo, a chhan chu hei hi
khawvel pum huap sakhaw a nih avangin Pathian chu
sakhaw zawng zawng leh rinna zawng zawng
lungphum bulpui ber a nih angin, hriatpuina a ni
Hlimna nen amah chu sakhaw zawng zawng zâwlneite
hriatnaah chuan thupui inang a ni He Pathian ngaih
dân hi thil awm lo emaw, kan thlarau lam beiseina leh
duhthusam nêna inzawm lo emaw a ni tih ngaihtuah
tûr a ni lo

Pathian chu keimahni ang thil nung a ni lo va, kan
thlirna tlemte leh mihring hmuh theihna tawp nei Kan
awmna, hriatna, rilru put hmang leh thil siam
theihnate chu A hriatna leh hlimna thlalak mai a ni
Amah hi awmna famkim leh chungnung ber a ni a,
chutih laiin kan awmna, hriatna leh hriatnate chu a
tlêm a, a pangngai a ni Heng thilte hi Pathian nihnaah

chuan a tawp chin nei lo a ni dik tak chuan, an chungnung ber leh tawp nei lo an ni

Pathian chu remna famkimin kan hre a, hlimna hriatna hmangin kan hre Chiang a, A awmzia finfiahna dang eng nge awm? He hlimna dinhmunah hian kan thlarau lam beiseina leh duhthusamte hian Pathianah tihhlawhtlinna leh tihhlawhtlinna a hmu a, chutiang bawkin kan duhthusamte hian biak tur thil emaw, thil emaw a hmu a ni

Lawmna hriatnaah chuan khawvel hlimna leh lungngaihnhate chungah kan tho a, mahse kan mawhphurhna leh mawhphurhna hlen chhuah a tulna chu kan paltlang lo

Mahni inhriatthiamna neitu chuan Pathian chu a awm chhunga agent awmchhun a nihzia Chiang takin a hria a, a chhan chu hlawhtlinna thiltihtheihna zawng zawng chu Amah a\angin a lo thleng a ni Detachment tihpunna nen chuan ego tenau tak chu a bo a, a tlahniam a, khawvel stage-ah hian kan chanvo ruatte chu kan hlen chhuak niin kan hria a, rilru lam thil \ha emaw, \ha lo emaw, heng chanvo nena inzawm hmangaihna emaw huatna emaw hian min nghawng lo niin kan hria This play

of.. ..

.. .. nun hian bul tanna leh tawpna a nei lo Mi tin hian Stage-a Director Ropuiin min pek chanvo chu phunnawi leh thinrimna nei lovin kan play tur a ni, drama hmangaihna leh Director zahna avang hian Lawmna hriatna neitute chuan khawvel hi stage a ni tih an hria ang a, an theihna leh kutchhuak thiamna zawng zawngin an chanvo an hlen chhuak ang a, Director Ropui kaihhruaina leh kaihhruaina hnuaia hnathawk an nih thu an hre reng ang Stage: Pathian Engkimtitheia, awm thatna leh lawmna zawng zawng bulpui ber

Remna awm rawh se

Cosmic consciousness atanga thlirletna

Mihring chu he khawvelah hian amah chauhva zin
chhuak mikhual ang maiin a lang thin

A ta nia a ngaih mite chu an ni tak tak lo
Kan chanvo hian kan mimal kawng hrang hrang a ruat a,
tumahin mihring dang an thunun thei lo va, an nei thei lo
bawk

Chuti chung pawh chuan, he khawvelah hian keimahni
chauh kan ni lo, zung thuk leh nghet tak nei inzawmna nghet
tak tak thenkhat a awm avangin, chuta tang chuan thlawpna
leh lawmna kan hmu thin

?Heng kan hnaih berte hi tute nge ni
Kan chhungkua mi an ni fo lo va, inṭhianṭhatna nghet
tak neia kan hriatte an ni zawk

Entirnan, ka rin thu bulte chu enkawl leh lo thanglian
tawh mi an awm Anni chuan min ngaihlu a, an hmangaihna
leh zahna chu ka chhang let a, malsawmna inzawmna
chuan \hatna, hmangaihna leh remna-ah min inzawm khawm
niin ka hria

Hmeichhia leh mipa, an nun inzawmkhawma, hlutna leh
duhthusam ropui tak tak hmanga inpumkhat leh infuih
tawmna chuan an inneihna chu thuhnuairawlh taka
hmangaihna lungphumah an din a ni

Nupui pasal, nu leh pa leh fate, ṭhian leh ṭhian, mahni
leh midang zawng zawng inkara hmangaihna thianghlim leh
thuhnuairawlh nei lo chin hi khawvela kan lo kal zirlai a ni
Inneihna dik tak chu hmangaihna chêtṭîrtu thiltihtheihna

leh ropuina leh zahawm taka thil tih tumna nghet tak
hmanga chu hrehawmnate chu tihbo leh tihdanglam tûrin
mahni hmasialna, thinrimna ṭha lo leh nungchang ṭha lo
rimchhiate chu dawhtheihna test tube-ah theh luh laboratory
a ni

Partner (A)-ah hian partner (B)-a mizia duh loh tak
tichhuaktu mizia bik a awm a nih chuan partner (B) hian
chutiang chhan a awm tih a hriat a ngai a, chu chu a
chhunga rimchhia thup awmte chu a hriat theih nan leh a
paih chhuah theih nan a pholang a, chutiang chuan a mizia
leh a nihna a tithianghlim a ni
Nupuiin an duhsak tawn theih ropui ber chu thlarau
lama inhawnna a ni a, chu chuan inhriatthiamna,
dawhtheihna, ngaihsakna leh hmangaihna mizia tha tak tak
a rawn keng tel a ni
Mahse thlarau lama thanlenna chu mi dang chungah
nawr luih theih a ni lo tih an hre reng tur a ni
Miin a chhûnga hmangaihna a tawn a, a thiltih
ṭawngkam hmanga a lehlin chuan a hmangaih takte chuan a
nghawng ṭha tak chu an hre ang a, hmangaihna leh zahna
chi hrang hrangin an chhâng lêt ang
Nupa inneihna thiltum sang zawk an hriatthiam loh
chuan nupa nun hlim tak an nei lo mai thei
Mipat hmeichhiatna hman tam lutuk, inhriatthiamna tam
lutuk, rilru na tak tak, rinhlelhna tha lo, thusawi leh thiltih
sawichhiat, naupang hmaa inhnialna, thinrimna chhuah, leh
harsatna kawppui dang chungah puh hengte hi inneihna
lungphum tichhe thei tur thil a ni
Nupui pasalte chu an rinawm tawn tur a ni a, kawng
engkimah a dang tihlim turin theihtawp an chhuah tur a ni
Kawppui pakhatin thlarau lam duhna a tlakchham
avangin nun kawppuite chu an in thlahthlam tur a ni lo va, a
theih chhung chu pakhat zawk chungah nghawng tha tak an
nei tur a ni
Inneihna hi rilru na tak leh inzah tawnna siamna
laboratory ropui tak a ni
Duhsakna \ha tihhmasawn nan te, bawlhhlawh laka
hmangaihna tihthianghlimna tur te, midangte rawngbawlina
tur leh hlimna tur atana mahni hmasialna ngaihtuahnate
hlanna sikul a ni bawk

Nupa nunah chuan midang ngaihdan zah a pawimawh a,
thil tenawm tak tak avanga inhnial leh inhnialna laka
inthiarfihlim a pawimawh Inzah tawna hian hlimna a siam a,
chutih rualin midang ngaihdan hmuhsitna chuan rilru lama
inhnialna, thinrimna leh boruak rimchhia a thlen thung
Inneihna hlawhtling tak chu thlarau lam leh rilru lam
mizia sâng tak, hmangaihna êng tak, ngilneihna,
inngaihtlâwmna, lainatna, ðhian ðha taka inhriatthiamna, rilru
zau tak, leh rilru natna nalh tak takteah a innghat a ni
Nupa chuan hmangaihna an nei tur a ni a, chu rilru put
hmang chu hun engemaw chen chauh tikhawtlai loh tur a ni
a, chuti lo chuan bo, thinrimna, a nih loh leh inhuatna pawh
ni se, inthenna pawh a ni mai thei
Hmangaihna hi taksa emaw rilru emaw chak lohna aiin a
chak zawk a, chuvangin dinhmunin a phuar tur a ni lo
Hmangaihna hi mi dang hnen atangin tharum hmanga
laksak theih a ni lo va, thinlung atanga thinlung thlenga
mahni duhthua thilpek anga pawm theih chauh a ni
Hmangaihna chu inngaihtlawmna leh inrintawkna
boruakah a lo thang lian a, a lo thang lian a, inhuatna leh
inhuatna boruakah a thi bawk
Hmangaihna chu hnaih - hla takah a nung a,
inhriatthiamna dik lo takah a thi bawk
Tin, a chhinchhiahna zingah chuan anmahniah
thlamuanna in hmuh theih nan nangmahni a\angin
kawppuite a siam che u tih hi a ni a; tin, in inkarah
hmangaihna leh khawngaihna a dah tak zet a ni Chutah
chuan ngaihtuahna petu mipui tan chhinchhiahna a awm tak
zet a ni
. {tichuan an pahnih chu tisa pakhat an lo ni ang}
Inneihna hlim tak neihna atana thil tul hmasa ber leh
pawimawh ber chu thlarau inpumkhatna a ni - thlarau lam
duhna leh thiltum inang lo tak, chu thil tumte chu zirlai,
thawhrimna leh mahni inthununna hmanga tihhlawhtlin
duhna dik tak a ni

Thlarau inpumkhatna nei nupa chuan thil dang a awm
loh pawhin an inneihna chu a hlawhtling thei ang
Inneihna hlawhtling tak neih theihna tura thil tul
pahnihna chu finna, khawtlang, boruak leh thil dang
ngaihvenna inang lo hi a ni

Thil mamawh pathumna leh pawimawh lo ber chu, êng
nei lote zingah hmasa ber ni mah se, taksa lama hipna hi a
ni

Taksa lama hipna hian a mamawh hmasa ber emaw, a
pahnihna emaw a tlin loh chuan a hipna leh chakna a hloh
nghal vat thin

* * *

He khawvelah hian kan thawkrim tur a ni a, hna \angkai
leh siam\hatna tur kan thawk tur a ni

Mahse kan hna kan thawh zawh hunah chuan kan chawl
a, kan chhungri lah thlamuanna kan zawng tur a ni

Kan nerve te hian chakna siam that leh chakna siam
thar leh turin chawlh hahdamna leh thlamuanna a mamawh
tih pawh kan hre reng tur a ni

Nervous system muang tak kan neih chuan kan thiltih
apiangah kan hlawhtling ang a, chu bâkah, mahni inrem leh
Pathian nêen kan inrem bawh ang

* * *

:A hnungzuitu pawl pakhat hnenah chuan
I nun no chu Pathian awmnain a luang khat a, a khat a,
mahse i ngaihsak lohna avang chuan chu awmna
malsawmna chu i hre lo

Radio broadcast nena in inrem chuan Pathian nena
inzawmna nghet tak nei angin i inhria a ni

Bottle pakhatah tuifinriat tui i khat a, cork hmangin
khauh takin i seal a, chutah tuifinriatah i paih chuan bottle
chhunga tui leh tuifinriat tui chu a inhmeh lovang
Amaherawhchu, cork i lakchhuah chuan an inhmeh nghal
mai ang

Chutiang chuan Pathian awmna kan khawih hmain kan
hriatna bottle atang chuan ngaihsak lohna leh ngaihsak
lohna plug chu kan paih chhuak tur a ni
Paradis leh Hlimna Chabi

Vanneihthlak takin engtik lai pawhin leh khawi hmunah
pawh kan tlakchham mizia tha tak takte tihhmasawn lam
ngaihtuah chungin kan tan thei a ni

Duhthlanna kan tlachham a nih chuan chu lam hawi chu
i ngaihtuah ber ang u, fimkhur taka thawhrimna hmangin
Pathian tanpuinain kan duhzawng kan tichak thei ang
Hlahna lak ata zalen kan duh chuan huaisenna kan
ngaihtuah a ngai a, hlahna man atanga kan chhuah hun a
lo thleng ang

A awlsam zawngin, kan tih tur chu kan tihbo duh
ngaihtuahna buaithlak tak takte chu thil \ha, siam\hatna neia
thlak mai a ni Hei hi hlimna leh hlawhtlinna paradis
kawngkhar a ni a, hmang duh tan pawh a awm thei a ni

* * *

Thenkhat chuan mi finge'n an tawn leh puan chhuah
Pathian hmangaihna hmanga huatna hneh tum leh mihringte
fuih tum chu thil theih lohah an ngai mai thei a, mahse
kawng thlak danglam a, huatna chu hmangaihna hmanga
thlak a ngai hle

Pathian awm ring lo ngaihdan (atheistic ideology) te
hian van dante an do a, mi thlarau atanga thlarau lam
ngaihdan hnawhchhuah an tum a, khawvel hi ramhnuai leh
rang takin hmun hriat loh lam panin a tlan chak hle a ni
Thlipui tleh nasa tak tihtawp tumnaah hian a châng
chuan tuifinriata rulhut te tak te inbual ang maiin kan lang
thei a, mahse Pathianin mihringah thil \ha chakna a dah chu
kan ngaihthah tur a ni lo va, kan tih theihte pawh kan hmusit
tur a ni lo

Khawvel hrehawm tawrhna tibotu tur awmchhun chu—
sum leh pai emaw, thil dang emaw aiin—chu ngaihtuahna

leh ngaihtuahna hmangtute hriat thlarau lam hriatna thlipui
thawn chhuah hi a ni

Khawvelah duhsakna leh duhsakna thuchah kan theh
darh tur a ni a, Pathianin mihringte tana ruahmanna a
siamte hriatthiam kan tum tur a ni a, khawvel pum huap a
duhzawng fing tak nen inrem taka hna kan thawh a ngai a ni

.Kei chuan: "Tho rawh" ka ti a

I thil tawn zawng zawngte chu nui chungin Pathian
rinchan chungin i paltlang a, rinhlelhna i rilruah a rawn lut
lova, Pathian danin hna a thawh dan i hmu ang
San Francisco-a lecture tour [Kum 1920 chhoah khan]
ka ruahman lai khan bank-ah \$200 chauh ka nei a, chu chu
tour tanna tur pawh a tling lo a, bill lian tak tak pek tur a
:awm bawk a, chuvang chuan ka sawi ta a ni
Pathianin ka hnenah a awm a, he hna hi min dah a, ka"

hlen chhuah theih nan min pui dawn a ni, ka hnathawh hi
amah vang a ni a, min pui ngei ang a, ka tan thil a awlsam
."phah ngei ang

Khawvel pumin an kalsan che a, Pathian chu i hnenah a
awm tih Chiang takin i hria a nih pawhin, a dante chuan
thilmak a ti ang che

Ka secretary min rawn pan a, bank-a pawisa ka neih zat
ka hrih chuan a mangang hle a, a takah chuan leiah a tla
thla ta a ni

.Kei chuan: "Tho rawh" ka ti a

Ani chuan khur chungin a chhang a: "Kan bat bill kan
"!pek theih loh avangin lung inah kan lut dawn a ni
Kei chuan, "Kan tang dawn lo ni sarih hnuah he lecture
tour atan hian kan mamawh zawng zawng kan nei vek tawh
.ang" ka ti a

A chhungah rinhlelhna a awm a, ka rinna erawh chu a
nghet tlat thung

Mimal hlâwkna emaw, thiltum emaw atân sum ka
mamawh lo va, Pathian thuchah thehdarh tûrin ka mamawh
zâwk a, Harsatna tam tak ka tawh chung pawhin ka

thinlungah hlauhna a lût lo va, hlauhna hian min hlau tih ka
sawi thei a ni

Eng thil nge i hlauh? Engmahin a tihlau tur a ni lo

Pathian rinna nghet tak nen harsatna zawng zawng
hmachhawn la, hnehna chu i ta a ni ang

Thinlung chu Pathianah a innghah chuan mi chuan

Pathian tanpuina leh malsawmnain harsatna leh daltu zawng
zawng a hneh thei a ni

Chumi kar chhung chuan Palace Hotel hmaa ka kal lai
chuan hmeichhe tar pakhat hian min rawn pan a, "Ka be thei
"?ang em

Thu tlemte kan inthleng a, thuhmahruai awm lovin,

"?"Pawisa tam tak ka nei a, ka pui thei ang em

Kei chuan, "I pawisa hi ka mamawh lo a, engvangin nge

"?min hriat loh lai hian pawisa min rawn hlan

Ani chuan, "Mahse, ka hre Chiang che, i chanchin ka hre

.tam hle mai" tiin a chhang a

man check ka zia (chutih laia sum tam tak) \$27,000

nghal a, a hnungah Pathian kut ka hmu a

* * *

Miin intuition emaw, intuition faculty emaw a neih loh

chuan thutlukna dik lo a siam ang a, sumdawnna lama
thawhpui tling lo a thlang ang a, mimal inlaichinna dik loah a
inrawlh ang

Hriatthiamna (sensory perception) rorelna chu hriatna

hmanga rilruin thu a dawnah a inngnat ber a nih avangin,
hriatnate chu a lan danin a bum a nih chuan mi pakhat chu a
chhunga thil awmte hre lovin mi mak tak a ni tih a ring thei a
ni

A nih loh leh, kawppui - emaw, nun kawppui - a hmu

tawh niin a ngai a, nupa inzawmnaah a lut a, chu chuan nun

hlim lo tak a thlen thei emaw, inthenna emaw a tawp thei
bawk

Mahse intuition hian chutiang thil tihsual chu a ti ngai lo;

mitmenga magnetic power awm emaw, mi hmel hmuhnawm

tak emaw chu a en lo va, chu mi nihna dik tak chu dik takin a
hre a, thinlung thuk takah a hre zawk a ni
Thlarau lam thil tum (ambition) tihhmasawn
Ka tan coat lei tura ka kalna dawr lian tak pakhata sales
clerk pakhatin min hrilh kha ka theihnghilh ngai lovang
Ani chuan, "Ka pu, engmah zawrh che ka duh lo, i
.mamawh dik tak zawn chhuah ka tum mai a ni" a ti a
Chu mi ngilnei chuan a kawr man to ber min hralh a tum
lo va, kawng engkimah ka inhme em em kawr man to zawk
min hmuhtir zawk a ni
Ka mamawh chu man tlawm taka ka hmuh chuan ka
thlamuang hle
Chutianga a tih chuan a company tana regular customer
atan min secure ta a ni
Mite chuan an thil tum tihhlawhtlinnaah thlarau lam thil
pakhat an luhtir tur a ni a, an mihringpuite mamawh
rawngbawlina \ha tak pek an ngaihtuah tur a ni
Mi pakhatin rawngbawlina pe a, a let lehna tur sum
dawng a sum hmuh chu a tawk lo va, sum hlawh chhuah
tumin hnathawh a, mipui mamawh phuhrukna tur facility leh
institution din nan a hmang zawk a ni
Miin sum tam tak a hlawh a, chutih rual chuan a
thawhpui leh hnathawkte a puih chuan a hausakna leh
hausakna a pung a, chutiang chuan a hausakna chu
midangte tanpui nan a hmang a, chutiang chuan anmahni
tanpui theih nan Hei hi "the spiritualization of ambition" ka
.tih chu a ni
Nu leh pa hausa, fate hnena sum tam tak hnutchhiah
chuan mahni siam hlawhtlinna atanga an hmasawwna
thanlenna chu an titawp a, mahni inrintawkna leh
hlawhtlinna hlimna an hloh tir thin
* * *

Pathian chuan a thutak chu independent civilization,
hnam, leh mimal rilru put hmang chhungah hian a lantir dan
hrang hrangin a puang chhuak a ni

He chi hrang hrang ropui tak hmang hian Pathian chuan
mihring thiltihtheihna thup tak thlalak danglam leh chi hrang
hrang kan hmaah a dah a, heng chi hrang hrang tam tak
atang hian mizia sang ber leh tha ber berte lak chhuah a,
amah leh a ram leh a khawvela tuh chu mihring
mawhphurhna a ni

Chu chu hun leh hmun tinah mi fingte tih thin chu a ni
An hun lai aiin kum za tam takin hma an sawn a, an
ngaihtuahna inhawng tak leh hriatna lo pung zel hmangin
thutak lungphum zawng zawng, chatuan leh hun kal tawha
awm lo chu an lantir a ni

Heng thu bulte hi nun hlim tak neih theihna art dik tak
bulpui ber a ni Mihring tinte hlawhtlinna leh hlimna atana thu
bul pawimawh tak, hman theih leh tih loh tur a ni
Mihring, hnam, hnam leh thurin hrang hrangte
inthlauhna hian mihring inkara inthenna a tizual tur a ni lo
va, tehkhin nan leh mihring leh khawtlang tha ber
hmasawinna atana puitu mizia leh hmanraw tha ber ber thlan
nan model bulpui atan a thawk zawk tur a ni
Mahni inrintawkna art

Thil neih nei lo, a tlem berah chuan sum leh pai leh
hriselna tling lo pawha hlim thei chu an tlem hle
Mi tam zawk chuan hlimna an neih theih nan thil
engemaw an mamawh a, an hlimna chu pawn lam thila
inngat a ni a, a chhan chu rilru chu thuhnuaairawlh nei lo
chhungril hlimna hlim taka hmang tura zirtir a nih loh vang a
ni

Mi pakhat chuan a hlim ang tih a ring mai thei—
Pathianin malsawm che rawh se—a mamawh nia a rin zawng
zawng a hmuh chuan Mahse duhna chuan duhna a hring a, a
duhzawng tipung zel chuan Pleiades-ho lei atanga hla takah
lungawina an hmu ang
Thil i lei hmain a tel lo chuan i ti thei lo tih leh i neih ngei
ngei tur a ni tih i inhria a, a man pawh nise Mahse vawi khat

i neih chuan i duhna chu a tlahniam zauh zauh a, thil tha
zawk i ngaihtuah tan a, chutiang chu a ni
Hlawhtlinna chu mahni inrintawkna art a ni: I mamawh
tak tak chu la la, chutah chuan i neihah lungawi rawh
Hnathawktu leh thawktu tam tak chuan an sum chu thil
tul lovah an hmang a, chumi avang chuan leiba-ah an pil ta a
ni

Khawpui pakhata in mawi taka cheng mipa pakhat leh a
nupui ka hria An duhzawng thil an hmuh apiangin an lei
nghal mai thin a, installment-in an lei thin Mahse a tawpah
chuan an in mawi tak chu an tan chuan hlauhthawwna a lo ni
ta a ni

An in chhunga thil dahkhawmte installment an pek theih
loh avangin vawi khat chu an hnenah heti hian ka sawi a:
"Heng thilte hi nangmahni ta a ni lo va, nangmahni ta pawh
in ni lo, installment-in in loan a nih chuan engvangin nge
heng lungkhamna reng reng, thlamuanna leh hlimna in neih
zawng zawng tichhe vektu te hi tel lo chuan in nun hi in tih
... ..awlsam loh?".. tiin

.. ..

Leiba an tlukna avang chuan a tawpah chuan engkim an
hloh a, nun awlsam zawka kir leh a, bul tan thar leh turin an
nawr ta a ni

Duhthusam hrisel leh rah chhuah nei lo duhna a awm
Duhthusam hrisel, hlu tak takte chu sakawr thisen
thianghlim tak ang a ni a, chu chuan thim ruam chhungah
hruai lovin, hlimna leh lungawina boruak êng takah a hruai
che a ni

Thil neih duhna laka chhuah zalen che a, hlimna dik tak
hnaih theitu che chu duhthusam hrisel tak a ni Hlawhtlinna
dik tak chu duhna hrisel neihnaah a innghat tih hria la,
midangte chhiatna tur thil neihnaah a innghat lo
Thil sawisel theih hmanga hausakna hmuh chu a langsar
berah chuan hlawhtling takin a lang thei a, mahse chutiang
hausakna tam lutuk chuan thlarau chu a ti hrehawm a,

thlamuanna a hloh a ni Chhia leh tha hriatna buai tak chu—a
sawi dan chu ngaihdam rawh—kekawr tight tak ang mai a ni
a, chu chu mawi takin a lang thei a, mahse a ke pen
apiangin a ke a tikehsawm a ni
Chhia leh tha hriatna thianghlim nei mi chu amah leh
midangte nen leh Pathian nen an inrem a I chhia leh tha
hriatna a thianghlim chuan khawvel pum huap mipui
ngaihdan lakah nangmah chauhin i ding thei a, i chhehvela
thim chu eng ang pawhin thuk mah se, Pathian tanpuinain, i
chhia leh tha hriatna êng tak êngin thim chu i chhuhsak thei
ang

* * *

Mihring nihna hi a danglam a, mihring hriatrengna hi
hun rei lote chhunga awm a nih avangin mihring chawimawi
leh fak kan mamawh lo
Pathian ngaihhlutna leh duhsakna hi kan beih tur leh
taima taka kan zawn tur chu a ni a, a chhan chu mi hlutna
chu thinlung endiktu leh thuruk hretu hnen atanga pawm a
nih danah a innghat a ni
Pathian mithmuahh thianghlim leh Pathian ngaihsak kan
nih chuan chu chu a pawimawh ber a ni
Thil \ha kan tih hian a chang chuan hrehawm kan tuar \
hin a, mahse hahna te, lungawi lohna te, mahni inthununna
te, rilru lama inzirtirna te hi leia ropuina engmahin a tluk
phak loh thlarau lam hlimna nen tehkhin chuan engmah a ni
lo
A lo thlengte hlimna chu a ropuiin a tharin a awm a, nun
tum ber chu chu chatuan hlimna thlen chu a ni a,
ngaihtuahna ropui tinreng hian kan thil tum ber chu step
khatin min hnaih tir a ni
Chutiang ngaihtuahna chu thlarau tuifinriat panna lui
ang a ni a, chutah chuan thlamuanna, lungawina leh
chhungril hlimna a awm a ni
breakthrough a ni
Hriat lohna ramngaw zau tak chu ka tichhia a ni

Tin, a chhungah chuan êng kawng ka phun chhuak baw
A hmasa berah chuan vulnerability leh chak lohna
thenkhat ka tarlang a
Ka zui a, hling duhna broom bush te nen
Mei chu a zual zual sauh sauh a
Meialh a lo chhuak ta
Tin, chapona chapona chu ei vek turin a inzar pharh
baw
Tin, hriat lohna langsar tak pawh
Tin, duhâmna sakawlh râpthlâk leh râpthlâk tak takte
chu an halral ta a ni
Ka kawng ka siam lai chuan
Mihring tihsual hun kal tawhte vut zingah
Hriat lohna ramngaw paltlang duh zawng zawng tan
kawng ka hawng ang
* * *

Mi dangte nena kan inlaichinnaah hian an nun atanga an
siam chhuah chhungril mizia te hi hriat leh ngaihlu a
pawimawh hle
Midangte chu rilru inhawng taka i zir chian chuan i
hrethiam thei ang a, i inrem thei ang a, chu mi chu tu nge a
nih leh engtin nge i hmachhawn ang tih i hre thei ang
Sakawr intlansiak chungchang hi philosopher hnenah
sawi suh la, scientist hnenah pawh in enkawl chungchang
sawipui suh
Mi dang tana pawimawh ber chu kan zawng chhuak tur
a ni a, chu chu kan sawipui tur a ni a, keimahni chungchang
erawh kan sawipui tur a ni lo
Hmeichhia leh mipa inelna
Hmeichhia leh mipa inkara inelna hi a awm fo tawh niin
a lang a, mahse an nihna takah chuan an inang vek a,
pakhat mah hi pakhat zawk aiin an chungnung lo
Mi chuan a chhungril hlutna leh Pathianin a chhunga a
dah nungchang chakna leh mize pawimawh tak takte chu a
chhuang tur a ni

Chu pa chuan hmeichhiate hi rilru na tak leh rilru na tak
tak an nih avangin ngaihtuahna leh finna nen thil an buaipui
thei lo niin a sawi

Hmeichhia chuan mipa chuan a hrethiam thei lo va, a
rilru put hmang a ngaihlu thei lo tih a phunnawi a
Mahse hmeichhiate hian an nihnaah chuan rilru natna
chu chakna chak ber ni mah se, ngaihtuahna dik tak (so
sound logical thinking) an nei thei a ni
Tin, mipa chuan a nunah ngaihtuahna (reason) thunun
chung pawhin a hre thei a ni
A tum ber chu a dang a hneh loh nan emaw, a chanvo a
hnial loh nan ngaihtuahna leh rilru natna inkara inthlauhna
siam a ni

He inthlauhna hi mipa leh hmeichhia pahnih hian
inṭhianṭhatna leh inhriatthiamna hmanga inzir tawna
hmangin a thleng thei a ni
Enlightened-ah chuan mipa leh hmeichhia mizia
inzawmkhawm mak tak kan hmu a Tin, ngaihtuahna leh rilru
natna inkara inthlauhna famkim kan thlen chuan he leia kan
lo kal chhan zirlai ropui tak takte chu kan zir chhuak ta a ni
* * *

Thlarau lam pulse te
Cosmic light spark ka ni
Ka essential self hi thisen leh ruh a ni lo
Chu ai chuan Pathian ni atanga lo chhuak êng a ni zawk
Rilru focus theihna ka tipung ang
Lehkhabu leh bungrua tha tak tak ka chhiar ang
Tin, ngaihtuahnaah pawh ka delve thuk zawk ang
Tin, engkim chungah pawh
Ka thlarau tuifinriatah ka pil ang
Tin, a chhunga Pathianin thuruk a dahte pawh ka
ngaihtuah thin
Aw Lalpa ka dil a che
Ka thiltih danah ngaihtuahna (reflection) hmuh tumin

Tin, ka ngaihtuahnaah pawh activity pakhat a awm

bawk

Chutiang chuan ka dam chhung zawng

I chungah hmangaihna leh rinawmna thilpek

?Ka hmu thei ang che

?Ka thinlung hmun thianghlimah chauh lo chuan

Unau hmangaihna roses ka phun ang

Thian nihna leh rinawmna leiah

Aw Lalpa, kan muthilh rei tak atang hian min tiharh ang

che

I awmna chu ngaihtuahna ênga lang chhuak chu i hre

chiang ang u

Tin, finna meialh hmanga eng chhuak bawk

Pathian hmangaihna tuikhuahah chuan ka lum ang

Ngaihtuahna bang hnung lama thup

?Ka thisenah hian he nun luang chhuak hi eng nge ni

?Pathian bul a neih loh hi a phal em

Emission tih concept hi a ni

!Ngaihtuahna hian tawp chin leh tawpna a nei lo

Thu ngilnei apiang hian khawvel pum huap thil nihna

concept a entir a, a chhan chu thu ngilnei leh ngaihtuahna

thianghlim hian Pathian atanga lo chhuak a nei a ni

Thutak tuifinriat hnute chungah chuan ngaihtuahna

ropui tak tak thlipui tam tak a zai a

Kan intellectual expressions of consensus te hi

hriatthiamna leh hriatna tuipuiah chuan thlipui (wave) a ni

?Emanation tih awmzia chu eng nge ni

Nunna siam tharna leh dinhmun sang zawka kai

chhohna a ni

?Eng nge chawimawi a nih a, engtin nge a sang

Nunna siam tharna awmzia kan hriatthiam a ngai Thil

awm zawng zawng hian inthlak danglamna leh inthlak

danglamna kalphung a paltlang vek a ni

Heng inthlak danglamna te hi thil tihdanglam mek tan

chuan a pawl lo emaw, a hlawkpui emaw a ni

Entirnan, glass bawlhhlawh ka la a, leiah na takin ka
?vuak chuan a danglam ang, a ni lawm ni
Mahse chutiang inthlâk danglamna chu a hlawk lo; thil
tihchhiat tawhte tihchhiatna a huam zâwk a ni
Mahse glass chu i silfai a, a chiang a, a eng chhuak a nih
chuan a danglamna chu a hlawkthlak hle ang
Chuvangin, emanation tih hian taksa lam thil emaw,
mihringte tan emaw pawh ni se, inthlak danglamna \angkai
tak eng pawh a kawh a ni
thil siam chhuah hnathawh
:Thil siam chhuah rilru pu mi chi thum an awm a
Category danglam bik - thil mak tak a ni
middle class te an ni
leh category pangngai a ni
Heng zingah hian pakhat mah tla lo an tam hle
:Miin amah leh amah inzawh a duh thin
Thil thar leh danglam bik, keimah leh midangte"
"?hlawkna tur thil siam ka tum tawh em
Chu chu thil siam chhuahna lama inhmang tura bul
tanna a ni
Chutiang chu a ngaihtuah lo a nih chuan a components
nei chung pawhin thil siam chhuah theihna an nei lo tih
ringtu zinga mi a ni a, mahse an subconscious atanga an
chhunga rawtna lo lutte chuan anmahni leh thil siam
chhuahna inkarah hian hlat zawng zau tak a awm tih a ring
tlat a ni
Mutthilh ang maia nun hmangtu chuan amah leh amah
a harh chhuak tur a ni a, amah leh amah a nemnghet tur a
.ni
Mihring thilpek ropui ber, thil siam chhuahna thlarau ka"
."nei a ni
Mi tin hian theihna leh hmalakna (spark of ability and
initiative) an nei a, chu chuan thil danglam tak a siam thei a
ni Mahse, boruak nghawng chu hypnosis ang a ni a, mihring
hriatna tlemte chu mi pakhatin boruak chhiatna laka a

fimkhur loh leh a tuar theih loh chuan awlsam takin bum
theih a ni

Tupawh mahni rilruin, "Kawng zawng zawng hi a that
tawk a, mipui an tam em em a, chuti a nih chuan eng nge
beih chu a awmzia?" tumruhna tikhawlotu khawvel hriatna
hypnotic influence hnuaiah a tlu lut a phal a, hei hian mi tam
takin thil siam chhuah rilru an neih loh avangin nun kawng
tinrengah an hlawhtlin loh chhan a sawifiah a ni

Mi chu a chhia leh tha hriatnain a tih ang leh a
thinlungin a rawt ang zêla nun tawn tawhte chu a insiamrem
tûr a ni a, ngun taka ngaihtuah lovin a che tûr a ni lo

A chhungril thuk takah rinna nghet tak nei chuan
Pathian chuan nunah a duhthusam chu hlen chhuah tumin a
rinna, chakna leh tumruhna a tipung ang

Pathianah rinna nghet tak ka nei a, a tanpuina rinna
nghet tak ka nei baw a, chuvangin thlarau chakna
malsawmna nen min malsawm a, duhthlanna thunun theih
loh, ka tan hun remchang min siamsak fo a, kawngkhar min
hawnsak fo a, ka hmaah kawng chhiar sen loh min siamsak
a, chu chu A khawngaihna zarah a ni

Hlimna dik leh nghet tak chu Pathianah chauh a awm a

ni

Pathian hriatna hi ro hlu a ni a; a hmu apiangin thil dang
a duh lo

Pathianah chuan, mi dangah pawh himna a awm lo a,
hlauhna leh lungkhamna zawng zawng laka inhumhimna leh
tlanhchhuahna awmchhun a ni

Chutiang a nih loh chuan he khawvelah hian himna tak
tak a awm lo

Chuvangin, zing leh zanah te, kan hna zawng zawng leh
kan tih tur zawng zawngah te, amah hriat chian leh
inbiakpawhna neih theih nan theihtawp chhuah a ngai a ni
Pathian awmna apiangah hlauhna leh lungngaihna a
awm lo

Amah hretute hi khawvel thilthlengin a nghing lo va,
chhiatna chi hrang hrangin a nghing lo, a chhan chu
Pathianin anmahni a awmpui avang leh a venhimna avang
hian an him a, an him em em a ni

Dilna dilna

Aw, Lalpa

I hmangaihna êng chu a chang chuan khawvel sualnain
a ti thim thin nachungin

Mahse, i êng lantîr turin kan thawkrim hle a ni
I malsawmna êng êng chu luang chhunzawm zel rawh

se

Thim zingah a eng a, a ti bo vek a ni
I thiltihtheihna ropui tak hian ka nihna a rawn luah khat

tih ka hria

I tanpuina leh malsawmnain thatna ngainatute chuan an

ti thei a ni

Khawvel thil tha lote hneh

Tin, i hmangaihna chu thiltihtheihna ropui ber a la ni

reng bawk

Chu chu rilru leh thinlungah tuh a ngai a ni

Indona tihbo nan

Buaina leh buaina

Mihringte hrehawmna hi ka hre thin

Mihringte hrehawm tawrhna tihziaawm nan theihtawp

chhuah ka duh a ni

I hmangaihna leh I êng meialh kan chawi chhuah theih

nan Lalpa min malsawm ang che

Khawi hmunah pawh kan hawi a, kan kalna apiangah

Nangmah hmangaihtute bula awm ka duh

Tin, i hming thianghlim ber hriat hi nuam ka ti duh bawk

Ka thinlunga hmangaihna hmasa ber leh hnahnung ber i

ni

I hmangaihna leh ropuina an hriat theih nan mi zawng

zawng malsawm rawh

Thil tum hlawhtling lo leh mumang mak tak takte chu i
kalsan ang u

I hmangaihna mak tak maiin kan khat a ni
I hmangaihna leh i thilmak tihte hi midangte hrih ka
duh a ni

I hmangaihna hriatna reng reng chu kan chhungah tuh
tir rawh

Tin, i Pathian awmna khawih duhna hmanhmawh tak
chu

Min hnawhchhuahtu leh nangmah atanga min hlat
zawng zawng zawng hi i kalsan ang u
Nang chauh hi chatuan, chatuan leh thutak famkim i ni
Nang tel lo chuan nun a awm lo
Min chhuah zalen ang bawh khan mi zawng zawng
chhuah zalen rawh

Tin, ka thlarau thuk tak atangin lawmthu ka sawi bawh
He himna malsawm tak hi min pe turin
Chu chuan zan leh zan min zui thin
Activity ngawih ngawih leh active quiet
Miin sum leh pai neih ringawt atan a hun a hmang tur a
ni lo va, exercise lakah te, lehkha chhiah te, ngaihtuahna te,
Pathian hmangaihna te, thlamuang leh tihbuai loh zawnga
nungchang te pawh a hmang tur a ni
Ngawi renga thawk leh ngawi renga thawk dan kan zir
tur a ni a, chu Pathian ngaihtuah leh mahni inngaihtuahna
atanga kan hmuh thlamuanna nen chuan kan nitin thiltih te
chu kan charge tur a ni

Duty hmangaihna avanga kan hnathawh kan hlen
chhuah a ngai a, a rah chhuah chu rilru inthlahna nen kan
pawm tur a ni a, hlawhtlinna hmusit emaw, hlawhchhamna
avanga lungawi lo emaw tura siam kan ni lo
I thutak chu min kaihruaitu, kan hruaitu, leh min zirtirtu
a nihna khawvelah hian, unau hmangaihna nena kan nun a,
kan taksa, rilru leh thlarau te inthlau taka kan tihhmasawn
theih nan, i vanram thlamuanna chu kan nun leh nitin thiltih

hmanga a lan chhuah theih nan , Lalpa, thlamuang taka min
pui turin kan ngen a che
Hriselna, thiamna, thawhrimna leh finna malsawmna
kan dawng a, kan mihringpuite hi an nihna thianghlim leh an
mizia ropui tak takte pholang turin i fuih ang u
I hmangaihna êng chu kan nghahhlelhna maicham
chungah chuan eng rawh se
Tin, thinlung tinrengah i hmangaihna tiharh theihna i nei
ang u
* * *

Zirtir pakhat chuan chhungril thlamuanna neih theih dan
:tha ber a zawt a, zirtirtu chuan
Pawn lama tlan chhuak ngaihtuahna lungkham tak takte
chu tihreh tumin thawk la, ngaihtuahna chu chhungril lam
hawiin hma la rawh
I ngaihtuahna leh duhzâwngte chu i chhûnga awm tawh
thudik tling leh famkimte nêna inmil tûrin thawk rawh
Tichuan, inremna thlum takin i nihna a luah khat a, i nun
leh thilsiam zawng zawng a khuh vek tih i hria ang
I beiseina leh beiseinate chu he pianpui inremna nen
hian a inmil a nih chuan nun kawngte chu tluang tak leh
awlsam takin i kal ang a, remna thlaah chuan i thlawk
chhuak ang
Tin, hetah hian thlarau nun thukzia leh mawina chu a
awm a ni
* * *

A châng chuan ̣awngkam aiin ngaihtuahna a hlawk
zâwk ̣hîn
Mihring rilru hi engkim zinga thil thawn chhuaktu leh
dawngtu chak ber a ni
Ngaihtuahna \ha tak takte chu i broadcast reng a,
hmangaihna chakna i charge chuan, chu ngaihtuahna chuan
mi dangte chungah nghawng \ha tak a hnutchhiah ang
Chutiang bawkin, inhuatna emaw, huatna emawa
charged ngaihtuahna i chhuah chuan mi dangte pawhin chu

ngaihtuahna chu an dawng ang a, chutiang ngaihtuahna nen
chuan an chhang ang
Pathian hnenah a chakna leh malsawmnain i
thawhrimna hi thlawp turin ka ngen a che u
Entîr nân, pasal chu kawng dik ata a kal bo a nih chuan,
nupui chuan Pathian hnênah a pasal ẵanpui tûr leh a thinlung
aẵanga thikna leh thinrimna rilru put hmang paih bo tûr leh,
a pasal chu a tihsual a hriat chian a, kawng dik zawh leh
tûrin Pathian a dîl tûr a ni
ẵawngẵaina chu thinlung tak a nih a, tumte a thianghlim
chuan, duhthusam inthlak danglamna chu Pathian
tanpuinain a thleng ang

* * *

Ka rilru hneh tumtu tih dan pakhat chu hneh turin
duhthlanna ka hmang fo tawh
Chaw chi hrang hrang ka ei lai a, chutiang chi duhnain
min tihkhawtlai lai chuan, chutiang ei duhna chu a bo vek
hma loh chuan chu ei tur chu ka insum thin
Singapore ka kal khan chutah chuan thei tui tak ka hmu
a, mahse chu chu duhna siam lo turin ka in en reng a, ka
ngaihven a, fimkhur loh chuan zing, chawhnu leh zanah ka
duh ang tih ka hrechhuak a, chutiang chuan kan inkhung
hran a ni

Chumi ni chuan rah chu nuam ka ti hle nachungin, ka
tlai lo va, a tûka a awm loh pawh ka inchhir lo
Kan hlimna lam kan ngaihtuah chuan hlauh tur kan nei
lo Kan zalenna hi thil dang zawng aiin kan vawng reng tur a
ni

Thil ka ti lovang ka tih chuan thutlukna chu a tawp ber
?leh tihdanglam theih loh a ni Chu chu zalenna a ni lo em ni
Thiltih avânga emaw, mi dangte'n min hneh tumna
chhân lêtna atân emaw ni lovin, finnain a thunun avânga thil
!tih hi a va ropui tak êm
Finnain thil ti tûra min thlîr hian, finnain min kaihruai
phawt chuan engmahin min tikhawlo tur a ni lo

Thiltih \angkai tak chu duhthlanna leh finna hmangin din
theih a ni Finnain a rawt apiang duhsak theihna ka nei
Mihring tam zawkte original pattern emaw archetype
emaw chu a nghet em em a, an thlak danglam thei lo va,
mahse, zahawmna leh mahni inthununna hmanga an
ngaihdan inthlak danglam rengtute chuan awlsam takin a
tha zawkah an inthlak thei a ni
Rilru chu leilung ang maia malleable a ni tur a ni
Wisdom chuan chu flexibility chu a pe a, chu chu midangte
tana zalenna ka duh chu a ni
Miin nunphung bawih ata a chhuah chuan zalen taka
duhthlanna leh mahni inrintawkna ênga thil tih ai chuan
hlimna ropui zawk a awm lo tih a hmu ang
Miin thil awmdanin a vuak leh vuak a, a hneh loh a phal
tur a ni lo va, chu ai chuan a dinhmun hneh turin theihtawp a
chhuah tur a ni
Duhthlanna chak tak neitu chuan Pathian tanpuinain
harsatna zawng zawng a hneh vek ang

* * *

Taksa thiltih apiang hian rilru lama a tlukpui a nei vek a
Kan taksa chakna hmangin thiltih thenkhat kan ti a,
mahse thiltih hian ngaihtuahna atanga lo chhuak a nei a,
rilru kaihrulaituin a kaihruai a ni
Rukruk hi thil sual a ni a; mahse sual lian ber chu rilru
lama rukrukna thiltih hi a ni a, chu chuan taksa rukrukna
kawng a hawnsak a ni, a chhan chu rilru hi a siamtu dik tak a
nih vang a ni
Miin thiltih dik lo eng pawh pumpelh a duh chuan a rilru
a\angin hnawhchhuah hmasak a ngai a ni
Taksa thiltih chauh i ngaihtuah chuan thunun a harsa
hle

Ngaihtuahna chu rilru leh ngaihdan dik lo siam\hat hi a
ni tur a ni a, chumi hnuah chuan thiltih chu a takin leh tluang
takin leh hlawhtling takin a buaipui ang

* * *

Thlamuanna i neih hunah
Movement tinrengah
I taksa chetna atang hian
Tin, i ngaihtuahnaah thlamuanna i nei baw
Tin, i duhthlannaah pawh
Tin, i hmangaihnaah pawh
Tin, thlamuang takin a awm baw
Tin, Pathian hmaah pawh
I thil tum (ambitions) ah chuan
Nangmah tih hi hre reng ang che
I nun chu Pathian hnenah a thleng ta
Fakna te, sawiselna te, leh fakna te
Flattery hian mi pakhat thil tha ti tura a fuih hian a tha
thei a, mahse thlarau lam hliam thup nan hman a nih chuan
thil tha lo tak a ni a, chu chuan a ti na a, chu chuan thlarau
chu hriat lohna natnain a tichhe thei a ni
Mi tam zawk chuan flattery hi an ngaina hle a, chutiang
bawkin mi tam takin khawizu ei chu a then chu rimchhia a ni
thei tih hre lovin an ei nuam hle
Mi dangte thusawi hlimthla bâkah, kan ngaihtuahna ngei
hian kan tlin lohna tha lote chu a tidik fo va, mi thlarau nun
pum pui puak chhuak thei leh rimchhia tichhe thei rilru lam
hliam lian tak takte chu a thup fo thin
Chutiang chuan mi dangte min fakna leh kan
ngaihtuahna nuam tak takte ri hian hriatna a ti lawm a, kan
finna chu fakna thu rimchhia kutah a tlu lut ta a ni
Thian lemte hnen atanga bumna thute avanga
duhthusam leh tumruh taka sum leh pai, hun, hriselna, leh
nungchang pawh tichhe thei an tam hle
Thlarau tam tak chu thurawn fing tak an ngaihthlâk loh
avâng leh finthlâkna leh sualna nei thusawi thlum thlêmna
hnuaia an tluk avângin an chhe tawh a ni
Mi rinawm, dik tak pakhat nen hremhmunah nun chu
paradis-a awm ai chuan a tha zawk a, mi sawm, thusawi
thiam tak tak, thil tum tha lo tak tak nei te nen chuan

Flatterers te chuan vanram chu hremhmunah an chantir a,
thian tha leh rinawm tak tak te erawh chuan hremhmun chu
vanram ah an chantir thung

Thudik kan sawi fo tur a ni a, chutih rual chuan thu dik
tak ni thei mahse râpthlâk tak tak leh rah chhuah tha tak
thlen thei lo tawngkam hmanga mi dangte tihnat loh tur a ni

Entirnan, mitdel pakhat chu "Nang mitdel" tia i biak

chuan i thusawi chu a dik mai thei a, mahse hetiang
tawngkam hi duhthusam lo leh rilru natna thlentu a ni a,
chuvangin chutiang rilru natna style chu pumpelh tur a ni
Sawisel duh lo mi sawisel hi a \ha lova, mahse ngilnei

taka sawiselna ngaihthlak hi a \angkai hle a, sawiselna
khauh tak, mahse dik tak chu nuihzatthlak tak leh \hian
lawmawm tak nena pawm chu a ropui hle

Mi fing pakhat hian a thianpa sawisel nasa tak a nei a,
chu mi fing hnungzuitute chu he sawiselna hian a tithinur hle

Nikhat chu zirtir zinga pakhat chuan lawm takin a zirtirtu
hnenah a lo kal a, a hnenah: "Lawm rawh, zirtirtu, i hmelma,
.dik lohna hmutu chu a thi ta a ni," a ti a

Mi fing chuan a mittui a tla zawih zawih a, "Aw, hlohna
ropui tak a va ni em! Ka thlarau lam sawiseltu tha ber chu a
.thi ta a, ka thinlung pawh a tikehsawm hlein ka hria" a ti a

Mi tam zawk chuan sawiselna siam\hatna, hriatthiamna

nei tak chu an duh lo va, chu ai chuan fakna atan engkim
hlan a, mi fingte thusawi dik tak leh an hmalam hun thlirna
dik tak chu hawisan an duh zawk a ni

:Miin a chang chuan hetiang hian a inzawt tur a ni

Thu thlum tak takin min bum a, mahni inphatna kut"

"!?!chuan ka finna a khap a, ka hriatna a mit a tidel a ni em

Mithianghlim chanchin leh Smallpox Thlarau

Pathian mi thianghlim fel tak pakhatin zan rei tak
thlenga a ngaihtuah lai chuan a chenna khua a luh lai chuan
smallpox spectre hlauhawm tak chu a lo lang a, chuvang

:chuan a au ta a

I awmna hmunah awm la, thlarau, i lo chhuahnaah kir"
leh rawh Pathian ka biakna khuaa chengte hi i tichhe tur a ni
."lo

Thlarau chuan, "Mi pathum chauh ka la ang, a aia tam
lo, karma dan angin leh ka cosmic duty hlen chhuah nan" tiin
.a chhang a
Vengtu chuan duh lo zet hian hrilhfiahna chu a pawm ta
a

A tuk zingah chuan mi pathum chu smallpox vangin an
thi a, a ni thumnaah chuan mi engemaw zat an thi leh a, chu
mi hnu nitin chuan khaw mi thenkhat chu natna hlauhawm
takah hian an tlu ta a ni

Bumna nasa takah a tlu tih ringan, mi thianghlim chuan
ngun takin a ngaihtuah a, thlarau chu a ko ta a, Thlarau a lo
:lan chuan mi thianghlim chuan a zilhhau a, heti hian a sawi
Min bum a, Thlarau, mi pathum chauh i la dawn tih min"
."hrilh lai khan thudik i sawi lo

Thlarau chuan, "Thlarau chungnung ber ka tiam e,
.thudik ka sawi a ni" tiin a chhang a
A vengtu chuan, "Mi pathum i hruai dawn tih min tiam a,
mahse he natna hian mi tam tak nunna a chan tawh a ni" a ti
.a

Thlarau chuan: "Aw Pathian ðhian, pathum chauh ka la
.a, a bak zawng chu hlauhna in an thi" tiin a chhang a
Ka thiante u – Pathianin in hriatna tipung rawh se –
hlauhna hian mi pakhat chhungah negative vibration a siam
a, kawng khat emaw kawng dangah emaw a hual vel a,
hmuh theih loh hrui, paih harsa tak takah a khuh a, a
chhehvella midangte zingah thil tha lo zawng zawng a dawng
awlsam zawk a, churang chuan thlipui hrisel lo takin a hual
vel a ni tih hre rawh u
Chutiang hunah chuan a chungah natna te, lungngaihna
te, beiseina nei lo te, rinhlelhna te, hrehawm tawrhna te,
lungngaihna te, leh thihna thlengin a rawn keng tel a ni
Duhthlanna: Cosmic Activator a ni

Taksa chhunga chetna apiang hian duhthusam chetna a
kawk a ni

Willpower system hmanh hian thluaka chakna
dahkhawm leh taksa chhehvela intelligent cosmic energy
hmangin chakna chu wireless-in taksaah a thawh chhuak a
ni

I chau lai hian ei leh in, oxygen thawh, tui in emaw, tui
dang emaw hmangin taksa chakna i pe thei a ni
Mahse, thil rit tak chawh turin i kut leh taksa i tense hian
hmuh theih loh duhthlanna hmangin i taksaah chakna i rawh
keng lut thin

Taksa chu conscious focus hmanga i tihkhawh chuan
(strain awm lovin a vibrate thlengin) Pathian finna nena inpe
cosmic energy chu i khawh a ni

Hei hi taksaah chakna emaw, thiltih emaw kan siam
chhuah theih dan a ni a, taksa pawn lama thil awmte a\angin
ni lovin, taksa chung leh pawn lama awm leh awm Pathian
thil chhuahna a\angin a ni

Cosmic energy hmuh theihna tur leh hlawkna nei tur
chuan hriatna leh thil, taksa leh thlarau inkara inzawmna
awm lo chu zawh hmasak a ngai a ni He inzawmna hi mahni
nihna dik tak leh Pathian hriatna nena a inzawmna chu
ngaihtuahna senga, ngaihtuahna senga, leh hriatchhuahna
hmangin hmuh theih a ni

Nun hi caravan a ni

Nikum lama kan bula awm tam tak chu tunah chuan kan
bulah an awm tawh lo a, nakkumah he hmunah hian tute
?nge lo kal dawn tih tuin nge hria ang

Chu chu nun a ni a, a zinkawng pawh a chhunzawm zel

Hun rei lote chhunga kan zinpui caravan a ni

Kan \hian \henkhat chu hlohna khurah an tlu tawh a,
mahse an hrehawmnain a hneh hunah chuan caravan Lalpa,
he lei Lalpa ni bawh: Pathian Engkimtithia hnen atangin
kaihhruaina leh kaihhruaina an zawng tan dawn a ni

He caravan-ah hian kan inthen a, a bul leh a tawp chu
thurukin a hual vel mah se, nun hian awmzia thuk tak a la
nei a, chu chu taima taka Pathian zawn a pawimawhzia min
hriat nawn tir a ni

:He khawvel hi lemchan nen pawh tehkhin theih a ni
He nun hi character pakhatin a sawi zan chu khuh a ni"

. "a, ni chu inkhelhna hmun a ni

Actors te hi engmah lo atanga lo chhuak an ni lo
Backstage a awm a, an chanvo a zawh hnuah pawh actors te
chu an nun an chawlhsan lo va, chawlhna zawngin ether
curtain hnuaiah an bo zawk thin

Divine Theatre Director-in he nun stage-ah hian hun
engemaw chen kan chanvo chang a, chumi hnuah hmun
chhuahsan tura ruahmanna siam zawm chungin kan awm a
ni

Thihna tih awmzia hluiah kan thi lo va, hun puan
hnuaiah kan bo zawk zawk a ni, chu chu cosmic theater
director thupek angin a ni

Performance kan thiam a, Pathian duh dan anga kan
chanvo dik taka kan khel hma loh chuan nun stage-ah a
hun hunah kan inlan ang

Huaisenna hloh lo emaw, Pathian ruat ruahmanna
chipchiar taka inrawlh lo emawa kan hnathawhna kan siam \
hat a, Supreme Manager leh Planner duhzawng kan zawm
hunah chuan kan beih nawn leh a ngai tawh lo vang a,
chatuan awmna insiam danah lungphum thi thei lo, Vanram
chhunga cheng nghet tak kan lo ni tawh ang
Chutah chuan chatuanin an awm reng ang
Tupawh hnehtu chu ka Pathian biak inah lungphun ka}
{siam ang a, a chhuak leh tawh ngai lo vang

* * *

A tirah chuan zirtirtu nih chu ka hreh hle a, a mamawh
leh a awmzia chu a lian hle a, a hlauhawm hle bawh a,
zirtirtu chu shock absorber a nih a ngai a, a buai leh buai
meuh chuan a tanpuina diltute chu a pui thei lo

Zirtirtu dik tak chuan mi zawng zawng a hmangaih tur a
ni a, mihring nihna a hrethiam tur a ni a, Pathian a hriat a
ngai baw

Ka zirtirtu (Sri Yuktiswar) chuan he nunah hian ka
chanvo chu thlarau lam zirtirtu a nih thu min hrilh chuan
Pathian thiltihtheihna tawp nei lo chu min thlawp turin ka ko
a

Lecture ka pek tan tirh khan theoretical study atanga
chhuak lehkhahu hriatna a\angin ni lovin, chhungril lama
infuih tharna a\angin thu ka sawi ang tih tumna ka siam a, a
tuikhuah a hring ngai lo leh a chhuahna a tawp ngai lo thil
siam chhuah theihna chu ka thusawi zawng zawng hnuaiah a
awm tih ka hre ching hle

Chu thiltihtheihna chu kawng dangah pawh midangte
hnathawhnaah leh kawng hrang hranga tanpui nan hman a
ni tawh baw

Mihring rilru hi thih theih lohna lantir nan ka hman a ni
Lalpa, ka tan ti rawh," ka ti lo va, "Tih ka duh Lalpa,"
min kaihuai la, min fuih la, ka kut chelh turin ka ngen che a
.ni," ka ti zawk a ni

Mi pakhat chuan thil tenawm tak tak chu a danglam bik
takin a ti thei a ni

A hnathawhna kawngah a tha ber a ni tur a ni a, a nun
chu kawng pangngaia kal zel a phal lo tur a ni
Tin, khawvel mak tih tur thil tangkai tak, tumahin an la
tih ngai loh tihhlawhtlin nan

Tin, thil siamtu, thil thar siamtu Pathian element chuan
a kaltlangin leh amah hmangin hna a thawk tih lantir nan
Mi pakhat chuan hlawhchhamna leh hun kal tawha thil
tihsualte ngaihtuahnate chu kawng daltu anga ding phal
lovin nun kawng zawh turin tumruhna leh tumruhna nghet
tak a neih a ngai a ni

Nun hi a thim thei a, harsatna a lo thleng thei a, hun
remchângte pawh man lohvin a bo thei a, mahse zirtîr chuan

a rilruin, "Pathianin min kalsan a, ka chanvo chu chhinchhiah
.a ni," a ti lo tur a ni

?Hetiang mi hi tuin nge tanpuina pe thei ang
Mi chhungte chuan an hnawl thei a, vanneihnain a
kalsan thei bawk - a ngaihda ang chuan - mihring leh
thilsiam chaknain a chungah ruahmanna an siam thei a,
mahse Pathian khawngaihna leh a chhunga thil siam
chhuahna thlarau hmangin dodaltu beihna zawng zawng chu
a hnawtchhuak thei a, hlawhtlinna tak tak paradis-ah hnehna
changin a kal thei a ni

Vawi za zet hneh lo mah la, harsatna i hneh ang a,
ropuina lallukhum i la ang tih i rilruah siam rawh
Beidawnna hi kumkhuain a awm lo va, lungawi lohna hi
hun eng emaw chen fiahna a ni

Pathian chuan nunah hnehtu ni turin min duh a, kan
chhunga thiltihtheihna famkim chu lantir turin min duh a,
chutiang chuan nun stage-ah kan chanvo sang ber chu
hlawhtling takin kan hlen thei ang

Hremhmuna chuan Sage pakhat nen
Vawi khat chu lui malsawmna kamah chuan ascetic
rinawm tak a awm a A dam chung kum tam tak chu
ngaihtuahna thuk takah a hmang a, mahse vanduaithlak
takin a thawhrimna chuan rah a chhuah lo va, nunna thuruk
leh hlimna bulpui zawng leh chhui chhuah tumin a bei nasa
hle chung pawhin remna buh seng tam tak seng turin a
lawm lo hle

Kan thianpa chu hmun mawi tak tak, thlarau ngilnei tak
tak, lehkhabu hlu tak tak, leh hriatrengna hmun malsawmna
dawngtu lam hawiin van boruakin a hual reng reng chung
pawhin, chuti chung pawh chuan a rilru chuan mi rukbo leh
tihnat dan tur dik ber chu a ngaihtuah chhunzawm zel a ni
Chu ngaihtuahna chu a thunun theih loh a ni a, hmân lai
karmic cause a\anga lo chhuak niin a lang Chu ngaihtuahna
duh loh zawngte chu hnawhchhuah a tum poh leh a rilru chu

a rawn luah lut a, a thlamuanna a tibuai a, thlamuanna pawh
a chhuhsak ta a ni

A tawp berah chuan amah leh amah a intiam a, "Ka
tawngtai chhunzawm zel ang a, ka ngen chhunzawm zel ang
a, ka ngaihtuahna tibuai laia ka thlamuanna kil tichhetu
heng ngaihtuahna tibuai tak takte lak ata ka chhuah hma loh
.chuan ka tawp lo vang" tiin

Darkar khat a liam a, chutah darkar hnih a liam a,
ngaihtuahna sual tak takte chu thlipui ang maiin a rilruah a
lo lang a, a ngaihtuahna insiam dan chu a rawn nuai a, nasa
takin a ti nghing ta a ni

A tâwpah chuan dârkâr thum zet a beih hnu chuan a
rilru tibuitu ngaihtuahnate chu a bo thut mai a, a hmunah
chuan inlârna mawi takah chuan Pathian mi thianghlim
pakhat tisa leh thisenin a hmaa ding chu a hmu ta a ni
Mithianghlim eng tak chu nung takin a rawn lang mai ni

:lovin, ngilnei takin thu a sawi bawk a, heti hian a sawi
Ka fapa, i tisa lo pian hma khan professional rukru i ni"
a, midangte man leh an thil neihte rukbo mai loh chu
ngaihtuahna dang nei lo mahse i thih hma rei vak lovah i
chhia leh tha hriatna chu a harh a, nangmah siamthat turin i
insiam a, i nungchang zahthlak tak chu thlak danglamin
thatna kawng i zawh ang tih i intiam a Hemi avang hian he
nunah hian mi tha ni tura thlarau lam tumruhna nghet tak
nen i piang a, mahse chuti chung chuan nang pawh
nangmah pawh i lo piang ta a ni." i tisa lo chang hmasa lama
i nunah i ngaih pawimawh ber ngaihtuahna tha lo tak tak i
."rawn keng tel a ni

Ka fapa, he hun malsawm takah hian, ṭhian ṭha,"
hriatrengna leh ngaihtuahna circle-te'n an hual vel a, chuti
chung pawh chuan rilru lam lungkhamna leh ngaihtuahna
tichhe thei, buaithlak tak takte hremhmunah i cheng hi a
."vanduaitlak hle a ni

Rei vak lo a ngawih hnu chuan vengtu chuan a thusawi
:chu a chhunzawm ta a

Chuvangin, khawvel pum huap dan ang chuan, leh he"

tisa lo changa thlarau lam hun remchang i neihte hmang
tangkai turin i theihtawp i chhuah loh avangin, tunah hian i
ngaihtuahna i thawhrimna chu a let hnih i tihpun loh chuan,
thih hunah chuan thil pahnih zingah i thlang a ngai dawn a
.ni

Mi â sawm nen vanah awm la, mi fing pakhat nen"

"?hremhmunah awm rawh, eng nge i duh zawk ang

:Zirtîr chuan hreh lo takin a chhâng a

Aw Pathian thian, mi fing pakhat nen hremhmunah"

awm hi ka duh zawk a, a chhan chu ka thil tawn atang hian
mi â sawm ten paradis atangin hremhmun an siam tih ka
hriat vang a ni a, chutih lai chuan ka thinlungah ka ring a, mi
fing pakhat nen kan awm chuan khawvel hnuai lam hnuai
lamah pawh hremhmun chu paradis-ah min chantir dawn tih
."chiang takin ka hria a ni

Zalenna (freedom of whim) a ni

Mi tam tak chuan ni khatah sa vawi thum ei tur niin an
ngai a, thenkhat erawh chuan thlai leh nut chauh ei tur a ni
tih an ring tlat a, an ei leh in hi tlem an tihdanglam chuan an
!na ang tih an ring tlat bawh

Chutiang rinna chu saltanna chi khat a ni Mihring

nunphung engmahin a tihkhawtlai a phal tur a ni lo va,
finnain a rawt leh diknain a tih angin a tih dan thlak danglam
theihna a nei zawk tur a ni

Zalen taka duhthlanna thiltihtheihna hmanga, hriatna

dik tak kaihhruai leh kaihhruaina hmanga dik taka nun kan
zir a ngai a ni

Mi chu zan khat chu mattress nem takah a mu thei tur a

ni a, zan khat dang pawh leiah a mu thei tur a ni, chutiang
bawh chuan thlamuanna nen

Chu thil tih dan tihkhawtlai atanga tlanhhuahna mak

tak chu mi finge'n an mamawh zalenna chu a ni

Mi thenkhat chuan zalenna chu miin a tih duh apiang tih
hi a ni an ti a, hei hi ka sawi chu freedom of whim and desire
a ni

Zalenna nihna dik tak chungchânga ngaih dân dik lo an
neih avângin, nu leh pa ðhenkhat chuan hriatthiamna nei
lova an duhzâwngte zawmin an fate chu nungchang bawihah
an siam a ni

Chumi a\ang chuan naupang chu a duhzawng a hlen
chhuah phawt chuan a hlim reng ang tih ringin a lo seilian a,
nun tum ber chu duhzawng tihreh a ni

Mahse a hnuah bum a nih thu a hrechhuak ta In pawn
lama khawvel chu in chhunga a thil hmuh leh a tih dan nen
chuan a danglam vek a ni

Nunnaah hian duhthusam zawng zawng tihhlawhtlin hi
thil awlsam a ni lo! Mi dangte chuan a duhzawng hmu tura
an beihna nasa takah chuan a hnawtchhuak thei a, ani pawh
chu a duhzawng hlen chhuah leh a duhzawng tihhlawhtlin
nan lungngai, thinlung khauh tak a lo ni ta a, taksa
duhzawng tihhlawhtlin chu mihring thil tum ber a ni tih
ringin, he khawvel hi a zawng zawngah a awm vek tih Chiang
takin a ring a ni

Nu leh pate chuan an fate chu duhthlanna nghet tak leh
rorelna dik tak nen an thuam a ngai a, chutiang chuan
khawvêlah hian a nungchang ðha lotein a nghawng lova an
kalna tur an siam thei ang

* * *

Kum thar tina thilpek min pek avang leh a thlen
famkimna beiseina leh thutiam min pek avangin Pathian kan
fak a, lawmthu kan sawi bawk

Pathian nena inzawmna nei tur te, mimal nunah leh
khawvel dinhmunah inthlak danglamna mak tak tak thlen tur
te, remna leh mihring unau nihna nei tura thinlung taka dilna
aia thiltihtheihna lian zawk a awm lo

Mimal tawngtaina thinlung tak tak te, hriatna sang tak
te, leh hriatna lo pung zel te chu leia inthlak danglamna tak

tak thlentu thlarau lam chakna malsawm takah a chantir
theih nan Pathian hnenah kan tawngtai a ni
I êng leh êng êng êng kawngtea min kaihruai theih nân
leh, kan thinlung leh mi dangte thinlunga I hmangaihna kan
tiharh theih nân leh, êng nung meialh kan keng a, I
duhzâwng leh mite hlâwkpuî tûra kan talentte kan hman
theih nân, Aw Lalpa malsâwm rawh
Midangte tanpui tur leh an hrehawm tawrhna
tihziaawmna tur I cosmic energy leh kaihhruaina êng luang
chhuak thei tur conduit siam turin min pui ang che,
Nangmah vang hian mihringte leh keimahni tanpui theihna
kan nei si a
Hrehawm tuarte kan lainat theih nan malsawmna kan
dawng a ni
Khawvel hmun hrang hrangah ngaihtuahna tha leh tum
tha kan thehdarh thin
Remna leh unau nihna hi nunpui tawnna ni rawh se

Zirtirtu Paramhansa Yogananda thusawi atang hian

Mite chuan nunah thil engemaw bânsan tumna
ngaihtuahnaah hian an phunnawi a, a takah chuan thil hlu
tam tak an bânsan a, chung zinga a tlem ber chu rilru
thlamuanna a ni a, a châng chuan sum leh pai atan pawh an
inhlan a, chu chu chhiatna leh hlohna a tawk thei a ni

Pathian hnenah inpe la, in nun chu rhythmic melody
mawi tak ang mai a lo ni tawh tih in hmu ang

He khawvel a\ang hian i chhungril lam pan la, i chhungril
Pathian ram zau tak lam hawi la

Thlamuanna lawngah chuan kan mumang piah lama chu
khawvelah chuan i kal thei a, chutah chuan thinlung leh
thlarau thuk tak atanga chawlhsan lovin Pathian tuikhuah a
luang chhuak thei a ni

Lalpa, Nangmah min hmangaih a, engtikah mah min
thlahthlam ngai lovang tih hre reng chungin, kei chu chak lo
emaw, chak emaw, damlo emaw, hrisel emaw, hmingthang
emaw, hriat loh emaw, hausa emaw, rethei emaw, I lawm
zawng zawnga nun inkhelhnaah ka chanvo hlen chhuak turin
min pui ang che

Hausakna hi mi pakhat hnen atangin laksak a ni thei a, a
nih loh leh laksak a ni thei baw, khawvel a\anga an
chhuahsan hunah, an keng tel thei lo A hlutna dik tak chu
thil \ha tihna atana hman leh Pathian leh mahni chhia leh \ha
hriatna tilawm zawnga mahni leh midangte tana hlimna
thlennaah a awm a ni

Mahni himna leh thlamuanna chauh ngaihtuah, midang
mamawh theihnghilh emaw ngaihsak lo emaw chuan a takah
chuan ni khat chu an chanvo tur retheihna chu an courting a
ni an kalna apiangah an tam hle

A phutute hnena i pek hunah chuan Pathian chu i
hnenah a awm reng ang a, engtikah mah a kalsan ngai lo
vang che a, engmah i mamawh lo vang Kan nun hi Pathianin
direct-in a chhawm nung tih kan theihnghilh tur a ni lo va,
kan rilru, kan duhzawng leh kan thiltih zawng zawng hi
Pathianah a inngat vek tih kan hriat chian hunah leh a hnen
atanga chakna kan lak chhuah hunah chuan a hnen atangin
direct kaihhruaina kan dawng ang a, kan nun hi a nun tawp
nei lo nen a pumkhat a ni tih kan hrechhuak ang

Ngaihtuahna hian Pathian awm tih finfiahna a pe Rilru
tuikhuah a\angin hriatna thlipui chu a lo thianghlim tawh
chuan thlarau a\angin Pathian hlimna a lo chhuak \hin He

hlimna hi thlarau chhungah a awm tawh a, mahse a khuh bo
a ni

Aw, Lalpa Ka duhthlanna leh finna ka hmang ang Thil
tenau te hlen chhuah hmasak nan Tin, chutah chuan
hlawhtlinna lian zawkah ka kal leh ang
Thil tum zawng zawng chu tihhlawhtlin ni mah se,
hlimna famkim lo chauh a pe a ni — Pathian ka hmuh avang
chuan hlimna khawl khawm theih loh ka hmuchhuak ang Tin,
a luang leh tlan chu a tawp ngai lo Thlarau huan leh
evergreen meadows-ah te
In: Hnehna hmun

Miin a nun chu thrill pakhat hnu pakhat hnung zuiin a
hmang a nih chuan hlimna dik tak thlum chu a hre ngai lo
vang Mi pakhat chu awlsam taka nung tur a ni a, nun hi
awlsam takin a hnaih tur a ni Mi pakhat tan chuan mahni
chauha hun hman a tha a, a hun hunah mahni thiltih
ngaihtuah a, chhungril thlamuanna kalpui a tha a, chu chuan
damna, thalai tharna leh chakna thar a thlen a ni

Distractions a awm reng a, stimuli dangte chuan senses
a bombard a nih chuan, nerve te chuan a rah chhuah a tuar
ang a, vital energy tam tak a bo ang , thlarau pawhin a rilru
a buai ang a, a lungngai ang Chu bâkah, mi dangte siam\hat
chu ngaihtuah lutuk tur a ni lo chu ai chuan mi dang siam\
hat a tum hmain mahni insiamthat hmasak phawt tur a ni

In chu indona hmun ropui ber a ni tih hriat ni rawh se An
in chhunga vantirhkoh ni tawh chu khawi hmunah pawh
vantirhkoh a ni ang

Aw thlum leh nungchang ropui takin a rawn rawt
thlamuanna chu hmun dang zawng aiin in chhungah hian a
mamawh zawk a ni

Eng a engna hmunah thim a awm thei lo ang bawkin,
taksa cell-a Pathian êng a lo eng hunah natna thim pawh a
bo tur a ni , he thutak hretu hi an tlem hle
Mite chuan dam duhna nasa tak an neih chuan thinlung
buai takin A nih loh leh beidawinna rilru pu chungin an

tawngtai thin a, Pathianin an tawngtaina a ngaithla dawn lo
tih ringin an tawngtai a, mahse an nghak lo va, An
tawngtaina chu Pathian hnenah a thleng em tih an hriat
theih nan

Receiver dik lo hmanga boruak atanga music tihchhuah
a ngaihthlak theih loh ang bawkin, hlauhna, lungkhamna leh
lungkhamna, rinhlelhna leh rinhlelhna chi hrang hranga
thawk tha lo psychic apparatus hmangin Pathian atanga lo
chhuak hriselna, chakna leh finna vibration te chu a la thei lo
Lalpa, mamawh leh hausakna hun, natna leh hriselna,
thim leh êng, leh dinhmun tinrengah l hre reng ang u,
lawmthu i sawi ang u, l malsawmna êng, natna leh natna
zawng zawng tidamtu l êng malsawm tak kan hmuh theih
nan rinna mitte min hawn theih nan min pui ang che
Ka ngaihtuahna \ha, ka duhzawng \ha leh ka thiltih rah
chhuah, hlawkthlak tak lawng captain ka ni Ka nun lawng
chu ka kaihruai ang a, ka ngaihtuahna thuk tak van boruaka
remna planet eng mawi takah chuan ka mit ka nghat reng
ang

Ka thil tih zawng zawngah hlawhtlinna ka chan theih nan
ka creative thinking skills ka hmang ang Pathianin min pui
ang, keimah pawh ka in tanpui ka tum a nih chuan
Vawiin hian nunna huan hi theihtawp chhuah tharin ka
ching ang a, finna chi, hriselna, lungawina leh hlimna chi nen
ka tuh ang Rinna leh mahni inrintawkna nen chi chu ka tui
ang a, buh seng dik min pe turin Engkimtitheia thilpek ka
nghak ang, Buh seng beisei chu ka seng lo a nih pawhin, a lo
chhuak rilru thlamuanna avang hian lawmthu leh lawmthu
sawiin ka awm reng ang ka theihtawp chhuah tumin beih a
ni

Ka hlawhtlin hma loh chuan ka beih chhunzawm zel
theih avangin Pathian hnenah lawmthu ka sawi ang, A
khawngaihna Tin, ka thinlung duhthusam ber ka thlen
hunah lawmthu ka sawi ang Thil ropui leh tling chauh tih ka
tum ang, Pathian lawmna zawngin

Khawvel hi thilsiam leh mihring thlipuiin a khat a,
Pathian chu he khawvel thlipui, thlipui leh thil tha lo laka
invenna chak tak leh himna a ni Pathian awmna apiangah
hlahna leh lungngaihna a awm lo Ringtu dik tak chu nunna
indonaah leh thil thleng inbeihnaah hian nghet tak leh
chhuang takin a ding a, Pathian chu a hnenah a awm tih a
chiang a, chhiatna laka a humhim a, hun khat pawh a
thlahthlam ngai lo Chutiang chuan hlahna chu a thinlung a\
angin a bo a, rinhlelhna chuan a chelh a, humhimna chu a
nghah theih loh a ni

Hlah loh tih awmzia chu Pathian leh a venhimna rinna
neih a, a dikna te, a finna te, a khawngaihna te, a
hmangaihna te, leh hmun tina a awmna te rinna neih a ni

Hlahna chuan mi chu a rilru chakna a hloh a, a rilru a
khuh a, thinlung pianphung rhythm a tichhe baw Chu
bâkah, hlahna hian taksa tibwaitu leh rilru lam natna a thlen
thei a, mi chu lungkhamna leh rilru lama inkhunghranna
hnuaia tluk ai chuan Pathian, Engkim hmutu, Engkim hmutu,
Engkim hmutu, A thunun theih lohnaah a him tih a
inringtawk tur a ni kulhpui, leh A khawngaihna leh
enkawlnain a hual vel a ni

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu
hlahawm zawng zawng aiin a chak zawk a, Amah hnena
in humhimna zawngtute humhim thei a ni tih a inhriat chian a
ngai a ni Invenna hmanraw tangkai zawk a awm lo Dik tak
chuan, thil thlengte hmachhawn kawngah hian chhanna
hman a ngai a, chutih rual chuan Pathian tanpuina rinna
famkim neih a ngai a ni Rinna hian ngaihsak lo emaw, thiltih
emaw a ni ngai lo harsatna hmachhawn chung pawhin fing lo
takin Eng thil pawh thleng se, mahni thinlung, thlarau leh
hriatna zawng zawnga A hnena a hawi chuan Pathian

chauhvin dinhmun harsa leh harsa takah pawh a pui thei tih
a inhriat chian a ngai a ni

Harsatnate chu vur tla ang maia a lo chhuk chuan, kan
duhzawng chu a tichhe emaw, kan hmuh dan fing tak leh
fing tak, ngaihtuahna fim tak hmanga thil tih dan chu kan
khuh bo phal lo va, Pathian kan rinna leh kan pianpui thil dik
leh dik lo hriatna hi kan vawng reng tur a ni a, chhuahna tur
kawng zawn kan tum tur a ni Pathian tanpuinain, kan hmu
ang A tawpah chuan, thil a lo tha chho zel dawn a ni, a
chhan chu Pathian thiltihtheihna leh thilmakte chu mihring
nun inhnialna hnuaiah thup a ni dinhmun pumpelh theih loh
leh chu ai chuan an finna leh rinna hmanga puanzar piah
lama luh tum chuan an tan kawngkhar hawnsak an hmu ang
—ringtu kut zawng zawngin an kik theihna kawngkhar

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihruaitu khawnvar ni turin kan
phal tur a ni Pathian chu hriat lohna leh thim zanah thla bial
a ni a, harhna darkarah ni eng a ni a, kaihhruaina êng a ni a,
leia tuifinriat kalte tan chuan kaihruaitu arsi a ni bawk. rei lo
te chhunga awm

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

Rilru ngaihtuahna leh thlarau lam inhriatthiamna
inthlauhna

Miin theoretical hriatna hmanga a programme chuan kal
zel recorder ang mai a ni a, thufing leh thumal sang tak
takte a sawi nawn leh a, mi dangte chuan zir leh hriatna
neiah an ngai a Mahse chutiang hriatna chu thutak hriatna
dik tak chuan a tichak lo va, thlarau lam thil tihhlawhtlinna
nen pawh a inmil lo This kind of intellectualization or
intellectualization keeps the "self" tied to the sensory mind,
which is itself limited by the physical senses Theoretical
hriatna hian Pathian hriatna a nei thei lo va, thil tak takah
hman theih loh theory-ah hian hun hlu tak chu khawhral loh
a tha a, chuti lo chuan intellectual jungle zau takah bo,
theory ram paltlang thei lovin a awm ang

Hetiang kalphung hian thudik hriatna a thlen dawn lo a
ni, a chhan chu thudik chu ngaihdan leh ngaihdan piah
lamah a awm a, chutiang kalphung zawmtu tam tak chu
anmahni subjective conclusion-ah an inngnat ta a ni

Miin a rilru chakna chu sum leh pai leh thil neihte neihna
atan chauh a hmang a nih chuan a hriatna chu thiltihtheihna
khawvelah a hruai lut ang a, thil buaithlak tawp nei loah a
inhnamhnawih ang Chuvangin mi finge chuan mi finge
chuan Pathianin a pek rilru lama theihna zawng zawng chu
thil rei lo te chhunga thil awmte zawn nan a hlan vek tur a ni
lo, chuti lo chuan thil neih duhna labyrinth-ah a boral ang a,
a tul lo khawpa tikhawtlai a siam ang constraints for
themselves Chu ai chuan nunna atana thil tulte hmu turin an
rilru chakna chu an hmang tur a ni a, thil dik leh dik lo thliar
hrang turin an nungchang chakna tihmasawn tumin an bei
tur a ni a, thil tichhe thei leh hlawkna tur pawh an thliar
hrang thei ang mahni inhriatthiamna (introspection) a ni

Kan ngaihtuahna chu eng pawh ni se, kan nunah
Pathianin a hmasa ber reng tur a ni Thlarau lama thanlenna
atana thil pawimawh ber pakhat chu Pathian nena inzawmna
awm reng, thinlung taka tih hi a ni a, chuta tang chuan

nangmah ngeiin inthlâk danglamna mak tak, tha tak, i rilru
hneh tak chu i hmu ngei ang

Miin show en a duh chuan , emaw thawmhnaw thar
emaw car thar emaw lei a duh chuan an rilru a buai reng tih
hi a dik lo em ni? Chutiang thilte chungchangah chuan leh
engtin nge kan tihhlawhtlin theih ang emaw, kan hmuh theih
ang? A duhzâwng a hlen chhuah hma loh chuan a chawl lo
vang , chu duhzâwngte chu hlen chhuah tumin hahchawlh
lovin a thawk chhunzawm zêl ang

Chutiang chuan mihring rilru chu Pathian ngaihtuahin a
buai tur a ni a, chutah chuan duhna tenau zawk, tenau zawk
zawng zawng chu Pathian hriat duhna leh Amah nena inbiak
duhna nasa takah a inthlak ang

Rilruin Pathian hnenah thinlung tak tak, rilru na tak
thusawi a sawi chhuah hian Thlarau duhthusam thuk tak
atanga lo chhuak

Thlarau kohna chuan cosmic thinlung a khawih ang , a
chhanna chu a lo thleng ang a, hlimna nasa tak a keng tel
ang

Intellectual whispering cultivates willpower , thil tum
duhthusam tihhlawhtlinna tur chakna tling i neih hma loh
chuan

Mi pakhat rilru leh duhzawng chu Pathian nen a inmil
chuan thiltihtheihna tawp nei loin an charge a, chutiang
chuan thil engemaw ngaihtuah mai mai chu a thlen theih
nan a tawk ta a ni , a chhan chu Pathian dan chuan
duhthlanna sang ber nena inmilte tan hna a thawk a ni

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,

ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

Hmasawanna thuruk

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

Fiahna nasa tak karah pawh, thir zungbun tithianghlimtu
mei ang mai an ni a, chu chu thir mawi tak, chak tak leh
hmanraw tangkai takah a chantir Experience meialh kang
tak kara finna kan siam chu thil mak tak a ni Nun hian min
tithianghlim a, kan base nature te chu thil hlu takah a
chantir a, thlarau te chu lunghlu ang maia thianghlim, thir
ang maia chak, chuti chung pawha insiamrem thei, a hnuai
lama chhe lo taka awm theihna turin min phalsak a ni
harsatna leh harsatnate nawrnate

Thinrimnain a tihdanglam, tihduhdahna avanga hliam
tuar hmêl kan hmuh hian, an mit hmuhna chuan kan thlarau
aṭanga thil tenawm tak takte chu hnawhchhuah kan duh hle
a ni—kan chhunga Pathian lem malsawm tak chu khuh botu
thil tum sual leh lungngaihna thuk tak tak tih loh chu
engmahin a khawih loh thlarau chu, meikhuin darthlalang a
tihchhiat ang bawkin Mi dangte thiltih hrehawm tak takte
chuan mahni nungchang siamṭhat leh thunun duhna chu
keimahniah a tiharh tur a ni keimahni ngei pawh, kan
duhzawng thunun theih lohte chung hotu kan nih theih nan,
an bawih ni lovin

Thu ngilnei tak hi natna tam tak damdawi mak tak a ni
a, thiltihtheihna chak tak, thilmak ang maia lang, magnetic
force neiin an thusawi tu tan malsawmna leh hausakna tam
tak a thlen a ni Thusawi thlamuang leh nem tak hmangtute
chuan an chhungah chuan tuifinriat fiah lo tak chu tihtawp

lohvin a luang chhuak tih an hria a, an chhunga thlamuanna
tam takin a khat Hei hi chu current chu a source sang zawk
nen a inzawm tlat avangin a ni reaching souls in harmony
with it Chutah chuan he hlimna luang hi remna duhtu
thlaraute hnenah an thlen thei ang

Nitin hian mi pakhat chuan mi dangte hmaa a theihna
zawng zawnga inlan a duh avangin a hmel hmuh tumin
darthlalangah a en thin a, chuti a nih chuan, nitin mahni
nena ding a, chhungril lam thlirletna darthlalang atanga thlir
a, chu chu a êng chhuak hnuaia thil awmte hmuchhuak turin
a va pawimawh zawk em! Pawn lam atanga hmuhnawm
zawng zawng hian a hipna chu chhungril lam a\angin a hmu
si a Tin, engmahin thlarau darthlalang thianghlim chu
thinrimna, thinrimna, inhuatna leh huatna ang chi rilru lam
tihdanglamna angin a tibawlhhlawh lo

Analysis hmangin mihring harsatna hi chi thum a ni tih
kan hmuchhuak a, chungte chu mihring taksa beitu harsatna
leh buaina a awm a, rilru beitu dang a awm a, thlarau kalna
kawng tikhawlotu category pathumna a awm baw

Natna te, tar chakna te, thihna te hi taksain harsatna leh
daltu a hmachhawn thinte hi Rilru lam natna te erawh chuan
lungngaihna te, hlauhna te, thinrimna te, duhna thunun,
thinrimna te, huatna te, rilru lama harsatna te, khawsik
nervous agitation te, leh rilru chakna tichhe thei rilru lam
cancer te hmangin rilru a rawn lut thin Natna hlauhawm ber
erawh chu a ni thlarau natna, hriat lohnaah a lang a, chuta
tang chuan natna dang zawng zawng a lo chhuak a, a darh
zel baw

Khawvelah hian thil tha lo aiin thil tha a tam zawk

Ringhlelna a lo luh hian mi ropui tak takte nun hi kan
hre reng tur a ni Mihring kan ni tih hi a dik a, mahse Pathian
chuan thiltihtheihna mak tak tak, kan hman tlem avangin

min pe a nih chuan engvangin nge tar, natna leh
lungngaihna hlauvin kan khur? Kan taksa enkawl nan
theihtawp kan chhuah tur a ni a, mahse hlauhnaah kan tlu
lut tur a ni lo va, hriat lohna pile hnuaiah kan in phum tur a
ni lo

Taksa hi mi pum pui a ni lo

Khawvelah hian thatna hian sual a hneh zawk a ni, a
chhan chu Pathian chu thiltihtheihna tawp ber a nih vang a
ni Mahse, sualna min lo thlen hian thunun theihna emaw, a
man atanga tlanhhuah emaw theihna kan nei lo niin kan
inngai thin

Thil tha lo thlipui a lo tleh ngei ang , mahse an nghawng
chu kan hneh thei a, an chungah kan kai chho thei a ni

Chumiin a tihchhiat theih nan nunna pek kan ni lo va,
chatuan hriatna min tuh turin nunna pek kan ni a, he thudik
hi kan hre reng tur a ni

Ngaihtuahna zalenna tel lo chuan mi pakhatin a rilru a
sawi chhuak thei lo va, a thianghlim, mahni inrintawkna leh
pianphung angin a sawi chhuak thei lo A bulpui berah chuan
zalenna i ni tih hre reng ang che Duhthusam thiltihtheihna
chu a zalen reng a ni

I duhthlanna dik taka i hman chuan i tan karma tha tak
a siam ang a, mahse mi tam zawk chuan inthlak an duh lo
va, theihtawp chhuah an duh lo va, chuvangin harsatna
karah pawh an tlu a, harsatna an tawk thei lo

Mi duhzawng tih chu zalenna a ni lo, a chhan chu
mihringte hi an duhzawngin a phuar a, chuvangin an thiltih
chu zalenna tia sawi theih a ni lo tak zet Zalenna dik tak chu
finna kaihhruaina hnuaia duhthlanna neia engkim tih tihna a
ni Mi pakhat chuan a thiltih tawhte rah chhuah chu a thunun
thei a, chu chuan a zui ngei ngei ang, a duhzawng chu a

tichak a, thil tha leh hlawkthlak tak atan a hmang a nih
chuan, i thiltih chu rilru leh duhna neia i kalpui chuan,
chaknate chu a ni i thiltih dik lo hmasate chu a chak lo ang a,
i thiltih \ha a\anga lo chhuak nungchangte chu a chak zawk
ang

Kan tlakchham chu kan duh reng a, thil pawimawh loah
kan inngat fo thin Thil pakhatin min luah tawh chuan kan
duhthlanna zalenna chu rei lo te chung atan kan hloh thin
Khawthlang mite chu hmân lai nunphung saltan an nih ang
bawkin khawthlang mite pawh tunlai nunphung saltan an ni
Kan chanvo kan siam a, chu chuan a phuar ta a ni

Engvangin nge fa pakhat chu chhungkaw sualah a pian
laiin pakhat chu chhungkaw tha takah a piang? An zalenna
chu hun kal tawh (nun hmasaah) engemaw chen hmang
turin an hmang theuh va, chutiang chuan chu dinhmun chu
he nunah hian anmahni chungah an rawn thlen ta a ni

Pathian tel lo chuan zalenna dik tak a awm lo Amah hi
kan ngaihtuah reng tur a ni Kan ngaihtuahna leh
ngaihtuahna eng pawh ni se, Pathian hian kan thinlungah
hmun hmasa ber a luah tur a ni , Amah nena kan inzawm tak
tak hunah chuan kan tih tur chu, engtik lai pawhin, A Pathian
tanpuinain, tihhlawhtlin theihna min pe ang

Zirtîr tâna thurâwn

Zirlai pakhat chuan zirtirtu Paramhansa hnenah Mahni
insiamthatna tur thurawn engemaw zat pe turin a ngen a,
heti hian a sawi : Hmangaih nih i duh chuan I hmangaihna
mamawh midangte hmangaihna hmangin tan la rawh

Tin, midangte hnen atanga i beisei chuan an chungah
rinawmin rinawm takin awm la, chutiang chuan i chungah an
rinawm ang

Mi dangte chu thil ṭha lo leh fing taka thil tih loh i duh
chuan , bumna chu nangmah ngeiin i ngaihtuahnaah a luh tir
suh , mi dangte tichhe thei zawngin thil ti suh

Midangte'n an lainat che i duh chuan An chungah
lainatna lantirin tan la rawh , a bik takin i chhehvela mite
chungah

Midangin an zah che i duh chuan , naupang leh
puitlingte zahna i lantir tur a ni

Midang hnen atanga remna i duh chuan , inremna nun i
hmang tur a ni

Mite chu sakhaw mi nih i duh chuan , thlarau lam mi ni
la, mi dangte chu entawn tû ṭha tak i nihzia leh an rinchhan
thei che a, an ring thei che tih an hriattîr ang che

A tawi zawngin, midangte lantir i duh zawng zawng
Mizia tha pakhat chu i nunah lantir hmasak hi a ni , chutiang
bawkin miten an lo chhang ang che tih i hmu ang

I nunah hmasawanna mamawhna hmunte chu beidawng
lovin emaw, inngaihtlawmna rilru pu lovin emaw i hriat theih
a, nangmah ngei pawhin i mizia tihchangtlun tumin i thawk
reng a nih chuan, chutiang atana hun i hman chu midangte
insiamthat duhna i khawhral ai chuan a hlawk zawk daih ang

Aw Lalpa, Nang hi thatna zawng zawng bul leh
thiltihtheihna zawng zawng bul tanna i ni a, kan hriselnaah
te, kan finna duhthusamah te, leh kan thlarau lam
lanchhuahnaah te I malsawmna kan chungah kan lantir theih
nan Malsawmna min pe ang che Nang hi arsi zinga êng,
atom-a chakna, thinlunga ngilneihna, leh thutak mawina i ni I
thiltihtheihna sang ber, I finna tawp nei lo leh I tawp chin nei
lo hmanga khat turin min pui ang che dikna (authenticity) a
ni

Lalpa, Nang hi hriselna tuikhuah, nunna tuifinriat, leh
hriatthiamna leh hriatna zawng zawng bulpui i ni tih i
hrechiang ang u Hriat lohna leh a nghawngte, hlauhna leh
lungkhamna lak ata min chhuah zalen la, I finna tuilianin kan
nun a\anga thil chhe leh lunglhu zawng zawng chu a rawn
nuai bo vek ang u

Aw Lalpa, kan hnen atanga I hmel thuptu puan te chu
hlihsak rawh, êng êng tak, kan nun kawngkhar chung a ni
chhiar sen loh ang maiin i hmu ang che, Kan ngaihtuahna
tichaktu, kan thlarau chawmtu, kan taksa chhawm nungtu,
leh kan duhthusam tihlawhtlingtu thiltihtheihna thar reng
reng angin i hria ang che

Amen tih hi a ni

Mi tam zawk chuan a chhan an hre lo He leia an awm
atang hian , nun tum chu Duhzawng tihlawhtlinna a ni tih
an ring Nunna atana thil tulte hmuh nuam tihna leh mihring
hmangaihna zawng , a tawpah chuan kotu hnahnung ber
hnena inpekna a ni

Mite chuan an nun hi Programmer-te chu tun hmaa
tihlawhtlin loh duhna leh duhna bik neiin an tan a Tin, an
tum a - duhthlanna tlemte an neih tawh nen - Midang duhna
leh thiltih entawnin , sumdawngte nen an inzawm chuan
anmahni ang nih an duh a, artist-te nen an inzawm chuan art
chu an tan chuan engkim a lo ni ta a ni

Pathianin he khawvelah hian practical turin min duh a,
chu chu riltamna tihlawhtling tura hnathawh ngai riltamna
min pe a, mahse ei leh in, chenna tur, sum leh pai leh thil
neihte chauh zawn hian mihringin a hlimna bul a theihnghilh
tihna a ni

Kan mamawh kan hmuh theih nan leh kan thil tum dik
tak tihlawhtlin tumin kan bei tur a ni tih hi a dik a, mahse a

hmasa ber leh pawimawh ber chu Pathian hnenah kan
thinlung kan hawn a ngai a, kan thil tih zawng zawngah a
kaihhruaina leh pawmpuina kan zawng tur a ni Chumi hnuah
chuan nun sikul-ah kan hlawhtling ngei ang, kan mamawh
leh kan tana tha ber hretu Supreme Manager leh Provider
hnen atangin kan kaihhruaina kan dawng dawn si a
Chuvangin kan rinna chu Amah leh A duhzawng fing hnuaiah
intulût rawh

Zirtirtu Paramahansa thusawi atang hian

Thlarau chhungril hlimna chu tisa hlimna rei lo te
chhunga hlimthla thim takin a khuh chuan thlarau
rangkachak êng chu a thim a, thlarau thiltihtheihna
langtlang tak takte chu thil density hnuaiah a thup a Mi rilru
chu inhuatna leh huatnain a hip a, hlauhna leh lungkhamna
chhumtein a khuh a, mi chu mi hrehawm, rethei tak, leh
hneh lohvin a lo awm ta a ni mi pakhatin hmangaihna,
remna leh inremna lam hawia chutiang bawka ngaihvenna a
hruai chuan hlimna thuk tak a tawng a ni

Thlarau chuan tisa duhna, hrehawm tawrhna leh
hrehawmna nena inzawm a\angin thlarau thil \ha langtlang
tak, hlimna ropui tak takte nena khata a inthlak hian hlimna
a nei \hin

Thlarau chu khawvêl nawmna râpthlâk takah a inhnim
pil vek chuan hlimna sâng zâwk zawn chu ngaihsak lo va,
thlarau lam hlimna pawh a tawng thei lo Mi tam tak chuan
he khawvêlah emaw, thil neih lam chauh ngaihtuahnaa
innghat mite zînga awm lai emaw hian thil neih nuam tihna
bânsan chu thil theih loh tluk a ni tih an sawi mai thei
Amaherawhchu, mi pangngai tân chuan khawvêl kalsan a,
hnungtawlh chu thil theih loh tluk a ni tih an sawi mai thei
tlang leh ramngawte chuan thlamuanna leh muanna an
hmuh theih nan Chu ai chuan he khawvelah hian a tui chak
tak takte chuan a nuai bo phal lovin he khawvelah hian an

awm reng tur a ni, chuti lo chuan he nun thlipui buai tak hian
a hneh ang

Mi chuan a chhehvêl thilte chu a ța lo zawngin a awm
tûr a ni lo va, chutih rual chuan thil neih duhnain a mit a tidel
tûr a ni lo va, chuti lo chuan a thlarau lam mizia nêna
inzawmna a hloh a, hlimna hlimnate chu a tem thei lo va,
Pathian êngte pawh a hmu thei lo vang
Life, with its essence, components, and goals , hi
hriatthiam harsa tak ni mahse chinfel theih loh puzzle a ni a,
kan hmasawmna ngaihtuahna hmang hian nitin a thuruk
thenkhat kan chinfel thin

The devices based on precise scientific principles in this
era are certainly impressive , and the discoveries that
science brings give us a clearer vision of the ways in which
life can be improved But despite all the equipment,
inventions, and strategies we have , kan la ni reng niin a
lang a, chu chu fate kutah puppet ang mai a ni , leh hmalam
panna kawng chu a la rei Before we are freed from the
control of nature

Tih tak zetin, thilsiam khawngaihna hnuaia nun hi
zalenna a ni lo Kan rilru thahnemngai tak chu tuilian, thlipui,
emaw lirngching emaw tuar anga kan inhriat hian, emaw,
thilthlengin min laksaka nih chuan - chhan awmze nei lovin
- kan hmangaih tak takte chu kan thinlung hnaih takah kan
awm tih kan hrechhuak ta a, hnehna tam tak kan chang lo
tih kan hrechhuak ta a, kan la ni lo tih kan hrechhuak ta a ni
able to overcome adverse circumstances For despite all our
efforts to make life as we want it to be , certain
circumstances will always appear on this earthly stage , and
events directed by a mighty mind about which we know little
about which we knows and will

Buhfai kan chin a, chhangphut kan siam a , mahse tuin
nge chi hmasa ber siam? Chhangphut chu chhangphut

atanga siam kan ei a , mahse tuin nge kan taksa chu a ei
theihna pe? Tin, engtin nge ei tur chu chaw thaah kan
?chantir theih ang

In every corner of life There seems to be an
indispensable divine hand We cannot manage our affairs
without it , and all the certainties we possess Kan hriat loh
chuan engtikah nge thinlung hian hna a thawk tawh dawn lo
Hence the necessity of bold reliance On the supreme divine
power And relying on our higher self , emanating from that
omnipotence Which we are modeled after

Inchhuanna nei lo rinna kan nei tur a ni , nun kawngah
pawh inrintawkna nen kan kal tur a ni
Hlahna leh khur lovin , leh lungngaihna leh khung hran
lovin

Allergy chungchanga buaina

Sensitivity hneh hi art nalh tak a ni a, mi pakhatin thil a
tih chak dan thunun hi mize inthlau leh round tha tak neih
nan a pawimawh hle

Sensitivity hi hriatthiam lohna, inferiority complex,
inflated pride, leh ego exaggerated atanga lo chhuak a ni

Miin a rilru a tihnat nia a hriat chuan chu ngaihtuahna
chuan a rilruah zung a kai a, a nerve a tiharh a, chu chu a
rilru a buai a, a hel ta a ni. Amaherawhchu, mi thenkhat
chuan an rilru put hmang thunun theihna an nei a,
chuvangin an pawn lam chhinchhiahna chu an chhunga
thinrimna nasa tak awm chung pawhin a lang lo Midangte
chuan an thinrimna chu thil tih nghal mai hmangin an lantir
a, chu chu an mitah a lang Chiang hle taksa ruh leh hmêl lan
dân te, leh ẵwngkam chhâna nalh tak, coded hmanga
chhâna hmangin

Emotionality tam lutuk hian nghawng pawl tak a nei a;
thil awmdan a ti buai a, duh loh zawnga inngahna a siam a,
chu chuan midangte a nghawng \ha lo hle

Mahni inthununna leh rilru hahdamna lantir nan
theihtawp chhuah a ngai a, inhriatthiamna leh inremna
boruak siamin, inhnialna ai chuan remna tipungtu leh
lungkhamna meikhu tibotu chutianga titute chu anmahni
chanvo neitu an ni ang a, an chhehvela mite ngaihhlutna leh
zahnain lawmman an dawng ang

Sensitivity lutuk hi mi tam zawkte mizia a ni a, he rilru
dik lo rilru put hmang hi a lo chhuah chuan hriatna a tidel a,
finna mit a tichhe vek a, a pawl zawk chu, sensitive lutuk
chuan an ngaihtuah, an rilru a, an che tha famkim tih a ring
a, a nihna takah chuan an nungchang chu a dik lo vek thei a
!ni

Mi tam tak chuan sawisel an nih hunah mahni
inkhawngaih tur niin an ngai a, chu mahni inkhawngaihna
chuan hahdamna engemaw chen a pe a Mahse ruihhlo
ngaite ang bawkin an ei tam poh leh an ruihhlo ngawlvei chu
a chak zawk thin

Mi rilru na tak chuan a tul lovah a tuar fo thin A tam
zawkah chuan tumahin an lungngaihna chhan emaw, an
lungawi lohna awmzia emaw an hre lo va, chu chuan mahni
inhlat taka awmnaah lungngaihna a tipung a ni

Hetiang allergy hrisel lo chi hian nghawng na tak a nei
a; mei ang maiin thinlung a kangral a, remna tissue te a
tichhia Chuvangin fing tak, ngaihtuahna fim tak leh
duhthusam nghet tak nena hmachhawn a ngai a ni

. ***

Mi zawng zawng rawngbawl turin ka thawkrim hle a,
mahse ngaihtuahna senga ka awmna hmuna ka hnukkir hian

tumahin ka ngaihtuahna an tibuai ka phal lo Thil dang chuan
a nghak thei a, mahse Pathian nena nitin ka ruatna chu
ngaihthah emaw, ngaihthah emaw a ni tur a ni lo

Eng thiltih pawh i tih hmain, chawlhsan la, a rah chhuah
leh i rilru, taksa leh thlarau chung a nghawng a neih dan tur
chu uluk takin ngaihtuah la, nawr luihnain a hruai thiltih chu
zalenna a ni lo va, inremna leh hmasawanna dan kalh zawnga
thiltih chuan mimal chu a tihkhawtlai dawn avangin
Conversely, actions sanctioned by discernment and in
accordance with one's conscience are virtuous and bring
freedom

Thil tha tih i tum a, a nih loh leh thil tha lo tih loh i tum
a, chu thutlukna chu i vawng tlat a, chutiang chuan i che a,
zalenna i chanvo chu a tam hle tih hria ang che

Pathianin duhthlanna zalenna min pek tawh chu amah
zawngin amah zawn nan hmang turin min duh a, mahse kan
chungah a innghah duh lo

Pathian hnaih leh Amah hriat duhna hi amah chauhin a
lo thleng lo va, tihchak leh enkawl a ngai a ni Chu duhna tel
lo chuan nun hian hlutna leh duhzawng a nei lo

I thlarau lam hriatna chuan i ngaihtuahna kaihruai la,
hlawhtlinna chuan i kalna apiangah a zui zel ang che

Pathian hnenah ka aw, ka kut, ka ke, ka thinlung, ka
taksa, ka rilru put hmang, ka duhzawng leh engkim ka hlan a
ni

Hmangaihna hi indona zawng zawng titawptu thlarau
lam ralthuam a ni

He lei piah lamah hian khawvel tawp nei lo a awm a,
chutah chuan chatuan atana min kalsan tawh nia kan
ngaihte nen kan inhmu leh dawn a ni

He khawvel nun hi a danglam reng a lungngaihna hian
lungngaihna illusions upon illusions a zui He kan hriatna
thlalera lang hi mirage hi a bo vek tur a ni a, kan nihna dik
tak chu matter puan hrual hrual hnuai atang hian kan tiharh
a ngai a ni

He nunah hian i beiseina nghah tum suh Khawiah nge i
guarantee chu? Pathian hriatna i inhumhim hunah chauh i
him a ni

Thlarau thupui chu lei hnuaia rangkachak hlui phum ang
mai a ni Rangkachak atanga lei chu lakchhuah a nih a,
ngaihtuahna tui hmanga silfai a nih chuan thianghlim leh
chiang takin a eng thar leh thin

Lalpa, thil \ha chu i hmu ang u, ngaihtuahna \ha
ngaihtuahin, nungchang \ha neite nen kan pawlho ang u
Nangmah ngaihtuah tur leh ngaihtuah turin min pui ang che,
Aw felna zawng zawng bul leh \hatna zawng zawng bul tanna
I ni

Chak lohna laka zalenna

Chak lohna hneh dan tha ber chu ngaihtuah tawh loh hi
a ni; chutiang a nih loh chuan chak lohna ngaihtuahna chuan
i hriatna chu a hneh ang a, i chhungril lam chu a thunun ang
Keimahniah êng kan luhtir hunah chuan thim chu a awm
ngai lo ang maiin a bo ang

Chu ngaihtuahna chuan infuih tharna mak tak tak min
thlen a ni

Kum sang tam tak chung thimah khuh tawh lungpui
chhunga êng luh a nih chuan thim chu a bo nghal vek
Chutiang bawkin Pathian êng kan hriatnaah a luh kan phal
hian chak lohna leh tihsualte chu a bo vek a, hriat lohna thim
chu a awm reng thei lo Hei hi kan nunpui tur philosophy chu
a ni

Hun sawn hlat hi a tangkai lo Nun kekawrte hian a inher
a chawlhsan ngai lo va, kan nun ni te pawh a liam thuai thin
Minute tin ngaihtuahna fim tak leh fing taka che kan hman
apiang hi kan hlimna atana investment hlawhtling leh hlawk
tak a ni

Mi tam tak chuan an nun pum pui chu sum leh pai, sex
leh hmingthanna chungchang ngaihtuahin an hmang a, rilru
thlamuanna thlentu leh an hriatna sang zawka tisangtu thil
pawimawh tak takte chu an ngaihtuah tam lo hle

Miin a chanvo chu eng ang pawhin inngaitlawm mah se,
fing taka a hun hman dan leh a ngaihtuahna kawng dik
kawhhmuh thiam chuan Pathian mithmuhah hlawhtlingah
ngaih a ni

Mi chungah Pathian êng a ên hian engmah mamawh nia
a inhriat loh chhan chu amah hnehtu hlimna chuan a
duhthusam zawng zawng a tihlawhtling vek a, a thinlung
chhungril takah chuan mi hausa ber leh he nunah hlim berte
zinga hlim ber a ni tih a hriattîr a ni

Tunnel of Light a ni

Ngaihtuahna êng, thiltih \ha, rilru ngilneihna leh
ngaihtuahna thuk tak hmanga thlarau lam hriatna tiharhtute
chuan thlarau mit hmangin an chhuahna hun hnahnung
berah taksa a\anga an chhuahna chu an hre thei a, Leia an
awm chung hian yogi-te chuan thil leh thlarau inkar ramri-
ah thlarau mit kawngkhar (tunel) hmuin an ti a, Leilung êng
tak an chhuah lai hian he tunnel eng mawi takah hian an lut
thei a ni tin, he khawvel a\ang hian Pathian ram tawp nei lo
êng, hlimna, remna leh zalenna famkim-ah hian kal rawh

{Eng chungah eng}

Taksa khawnvar chu [thlarau lam] mit a ni

I mit chu single a nih chuan

Tichuan i taksa pum pui chu êngin a khat ang

{ Tin, êng chu thimah a eng a, thim chuan a hre lo }

Midangte lungngaihna hriat te, anmahni hnaih te,
anmahni nena inbiak te, thinlung taka an vanduaia
thlamuan tum te, an hlimnaah lawmna te, leh hlauhna,
mamawhna leh lungkhamna rilru natna te chu an hnen
atanga hlauhthawn tura theihtawp chhuah hi a ni

Altruism thlarau neitu chuan chhut leh beisei tlemte
angin a che lo va, a hriatna leh rorelna dik tak hmangin
amah leh midangte tanpui turin a kal zel a, hlawhtlinna a
chan avangin Pathian hnenah lawmthu a sawi Vawi khat
emaw, vawi tam tak emaw a hlawhchham chuan a beidawng
lo va, a tumruh zawk a, a thawhrimna chu a let hnih in a
tipung a, a beih nawn leh a, ngaihtuahna thar leh channel
thar a chhui chhuak thin. rilru êng kaihhruaina hnuaia awm,
leh a thil tum a hlen chhuah hma leh a thiltum ropui tak a
thlen hma loh chuan Pathian tanpuina zawng thin

Midangte hlimna tura thawktu chu Pathianin a chhungril
lama rilru hahdamna rilru puin a ti lawm a Tin, a tanpui
tumte tana thil a hloh chuan hlohnaah a ngai lo a ni, a chhan
chu a let leh nan Pathian lawmna leh rilru thlamuanna a
hlawh chhuah avangin Mihringte huana thil tha leh remna
chi chu hmangaih, hnathawh, pek leh tuh turin a nung a ni

Tu pawhin a ngaihtuahna leh rilruah a mimal khawvel a
paltlang a, a hriatna a tizau a, a lainatna a tipung a, khawvel
hi a chenna leh mihringte chu a chhungte a ni tih a hria He
leia a awm chhan chu midang siamthat a tum hmaa mahni
insiamthat a ni tih a hre Chiang a, a chhan chu tu pawhin a
insiamthat chuan a nun entawn tur hmangin midangte chu
anmahni siamthat turin a pui thin Actions have a deeper

impact and a more profound effect on
the... ..
... .. tawngkam ni lovin midang thlarau

Short stops a ni

:Thinlung dikna ropui tak chu

Mi thenkhat chuan nui chungin an harsatnate pumpelh
an tum a, mahse he tlanhhuahna hian chhia leh tha hriatna
thianghlim, inbumna leh bumna laka fihlim a mamawh a ni
Miin mahni leh mi dangte chung a rinawm taka a cheibawl a,
ropuina leh rinawmna nêna thil a tih hian an mit a fiah a,
chuta tang chuan êng danglam tak a lo chhuak a ni—
chutiang taka êng êng, rinhlelh rual loh chu

:Rinawmna

Mi \henkhatin rinawmna hmingin thu tam tak an sawi a,
mahse mi zawng zawng hnenah engkim i sawi thei lova
Thurawn leh kaihhruaina i pek hian mi \henkhatin i thusawi
chu an hrethiam lo va, i thusawi a\angin engmah an
hlawkpui lo va; hei hi thawhrimna khawhralna leh ngaihhlut
loh thil a ni Chutiang thila ngawih chu rangkachak a ni a,
mahse hei hi engti kawng mahin thil dik lo chungchangah
ngawih rengna a ni lo

.Mahni inremna: 1.1

Mahni inlungrualna hi a mak tak zet a ni Mi tam zawk
chuan midang nena inrem taka awm a harsat zia an hria a,
mahse nangmah nena inrem taka awm hi i ngaihtuah ngai
em? It's incredibly difficult, yet possible Nangmah i inhriat
chian chuan nangmah leh nangmah nen in inrem lo reng tih i
hmu ang I inhmangaih loh chuan midang i hmangaih lo ang
Tin, mi pakhat chu mahni inrem lo a nih chuan engtin nge
?midang nen an inrem theih ang

Khawvel nena inremna atan mahni inremna hi a
pawimawh hle Chuvangin, chu hmangaihna chu i hlut a, chu
hmangaihna chu Pathianin min siam a, theihna ropui tak min
pek avangin mahni inhmangaih a ngai a ni

:Literary compass calibrate dan tur chu

Mi pakhat chuan a chhia leh tha hriatna a bum thei lo
va, thil dik lo tih chu a dik lo tih a sawi thei lo va, thil dik lo
tihsual avanga a rah chhuah a pumpelh thei lo va, planet
dang pan pawh ni se A thiltih rah chhuah chuan a zui zel a, a
kalna tur siam\hat a ngai a, a moral compass chu a needle-in
kawng dik a kawhbmuh reng theih nan a calibrate tur a ni

Mi thenkhat chu dinhmun chhe ber laiah an khawsa a,
chuti chung pawh chuan anmahni nen inrem takin an awm a,
thenkhat erawh chuan hun remchang zawng zawng leh an
mamawh zawng zawng an nei a, chutih rualin anmahni nen
an inhnial reng thin Chuvangin, thil awmdan a inthlak hun
nghak tur a ni lo I chhehvel awm mahse i dam tha tih
inringtawh la, chu chu i duh dan nen a danglam thei a ni

Tupawh dinhmun khawngaihna hnuaia insiam chuan thil
danglam tur a nghak a, a nghah pawh a rei ang

Mi pakhat chu tawng sawm leh pariat thiam tak a ni an
ti a, chuti chung pawh chuan a rethei em em a, a chhiar
theih loh avangin khawnvar pakhat a kal a, kawngpui êng
hnuaiah a thu a, a chhiar Dik tak chuan, duhthlanna hian
kawng a siam a, hun remchang a siam a, beiseina a siam
thar a, hna a thawk a, duhthusam leh duhthusam a hlen
chhuak thin

Pathian hretute nena inbiakpawhna tak tak chu anmahni
nena inbiakpawhna hmang te, an thuziakte ngaihtuahna fim
tak chhiarna emaw, an chungchang thuk tak leh thian taka
ngaihtuah emaw hmangin tih theih a ni Hriat reng tur

pawimawh tak chu an hriatna nen a inmil a, chu chu Pathian
nen a inmil a ni

Pathian hmangaihtu thlarau ropui tak takte nena kan
hriatna kan inrem hian, he inremna hian zawi zawiin kan nun
chu mak tak maiin a thlak danglam a He inremna hian
duhthlanna chu salah a siam lo va, a huam chin a tizau zawk
a, a thiltihtheihna a tichak zawk Hei hi ego-a khat mite nena
inrem taka awm leh an thil hmuh theih tur ngaihtuah buai,
leh Pathian hmangaihtute leh mihringte nena inrem taka
awm, an thil tum pek leh pek leh anmahni nena inremte
thlarauah Pathian hmangaihna tiharh Hêng mi mal
malsâwmte magnetism hian Pathian magnetism nê n min
inzawm tlat a ni

Mahni mamawh phuhruk kan tum rual hian midangte
pawhin an mamawh an hmuh theih nan kan puih a ngai tih
kan hre reng tur a ni a, kan hmaa nunah thil tha lo thlengte
chu vannei lo zawkte hnenah kan hlan a ngai tih kan hre
reng tur a ni Khawvel pum huap chhungkaw pawimawh tak
kan ni tih leh he chhungkaw lian tak tel lo hian kan nung thei
lo tih i hre reng ang u

Thingrem siamtu te, thil siam chhuaktu te, loneitu te,
leh mi dangte tel lo chuan nun chu eng ang nge ni ang?
Thilpek leh dawng, leh rawngbawlina inthlengna hmang hian
Pathianin midangte ngaihtuah leh lainatna nei turin min duh
a Midang ngaihtuah lova mahni tana chauh nun hi thil tihsual
lian tak a ni Mahni hlimna kan ngaihtuah hian midangte
hlimna tur pawh kan ngaihtuah a ngai a ni Kan neih zawng
zawng hi khawvel pum huap chhungkaw hamthatna tur atan
kan pe tur a ni lo, chu chu thil theih loh a nih avangin Mi
dangte lainatna neiin, anmahni tanpui turin kan theih ang
ang kan ti tur a ni leh an phurrit tihziaawmna tur a ni

Hlawhtlinna leh thlarau lungawina inkara inzawmna a
awm a , mimal chenna boruak chhungah

Hlawhtlinna dik tak chu felna thu bulte nena inmil
nungchang a\anga lo chhuak a ni a, chu chuan mi dangte
hlimna leh \hatna chu mimal lungawina atana thil pawimawh
tak angin a huam tel a ni

Mite chuan an nun tum dan azirin hlawhtlinna hi kawng
hrang hrangin an ngaihtuah thin A chang chuan mi thenkhat
chuan rukruk nen an tehkhin a, "Rukru hlawhtling tak a ni!"
Hei hian hlawhtlinna zawng zawng hi duhthusam a ni lo tih a
tilang a; kan hlawhtlinna hian midang a tichhe tur a ni lo

Hlawhtlinna atana qualification dang chu inremna leh
rah tha tak thlen hi a ni , keimahni chauh ni lovin , chu
hlawkna chu midangte hnenah pawh kan share a ngai a ni

Sum leh pai lama hlawhtlinna neih chu kan phu tawk
hlim taka hlim mai mai a ni lo va; it also means having a
moral responsibility to help others create a better life for
themselves chu ai chuan, an neih angte chu mi dangte
hnênah an sawi chhuak zâwk ang

Sum hi mi rethei leh mi âte kutah chuan chibai bukna a
lo ni ta a, mahse kutphah leh thinlung ngilnei neitute tan
chuan malsawmna leh thilpek a ni

Thlarau \ha chuan thlarau \ha a hip a, a hip \hin

Kan ðhenawmte chu keimahni anga hmangaih kan zir a
ngai a, he nunah hian hun rei lote chhung kan awm tih kan
hre reng tur a ni a, chu mi hnuah chuan khawvel dang, a
level chu kan ngaihtuahna level leh he leia kan awm
chhunga kan thiltih that danah a innghat a ni

Kan chhungte dik tak chu tute nge ni? Mi fing tan chuan
mi zawng zawng hi chhungte kan ni a, mi tin hi "ðhenawm"
an ni Dik tak chuan, mi fing chu hriatthiamna nei thei a ni a,
ni chuan a êng chu lungalhthei leh diamond pakhatah eng
mah se, diamond chuan lungalhthei ang lo takin, êng chu

ropui taka dawng thei leh lantîr theihna danglam tak a nei
tih a hrethiam a ni should dedite time to finding sincere
friends Nun thianghlim leh rinawm taka nungte chuan
thianghlimna leh rinawmna ziarang nei thiante chu an hip
ang a, hriatthiamna nei lo base instinct hmanga nungte
erawh chuan chutiang bawh thiante chu an hip ang

Ideal sang tak tak leh principle sang tak tak i ngaih
pawimawh chuan, chutiang ideal leh principle ring lo leh
ngaihtuahna tibuaithu leh mood tibuaithu te nena inpawh loh a
tha a, chutiang chuan an vibrations chuan i vibration level a
tihhnam loh nan Chutih rual chuan i hmangaihna circle
atang hian tumah hnawtchhuak suh

Chu bâkah Mi pakhat chuan hmangaihna a pe mai tûr a
ni lo va, remna a siam tûr a ni, chutiang chuan a kalna
apiangah inremna leh muanna a siam a, a chhehvêla mite
chu a ngilnei taka awmna hmangin a tiharthîr Tuman skunk
rimchhia hnaih chu an duh lo—excuse the expression—
everyone avoids it Chutiang bawkin, mi hlauthawng, rilru na
tak, leh inhnialna nei mi chuan mi dangte a tithinur a, a
hnawtchhuak We want to be like blooming roses that exude
a sweet fragrance that delights the heart Kan kalna
apiangah leh kan awmna apiangah remna rimtui leh thatna
thlipui hi thehdarh i tum ang u

Pathian ram chu chhum zingah emaw, hmun bik emaw-
ah emaw a awm lo Kan mit kan chhing laia kan hmuh thim
piah lamah a awm a, kan ngaihtuahna leh kan tawngtai hian
kan hmaiah awm thlarau mit chu kan chhungah a inhawng a,
tichuan malsawmna êng kan hmu a, taksa cell tinah hlimna
kan hmu a, chu puanzar chu hlihsak a ni tawh tih leh Pathian
ram luhna kawngkhar thup a inhawng tih kan hre ta a ni

Pathian chu hlimna thar awm reng, engkim huapzo
hlimna a ni Kan chhunga awm leh tawp chin nei lo hual veltu
hlimna nen chuan pumkhat kan inhriat tur a ni

Dense matter vibrational boundaries piah lamah chuan
tawp chin nei lo, engkim huapzo consciousness a awm a, a
ropuina zawng zawng, a zau zawng zawng leh a ramri nei lo
zawng zawnga sawifiah theih loh Hei hi van ram a ni,
chatuan, ramri nei lo leh tawp nei lo hriatna hlimna a ni

Thlarau hriatna a zau chhoh chuan , hmun tinah a
awmna a hriat chuan , chutah chuan Pathian thlarau nen a
inzawm khawm ta a ni

Ropuina chu Absolute Infinite , horizon-a thut , van leh
tuifinriat inzawmna hmun leh ropuina chu Supreme Infinite ,
kan chhunga remna chungu thu by focusing on the Infinite
within , a thiltihtheihna tawp nei lo kan dawng thei a ni

Lehkhabu zir a\anga hriatna hmuh emaw, mi a\anga
hriatna hmuh chu hriatna tlemte a ni a, Pathian hnen a\anga
direct-a hriatna hmuh chuan finna thiltihtheihna te,
rinhlelhna ropuina te, thinlung thlamuanna te, leh thlarau
thlamuanna te a pe thung

Aw Lalpa, ngaihtuahna thuk tak nena tawngtai tur leh
ngaihtuahna leh thinlunga duhthusamte inzawm tir turin min
zirtir la, ka thinlung hi nitin I hmangaihna thianghlim tak hian
tithianghlim rawh se

Karma tihkhawtlai atanga chhuah

rilru emaw taksa emaw , hriatna emaw hriat lohna ,
emaw pawh ni se , hian mi nunah nghawng bik a nei A thiltih
tawhte chu ni, thla, kum tam tak kalta a tih tawh chauh ni
lovin, nun hlui atanga thiltih pawh a ni

I thi tawh a, Nunna a pe che a; tichuan A thih tir ang
che, tichuan nunna a pe leh ang che; tichuan A hnenah i kir
leh ang

karmic time The law of karma, which balances things ,
involves action and reaction , cause and effect , buh chi leh
buh seng

em?..?
 ?..?
 ?..?..?..?..?..?..?..? The answer is no God is law and love ,
 duhthusam tak tak leh rinna famkim nen Amah lam hawi,
 Pathian dan nena an thiltih inmiltir a, Pathian hmangaihna
 thuhnuairawlh zawngtu chuan phurrit rit tak takte tizautu leh
 dinhmun siam\hattu Pathian malsawmna chu rinhlelh rual
 lohvin a dawng ang

Pathianin he khawvelah hian min dah a, kan tawrhate
leh kan tawrh tur fiahna leh hrehawmnate hi Mihringte hian
suala pil bo leh a thuk tak atanga tlanchhuah theihna nei lo
anga an inngaih hian Thlarau lam hriat lohna chhungril thim
chu a thuk zawk thin An tan chuan mahni insiamthat tum a,
Pathian khawngaihna thinlung atanga tanpuina leh lainatna
zawnga, hmangaihtute hnen atanga ngaihdamna beisei a,
lainatna nei, Pathian ngaihdam thiam

Pathian nena kan inzawmna nghet tak kan hriat chian
hian eng karma nge min phuar thei? I hrehawmna leh
harsatnate hi i karma rah chhuah a ni tih tumahin rin tir suh I
nihna takah chuan thlarau angin karma i nei lo Rather, he
thudik hi i hriat chian a ngai a ni, chu chu nunna, êng, leh
khawvel chakna bulpui nen chuan pumkhat i ni tih i inhriat
chian a ngai a ni He thudik hi i hriat chian chuan hlah tur i
nei lo , Pathianin kawngkhar tam tak a hawng ang che a, hun
remchang tam tak a pe ang che

I nun kal danah i lungawi lo a nih chuan i rilru put
hmang thlak la, i hriatnate chu positive energy hmangin
charge la, nangmah ngei pawhin a danglamna chu i hre mai
ang

Mite chuan an thil hloh avanga lungngaih leh lungngaih
a ngai lo va, an dinhmun hlim lo tak chu he nunah emaw,
hun kal tawh hla tak emawa an tihsual avanga an tihsual
vang nia sawi a ngai lo, hei hi thlarau lam ngaihsak lohna chi
khat a nih avangin Nunna huan atanga buhfai te chu an che
a, an paih chhuak tur a ni a, chutah chuan pangpar thlum
ber leh nung ber berte chu a par chhuak ang a, rah tui ber
leh duhthusam ber berte chu a par chhuak ang By His grace,
the Chungnung ber

Pathian hnuaia intukluh tih awmzia chu kan duhzawng
hmanga kan thil tih \ha lo leh keimahni lam a\anga
thawhrimna tel lova Pathianin kan dinhmun a chingfel hun
ngah tihna a ni lo, Pathianin mahni \anpuitute chu a \anpui \
hin a ni

A thupui ber chu kan duhzawng kaihrui tur leh kan
thawhrimna dikte malsawm leh tichak tura Pathian hnena kal
dan kan zir a, Inpek duh lohna daltu kan hneh hian khawvela
tumahin min pek theih loh venhimna chu Pathianah kan hmu
a, fiahna engmahin a hneh theih loh chakna pawh kan hmu
bawk

Mi tinin Pathian nena kan inlaichinna bik kan din thei a,
Pathian hnena kan thinlung hawn dan leh a Pathian awmna
an duh em em a, chu chuan hlimna leh rinhlelhna a thlen a
ni

Miin Pathian mamawhna thuk tak a neih chuan, Amah
tel lo chuan an ti thei lo tih hriain, Pathianin kawng khat
emaw kawng dangah a chhang let tih an hmu chhuak ang
Mahse chu rilru natna nghet tak chu an neih hmasak a ngai a
ni, a chhan chu chhanna chu a takin a lo thleng dawn lo

Kan nunah Pathian hi hmun hmasa ber kan pek loh
chuan kan hriatna dinhmun chu a lungkham ang a, a buai
hle ang a, nunna thil phut tawp nei lote chu a dik leh dik
takin kan hmachhawn thei dawn lo

Tin, chu duhna chu eng kawng nge ni ang? Vanduaina
emaw harsatna emaw kan tawh apiangin , leh kan thinlunga
rit kan hriat apiangin Pathian lam hawi a, a tanpuina kan dil
a ngai a, Pathian hmangaihtu leh a rilru leh thinlunga vawng
rengtu chuan A dinhmun a siam \ha ang tih hriain A dinhmun
chu a \ha zawngin a inthlak danglam zel a ni

Ether kan tiharh leh kan churn hian Kan thinlung taka
tawngtaina leh thinlung taka ngenna hmangin Pathian
chhanna thupui chu kan la chhuak ang a, Chu chuan ei tur,
tihtamna leh hlimna a nei a ni

Thlarau lam chawm duhtute tan chuan, hun kal tawha
lungngaihna leh hlawhchhamnate chu thil pawimawh lo tak a
ni An hnen atangin zirlai zir theih a ni a, mi pakhat chuan a
tum leh thei a, a tir atanga tih tumna chu tih nawn lehin
Hlawhtlinna chu a chiang ang, Pathian tanpuinain,
hlawhchhamna avanga beidawng lo zawng zawngte tan,
lungngaihna an thutlukna a tihchak loh zawng zawngte
tan, leh chu chu rinna nghet tak nena ringtute tan..

.

. .. Pathian chuan chhelna neitute chu a thlawp Kawng dik
zawh mekte chu a thlawp a, beiseina, chakna, leh beiseina a
pe baw a , an tum ber leh nun tum an thlen hma loh chuan

Ngaihtuahna hi electric ang chi chakna a ni , leh rilru
lam dinhmun (psychological states) Ngaihtuahna leh
ngaihtuahnaah a kir leh thin

Electric hi a hlawkthlak a, a tichhe baw a ; whoever
uses it wisely puts it to their service A nih loh leh, a electric a
tichhe thei a, chutiang bawkin ngaihtuahna Kawng dik zawh
a nih chuan a neitu tan himna a thlen a, chuti lo chuan
harsatna a thlen thin

Ngaihtuahna hi sakawr ramngaw ang a ni a, chutih
rualin tihlum chu thil theih loh a ni lo va, ngaihtuahna tha tak
hi ngaihtuahna thunun theihna kawng khat a ni

Ngaihtuahna dik hi thian hnai tak a ni Tin, rilru natna
chu hmêlma awm reng a ni

Sound thinking attracts peace and safety , while
unhealthy thinking fires deadly arrows that rebound upon
their owner Hence the saying, "The reward is of the same
kind as the deed" Mi pakhatin tum tha a tirh chhuah chung
chuan a ngaihtuahna chu meialh ah a chang ang a, thlarau
pindan a ti eng ang a, thim bawmte chu a hnawtchhuak
ang , chutiang chuan a thuk hle ang thlamuanna , a mit chu
lungawina nuihzatthlak takin a eng chhuak baw! I
mitmengah nuihzatna chu awm reng rawh se Tin,
thlamuanna chu i chungah awm rawh se

Nun hi mill ang mai a ni a rah chhuah fiahna leh
enchhinna chi , nunna chhang siam turin Kawngpui hrual ang
mai a ni a , a sir lehlamah pangpar mawi tak tak te chu hnim
hring hring leh thingte chu a hnah ah thei tui tak tak te nen ,
chuti chung pawh chuan kan ding tlem hle A hmuh chu

nuam i ti ila a thlum i tem ang u indeed, we are often on
tenterhooks To reach wider areas , we think there are more
pleasant views than what we saw Mahse, zawi zawiin kan kal
bo deuh deuh chuan Pangpar, rah chhuah kawngah chuan
thing kan hmu a, a thar aiin a thim zawk a, chutah chuan
pangpar chu a bo ta a, chuta tang chuan, hnim hring leh thei
pawh a bo ta a, chuta tang chuan, butterfly leh thei pawh a
bo ta a, chutah chuan thlaler hring takah kan inhmua ta
chauh a ni

Mihring nun hi tuifinriat tui ang mai a ni a, chu chu a
thianghlim a, a thar a lo ni ta chauh a ni Chhung lam i chhoh
veleh chauh Zing mumang ang mai a ni a, kum upat rualin a
eng zual zel a, a chhan chu thil chu chutih hunah chuan a
chiang zawkin a lang chiang zawkin a lang a, chu chu
zinkawng ang a ni a, chu chu hmun hla tak tak kan zawh
rualin a hmunhma a inthlak danglam thin a, chutah chuan
kan hnaih deuh deuh chuan a hmunhma ang chiah chu a
danglam thin a, chutiang chuan a ni

Nun hian mi fingte chu a ti beidawng lo , thiam takin an
hmachhawn a, nuam an ti em em a, anmahni thunun phal
lovin an zalenna a tichhe lo Entir nan, tui an hlim An in a, an
inbual a, mahse an tuiah an pil phal lo An duhzawng
thawmhnaw chu nuam an ti hle Without excessive
adherence to formalities and formalities that are considered
superficial They enjoy eating without allowing gluttony to
consume them , because ei tam lutuk hian taksa a tichak lo
va, hriatnate a ei zo vek ang a, a tichhe vek ang Tin,
chutiang chuan, mi chuan nun chu nuam a ti tur a ni Mahse,
inhnim pilna hmangin hriatnate chu a tichak lo

mi dangte nena inremna Engkim maiah an inrem tihna a
ni lo va , emaw an tana duhthusamte inhlan tihna a ni lo , a
chhan chu he inmilna style hi duhthusam a ni lo va thutak
nen pawh a inmil lo Reformers leh mi ropui tak takte chu an

inrem lo An chhehvela mi tam tak nen chuan , chuti chung
pawh chuan an thil tum chu an vawng tlat a, an thil tih chu
chu chu a dik tak zet tih an hriat avangin

A hmasa ber leh pawimawh ber chu Pathian nen an
inrem tur a ni , chutah chuan a chhia leh tha hriatna nen,
chutah chuan mite nen an inrem tur a ni

The principle should not be compromised And not
resorting to ulterior motives to achieve a certain purpose ,
chu chu principle nei mite tan a inhmeh loh avangin

Tunge Pathian tilawm zawnga nung thei ang? Midangte
tichhe suh, hlahh tur an nei lo He approach hian midangte a
ti lungawi lo a nih chuan , mi pakhat chu a chhungril lama
hahdam taka awm a, mipui duhdan atanga inngat lo thei
chhungril thlamuanna a neih theih nan a tawk

Thlarau chakna leh duhna Pathian lam hawinaah Thlarau
lam magnetism an ti a Tin, he magnetism hmang hian
Thlarau chuan malsawmna a hip a, vibrations tha tak tak leh
mihring tawn tha zawng zawng a hip thin Chu chuan thatna
leh felna a hriat nawn tir thin

thlarau lam magnetism Chu chu mi chu amah a hipna
leh a hipna thiltihtheihna a ni Thian tha tak tak leh thil
pawimawh leh pawimawh tak tak Leh thil hriatthiamna
awlsam tak He thiltihtheihna hi Pathian magnetic force hipna
a\anga lo chhuak a ni

Remna Candle

Rilru bêl la rawh I thlamuannain luah khat rawh

Ka rilru natna bottle chu la rawh I khawngaihnain khat
rawh

Ka thlarau bawm ruak chu la rawh I finna rah chuan khat
rawh

I hmangaihna tui chu ka thlarauah theh lut la, ka tuihal
noah ka leih ang

Ego bangte chu tichhia rawh I total presence-ah min
thun lut rawh

Hmangaihna zing khawvar êng

Ka thinlung inhawng atang hian peer out rawh se

I hmangaihna ni êng min hriatchhuah tir

Ka nun van boruakah a darh zau zel

I hmangaihna êng êng tak chu a lo eng chhuak ta

Ka chungah, a lo eng chhuak ta a ni

I êngin ka thlarau hmun chu a luah khat ta a ni

Ka taksa chhawm nungtu nunna chu nang hi i ni

Tin, ka ngaihtuahna tichaktu rilru pawh

Tin, ka hriat lohna tibotu finna pawh

Ka hmangaihna meipui sei tak chu ka hal a

Rangkachak lehkhabu chhiar turin

Hmanlai atang tawhin ka chungah vawnhim a ni

I hmangaihna kha a awm tawh a, a la awm reng bawh

Remna meialh hmuh theih loh chu

Chu chuan thim a ti bo a, i thuchah te min hmuhtir bawh

Blog hi thinlung pheh-ah a awm a

I ropuina chu lo lang rawh se, Aw Lalpa

I finna êng chuan ti bo rawh se

Hriat lohna, inrem lohna leh inhuatna
Lei kam atang chuan chatuan atan
Kan chak lohna chu chaknaah chantir rawh
Tin, thutlukna siam turin kan chak lo ta a ni
Kan taksa hi electric pawimawh tak hmangin charge
rawh

Tin, i damna êngin rilru leh thlarau kha khat rawh
I ngaihsak lohna tuiah kan pil loh nan kan kut la la, I
hmangaihna leh finnain kan nihna kha khat rawh I hnaih hle
tih leh I khawngaihna ni chuan min êng reng ang tih i hria
ang u
Ka ngaihtuahna rilru na tak tak, nung tak takte pangpar
chu ka dah a

Ngawi renga awm dan structure-ah chuan
A rimtui ngawi reng hian hla a sa a
Tin, i ropuinate a sa bawk
Tin, i êng thianghlim êng nen
I awmna mawina chu ka hmu a
Ka duhthusam hlim tak chu a lo thleng dik ta
I êng chu ka thlarauah a rawn eng chhuak a
Puanzar te chu finna meiin a kang a
I ropuina ka hmu a, ka lawmna a zual zel
Pathianin a eng hmangin ti eng che rawh se
Tin, thlarau lam atanga chibai bukna in hnenah

Khawvelin min phut leh thil phut tam tak min phut a, a
pawimawh ber ber leh a tel lova nun theih loh emaw, a tel
lova kan awm theih lohzia min rintirtu te hi a tam hle a
Mahse a mamawh bulpui ber chu Pathian thlamuanna neih hi
a ni tur a ni a, a bul a lo kang ngai lo va, a tuikhuah pawh a
lo vawt ngai lo va, nunah engkim thlum leh awmze nei tak a
pe a ni

Pathian chu kan nihna bulpui ber a ni tih i hre reng ang
u, hmangaihna chu a hmel ropui tak kan thlir theihna
kawngkhar a ni tih i hre reng ang u, Pathian awmna chu hriat
duh a, chu duhthusam ropui tak chu ngaihtuahna leh thiltiha
enkawl duhtu chuan Pathianin an dilna chu a pawm ang a,
malsawmna êng hmuh lohna puanzarte chu tichhia turin a
pui ang

Tupawh kawng zawh tura tumruhtu chu engmahin a
tibuai lo vang a, a tum a thlen a, a thinlung duhzawng a
thlen hma loh chuan eng daltu pawhin a dal lo vang

Thlarau lam Lughlu leh Lughlu

Mi dangte chak lohna pholang a, mualphona leh
thinrimna thlentu te hi finna leh rorelna dik tak a\angin an
hla hle Sual hi kan hmusit tur a ni, misual ni lovin, thlarau
lamah chuan kan unaupa a ni si a, hriat lohna thim chuan a
khuh a, a hual vel a nih pawhin The purpose of
condemnation should be healing, not gloating and wounding
Kan unau sual chu kan duh angin kan enkawl tur a ni a hmun
leh dinhmunah kan awm a nih chuan enkawl ni rawh se

Tupawh khawvela a unaupa dik lohna thup tlat chuan
Pathianin a tlin lohnate chu Akhirah a thup ang

Midangte kan rorel ang bawkin thlarau lam danin min
rorelsak ve ve Mi dangte lakah hian kan beisei lutuk tur a ni
lo va, tumah rah tha kan beisei reng tur a ni hek lo, an
theihtawp chhuah pawh nise

Mi chu a tlu a, a tlu thei a, mahse, nungchang tha leh
felna ladder lawn leh tura theihtawp a chhuah phawt chuan
a him reng ang

Nitin hian keimahni emaw, kan chhungte kan tanpui ang
bawkin damlo thlarau chu taksa lamah emaw, rilru lamah
emaw, thlarau lamah emaw chawisang kan tum tur a ni

Vawiin atanga Pathian dan anga nun tumtu chuan -
harsatna leh hrehawmna thlentu mahni hmasial nun hlui ai
chuan - nunah eng ang pawhin inngaitlawm takin chanvo
chang mahse, cosmic play director leh kan chanvo zawng
zawng hotu: Pathian Engkimtitheia thupek angin a
mawhphurhna chu a famkima a hlen chhuah phawt chuan
hmun pawimawh tak a ni reng tih a hmu ang

Thianghlim tak, hmangaihna dik tak, leh rilru put hmang
ngaihtuah chungang midangte nena kan inpawh hian mimal
ngaihvenna emaw, mahni hmasialna chhut dan emaw
ngaihtuah tlemte pawh nei lovin kan nunah ṭhian ṭha tak tak
kan rawn hruai lut ang chuti lo chuan kan ṭhian dik takte chu
kan hre thei lo vang

Inbumna leh inlanna lak bo a ngai a, tumruh taka
midangte tichhe lo zawnga thil tih a ngai a ni

Ṭhianta chu thinrim tur a ni lo va, kan hmuhsit tur a ni lo
va, kan dodal tur a ni lo va, kan chungang ṭhian ṭha lo rilru put
hmang vawn chhan tur engmah pek tur a ni hek lo Ṭhianta
chu tihduhdah, tihduhdah, leh thurawn dil loh pek an ni tur a
ni lo, thurawn dil a nih chuan, a rah chhuah hlau lovin,
thinlung tak leh ngilnei takin pek tur a ni

Nun tawn harsa tak takte hi kan duhzawng tibulaitu leh
min hneh turin a lo kal lo va, kan tumruhna tichaktu leh
Pathian kan rinna leh mahni inrintawkna tichak turin a lo kal
zawh thin Mi thenkhat chuan heng thil tawn leh harsatnate hi

hneh theih loh khawpa tihchhiatna chakna a ni tih an ring
sual a, chuvangin an bânsan A rilru hrisel tak chu nun leh a
fiahnate tha taka hmachhawn tûra kan chhungril chakna
tichak tûrin a pawimawh hle

Miin amah aia chak zawk nen an inel loh chuan a chak lo
ang Chutiang bawkin huaisenna leh rilru chakna nena kan
harsatnate kan hmachhawn hian kan chak zawk a, kan chhel
zawk bawk

Kan rilru hi Pathian hriatna engkim huapzo zinga
pawimawh tak a ni Kan hriatna thlipui hnuaiah hian A hriatna
tawp nei lo tuifinriat a awm a , Tuipui lian zawka tel a nih thu
thlipuiin a theihnghilh chuan chu tuifinriat thiltihtheihna a\
angin a in\hen a Chumi avang chuan mi rilru chu thil neih
theihna tikhawtlai a nih avangin a chak lo va, rah chhuah
hna leh thil tam tak siam chhuah theih a ni tawh lo When
rilrute chuan hriat lohna leivut chu an tikehsawm a, an
thiltihtheihna inzawmkhawmtu chain chu an tikehsawm a,
thil siam chhuah thiam leh nunna nena inzawmna tha tak nei
thei an ni ang

Ngaihtuahna pakhat chu i vawn tlat a, duhthusam chak
takin i imbue chuan chu ngaihtuahna chu chakna chak takah
a inthlak a Tin, ngaihtuahna chu chakna a lo nih chuan
hlawhtlinna tur boruak dik tak a siam thei a, chu chu rilruah
hmuh theih loh map siam angin a ni

Mite chu an hlawhchham a, a chhan chu nunphung khirh
tak takte chu dodal lova an inpek vang a ni a, inpe lova
dodal ai chuan

Willpower exercise leh activate a ngai a ni

Thlamuanna hmun thianghlina lutte chuan Pathian
hmangaihtu thlarau dangte nen thlarau lamah an inbiak

theih a, roses leh thil nung zawng zawng tawng an hrethiam
thei bawk

Aw Lalpa, ka hmangaihna leh ka duhthusam chung
lal̤thutthlenga ̤thu lal awmchhun ni rawh

Ngaihtuahtute chuan thlamuanna thuk tak an nei a, he
chhungril muanna hi midangte nena inkawp pawhin vawng
reng tur a ni Ngaihtuahnaa mi pakhatin a zir chu nitin thiltih
leh midang nena inpawh tawnaah hman tur a ni a, tumahin
a thlamuanna leh muanna tibuai phal lovin

Thil tih dan tha siam emaw, tih dan tha lo tihbo emaw i
duh chuan, tih dan hrang hrang mechanism awmna thluak
cell-ah hian rilru pe rawh

Thil tih dan tha din tur chuan ngawi reengin thu la,
ngaihtuahna seng hmasa la, Pathian tanpuina zawng rawh i
rilru chu duhthlanna lairil, i mitmeng inkar ah dah la, i
thluaka i tuh duh tih dan chu nghet takin nemnghet rawh
Thiltih \ha lo tihbo i duh hunah chuan, he duhthlanna
hmunpuiah hian i ngaihtuahna pawh dah la, chutiang thil tih
dante chu a zung kaih na hmun grooves zawng zawng chu
nghet takin nemnghet rawh are being erased Focus leh
willpower hmangin, deeply rooted, old habits grooves thuk
ber pawh i erase thei Thluak bial atanga thil tih dan hrisel lo
tak tak te hrual chhuak thei tur khawpa duhthlanna i nei
tawk tih inring reng ang che

Chutiang nemnghehna hun remchang ber chu zing hma
takah duhthusam leh ngaihvenna a fimkhur lai a ni

Thupek zawng zawng lakah i zalên tih hi i rilruah
nemnghet zel la, ni khat chu - Pathian tanpuinain - i tihbo
duh tih dân atangin i zalên tawh tih i hmu ang

Eng thil pawh hlauh la, chuta tang chuan i
ngaihtuahnate hnawhchhuah la, Pathian kutah dah rawh
Pathian i rinna tichak la, a pui thei che a ni tih ring rawh

Hrehawmna tam tak hi lungkhamna leh lungkhamna a\
anga lo chhuak a ni Engvangin nge i hlauh chu a la thleng lo
a nih chuan i tuar ang? Pathian venhimna êng chuan a sir
zawng zawngah a hual vel che tih han mitthla teh, a
venhimna mak tak chu i hre ang

Kan lungkhamna tam zawk hi hlauhna a\anga lo chhuak
a nih avangin kan nunah hlauhna kan tihbo chuan kan zalen
ang a, damna pawh a awm nghal ang Zan tin, mut hma lawk
hian Pathian chu i hnenah a awm a, a humhim che a, a
enkawl che tih i inhriat chian tir ang che

He cosmic drama-ah hian hnam hrang hrang mihringte
hian hun kal tawhah nun chanchin hi an enact a Kan chanvo
rei lo te chhunga buai lutuk emaw, buai lutuk emaw lovin
nun awmzia hi kan hrethiam tur a ni

Nun kan hmuh dan hi a dik lo va, a inthlak danglam fo
thin a, a chhan chu mahni hmasialna mit leh ngaihtuahna
tlemte hmanga kan en vang a ni Thlarau mit hmanga en ila
chuan thil hi thlirna danglam tak a\angin kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni

Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkhar a kik a, thim ai chuan êng hmu turin min fuih a,
hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna

thlenna kawngah thawhhona tha tak nei turin min fuih a
Chutianga kan tih hunah chuan hriat lohna chu a bo ang a,
dinhmun inang lote chu a bo ang, inpumkhatna chu kan hmu
ang census-ah chuan Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inzawmna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara chutiang chu A chhungte kan ni a, min
enkawl dan chu a awm reng a, min ngaithla reng bawk A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawk

Min Siamtu chuan hmangaihna, hriatthiamna,
hriatthiamna, duhsakna leh thlarau lam chakna hausakna
tawp thei lo min pe a, chuti chung pawh chuan a tam zawk
chuan he hausakna hi Pathianin himna, remna leh inpawh
taka thawhhona nei tura min duh loh zawng zawngah kan
khawhral a, chu chu chhungkaw ropui leh hmangaihna nei
tak tan chuan duhâmna leh mahni hmasialna chhut dan
chuan kan thinlungah zung a kai a, kan zingah inrem lohna a
lo chhuak ta a ni

Pathianin lal ni turin min duh a, mahse bawih nih kan
thlang zawk a ni

Mihring chu a van in ata hla takah a kal bo a, Pathian
hnaih leh Pathian hnaih nia inhriatna chhungril paradis chu a
hloh ta a, chu paradis chu mimal thawhrimna tel lo chuan a
chang leh thei tawh dawn lo

Pathianin A anpuin min siam a, mahse he thutak hi kan
rilruah a tlanchnuak ta Kan chanvo chu harsatna a ni a, kan
chanvo chu tihboralna a ni tih ngaihdan dik loah kan tlu ta a,
a hnung lama thutak eng mawi tak chu hmuh theih nan finna
dagger hmangin illusion puan kan phelh a ngai a ni

?Tute nge kan nih a, kan nihna dik tak chu eng nge ni

Mihringte hian danglamna chiang tak kan nei a, chu chu
an rilru lam emaw, an rilru lam emaw, nunah an chanvo
emaw, an hnathawh leh thiltih te emaw, an duhzawngte
emaw pawh ni se, mahse heng danglamna zawng zawng
hnuaiah hian thil pahni a awm a, chu chu mihring tinte duh
leh mamawh tih loh chu Pakhat chu hrehawmna leh duhna
chi hrang hrang laka zalenna a ni A dang chu hlimna famkim
leh nghet tak a ni—lungawina famkim, chutah chuan remna,
hmangaihna, finna leh hlimna a awm a ni

Dik tak chuan mihringte'n kan thlen tum chu Pathian a
ni a, chu hming chu hmang emaw hmang lo emaw Mi fingte
chuan Pathian chu hlimna leh hlimna thlarau a ni an ti a, mi
pakhat chuan cosmic source a\anga direct-a a lak loh chuan
lungawina famkim a tawng lo vang Hei hi mihring dinhmun
hriatthiamna atana thil pawimawh tak a ni

?Mahse, khawiah nge miten an thil zawn chu an zawn

Khawvel thilah chauh an zawng a: thil neihah te, pawn
lam dinhmunah te, leh mi dangte nena inlaichinnaah te
Mahse, thil siam nihna tak tak ngaihtuah chuan khawvelah
hian eng thilah emaw, tu emaw, eng dinhmunah pawh hmuh
theih a ni lo

Thilsiam hi duality principle-ah a inngat a, a kalh
zawng tel lo chuan tih theih a awm loh avangin rawng
pakhat chauha thlalak neih theih a ni lo Chutiang bawkin,
awmna lam hawi eng pawh hi pahniha atanga inhlat taka
awm theih a ni lo Amaherawhchu, mihringte chêtîrtu
duhnate kan zir chian chuan, kan zînga thil ṭha, nuam, mawi,
leh thil \ha chauh kan duh tih kan hmu chhuak a, thil
duhawm lo tak tak hmachhawn duhna tlemte pawh kan nei
lo or undesirable Mahse chu chu thil theih a ni lo

He dualistic khawvelah hian hrehawmna tel lo chuan
nuam tihna a awm lo va, thim tel loin eng a awm lo va,
sualna tel lo chuan êng a awm lo va, thihna tel lovin nunna a
awm lo Tangka lehlam pahnih hi inthen theih loh a ni Hei
hian kan chhungril thuk taka kan duhthusam chu he khawvel
a\ang hian kan hmu thei lo tihna a ni

Mite chuan an zawng a—ni e, an theihtawp chhuahin an
zawng a—mahse an thil zawn chu an hmu thei lo va, chu
chuan beidawnna leh beiseina a hring chhuak a Hei hian
beidawnna mai ni lovin thinrimna nasa tak leh thinrimna
nasa tak a thlen a, chu chuan tharum thawhna thiltih a thlen
bawk a ni Heng zawng zawng hi an thil zawn chu hmun dik
takah an zawn loh vang a ni a, chuvang chuan an thinlung
duhzawng chu an hmu lo

Kan hun laia mite hian nun awmzia leh thiltum hi an hre
vak lo va, chuvangin buaina leh buaina an tuar a ni

Mihringte hi thiltum neia awm kan ni A, nun tum nei lo
kan nih a, kan rilru, chakna, duhna leh rilru put hmangte chu
a \ha leh siam\hatna kawnga kaihhruai a nih loh chuan, zu
leh ruihhlo hmansualna, tharum thawhna lama inrawlh te,
leh a dangte ang chi tichhe thei kawngte kan pan ang thiltih
te, ngaihdan dik tak te, rilru put hmang \ha te, leh an rilru
put hmang \angkai taka channeling te

Hêng kan nihna pêng pahnih—chhûng lam emaw,
thlarau lam emaw leh pâwn lam lam—hi hriatthiam dik a nih
chuan a inhnial lo va, kan inthlunzawm a, kan taksa, rilru,
rilru leh thlarau lam theihna leh theihnate tihhmasawn leh
tihpunna kawngah min òanpui a ni

Mite chu hmun ruak ropui takah an cheng a, rilru lama
tihchakna emaw, rilru lama tihchakna emaw nei lovin Tum
an neih loh vang leh an nunna hlutna leh awmzia pe thei tur
thil engmah awm loh avangin an bo niin an hria Mi pangngai

chuan rilru leh rilru lama hriselna tha tak ang maiin a thawk
thei a, a che thei a, mahse an hlim
..?em
..?
?..?..?..?..?..?..?..?..?..?..?..?

Nun tum ber chu tu nge kan nih tih leh kan nihna dik tak
chu eng nge ni tih hriat hi a ni Nun kawng thuk zawkte chu
an phu tawk ngaihsakna kan pek chuan hlimna kan nei ngei
ang, a chhan chu mihring hlimna hi mahni thlarau lam nihna
nena inzawmna nen a inzawm tlat a, chu mi tel lo chuan
awmna leh awm lohna a nei lo

Hlawhchhamna emaw, natna emaw hlauhna chu
ngaihtuah rengna hian a chawm a, chu chu hlawhchhamna
ngaihtuahna chu conscious mind a\angin subconscious-ah a
luang lut a, a tawpah chuan consciousness sang zawk a
thlen hma loh chuan, hlauhna chu subconscious leh higher
consciousness-a zung kai chu a lo pung zel a, a lo thang lian
a, chu chu conscious mind chu chutiang awlsam taka tihbo
theih loh hlauhna hnim hringin a luah khat ta a ni as the
initial thought when it sprouts Hêng hnim hringte hian a
tâwpah chuan rah rimchhia leh thihna thlen thei tak tak an
chhuah a Vanneihthlak takin, huaisenna lam nasa taka
ngaihtuah a, Pathiana rinna famkim leh mahni intanpui
duhtute leh harsatna laka humhim duhtute chu a tanpui thei
tih hriatna tuh a, a bul a\angin tihbo theih a ni

Vawi khat chu tuifinriat chungah chuan bubble te tak te
pakhat a lo leng a , thlipui leh êng laka fimkhur takin a rawn
inher a, chutih lai chuan aw pakhatin a rawn beng a : “Nunna
”?bubble te tak te, eng nge i tihsual

Nunna tuipuiah hian i tel ve tih i hre lo em ni? Bubble te
tak te chuan a hawi kual a, chu thudik chu a hrechhuak ta a
ni

Mihring hriatna chu bubble te tak te ang maiin a floats
On the surface of the sea of cosmic consciousness , thinking
it a temporary bubble , natna, rettheihna, leh thihna hlauhna
avanga khur chhuak Aw bubble, tuifinriat i hlau em ? Look
around you observe carefully Shift your perspective from
your immediate surroundings to God's infinite realm Delve
deeper, broaden your understanding , chutiang chuan i hriat
leh i chian theih nan A tuifinriat zau tak nen hian pumkhat i
ni tih i hre thei ang , leh Pathian chu i hnenah a awm tih A
humhim che , a chhawm nung che , tunah leh chatuan atan

Trap leh thangte pumpelh

I thinlungah duhna nasa takin tihlawhtling tura a fuih
che i hriat apiangin, hriatthiamna hmang la, "Hei hi
duhthusam tha tak tihhlawhtlin theih a ni em, chawimawi loh
tur duhna tha lo a ni em?" Thil neih duhna hrisel lo chuan
beiseina dik lo leh hlimna lem min pein kan nungchang \ha
lote chu a fuih \hin Chutiang hunah chuan thudik pholan nân
hriatthiamna thiltihtheihna chu hman a ngai a ni Thiltih \ha
lote chuan a tâwpah chuan hlim lohna a thlen \hin A nihna
dik tak a lan chhuah chuan mi chu hrehawm tawrhna thang
leh hrehawm tawrhna thangah hruai luh tumin thiltihtheihna
nei lo an lo ni ta a ni

Ngaihtuahna leh thawnthu te

Nunnaah leh thihnaah, lungngaihna leh vanduaainaah,
Aw Lalpa, Nangmah ka rinna hi a nghetin a nghing lo, nghet
leh nghing lovin a awm reng a ni

Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin

Mipui tamna ber hmuna ni a êng ang hian ka nun leh
nitin hnathawhna kawng tinrengah Pathian hmangaihna êng
chu ka hmu ang

Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che

Musk deer chanchin

Musk hi thil hlu tak, rimtui tak nei a ni a, Himalaya tlang
sang takah awm musk deer navel-ah a awm a ni

Deer chu kum engemaw zat a tlin chuan, musk hip thei
tak chu a navel atang chuan a ruvin a rawn luang chhuak tan
a, chu deer chu chu rimtui hmuhnawm tak chuan a ti buai a,
chu rimtui nuam tak lo chhuahna hmun chu a zai tan a, a
zawng ta a ni

Hmun hrang hrangah a kal kual a, lungpui inkar leh
thing hnuaiah a rimtui a, chu rimtui hlimawm tak lo
chhuahna hmun chu hmun tinah a zawng chhuak thin

A tawpah chuan thu sawi tur a hloh a, duhthusam leh
duhthusam nena a thil zawn chu a hmuh theih loh chuan a
thinrim a, a buai leh a lungkham zawk thin

Musk lo chhuahna hmun thlen tumna hnahnung berah
chuan lungpui sang tak tak atang chuan a chanvo
hmachhawn tur leh a thihna tawk turin ruam thuk takah a
zuang lut a, chutih lai chuan ramsa mantute chuan an man
thei a, chuta tang chuan musk bawm emaw gland emaw chu
an la chhuak thei a ni

Hemi chungchangah hian hla phuah thiam zinga pakhat
:chuan hetiang thil hi a sawi chhuak a

!Aw musk deer, nang â

?Engvangin nge i tuar? Engvangin nge i mut theih loh

He musk hi a awm a

!I pum bawm nen, nang â

I hnar hmanga khawih pawh nise

Nangmah atang hian rimtui thup chu a lo chhuak thin

I beisei ang kha i hneh ngei ang

Tin, sum sen ngai lovin i nung bawk

Ka thiante u, mi tam zawk hi musk deer ang maia awm

an ni tih in ngaihtuah lo em ni? Anmahni pawn lam hmun
tinah hlimna an zawng reng a, chatuanin an awm reng a ni

Ni e, inkhelhnaah hlimna an zawng a, duhna leh
duhthusamnaah pawh hahdamnaah an inhnamnawih
Hausakna kawng hnim hringte chu an chho a, a tawpah
chuan beiseina sang tak lungpui atanga lungngaihna leh
hlawhchhamna lungpuiah an zuang thla a, an thlarau
chhungril thuk ber berte a hlimna dik tak dahkhawm chu an
hmu thei lo

Kan ngaihtuahnate hi chhungril lamah kan hawitir a,
thuk taka kan ngaihtuah chuan thlarau thlamuannaah hian
hlimna dik leh nget tak kan zawn chu kan hmu ang

Musk deer ang kan ni tur a ni lo va, hmun dik lovah
hlimna zawngin kan boral tur a ni Chu ai chuan kan fimkhur
tur a ni a, kan pawn lam ni lovin kan chungah hlimna hmuh
kan tum tur a ni

Thuziak chu Button a ni

Vawikhat chu mi pakhat hian ka hnenah a rawn kal a,
thinlung natna khirh tak a vei tih a sawi a, a sawi belh bawk

:a

Thil tam tak ka lo ti tawh a, mahse ka thinlung natna"
."chu ka paih chhuak thei lo

Muangchangin ka ngaihtuah hnu chuan scissors min
:rawn kensak turin ka ngen a Khur zet hian min en a, a ti a

"?Ka thinlung hi cut hawn i tum em ni, ka pu"

Ka nui suk a, ka chhang a, "Doctor ka ni lo Mi pakhatin
"!scissors hmanga surgery a tih thu i hre tawh em

A tawpah chuan duh lo chungin scissors arawn keng a,
chuvang chuan a coat-a button pakhat chu ka tan a, a
hmunah button dang sew lo turin ka hrilh a, button awm
lohna hmunah chuan a kut dah lo turin ka hrilh bawka, kar
hnih hnuah ka hnenah lo kal leh turin ka hrilh bawka, chutih
chhung chuan a dam leh ngei ka beisei bawka

Chu pa chu a nui suk a, "Ka rin vang che a i dil ang khan
ka ti ang, mahse damdawi min pek tawh zawng zawng
"!zingah chuan a mak ber niin ka hria

Kar hnih hnuah ka bulah arawn tlan phei a, mak ti zet
:hian arawn ti a

Specialist te chuan thinlung natna ka dam tawh tih min"
tiam a Chuti a nih chuan Pathian tan eng ngei tih? Button
"?atang hian genie i la chhuak em

Nui chungin ka chhang a: "Ni e! I kut chu button chu a
."play reng a, button chu thinlung nen a inmil bawka

Chu button chu i thinlung natna thlentu genie a nih
avangin button chu ka cut a, thlak lo turin ka hrilh che a, i
thinlungah i kut dah lo turin ka hrilh che a Chutiang chuan i
thinlung chu pressure a\angin a chhuak a, a tihnat che chu a
!titawp ta a ni

Engkim a kal chak a, mite chu thil tam takah an buai hle
A nihna takah chuan, hun khawhral ai chuan khawvel thilpek
seng hi a tha zawk a, hun khawhral tir che a, kut ruak
chauha tawp mai mai a tha zawk Mahse mi pakhatin a seng
tur chu nunah buh seng hautak ber a ni: Pathian hnaih leh
amah hriat chian Hlimna dik tak neih theihna awmchhun chu
he khawvelah hian thil engemaw tihhlawhtlin hi a ni a,
chubakah thlarau lam hlawhtlinna pawh a ni

Pathian hretute chuan Pathian ngaihtuah hmasak a,
Pathian chakna malsawmna hmanga an rilru leh taksa an
charge hmain an nitin hna an thawk tan ngai lo

Khawvel thil phut tam tak hian an thlarau lam thiltum
zawngtute chu a tibuaiin, an kawng thlan a\angin a hruai bo
thei a Mahse, tumruhna nghet tak neitute chuan engmahin
kawng a zawhtir an phal lo va dinhmun harsa emaw, òha lo
emaw pawh ni se, tumruhna nên an tuar chhuak òhîn

Khawvel hian eng ang pawhin min pe se, khawvel ro hlu
leh hausakna zawng zawng aiin thil nghet zawk, pawimawh
zawk leh hlu zawk duhtu kan thinlung duhthusam chu a
tihlawhtling lovang

Mi a thih hunah—dam rei rawh se—leia thiltihtheihna
engmahin an tan engmah a ti thei lo He khawvel kan
chhuahsan hnuah Tuin nge min pui thei ang? Pathian
Chuvangin, Khawngaihtu ber hmaa chatuana kan chenna tur
vanram kan panna kawngah hian he khawvel hi hun eng
emaw chen chawlhna mai a ni tih hi kan hre reng tur a ni

Hausakna tam lutuk hian hriselna, remna leh
hlawhtlinna a tichiang lo va, mahse remna leh hlawhtlinna
neih chuan thlarau lam leh tisa lam level-ah hlawhtlinna
inthlau tak a thlen ang

Mi tam zawk chuan taksa lama hlawhtlinna an neih theih
nan chauh rilru lama thiamna an nei thin Mahse mi pakhat
chu amah leh amah a hotu a nih a, a rilru lama
thiltihtheihnate a enkawl a, Pathian ruahmanna anga a thiltih
a nih chuan a nun chu malsawmna a dawng ang a, he leia a
awm chhung hian thlarau tuikhuah a tem ang Amah chu
nungchang leh duhzawngte tang a ni tawh lo vang a, mahse
a hriatna chu Pathian awmna thinlungah a lo chang ang a,
ani sawifiahna dodal thei hlimna tharte hlim takin chutah
chuan a awm ang

Taksa hi damdawi dawr ropui ber a ni

Damdawi lam zirchiangtute chuan hlimna nasa tak kan
tawn hian taksain antidepressant leh stress tihziaawmna thil
dang, doctor-te'n an tih ang bawka chak leh tangkai tak tak
a siam chhuak tih an hmuchhuak a, Taksa hi Khawvela
damdawi dawr ropui ber a ni a, Pathianin kan chhunga
thlarau lam inthlauhna a dah nen kan inmil laiin a hun takah
thil dik tak a siam chhuak thei a ni

Stress zawng zawng hi a hlauhawm vek lo; stress hian
kan taksaa chakna pawimawh tak luang chhuak chu a tiharh
a, hnathawh leh chetna a tichak Zirna hrang hrangah chuan
stress tam lutuk hi a hlawkthlak hle tih hmuhchhuah a ni

Mahse buaina chu stress hian healthy level a pelh chuan
a lo chhuak thin

Mimal tinin stress kan neih theihna tur bituk kan nei
theuh va, chu chu kan pelh chuan kan lungkham tur aia
nasain kan lungkham a, taksa, rilru leh rilruah harsatna a lo
lang tan hma loh chuan kan hre lo mai thei

Pathian nena nun chu hlimna leh hlimna a ni a, Pathian
tel lo chuan lungkhamna, buaina, harsatna, leh chhiatna
thleng pawh a awm a nih chuan engtin nge chhiatna leh

lungngaihna a thunun nunah hian thlamuanna leh muanna
kan hmuh theih ang a, he leiah hian hlimna engemaw zat
?kan thlen theih ang

A phût hmasa ber chu nun nawrna hnuaia kan awm laia
kan hriat chian hi a ni

Pathian chu Engkim Mi fing leh Engkim hretu a ni a, kan
taksa hi thlamuanna, nuam lo, thlamuanna, leh lungkhamna
ang chi signal a pe a, heng signal te hi kan ngaihven a ngai a
ni Kan taksa chhungah hian thil engemaw hrilh tumtu
Pathian finna a awm a, chu thuchahte chu kan ngaihthlak a
ngai a, chu chu stress emaw chawlh hahdam hun lai hian !
rilru hahna i neih chuan i taksa lam a ni stress i tawh a,
chutah thawk thûk tak la la, chutih rual chuan chu hmun chu
a vibrate thlengin zawi zawiin tense la Chumi hnua huan
chawlh hahdam la, tension chu thlah rawh Hei hian taksa
chakna leh pawimawh tak balance vawng reng turin a pui
ang a, stress-in a tihchhiat laka a humhim bawh ang

Thâwk hmangin emotional stress pawh kan enkawl thei
Hlahna emaw, rilru natna dang emaw i hriat hunah, zawi
zawiin, thuk takin, leh rhythmic takin vawi tam tak thawk
chhuak leh chhuak la, i taksa chu thawk chhuah apiangin a
hahdam theih phah ang Hei hian i racing heartbeat a ti
hniam ang a, thisen kal dan pangngai a siam leh ang a, i
nerve kaltlangin vital energy a kal awlsam ang a, i rilru a ti
thlamuang ang a, i ngaihtuahna a tifa ang

Nun hi emergency thil a ni lo va; Pathian sawina mawi
tak a ni a, nuam kan ti tur a ni Nuih hi thiltihtheihna a ni tih i
hre reng ang u; kan hman loh chuan nun kawng pawimawh
tak kan hloh a ni

Mihringte hi rilru natna leh rilru put hmang nei thlarau
kan ni a, puan emaw pawn lam kawr ang maia kan hak taksa
kan nei a Mahse taksa leh rilru natna level chauh kan nun

chhung chuan stress leh tension-in nghawng tha lo tak
hnuaiah kan tla ang

Kan nihna pawimawh tak, thlarau lam nena kan inrem
chuan thlarau hlimna chu thinlungah a luang lut a,
hmangaihnaah a inthlak danglam thin He hmangaihna hi
hriat hi, thlarau thlamuanna leh muanna nena inzawm, a
nghawng inrem tak hnuaia thil tih leh inpawh tawna hi
inrem lohna leh inhnialna tam tak awmna khawvelah hian
pianphung anga nun dan remchang ber a ni He hlimna nena
inmil hi nun harsatna chinfelna a ni

Note: Thusawi chungchangah: "Taksa hian
antidepressant leh thil dang, stress leh tension tihziaawmna
a siam chhuak a, doctor-te'n an pek aia chak leh tangkai lo
zawka a ni lo," tih hi damdawi lam thurawn leh damdawi pek
chhuah loh tura thurawn a ni lo va, chuvangin chiang zawka
sawi a ngai a ni

Magnetic equation hmanga siam a ni

Mihring awmna chak tak leh sual duhna nei + thinlung
ngilnei tak mahse mi chak lo = magnetism sual chuan
ngilneihna a hneh zawk

Mi chak lo, sual duhna nei + mi chak tak, rilru tha =
magnetism tha chuan sual chu a hneh

Thlarau lam magnetism chak lo + biomagnetism sual =
magnetism sual chak tak

Nungchang chakna chak + nungchang chakna chak lo =
nungchang chakna nasa zawk

Mi thinrim leh tharum thawh + mi ngilnei leh ngilnei =
thinrimna magnetism chuan ngilneihna a hneh zawk

Mize chak, inthlau tak, leh rilru hahdam tak + mizia, a
chang chuan lungawi lohna lam hawi = rilru hahdamna
magnetism a lal ber

Chronic ingrained failure + less ingrained failure =
hlawhchhamna magnetism chak tak

Hlawhtlinna tha chak tak + hlawhtlinna tha lo zawk =
hlawhtlinna tihpun

Hlawhchhamna vibration chak + hlawhtlinna vibration
chak = hlawhchhamna magnetism chak tak emaw,
hlawhtlinna magnetism chak tak emaw, boruak leh dinhmun
a zirin

Rilru chak leh fel tak + hriat lohna famkim = fing leh
thiamna emaw, hriat lohna leh âtna emaw

Thlarau thiltihtheihna langsar tak + thil tih theihna ropui
tak = Thlarau lam magnetism - thiltihtheihna langsar tak tak

Mite chuan an chhehvel ether-a planet-a thil nung tam
tak awmte hi hmu thei ta se, thenkhat chuan an hmangaih
kal tawhte chu zawn chhuah an tum mai thei Pathianin ka
thlarau mit a hawng a, chutiang thlarau tam tak chu ka hmu
a, leilung ram chhuahsan tawh Thlarau mit (hma lam lairil)-a
thuk taka ngaihtuah hian, mi pakhat chuan chhungril mit
hmuhna hmangin thlarau tha zawn zawngte chenna
khawvel êng tak chu a hmu thei a ni Khawngaihna neitu
awmna lam panna etheric plane chu

Mihringah chuan thinlung hian wireless receiver angin a
thawk a, thlarau mit chu transmitter angin a thawk bawk l
hmangaih boral tawhte i hmu thei lo a nih pawhin,
muangchangin i rilru put hmang chu thinlungah i dah a nih
chuan, tuna ethereal taksaa cheng, Pathian thlamuanna leh
muanna hlim taka hmang a, taksa tikhawtlai a\anga an
zalenna avanga lawm taka awm, i duh tak takte awmna chu i

hre thei a, chuvangin an thlamuanna leh i thinlung chu
thlamuanna i hmu thei a ni an chungchâng chu a ti
thlamuang ta a ni

Pathian hming ka sawi hian ka nihna zawng zawng chu
hlimna sang ber-ah a hmin vek Mahse he dinhmun hi ka
thawhrimna nasa tak hnuah chauh ka hnenah a lo thleng a A
tir lamah chuan duhthusam tur pakhat ka ni lo, chutih lai
chuan ka rilru chu a lo inthlak danglam ta a Mahse tunah
chuan, ka ngaihtuahna leh hriatna chu thlarau lam
hmunpuiah ka dah meuh chuan—mitmeng inkar hmun chu—
ngaihtuahna zawng zawng chu a bo vek a, thawk pawh a
duhthusamin a tawp ta a, thinlung chu a beng chhuak ta lo
va, mite buaina chu a tawp ta a ni rilru a reh a, nihna
dinhmunte chu thlarau chungah a lo chhuk a, chutiang
chuan thlarau lam hlimna ka tawng a, Pathian hlimnain ka
khuh ta a ni

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup a ni Ka chhungrilah lalte mumang aia ro hlu zawng
turin min kaihruai ang che
* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni
* * *

Aw Hmangaihtu Ropui ber, Nunna I ni Ka thil tum leh ka
duhthusam i ni
* * *

I van huana rose par hring min siam la, emaw, i
hmangaihna kawrfual eng takah chuan zungbun eng mawi
tak min siam la, chawimawina ropui ber min pe rawh: i
thinlunga hmun tenau ber
* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni
* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hrual ang u
* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni
* * *

Hripui, chhiatna, leh thilsiamte tharum thawhna inthlak
danglamna, chhiatna, chhiatna leh chhiatna nasa tak thlentu
hi "Pathian thupek" a ni lo Heng chhiatnate hi mihring
ngaihtuahna leh thiltih atanga lo chhuak a ni Khawi hmunah
pawh khawvela thil tha leh tha lo inthlauhna nalh tak chu
mihringte thil tum tha lo leh thil tihsual avanga chhiatna
thlen thei thlipui leh vibrations awmkhawmna avanga tihbuai
a nih chuan chaos reigns and chhiatna nasa tak a chhuak a
ni
* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang
* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni
* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a

source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm

* * *

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

* * *

Experiment-te chu a khauh hle chung pawhin, thir
zungbun chu thir mawi tak, chhe thei lo leh hmanraw chi
hrang hranga chantirtu mei ang an ni

* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni

* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a

chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni

* * *

Mi pakhat chuan Pathianin a pek finna zawng zawng chu
thil rei lo te chauh zawn nan a hlan vek tur a ni lo , chuti lo
chuan thil neih duhna (materialism) labyrinth-ah an boral
ang a, anmahni tan a tul lo taka tikhawtlai leh tikhawtlai
an siam ang Chu ai chuan, an rilru chakna hmangin nunna
atana thil tulte chu an nei tur a ni a, dik leh dik lo, leh eng
nge an thliar hrang theih nan an nungchang chakna
tihhmasawn tumin an bei tur a ni a tichhe thei a, eng nge a
hlawkpui bawk

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an inngat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la I lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo va,
a tak takah hman theih loh theory-ah hian hun hlu tak hman
loh a tha a, chuti lo chuan intellectual jungle zau tak karah a
inhmu ang a, theory ram pawh a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni

ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur
chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh
hriselnaah te, hriat lohna leh finna kawngah te ka hre reng
ang che, i êng malsawm tak, damna leh damna chu rei lo te
chhunga pe theitu chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna hmuna thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw thlamuang leh thlum
tak chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihruaitu khawnvar ni turin kan
phal tur a ni Amah chu hriat lohna leh thim zanah thla bial a
ni a, harh hun laia êng ni a ni a, kaihruaitu êng a ni a, lei
tuifinriat paltlangtute tan kaihruaitu arsi a ni bawk. rei lo te
chhunga awm

* * *

Mihringin a hriatna chu theihnghilh muthilh atanga thlarau
harhna thlenga a tiharh a hun tawh

* * *

Lalpa, hriat lohna thuk tak leh ngaihtuahna zim, tlemte
a\angin remna, êng, hmangaihna leh khawvel pum huap
mihring lainatna hmun thlenga kan hriatna tihsan turin kan
ngen a che

* * *

Pathian thiltihtheihna leh thilmakte chu mihring nun
inhnialna hnung lamah thup a nih avangin thil a lo tha chho
zel dawn a, chu dinhmun chu pumpelth theih loh a nihzia ring
tlat lo a, puanzar piah lama awm chu a rilru leh rinna nena
luhchilh tum chuan a tan kawngkhar chu [ringtu kut zawng
.zawngin a kik] tan a inhawng ang

* * *

Rinna tih awmzia chu ngaihsak lo emaw, thil awmdan
fing taka hmachhawn loh emaw tihna a ni ngai lo Chu ai
chuan, eng thil pawh thleng se, mi chuan a thinlung zawng
zawng, a thlarau zawng zawng leh a rilru zawng zawng nena
Amah a pan chuan dinhmun harsa leh lungkham takah pawh
Pathian chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen chuan
Leilung hi electron lui angin kan hmu ang a, leivut chi hrang
hrang chu êng rolling mass angin kan hmu ang

* * *

Matter atanga thlarau danga an hriatna hmanga luhchilh
thinte chuan illusion awmzia an hrethiam a, thutak awmzia
an hre bawk
* * *

Mi chu Africa ramngaw-ah emaw, indona hmunah emaw,
natna emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm aiin a chak zawk a, Amaha inhumhimna
zawngtute a humhim thei tih a inhriat tir a ngai a ni

Mahni invenna kawng \ha zawk a awm lo Dik tak chuan
thil thlengte hmachhawn kawngah hian logic a hmang tur a
ni a, chutih rual chuan Pathian tanpuina rinna famkim a nei
tur a ni
* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni
* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrilh a ni
* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang
* * *

Zirtirtu Paramahansa chuan a zirtirte zinga pakhat
hnenah: "I hmangaihna circle atang hian tumah

hnawhchhuah suh Mi zawng zawng i thinlungah vawng la,
.anmahni thinlungah an vawng reng ang che" a ti a

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che
Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che
Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a

* * *

Chu thlarau lam mize huaissen leh inngaitlawm tak chu
harh rawh - sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu

* * *

Sawiselna nasa tak, dik lo takin min tibuai lo vang a,
fakna leh fakna nasa tak pawhin min tibuai lo vang Ka
duhthusam awmchhun chu I duhzawng tih hi a ni, Aw Lalpa, I
duhsakna chan hi a ni

* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu chutah chuan
Pathian hmangaihna tawp nei loin a ruih ang Mihring
hmangaihna eng pawh a let maktaduai tam takin a phak lo
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni

* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang

* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni

* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nghet tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaisen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin

Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Pathian
hmangaihnaa inhmang reng mi thianghlim pakhat ka hriat
hlimna nen chuan nunah thil tawn dang reng reng chu
tekhin theih a ni lo va, a hmelah hmangaihna thianghlim a
chhuak Pathian mit chu Amah hmangaihtute chungah a awm
reng a, vawi khat mah a kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem
hle

* * *

Thil tikhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni

* * *

Thiltih \ha lo leh duhthusam hrisel lo thupek laka
zalenna chuan thil neih hlawhtlinna aiin hlimna nasa zawk a
thlen a ni

Literary hlawhtlinna hian pawn lam thilin a laksak theih
loh rilru lam hlimna a thlen a ni

* * *

I hun zawng zawng chu sum khawlkhawm nan i hmang
thei a, mahse chu pawisa chuan i zawn thlamuanna leh
muanna nghet tak chu a pe dawn lo che a ni Chu ai chuan
hlimna leh muanna chu thil chhungah ni lovin rilruah a awm
avangin hlim lohna a thlen zawk ang che

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawk a ni

* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan titawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn loh chuan kan hna
engmah kan hlen chhuak thei dawn lo tih kan hriat reng a
ngai Hei hi A laka kan mawhphurhna lian ber a ni

* * *

Thiltih dan leh nunphung tehna leh rorel dan a awm A tir
lamah chuan thurin tin hian dikna a la nei tih kan hmu a nih
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak
lo Dik chu kan hriat a ngai a, chu chu kan zawm a ngai a,
hlimna min thlen thei tur chu kan hrethiam a, chu chu kan
nunpui a ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni
* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih Chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni
* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni
* * *

Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil
man chu theihnghilh a ni lo vang, a bik takin installment-a i
!lei chuan
* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang
* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte thian nihnaah
chuan, I hmangaihna ka hria a, ka thiante hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan
hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu
a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu
chhungril hlimna tel lo chuan mawhphurhna phurrit phurrit
ka chungah dah chuan ka thlamuanna min chhuhsak ang a,
ka hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh

ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuaitsu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhatat
ve kan ni

* * *

Beram rual i hmu ngai em? An zingakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiangkhatin a Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has
persisted for generations Every nation has its customs and
traditions, and we can claim that all of them are correct or
sound But who knows? Chutiangkhatin nunphung leh thurin
thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna
ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi
tak emaw, thil tawn hlimawm leh lawmawm tak emaw
ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih
hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna
tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah
chuan i la hlim lo tih i hmu mai thei Hausakna i nei thei a,—
Pathianin a phal lo—i hriselna i hloh mai thei A nih loh leh
hriselna tha tak i nei thei a, i sum pawh i hloh mai thei A nih
loh leh hausakna leh hriselna i nei ve ve mai thei a, mahse
midangte nen harsatna tam tak i tawka, ngilneihna i hlan a,
chu chu thinrimna leh huatna nena inhma leh tur chauhvinn

Pathian tel lovin, he thilah hian engmah a awm lo nun hian a
ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan
hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i
zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik
tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil
tawnte chu lungawina leh hlimna nghet tak panna kawngah
chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm
leh thil siam loh engmah lo piah lamah chuan chatuan thil
awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna
leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fîng tlemte
chauhvin cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawk chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka innghahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni

* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo

* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni

* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang

* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawk

* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawn
mek emaw hi hriatthiamna nei zawk tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nunna nen pawh tluang zawk leh him zawkin kan inpawh
thei ang

* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihhmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a , khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlauhna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlauhna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chhungte
hnai berte nena inrem taka a awm hi a ni

* * *

Mite chuan thil tam tak tihlawhtling lovin hmanhmawh takin
hun an khawhral a, nunnain a pek theihte ngaihtuah leh
hriatthiam tum turin an chawlhsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhiar sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawk

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo
thin a, eizawna tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen
atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawn lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh

* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna,
chu chu an thlarau lam thil tawn leh hriatna sang zawk,
hriatna thianghlim an neih theih nana an tanpuina hmanga

mi dangte hnenah an chantir loh chuan chhandamna famkim
an chang lo

* * *

Hemi avang hian chutiang dinhmun thleng thei leh
chutiang dinhmun thleng thei te chuan hriatthiamna
mamawhtute hnenah hlan an duh hle Hlawhtlinna dik tak i
neih duh chuan nangmah mimal hlimna chauh ni lovin
midangte hlimna pawh i tichiang ang

* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduaia a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni

* * *

Mi tu emaw chuan hun rei tak ngawi renga awm a
thlang thei a, chutih chhung chuan an chhungte hnenah thu
sawi duh lovin He mi hian chhungril muanna engemaw zat a
neih theih laiin, an nungchang chu mahni hmasialna leh an
chhungkaw hlimna tichhe thei tak a ni An hmangaih tak
takte pawhin an hlawhtlinna an hlawkpui loh chuan
hlawhtling tak takah ngaih theih an ni lo

* * *

Chutiang bawkin, tisa lama hlawhtlinna neih hi mahni
chauha hamthatna kan neih theihna tur dikna chauh a ni lo
va, midangte chungah an taksa dinhmun leh nunphung siam\
hatna tura \anpuina kawngah pawh nungchang lama kan
mawhpurhna a ni

* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber êng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitate tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihdan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo

* * *

Hlawhtlinna tehfung dang a awm bawk a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

* * *

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kawka ni
Hlawhtlinna dik tak chu felna thu bulte chungah inngat thiltih
atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hmang, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu

level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihzia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Hmun hring leh ruak ang maia langah hian universe
chhunga thil nung leh nung lo zawng zawngte nena min
inzawmkhawmtu cosmic connection leh chatuan nunna a
awm a, nunna ropui tak thlipui chu thil awm zawng zawngah
a luang chhuak a ni

* * *

Chatuan hi kan chenna dik tak leh kan chenna nghet tak
a ni a, heng taksaa kan awmna hi thlaler kal tlanga caravan
kalte tan chawlh rei vak lo ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inngaihtlawmna leh inzah
tawanna boruakah a lo thang lian a, a lo thanglian bawk

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihthe hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn a, an tih tur hlen chhuah a, an nungchang
hlutna siam a, zir chianna thuk zawka inhmang a, mahni
hmasialna pumpelh a\anga ropui an nih dan zir chianna a\
angin kan hria Mahse an rah chhuah leh an thil tihhlawhtlin
chu an thawhrimna aiin teh theih loh khawpin a nasa zawk a
ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna chu duhthusamin an
thlang lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur
daltu a ni Hriat lohna hi hnim tha lo, zung thuk tak nei,
mihringte huana lo thang leh thlai tha leh hlawkthlak tak
takte hnawhchhuahtu a ni

* * *

Hriat lohna chu duhthlanna nghet lo leh tumruhna nghet
takin a hneh tur a ni Rilru leilung chu ngaihtuahna fim tak [a
tha lam] nen chin a ngai a, chi tha chu rinna tuiin tui pek a
ngai Hmangaihna êng pawimawh leh lum tak takte a eng
hunah chuan, thatna chi chu a lo thang lian ang a, buh chi
leh parasitic thingte chu a hneh ang a, êng awmnaah chuan
thim a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifiah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh Chiang taka focus lens hmang
hian malsawmna thlalak chu Chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat chian a ni

* * *

Lungawina dik tak chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n an zawn
che a, chuvangin Hmangaihna leh \hian nihna chu a thlawna
pek tur a ni a, beisei leh phut tel lovin Beiseina hian
hrehawmna leh hlim lohna chauh a hring chhuak Mahni
insiamthat tumna kawngah pawh mahni chauhva, him tak

leh thlamuang takin mahni nungchang \ha leh mahni hlutna
kulhpui chhungah a ding tur a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawng zawngte chu khawih vek rawh se

* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni

* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlarauten an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni

* * *

Total consciousness hi absolute, infinite consciousness a
ni a, a insiam thar reng a, a creativity pawh a tawp ngai lo
va, nangmah kaltlangin a thil danglam bik tak chu a lantir
tum a ni

* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni

* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, - Pathian
khawngaihna leh tanpuinain - an sual thiltih rah chhuah ata
chhuah zalentu thlarau lam thiltihtheihna chu an charge thei
a ni

* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell-ah thup
vek a ni a, ngaihtuahnaah chuan thil \ha emaw \ha lo emaw,
rilru put hmang emaw angin a lang \hin
* * *

Mi pakhatin a thluak cell-te chu chutiang tih dan
thiltihtheihnaa charge a nih avanga thil tih dan hrisel lo tak
tak tuar chuan duhthlanna, ngaihtuahna, tawngtaina
thinlung tak tak leh positive affirmation chhunzawm zel
hmangin a zalen thei a, chu chu a duh loh zawng zawng chu
remna leh muanna tih dan tha takah a chantir thei a, hei hi a
thleng thin chu dik taka kaihhruai nunna chakna chuan
thluak cell-te nihphung pangngai lo tak chu thlak danglam
turin hna a thawk a, chutiang chuan chutiang cell-te chu thil
ṭha, ṭha leh mawi zawng zawngin a khat ta vek a ni
* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahna a ni
* * *

Nitin hian scene hrang hrang kan hmu a, nitin hian zir
tur thar a rawn keng tel Mihring hian a awmna chhan ber: a
nihna bul leh a nun lungphum hriat chian a, a rilru a pe a,
chu chu a zir chhuah ngei beisei a ni
* * *

Hun kal tawh lungngaihnaate theihnghilh a, chu chu awm
reng lo turin i thawk ang u, tumruhna nghet tak leh
duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnaate
tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
tak takte i chawm ang u
* * *

Mite chak lohna phawrh chhuak a, mualphona leh
thinrimna thlentu apiang chu finna leh rorelna dik a\angin a
hla hle
* * *

Hun leh hmun zawng zawng tana thusawi

Pathian nena inremte chuan thaw chhuak thei mawina
an hmu a, kawng danga tawn theih loh thlum sang ber an
tem a ni

Ka thlarauin a au che chuan, Aw Pathian, I ngawih
rengna chhum chu a rawn puak darh a, I khawngaihna tuilian
lian tak a nih thlengin I khawngaihna tuilianin a luang
chhuak ta a, I lui malsawmna chuan ka nihna kam chu a
rawn khuh a, ka thlarau chu chatuan tuiah a pil ta a, ka
nunna te tak te bubble chu I engkim awmna tuifinriatah
chuan a lo hmin ta a ni awmna

Ka zirtirtu chuan finna chisel hmanga Pathian awmna
tling biak in siam dan min zirtir a
Tum ropui tak i tihhlawhtlin duh chuan chu chu rilru lam
model siamin tan la rawh Tunah chuan i rilruah ngaihtuahna
nghet tak i phun chuan i hriatnaah eng kawng pawh nghet
takin i din thei tawh ang tichuan i nihna zawng zawng chu
chu ngaihtuahna nêh a inmil ang a, i thiltih chu chu
ngaihtuahna nêh a inmil ang

Pathian thinlung i khawih chuan i harsatnate a reh ang
a, hmangaihna in i thinlung a luah khat ang a, thlarau lam thil
tawn mak tak takte chu i rilru huana tuikhuah thianghlim ang
maiin a zai ang

Chhum tam tak chuan thup che a, ka lakah thup che an
tum a, mahse duhthusam mittui tla karah chuan i hming
malsawm tak chu puanzar leh puanzar zawng zawng hnung
atang chuan rangkachak lem eng mawi tak takin a rawn eng
chhuak ta a ni

Thianghlimna thianghlimna tih awmzia chu thutak chu
langtlang taka hmachhawn tihna a ni
Mamawh pawimawh tak tak a awm a, mi thenkhatin
"necessities" tia an ngaih tak tak, a tul lo leh tul lo tak tak te
chu Nun hi mamawh bulpui ngaihtuah a, thil tul lo tak tak
luxury tihbo a, tih awlsam tur a ni

Aw ʈhian nihna, i sâng êm êm êm a, i leilung hi a va

ʈhain a thianghlim êm! Hmangaihna chu i chawmna leh
rinawmna i in tur a ni

Mi pahnih chu an inrem lo chung pawha inrem leh
inremna anga an kal chuan thil tum pakhatin an inpumkhat
a, chu chu hmangaihna thianghlim leh inrintawknaah thlarau
thlamuanna leh thlamuanna hmuh leh hmangaihtuin
hmangaih tak man avanga nawmna a zawn lohna hmunah
chuan chutih hunah chuan, midangte tana thilpek huanah
chuan, inʈhianʈhatna pangpar rimtui tak takte chu a par
chhuak a, an rimtui tak chu an theh darh ʈhin
Khawvel hian kan rilru chu kawng dangin a zirtir a, thil
tam tak min zirtir a, chutiang tel lo chuan hlimna chu hmuh
theih loh niin kan ngai tan a Mahse nun, a bik takin naupang
nun chu tih awlsam a ngai a chuti lo chuan nun hian
beidawnna khirh tak hmangin a zirtir ang
Ngaihtuahna emaw, suangtuahna mai emaw aiin thudik
chu a dik zawkin a tak tak zawk a, mahse kan ngaihtuah
emaw, kan suangtuahna emaw chu a chang chuan a thleng
dik thei a ni

Thil siam chhuah ngaihtuahna kawngah hian
suangtuahna hi thil pawimawh tak a ni Mahse, suangtuahna
hi a puitlin a ngai a, rinna nghet takah a inthlak a ngai a, hei
hi duhthlanna chak tak tel lo chuan thil theih a ni lo
I duhthlanna zawng zawng nen thil pakhat i mitthla a nih
chuan i suangtuahna chu mimal rinnaah a chang ang a, chu
rinna chu i vawng reng thei hunah chuan
Ngaihdan inthlau zawng zawng awm mah se, i rinna chu
a takah a takin a thleng ang

Mi pakhat chuan mahni chauha ding a zir tur a ni a,
mahni nungchang tha leh mahni hlutnain a thlawp a ngai a
ni

Thlarau lam hlimna hi hlimna thar a ni a, Pathian thuk
taka ngaihtuahtute zingah a lang nasa hle

Min Siamtu Engkimtitheia chuan nunna te, chakna te,
finna te min pe a, kan ngaihsakna pe a, hmangaihna,
lawmthu sawina leh a duhsakna leh ngilneihna hriatpuina
nena kan thinlung chawisan hi kan mawhphurhna a ni
Aw Pathian, thinurna mei tichhe lo turin min pui ang
che, chutilochuan thinrimna meialh chuan keimah leh
midangte chhunga remna oases green te chu ka hal ang Ka
hmangaihna ruah sur reng reng hmanga thinrimna mei
tihmit turin min pui ang che
Ka ngilneihna leh ka thlamuanna lui chu muang leh
muang takin awm reng rawh se, lungawi lohna thlipuiin
hrehawmna tih loh chu engmah a thlen lo
Duty tih hriatna avanga thiltih tih emaw, mi dang
rawngbawlina leh hmangaihna atana mimal duhzawng hlan
emaw chu hlauhna avanga tih ai chuan a tha zawk daih
Miin Pathian dan a bawhchhiat a bansan pawhin Pathian
a hmangaih vangin a ti tur a ni a, a hremna hlauh vangin a ti
tur a ni lo
Eng thil pawh hlauh la, i ngaihtuahna chu hawisan la,
Pathian kutah dah la, Amah i rinna chu tichak rawh
Hlauhna hi mihringah a awm reng a, chu chu paih bo
chu Pathian ngaihtuah leh a awmna hriatna hmangin a theih
a ni
Thil \ha kawng zawh chu a tirah chuan a harsa mai thei,
mahse rilru thlamuanna leh himna dik tak thlentu kawng
malsawmna an ni
Kan nun kil tinah Pathian ropuina lo eng sela, a
hmangaihna chu kan thinlungah cheng sela, A êngin kan
hriatna chu luah khat rawh se
Aw ka Pathian hmangaih, pangpar a par a, hunbi a
inthlak a, an vai hian an sawi chhuak che Thla bial chuan i
nuihzatna hmel a pholang a, ni chuan i van lam khawnvar a
phur a Mittui tuipuiah ka inbual a, nangmah duhnain a khat
Thing hnah leh mihringte thisenah chuan i nunna leh chakna

a luang a, i cosmic thinlung beat chu a rawn thawk chhuak
ta a ni ka chhungril chhungah

I awmna ka hriat hian khawvel dangah harh ang maiin
ka inhria a, a chang chuan he leilung leh he taksa te tak te hi
ka mumang a ni—keimah ngei pawh hi hlimna tawp nei lovin
ka harh a, nangmah nena kan harh hun hlimawm tak takte
hriatrengna hlim tak chuan ka mumang huana mumang
chhiate chu ka hrual a, an hmunah ka roses te chu ka phun
ta a ni infuih tharna, chutah chuan ka duhthusam rimtui
chuan a hip lut ang che a, chatuan hlimna boruak zau takah
min hruai turin i lo kal ang

Aw Pathian, ka chhunga I damna êng ka rawn chhuah
theih nan thianghlimna leh thianghlimna nen min ti langsar
ang

I hmel tawp nei lo a lantir theih nan ka rilru darthlalang
khur chu thlamuang rawh

I thlamuanna rimtui ka thaw chhuah theih nan rinna
tukverhte chu hawng zau rawh

Aw Nangmah chauha eng chhuak, Aw Majesty,
sawifiahna dodaltu, Nangmah chauh lo awm reng reng ka
hmuh loh nan nangmah duhtu ka mitmeng nen en rawh
Nunna thil thleng leh lan dan zawng zawng hnuaiah hian

Pathian aw ngawi reengin a awm a, ani hian pangpar te,
lehkhabu thianghlim te, kan chhia leh tha hriatna te leh nun
hlutna siamtu thil mawi zawng zawng hmangin min ko fo
thin

Thlarau lam sang ber thleng tura zawngtuin theihtawp a
chhuah apiang chu Pathianin a tan a chhiar a, chu chu
lawmman tha tak a dawng a ni

Aw Lalpa, i thutak êng hmanga kan rilru ti eng turin kan
ngen a che, i hmangaihna kan thinlung a tikehsawm a, i
lawmna leh i khawngaihna tamnain kan thlarau tikhat turin
kan ngen che a ni

Chu rilruin a luh theih loh horizon langtlang tak atang
chuan Pathian chuan a chatuan êng chu a leih chhuak a,

cosmic rilru atang chuan infuih tharna ropui tak tak leh
thiltihtheihna malsawmna a lo chhuak a, thil siam chhuah
hnathawh chu rilru inhawng leh inrem takah a luang lut a ni
I thlarau, i thinlung, infuih tharna meialh tinreng, van
dum, arsi eng mawi tak takte, tlangte, leilung, savate, leh
pangpar te chu cosmic rhythm, thlarau lam himna leh
khawvel pum huap inpumkhatna thread pakhatin a inzawm
khawm vek tih i hmuh hunah chuan an vai hian tuipui kam
nei lo Pathian tuifinriat hnute chung thread pakhat an ni tih
i hrechhuak ang

Kan Siamtu kan theihnghilh chuan hrehawm kan phu a
ni Pathian chu kan hmangaih leh min hmangaih a ni tih kan
hriat chian a ngai a, chu hriatna chuan kan harsatna leh
tuarna ata min chhuah zalen ang

Pathian hmangaihtu dik tak chuan Amah a zawn chu a
titawp ngai lo, vawi tam tak a beih hnuah pawh a hmu thei lo
a nih pawhin Thlipui a reh hnua tuifinriat chhungril lama
thlipui a kir leh a ngai ang bawkin, taima taka zawngtu pawh
chutiang bawk chu a ni; a daltute chu a chhe vek ang tih
rinna thup tak a nei a, a hma emaw a hnu emaw chuan
cosmic tuifinriat nen chuan a inzawm khawm ngei ang tih
rinna thup tak a nei a ni—chu tuifinriat tawp nei lo chu a lo
chhuahna leh a lo kir lehna chu a ni

Rilruin Pathian hmangaihte a ngaihtuah reng hian
thinlungin himna leh himna hla a sa thin
Thlarau lam emanation chu mihring chu tuna a nihna
atanga nakin lawka a nih tur anga a lo chhuah hi a ni
Miin a nihna dik tak chu midang lakah a thup thei lo a
ngaihtuahna vibrations chu engtin emaw takin a
nungchangah a lang ang a, a thiltih hmangin a lang ang
Zalenna chungchangah ngaihdan dik lo nei tam tak an
awm a; zalenna chu mi pakhatin a tih duh apiang tih angin
an ngai a, chu zalenna chu duhthusam zalenna ka ti a ni
Zalenna awmzia dik tak an hriatthiam loh avangin nu
leh pa thenkhat chuan an duhzawng tihhlawhtlin nghalin an

fate chu hnam dan bawiah an siam a, chutah chuan naupang
chu an duhzawng tihpuitlin a nih chhung chuan an hlim a,
nun tum ber chu duhthusam zawng zawng tihhlawhtlin a ni
ti ringin a lo seilian a Mahse, a hnuah chuan an tihsual tih
an hmuchhuak duh zawng zawng hlen chhuah chu thil
awlsam a ni lo! Mi dangte chuan anmahni duhzawng
zawngin an hnawtchhuak thei a, an ngaihthah mai thei
Chumi avang chuan naupang chu mahni duhzawng hlen
chhuah duhna nasa tak avang chuan a khauh a, a rilru a ti
na hle a, chuvangin, nu leh pate chuan an fate chu an
duhzawng leh hriatthiamna tihhmasawn nan an puih a ngai
a, chutiang chuan khawvel hi a thang leh thangah tlu lut
lovin an awm thei ang
Nu chuan, "Hmangaihna nen zirtir rawh" a ti a. Dik tak
chuan naupangte hmangaihna nena enkawl hi a tlangpuiin a
tha a, mahse a thlum lutuk hian ha a tichhe a, chutiang
bawkin pampering tam lutuk hian naupang a tichhe thin A
degree of firmness and resolve is needed, mahse naupang
chu tihsual avanga tihduhdah leh hrem nasat tak a nih
chuan a rah chhuah chu a rapthlak hle ang Naupangte
enkawl dan leh enkawl danah balance a awm tur a ni pa tin
hian hmangaihna leh ngilneihna hmangin an mizia chu a
tithianghlim tur a ni a, nu tin pawhin a hmangaihna chu finna
leh ngaihtuahna fim tak hmangin a tithianghlim tur a ni
Mi chuan Pathian hmangaihna leh duhsakna rilru
dinhmun nghet tak a vawng reng tur a ni Hna tam tak ka lo ti
tawh a, mahse ka hnathawh chu eng ang pawh ni se, ka
ngaihtuahna chu Pathian hnenah a awm reng a ni
He thil siam hi nuam kan ti tur a ni a, mahse sal min
siam phal lovin Tin, thil tawn hian Pathian hmuh hlimna chu
tekhin rual a ni lo tih min zirtir a ni
Hna lian tham a thawh hmain, thlarau lam kaihhruaina
leh kaihhruaina dik tak a hmuh theih nan ngawi rengin a thu
a, hriatna leh ngaihtuahnate a ti thlamuang tur a ni a, ngun

takin a ngaihtuah tur a ni a, Pathian tanpuina a zawng tur a
ni

Zing hmaa, pangpar hmui, mipa leh hmeichhe ropui
hmela nuihzatna hi i nuihzatthlakna a ni tih ka hrethiam ang
Cosmic consciousness nena inzawm tlat disciplined
consciousness chuan implicit-in hlawhchhamna leh thinrimna
a tuar lo tih ka hriat avangin vanduai, vanduai, natna, emaw,
beisei loh thil dang emaw thlalak inzawmkhawm hian min
nghawng dawn lo

Zalenna tih awmzia chu duhthusam, tih dan leh
duhthusam ang ni lovin, finna anga thil tih theihna tihna a ni
Ego thu awih chuan sal nihna a thlen a, thlarau fuihna
hnuaia inpek erawh chuan tikhawtlai atanga zalenna a
thlen thung

Lal in ropui takah emaw, in inngaitlawm takah emaw ka
awm pawhin ka tan danglamna a awm lo, Pathian ka hnena
a awm chung chuan

Rinawm taka ka sum hmuh chu nun awlsam tak nân ka
hmang ang a, nun hlimawm tak chu ka bânsan ang
Pathian rinna leh duhthlanna hmanna hmang hian mi
chuan natna te, hlawhchhamna te leh hriat lohna te chu a
hneh thei a, chu chu duhzawng vibration te chu taksa emaw
rilru lam natna vibrations aiin a chak zawk phawt chuan
Natna chu a rei zawk poh leh duhna chu a chak zawk leh a
tumruh zawk a ngai a, rinna chu a thuk zawk leh nghet
zawkin a awm a ngai a, chu chu a duh ang result a thlen
theih nan a ni

Mihring venhimna hmanruaah ni lovin, Nangmah chauh
ring turin min fuih rawh, Hlauhna leh lungkhamna hian nun
fiahna eng pawh hmachhawn turin ka chakna tawp nei lo
chu tichhe lo turin ka phal suh ang che, ngaihtuahna leh
suangtuahna hmanga an lan chhuah tak tak hlauhna avang
hian accident, chhiatna leh vanduai te hi ka ngaihtuah suh
ang u Tin, Aw Lalpa, ka harh emaw, ka muhil emaw, ka harh
emaw, ka bo emaw tih hi ka hrethiam ang daydreams, alive

or dying, I humhimtu awmna chuan min la hual reng a, min
la veng reng bawk

Mi finge chuan heti hian an sawi: Pathian hmangaihna

leh nungchang \ha avanga chêtât thil \ha rah chu inremna
leh thianghlamna a ni Mahni hmasial duhna leh duhthusam-in
a chêtât thiltih rah chu hrehawmna leh hrehawmna a ni Thil \
ha lo rah chu hriat lohna leh âtna a ni
Thiltih \ha chuan hlimna a thlen a, mahni

inhmangaihna a hruai khawvêl thiltih chuan hrehawmna
leh hrehawmna a thlen \hîn

Remna leh inrem taka awm i duh chuan i thil tum chu a
tha tur a ni a, ngilneihna ngaihtuahna leh hmangaihna rilru i
theh darh tur a ni Nun tha tak i neih chuan i entawn tur leh i
nungchang tha hmangin midangte i tanpui ang
Ka lungkhamna leh rilru buai tak ka neih lai hian ka rilru
hahdamna ka neih leh hma loh chuan ngawi reng leh
ngaihtuahnaah ka inhnukdawk ang a, Pathian chungchang
ngaihtuah a, A tanpuina leh kaihhruaina dilna hmangin nitin
ka tan ang

Huatna hnim hring hringte chu lo thang lianin i nun

huanah chuan luhtir lo turin thutlukna siam rawh, thlarau
ropui tak thil \ha tihna huanah chuan heng miziate rimtui tak
tak, rose ang maia i lo neih tam poh leh Pathianin i chhunga
awm thuruk ropui ber chu a rawn pholang ang che
Nunna thiltum chu remna, lungawina, thi thei lo, himna
leh thutak hriatna neih hi a ni a, kan chhungril lama tibuaitu
heng duhnate bulpuiah hian kan chhungril thuk takah
Pathian thil awmzia chu a awm a ni

Aw Lalpa, Nangmah ah hian ka zalenna ka hmu ang a,

ka chenna dik tak chu I awmna zawng zawng a ni tih leh I
cosmic consciousness-a tel ve ka nihzia ka hrethiam ang che

Aw tuifinriat zau tak, Pathian lam, ka duhzawng luite,
daltu leh daltu thlaler kal tlanga luangte chu a tawpah chuan
i thuk tak takah chuan inzawm khawm rawh se

Pathian kulhpuiah chauh hian venhimna leh himna kan
hmu a, Pathian hnaih taka inhriatna leh a awmna khawih ai
chuan inhumhimna him zawk a awm lo

Mihringte hi kan duhzawng, kan rilru put hmang, kan
nungchang, leh kan duhzawngte siamtu tih danin a thunun a
nih avangin, chutiang tih dan chu a tha lo a nih chuan,
nungchang chu a tichhe thei a, thiltih te chu a sual ta a nih
avangin, tih dan tha te hi dah pawimawh hmasak a tha a,
chu chu chu chuan kan thiltih leh ngaihtuahnate chu thil tum
ropui tak lam pan turin a kaihruai a, hriselna leh hlimna min
thlen a ni

Thlarau lungngai leh hrehawm tuar awmna apiangah an
rawngbawlina leh thlamuannaah ka thlamuanna ka hmu a,
midangte hlimna thlen turin theihtawp ka chhuah ang a, an
rilru put hmang chu keimah ang maiin ka lainat ang

Rilru lama theihna hi mihringah a awm a, mahse mi tam
zawkah chuan a la hmasawn lo hle a, heng theihnate hi kan
tihhmasawn loh chuan thil pawitak a thlen thin Taksa ang
bawkin rilru hian hriselna leh chakna atan ei leh in tha leh
exercise a mamawh a ni

Diamond chuan êng a dawng a, a lantir bawka,
chutiang bawkin Pathian hretu leh A awmna nena eng
chhuak thlarau thianghlim, langtlang tak takte pawhin an ti
ve bawka

Aw Lalpa, Nang hi nunah hausakna dik tak i ni a,
Nangmah ka hmuh hmasakna hian Nangmahah ka mamawh
zawng zawng ka hmu vek ang

Mite chuan hriselna tha neih theih nan ei leh in, boruak
leh ni êng chauh an ngaihtuah tlangpui a, mahse heng pawn
lam nunna tam tak awm mah se hriselna a chhe hun a lo
thleng thei a, chutih hunah chuan taksa chakna awmte chu
chhungril atanga tihchak leh a ngai ta a ni

Ka rilru lawng chuan hlauhawm leh hlauhawmna
kaihnawih duhâmna lungpui, hriat lohna thlipui nasa takin a

khalh hnaih a nih chuan, Aw ka Pathian, ka êng ni la, I felna
leh I thatna tuipui kamah min hruai fo ang che

Ngaihtuahna chu meialh ang a ni a, a thiltihtheihna
concentrated hmangin hlawhtlinna daltu daltute chu halral
vek tur a ni

Pathian chu Pathian hmangaihna reng reng hmanga
hmuh theih a ni A thilpek aiin Pathian kan hmangaih zawk
hian kan hnenah a lo kal dawn a, khawvel thilpek rei lo te leh
pawimawh lo tak tak te leh Amah hnaih theihna thilpek leh a
malsawmna hmuna lawmna kan thliar hrang theih nan
duhthlanna zalen leh duhthlanna chakna min pe a ni
A tawpah chuan thil tha ber: Pathian kan hriatreng theih
hma loh chuan thil tha hriatrengna kan practice theih nan
hriatrengna pek kan ni

I hmangaihna thlipui chu ka chhungah a luang chhuak a,
Aw Lalpa! Tin, ka nun hnahte chu I lo kalnaah lawm takin an
zai a An ri duhawm tak chu boruakah a luang chhuak a,
Chau tawhte chu Ka thlarau lam thlamuanna hlimthlaah
chawlh hahdam turin a sawm a ni

Nun harsatnate hi min tichhe tur a ni lo; chu ai chuan,
buaina leh natnate chuan zir tûr min pe a ni Kan thil tawn
hrehawm takte hi min tihchhiat tumna a ni lo va, min
tithianghlim a, kan bul thianghlim—Pathian—a min tanpui tûr
leh kan vâna kan in lama min hruai kîr leh tûra kawng
tinrênga thawktuah kan kîr leh thuai tûr a ni
Infinity hi kan chenna dik tak a ni a, he lei leh heng
taksa taksaa kan zinna hi hun rei lote chhunga visa zin ang
mai a ni

Lalpa, faknain min chawisang lo tih ka hria a, sawiselna
pawhin min ti tlem lo tih ka hria Ka chhia leh tha hriatna
hmaa ka awm ang leh Nangmah hmaa ka awm ang hian he
kawng hi ka zawh zel ang a, mi zawng zawng rawngbawl
turin theihtawp ka chhuah ang a, I duhsakna hlawh chhuah
tumin ka bei ang—chutah chuan ka hlimna chu a awm a ni

Thilsiam danglam bik i ni a, i essence pawh a mak hle a,
chuvangin i nihna dik tak chu hre rawh
I lo thlen zing takah chuan ka duhthusam hnah chu
pangpar rimtui tak, nung takah a lo par chhuak ang
Aw Lalpa, chu ni chu lo thleng thuai rawh, chu pangpar
hnim hring hring kawrfual ka hrual ang a, I malsawmna
kawngka bulah ka dah ang
Mahni chauh tihlim tum reng ai chuan, mi dangte tana
hlimna thlentir a tum bawk tur a ni Thlarau lam, finna lam
emaw, tisa lam emaw mi dangte hnena tanpuina hlan a tum
hunah chuan a mamawh phuhruk a ni tih leh a nun no chu
hlimnain a khat tih a hmu ang
Leia thim chung a hnehna ropui tak changtute chuan
ropuina êng chu an chanvo atan an nei ang a, chhungril
thlamuanna leh hlimna an nei ang
Aw Lalpa, I malsawmna chi chu ka thinlung leiah hian
theh darh fo la, dilnain a lo ching a, chutiang chuan thing
hlimthla, a hnahte chuan mahni inhriatthiamna rah tui ber
leh thlum ber berte a chhuah theih nan
Inthlâk danglam tum lovin hrehawmah kan awm fo thîn
a, chuvângin remna leh lungawina nghet tak kan hmu lo va,
beidawng leh beih kan tum chuan harsatna zawng zawng
chu kan hneh thei ngei ang Hrehawmna a\anga hlimna lama
kal kan tum a ngai a, beidawnna a\anga huaisenna lam pan
turin kan beih a ngai bawk
Aw Pathian Hmangaihna, ka hmangaihna chu I
hmangaihna nen inzawm tir la, ka nun chu I hlimna nen
inzawm tir la, ka rilru chu I cosmic consciousness nen
inzawm tir la, I chatuan hlimna tuikhuah atang chuan ka
tuihalna chu tireh rawh
Mi thinlung tak tak zawngtu thinlung chuan heti hian a
sawi chhuak fo thin: "Aw ka Pathian leh ka Hmangaih, he
khawvel suangtuahna karah hian inhnim pil ka duh lo va, ka
duh ber chu mi thinlunga I hmangaihna tiharh hi a ni Ka
thinlung, ka thlarau, ka taksa, ka rilru leh ka neih zawng

zawng hi I ta a ni, Aw Lalpa" Chu zawngtu chuan Pathian a
thleng a, Amah chu a hre ta a ni

Lalpa, unau nihna hriatthiamna thar leh dik tak min pe
rawh Indona kalsanin Hnamte hliamte chu hmangaihna balm
leh lainatna inhriatthiamna thlamuanna nghet tak hmangin i
tidam ang u

Duhamna thununna te, bumna thununna te, leh thil dik
lo thununna atanga kan chhuah theih nan mal min sawm la,
natna te, hriat lohna te, riltamna te hi hun kal tawh thim leh
lungchhiatthlak tak mumang mai mai a nih lohna khawvel
thar din turin min pui ang che

Harsatna zawng zawng hi ramngaw logic hmang lovin,
hriatthiamna, thutak leh Nang leh I Pathian dikna rinna
nghet tak hmangin i chinfel ang u

Nun hian hun engemaw chen chu hetah hian min hruai
khawm a, chu mi hnuah chuan kan kawng hrang hrangin kan
kal ang Mahse Pathian hmangaihna chu keimahniah a cheng
a nih chuan khawi hmunah pawh kal ila a pawimawh lo, a
chhan chu eng ang pawhin kal bo mah ila, Pathian
hmangaihna zungbun chhungah kan awm reng dawn a, kan
inthen tak tak ngai lo vang

Lalpa, rilru zau tak leh extremism kawngpui chung
sang taka thlawk thlarau lam hmasawna eagle min siam
rawh

Leilung nghing nasa tak leh ni êng tikhawlotu chhumte
piah lamah, hmun sang zawk leh sang zawkah min ko rawh
Dik taka nung turin balance thla ka la ang a, thlipui leh
thlipui zawng zawng chung van sang tak, boruak zau tak
leh hriatna sang tak awmna hmunah chuan ka thlawk
chhuak ang

Hmangaihna leh ngilneihnaa kan thinlung kan hawn
hian remna a lo thleng thin Hmangaihna thinlung nei leh thil
tha ti thinte chuan an chhunga a awm avangin remna an
tawng thin Remna chu van hmun thianghlim leh nun hlim tak
dinna lungphum a ni

Pangpar hnung lama Pathian mawina te, ni hnung lama
cosmic light te, mit tinah nunna ropui tak rawn lang chhuak
te hi kan ngaihtuah fo tur a ni

Mi pakhat chu ngilnei tak a nih a, mi dangte zahna a
lantîr a, fakna chu thil ṭha tak anga a kîr leh chuan,
ngaihhlutna leh zah takin an enkawl reng ang

Pathian hmangaihna ka hnena lo kal a, ka thinlunga
cheng turin kawngkhar ka hawn theih nan ka hmangaihna
chu midangte hnenah ka theh darh ang

Lalpa, lungngaihna thuk taka tuiah pil mekte tan chuan

êng min pe ang che, Thlarau lam hlimna min pek avangin
lawmthu sawiin midangte hlimna thlen turin min pui ang che

Ka hmangaihna meiah huatna ka hmin ang a, midangte
ka ngaidam ang a, thinlung tuihal zawng zawng hnenah
hmangaihna ka pe ang

Hmangaihna dik tak chu hmangaihte thlamuanna

lawmna hmangaihna a ni

I êng chu min eng rawh se, Aw Lalpa, i hmangaihna

chuan kan thinlung hi chatuanin luah khat rawh se

Thil tih theihna rilru neih tih awmzia chu thil siam

chhuah theihna thiltihtheihna neih tihna a ni a, chu chuan mi
pakhatin a hmaa tumahin an la tih ngai loh thil a siam

chhuak thei a ni

Hmangaihna ropui ber chu Pathian hmangaihna a ni a,
chu chuan tawngkam piah lama nun a ti mawi a, Pathianin a
awmpui che tih i hriat hian, i awmna apiangah i hnenah a lo
kal a, i ke a kaihruai a, Pathian hmangaihna chu a intan ta a
ni

Thutak thiltihtheihna chu thli kalh zawngin a kal a ni

Lalpa, hun eng emaw chen harsatna ka tawh hunah, I

tanpuinain min kalsan ngai lo tih leh I ngaihsakna chu ka

hnenah a awm reng tih hriain, hun kal tawha ka chung a I

malsawmna tam tak i dawnte kha ka hre reng ang che I

hnenah I kut thahnemngai tak atanga malsawmna ka hnena

lo thleng apiang chungah thinlung takin lawmthu ka sawi a
ni

Thlarau \haah hmangaihna tlate a eng a, Pathian chu
hmangaihna tuifinriatah chauh hmuh theih a ni

Hriatthiamna chu mi pakhat kawng tiengtu leh
hlawhtlinna thlentu khawnvar a ni

Thlasik lai chuan Pathian chuan nature chu roses leh
pangpar mawi ber ber hmangin a chei mawi a, incheina
mawi tak tak leh rawng eng tak tak hmangin a chei mawi
thin

Remna hi Pathian Hmasawanna hnaih dan puangtu
hmasa ber a ni Chumi hnuah chuan remna chu hlimna tawp
nei lo aiin êng eng zawkah a chang ta a ni

Meditation tuifinriat thuk takah ka luhchilh hian ka nihna
chhungah malsawmna flutter ka nei a, "I am near" tih aw ri
.bengchheng tak mai ka hre bawh

Mi pakhat chu chhungril lam hawi a ngai a, thlarauin a
inpuanna hmunah Thlarau thuk tak atang hian chhungril nun
tawn zawng zawng a lo chhuak vek a ni

Thlarau chuan Pathian hriatna nena a inhriatchhuah
chuan hlimna nasa tak leh ramri nei lo hmuna inzarpaharna
nasa tak a nei a ni

I pianpui theihna bakah, i kawng daltu zawng zawng
hneh theihna tura pawn lam thil leh thil neih zawng zawng i
hman chuan, Pathianin a pek che thiltihtheihnate chu i siam
chhuak ang: chu chu i nihna thuk ber atanga lo chhuak
thiltihtheihna tawp nei lote chu

Hmangaihna chuan Pathian panna rangkachak kawng a
zawh a

Inhriatthiam lohna thim a rawn luhchilhna apiangah
duhsakna leh tum tha ni êng chu ka theh darh ang
Harsatnain a rawn beih che a, chuti chung pawha i beih
leh theihtawp chhuah chu i bansan duh lo a nih chuan,
harsatna leh daltu zawng zawng karah pawh, Pathianin a

chhang let ang che a, i thawhrimna chu hlawhtlinna
lallukhum a khum ang
Aw Lalpa, ka thinlung huan ata duhthusam pangpar chu
ka la chhuak ang a, I kawtthler thianghlimah hmangaihna
thilhlán atan ka dah ang
Kan ngaihtuahna leh thusawi hi nakin lawka buh seng
min thlentu chi a nih avangin ka hriatna chu ngaihtuahna tha
leh tha tak tak hmanga luah khat turin vawiin hian ka tan
dawn a ni
Ka hriatna plane-ah chuan ka thlawk a, ka thlawk chho
a, chung leh hnuai, hmar leh ding, chhung leh pawn leh
hmun tinah chuan space kil tinah Pathian hmaah ka awm a,
ka la awm reng tih ka hmu chhuak thin
Absolute tawp nei lo nena in inzawmna hre reng chungin
hun tin nung rawh I hriatna tawp a nei lo va, thil zawng
zawng chu i nihna vanah arsi ang maiin a eng vek a, a eng
vek bawk
Detachment, a nih loh leh innghahna awm lohna chu
zawngtuin kawng fing tak a zawh a, mi ropui zawkte tana thil
tenawm tak takte chungah duhthusamin a tho chhuak
Chhungril hlimna thar zawn nan tisa hlimna rei lo teah a
inbuntir lo Detachment hi a takin tawpna a ni lo va, thlarau
nun \ha leh thlarau thiltihtheihna lo chhuahna kawng a
hawng zawk a ni
Thlarau lama hnehtu chuan nun kawng hrang hrangah
huaisen takin hma a sawn thin
Mi chuan tuna a nun hi a hmang tangkai tur a ni a, a
thinlung kawngkhar hawn a, a thlarau thiltihtheihna muhil
tawhte chu a tiharh tur a ni a, a tiharh tur a ni
Hrilhfiahna leh inthlak danglamna mask hnung lamah
chuan Pathian awmna a awm a Tin, tu pawhin an rilru
darthlalang chu a ti nghet thei a, a nghing loh nan a veng
thei a, chu darthlalang Chiang takah chuan cosmic beloved
hmel chu a hmu ang

Hmangaihna hi thihna leh hun tichhe zawng aiin a chak

zawk

Mahni inhriatthiamna hi hlawhtlinna kawngkhar a ni a,
ngaihtuahna (reflection) hi chu chutiang ni lo se chuan kan
ngaihdan atanga thup reng tur chhungril kil kan hmuhna
darthlalang a ni Kan tlin lohnate kan enfiah a ngai a, rilru tha
leh tha lo kan thliar hrang a ngai a, hmasawinna leh
hlawhtlinna daltu te kan hriatchhuah a ngai baw
Aw thianho, i va ropui tak em! Nangni, thinlung tak tak,
thian anga ngaihsakna tui atanga tui chhuak, thinlung dik
leh rinawm thuk tak atanga lo chhuak chhungril leh pawn
lam thlum ruahtui tlain a hnah a hnim hrual thin
Vawikhat chu rulhut te tak te pakhat, leilung hnim hring
hring lawn tum ka hmu a, ka rilruah chuan: rulhut hian
Himalaya tlang lawn niin a ngai ngei ang! Chu hnim hring
chu rulhut tan chuan a lian hlein a lang mai thei a, mahse ka
mit lamah erawh chuan a lian lo hle ang Chutiang bawkin
kan ni kum maktaduai tam tak hi Pathian rilruah minute khat
pawh a tling lo mai thei

Chatuan leh tawp chin nei lo ang chi thil ropui tak tak

ngaihtuah turin kan inzirtir tur a ni

Khawvel tawp nei lo ka fang kual a, êng ram chhunga
vur êng tak chu ka hmu a, chu eng eng nung takah chuan
hun phek-a thuruk zia awmzia chu ka chhiar a ni
I mut lai hian ngaihtuahna leh rilru put hmang chu
passive takin i ngawih ngawih a Mahse, ngaihtuahna leh rilru
put hmang chu ngaihtuahna hmanga i tihreh hian i tawn
hmasak ber chu thlamuanna dinhmun a ni a, i hmai ruhte
chuan a pianphungah chhungril thlamuanna lantir thei
nuihzatna a siam a Mahse, i thlarau thianghlimna hriat theih
nan he thlamuanna dinhmun piah lam hi i thliar a ngai a ni—a
thianghlimna chu sensory stimuli emaw automatic reactions
to thoughts associated with the senses Chumi hnua i tawn
dinhmun chu hlimna chatuan, siam thar zelna a ni

Thla êng hnuaia tui bawm pakhat i dah a, chutah i hnim
hrual chuan thla lem dik lo tak i siam ang Tui chu bawm
chhunga a awm chuan, a êng chu a Chiang ta Bowl chhunga
tui chu a reh reng a, thla hmel chu Chiang takin a lantir lai te
chu ngaihtuahna remna leh muanna thuk tak dinhmun nen
tehkhin theih a ni In the peace of contemplation, all waves of
sensations and ngaihtuahnate chu rilru a\angin a luang
chhuak tawh lo Tin, he remna dinhmun thuk zawkah hian,
ngaihtuahna sengtu chuan, chu thlamuannaah chuan,
thlarau dilah chuan Pathian awmna thla bial chu a hmu a ni
Mi pangngaiin a hriat chian state pali a awm a, chungte
chu: duhthusam tihhlawhtlin a nih hunah hlimna, hnial a nih
hunah hlim lohna, hlim leh lungngaihna nei lo huna bo, leh
heng rilru natna emaw, rilru lam dinhmun hlimna,
hrehawmna leh borehnate hneh hunah thlamuanna
Remna chu dinhmun duhthusam tak a ni a, lungngaihna
leh nuam tihna awm lohna atanga lo chhuak a ni a, boredom
awm lohna a\angin a lo chhuak a ni Heng dinhmunte hi
thlarau chung lamah an inthlak danglam reng a, an ripple
reng bawk a, hrehawmna leh nuam tihna thlipui buai tak
takte chu an chuang hnua, hahna thuk takah chuan a pil
nawn fo pawh a tel a, remna tuipui reh takah chuan hlimna a
awm a Mahse, remna aiin a ropui zawk chu thlarau lam thil a
ni ecstasy—thlarau hlimna—hlimna tawp ber Hlimna
chatuan, a bo ngai lo va, chatuan atan thlarau nena awm
reng a ni He hlimna sang ber hi Pathian awmna hriatna
hmang chauhvin a thleng thei a ni
Nui tak tak chu Pathian ngaihtuah leh ngaihtuah leh a
awmna hriatna atanga thlarau lam hlimna hmuh chhuah
nuihzatna a ni
Ka nuih hi ka chhunga hlimna thuk tak a\anga lo chhuak
a ni—mi zawng zawngin an thlen theih hlimna Rose par
rimtui tak tak thinlung atanga lo chhuak ang mai a ni He
hlimna ropui tak hian midangte chu hlimna tui thianghlina
inhnim pil turin a sawm a ni

Ngaihdamna malsawmna êngah chuan kum tam tak
chhunga huatna thim lo khawlkhawm chu a bo vek a ni
Pathian chuan a betute mamawh eng pawh chu a hlen
chhuak thuai a, a chhan chu thawhrimna tichhetu leh
beiseina ti beidawngtu mahni hmasialna rilru put hmang ata
an chhuah zalen a ni

Pathianin a venghimtu chu engmahin a tichhe thei lo
He khawvelah hian keimahni chauh kan ni lo, Pathian
chu kan hnenah a awm a, inlaichîнна nghet tak, inpawh tak
leh ṭhian ṭha tak a awm a, chuta ṭang chuan ṭanpuina leh
hlimna kan hmu a ni

Aw finna vanah kaihhruaina arsi eng mawi tak, i eng
mawi tak chuan i malsawmna hmunte chhui turin min sawm
a, ka sava duhthusam chu chak takin a tlan a, boruak zau
tak, thim tak chu a rawn chhui chhuak a, nangmah
duhthusam leh i êng thianghlim ber berte a inbual turin a
hruai a ni

Mihring mizia chu a lo thanglian a, a par tan a, chu chu -
chhungril, hriatna hmanga hriatna hmangin - taksa taksa
nghet tak ni lovin taksa chhunga chatuan thlarau lam luang
chhuak a ni tih a hriat theih chuan a ni

Zirtir thinlung chu Pathian hmangaihna a luah khat
hunah chuan a hmel chu thlamuanna leh finna nuihzatthlak
takin a eng ang a, a thlarau khuh tu hriat lohna layer te chu
a chhe vek ang a, a bo vek ang

Pangpar emaw, thing emaw i en hian heng nunna chi
hrang hrang mawi tak takte hi anmahni chauhva lo awm lo
Pathian hi a ni tih i hria a, chu chu anmahni siamtu leh rimtui
leh mawina mawi tak tak petu a ni

Pathianin i ke pen a kaihruai a, i duhthusam ropui tak
tihlawhtling tura i thawhrimna a tichak tih hre reng chungin,
i hna te, a lian te pawh ngaihvenna thuk tak nen thawk fo
ang che

Miin a thlarau lam thil awmzia, hun rei tak chhunga
theihnghilh tawh, hun kal tawhte nena a inzawm a, thlarau

thiltihtheihna thi thei lote chu a hriatnaah a lo kir leh chuan
Ngaihtuahnaah chuan thlarau thi thei lo an ni tih a hre reng
a, thi thei taksa a ni lo

Khawi hmunah pawh mi \ha leh \ha lo, mahni duh dan
anga hlimna zawng chhuaktu kan hmu a Tumahin mahni
intihchhiat an duh lo Chuti a nih chuan engvangin nge mi \
henkhatin hrehawmna leh lungngaihna thlen thei lo khawpa
thil an tih? Chu thiltih chu hriat lohna leh inbumnain a hrui
a nih avangin

Aw Lalpa, i finna êngin min êng turin kan ngen a che a,
hriat lohna leh bumna thim chu min laksak turin kan ngen a
che

Mi hriatna nei chuan hlauhna ai chuan fimkhur tur a ni a,
hlauhna leh lungkhamna thlen thei dinhmunte a hmachhawn
loh nan ngaihtuahna fim tak leh hmanhmawhthlakna tel
lovin a chungah huaisenna a nei tur a ni
Finna chu pawn lam atanga thu hriatna injection-ah a
innghat lo va, chhungril lama pawm theihna thiltihtheihnaah
a innghat a, chu chuan hriatna dik tak neih theih zat leh chu
hriatna chu a thlen chak dan tur a hril a ni

He khawvel hi Divine Director kaihhruaina hnuaia kan
chanvo kan thawhna stage mai a ni Kan hnathawh tur ruatte
chu eng ang pawh ni se, kan nihna pawimawh tak chu
hlimna chatuan a ni tih hre reng chungin kan thawk tha tur a
ni

Mi fing zinga fing ber chu Pathian hriat tumtu a ni a,
hlawhtling zinga hlawhtling ber chu Pathian hmutu a ni
Aw Pathian Hmangaih, kan nunah hmun khatna luah
rawh se, i damna hmangaihna chuan kan thinlung luah khat
rawh se, i êng malsawmna chuan kan thlarau ata
lungkhamna thim chu tibo rawh se
Zalenna tih awmzia chu tih dan leh duhna thupek angin
ni lovin, chhia leh tha hriatna anga thil tih tihna a ni
Rilru thlamuanna chu hriatna leh tumruh taka mize \ha
tihhmasawn a\angin a awm thei a, chu chu a lo puitlin chuan

a neituin a duhthlanna a\anga hlan a thlan loh chuan laksak
theih a ni lo

Mi tam zawk chuan kawng dik lo hmangin hlimna an
zawng thin Thenkhat chuan hlimna nasa tak leh awm reng
tur thutiam eng mawi tak tak pe thei ang maia nungchang
dik lo leh thiltih hrisel lo tak takte hmangin an hlimna chu a
let hnih zetin an hmang thei niin an ngai a, chu thutiam dik
lote chuan an bum a, hlimna dik tak thlum chu thil dik lo leh
thiltih dik lo hremhmunah chuan an ei thei lo ang bawkin
Minute tin hi chatuan a ni a, a chhan chu chu minute
chhungah chuan chatuan kan tawng thei a ni Ni te, minute
te leh darkar te hi chatuan kan hmuh theihna tur kawngkhar
a ni Nun hi a tawi a, chutih rualin tawp chin nei lo leh tawp
chin nei lo Thlarau chu thi thei lo a ni a, mihring nun bung
tawi tak chhung hian theihna leh remchang awm zawng
zawng hi kan hmang tangkai tur a ni
Thlarau lam thute chu thlai chi, a lo hring chhuak tur, a
lo thang lian a, a par chhuah theih nan leh a rah tur chuan
lei tha mamawh ang chi a ni
Thlarau lama thanlenna chuan mahni inngaihtuah a ngai
a, nun ngaih pawimawh berte siam thar a ngai a, thil
tihsualte hriatchhuah leh tihbo a ngai a, thlarau lam
hriatthiamna lo thang zel leh rilru chakna lo pung zel nena
inmil hriselna dan leh dante zawm a ngai bawk
Zirtîr chuan Pathian hlimna a tem hunah chuan Pathian
chu thil dang zawng aiin a tân a tak tak a lo ni ta tih a hmu
ang a, Pathian awmna khawih chu hriatna lama hlimna
engmahin a tluk loh hlimna a ni tih a hre chhuak ang
Pathian chuan mihring thlarau lam hriatna tiharh a, a
duhzawng kawng dik kaihruai turin hna a thawk a, chu chu
thil \ha mawina te, dawhtheihna ropuina te, finna ropuina te,
leh thlarau lam hlimna ropuina te hmangin a ni
Midangte hi mikhualah ka ngai lovang a chhan chu mi
zawng zawng hi ka unaupa emaw ka unaunu emaw an ni tih
ka hriat avangin ka nun hi hlawhtling leh tihlawhtling takin

ka siam ang a, chutiang chuan midangte hlawhtlinna leh
hlawhtlinna ka puih theih nan midangte ka lainat ang a,
zawlneite leh mi thianghlimte'n Pathian an hmangaih angin
Pathian ka hmangaih ang tih ka lantir ang hian midangte ka
lainat ang a, midangte ka hmangaihna tuikhuah chhungah
mahni hmasialna ka paih ang

He hun rei lo te, leia nunna, thihna hnuaia awm,
chatuan nunna, danglam ngai lo tak tak piah lamah hian
chatuan nunna a awm a Taksa hi chemical element chhe leh
boral thin atanga siam a ni a, mahse he hun rei lote awmna
piah lamah hian Pathian hmaah chatuan, van lam nun a
awm a Chuvangin, kan ngaihtuahna zawng zawng hi he
taksa chatuan nei loah hian kan khung vek tur a ni lo va, a
duhtute chuan a fiahnate tuar chhuakin a pu an ni tur a ni
Vawiin hian tanpui ngaite tanpui ka tum ang a, riltamte

hnenah ka theih ang ang ka pe ang
Pathian venhimnaah ka him a, ka him a, ka chhia leh tha
hriatna thianghlim kulh hnuaiah chuan buaina leh
lungkhamna tuipuah lungngaihna thlipuiin a rawn vawrh
chhuah thlarau lawngte kaihruaitu \hatna êng nen chuan
pumkhat ka ni

Vawiin hian ka chhungril lama khur leh ka thinlung hrui
tiche thei thlamuanna hlimthlaah hian Pathian ka hre ta
Midangte hlimna turin ka theihtawp ka chhuah ang,
keimah leh keimah tihlim ka tum ang bawkin, ka thlarau
hlimna hmang hian Pathian hmangaihna inah mi zawng
zawng rawng ka bawl ang a, ka chhia leh tha hriatna bum ka
tum chuan keimah chauh lo chu engmah ka hlau lo vang

Thlarau huan a\angin

Khawi emaw laiah kal i tum a, chu hmun thlen thuai
turin i tlan nghal vat I thlen chuan i hriat duhna, lungkhamna
leh buaina pawh a nih avangin chu hmun chu nuam i ti lo tih
i hmu a, chu ai chuan, rilru hahdam zawk, rilru hahdam
zawk, leh inthlau zawk nih tum ang che I ngaihtuahna chu

lungkhamna leh buaina lam a hawi a nih chuan, an rilru
hahdam leh hma loh chuan tharum hmangin thunun rawh
Excitement hian nervous system balance a nghawng tha
lo hle a, a chhan chu taksa peng thenkhatah chakna tam tak
a thawn a, midangte chu an natural share a hloh avangin He
energy distribution inthlauhna hi nervousness thlentu a ni
Taksa muang leh hahdam tak hian nerve a ti thlamuang a,
rilru lam hriselna a tichak bawk
Pathian nêna inrem takin chhûngril lam inlârna chu a
inhawng zauh zauh ãan a, Pathianin thinlung taka ãawngãaina
tinrêng chu a chhâng ang tih rinna famkim a neih a ngai a,
êng zawnga A lam hawi apiang chu an hmuhna a inhawng
ang a, an rilru leh thinlung chu a eng ang
Hriatthiamna a inhawng chuan thinlung atanga lo
chhuak ang maia hriatna angin a lang a, Chiang tak leh
chiang taka hriatna angin a lang He hriatna hmang hian
zawngtu chuan kawng dik zawh turin rinna nget tak leh
kaihhruaina dik tak a nei a, zawi zawiin he hriatna hi a
hrechhuak a, a ring ta a ni
Hei hian ngaihtuahna kalsan vek tihna a ni lo; rilru
muang tak, bias lo ngaihtuahna hian hriatthiamna a thlen
bawk Emotional thinking, vanity leh self-importance-in a
hruai hian inhriatthiam lohna leh thutlukna dik lo a siam thin
Tichhe thei rinhlelhna leh rinna dik lote chu thinlung
zawng zawngin hnawl la, i thinlung leh thlarau chu rinna ram
leh Pathian rinchhanna famkim lamah hawitir rawh
Ngaihtuahna muang takah chuan i hriatna chuan thutak leh
hriatthiamna dik chu a ngaihtuah thei ang He thil tawnah
hian rinna chu a par chhuak a, a lo inhawng chhuak a,
hriatna hmangin mit tumahin a hmuh loh, bengin a hriat ngai
loh, mihring rilruin a hriat loh chu i tawng ang
Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin

Kawngpui buai ber berteah ni a êng ang bawkin, ka nitin
hnathawhna hmuna mipui tamna hmun zawng zawngah
Pathian hmangaihna êng chu ka hmu ang
Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che
Aw Lalpa, ka thil neihte midangte hnena hlan turin
thlarau thilpek min pe la, ka rilru lui reh takah chuan I
awmna ênga ka thlarau thla eng chhuak chu ka hmu thei
turin min pui ang che
Vawiin hian finna lunghlu leh Pathian lawmna lunghlu ka
hmuh hma loh chuan Pathian ngaihtuahna leh ngaihtuahna
tuipuiah thuk takah ka pil dawn a ni
Lalpa, thil dang zawng aiin ka hmangaih zawk ang che,
a chhan chu i tel lo chuan mihring leh thil dang reng reng ka
hmangaih thei lo
Tlâng thuk tak leh van boruak reh takah te, ka thlarau
thuk tak leh ngawi renga lungpuiah te chuan Pathian awmna
ka hre a, a hlimna reng reng chu ka hre bawk a, chatuan
atâna tawp ngai lo leh vawt ngai lo A tuikhuah thianghlim
tak takte chu ka in a ni
Aw Lalpa, thinlung ngilnei leh hmangaihna nei zawng
zawngah i hmangaihna lal bertu che hi ka hmangaih a, ka
chibai che a ni
Mi pakhatin zirtirtu Paramahansa hnenah magnetic leh
attractive personality neih theihna tur kawng kawhhmuh
turin a ngen a, ani chuan: Midang nena inpawh hunah rilru
lamah i awm ngei tur a ni a chhan chu ngaihtuahna fim lo
hian thil dang zawng aiin mi mizia a tichhe zawk a ni Dik tak
chuan mi ropui tak takte ngaihtuahna fim lo tak tak, thil thuk
takah an inhmang tlangpui thinte ngaihtuahna fim lo hi ka
sawina a ni lo
Fimkhur leh fimkhur reng la, magnet hmuhnawm tak i ni
ang

Tuman ngaihsak loh hi kan duh lo Kan rilru put hmang hi
ngaihtuah leh ngaihtuah a nih kan duh vek a, chutiang
bawkin inremna leh inhriatthiamna kan neih theih nan
midangte rilru put hmang ngaihtuah a, ngaihsakna kan lantir
a ngai a, chutiang ti tur chuan i chhehvela mi zawng zawng
chungah fimkhur, hriatthiamna leh ngaihsakna i neih a ngai
a ni

Mitthite hian mi dang sawichhiat theihna an nei lo va,
ngaihsak lotu erawh chuan a nei ve tho
Mi dangte nêna in awm laiin, ngun takin, chak takin, leh
ngaihven takin inpawh la, mahse nangmah chungchâng sawi
chu pumpelh rawh

Mi zawng zawng hian mahni chanchin sawi kan duh a,
mahse kalphung chak lo tak a ni Midangin an duh chuan
mahni chanchin sawi rawh se; an sawi tur ngaithla rawh An
harsatna te, an hlawhtlinna te, leh an ngaihdan te sawi rawh
se, mahse i magnetism hian i tan thu sawi rawh se Khawnvar
êng hian Chiang takin a sawi a i silent vibrations te hian
Chiang takin thu sawi rawh se

Indonaa thite hian thihna mumang rapthlak tak an nei
thin tih Pathianin inlarnaah min hmuhtir a, mahse mi tha tak
takte chu taksa atanga an tho leh meuh chuan mumang
tibuaitu ang maiin an harh a, chuta tang chuan an zalen ta
chu an lawm hle

Kan nun tawn zawng zawng hi cosmic dream Mihringin
indona mumang chhia kan siamah hian a tel vek a, mahse
he mumang chhia tuarte hian an taksa an chhuahsan hnuah
chuan mumang rapthlak tak a ni tih an hrechhuak a, chuta
tang chuan an harh chhuak ta a, an thi lo tih an hrethiam ta
a ni Hei hi metaphysical thudik thuk tak a ni

Mi pakhatin mumang a neih tih hria se chuan mumang
thil tawn tibuai thei tak tak a tuar lo vang Mahse mumang
chhunga mahni inhriatchhuahna an neih theih a, mi pakhatin
thihna thlen thei khawpa vuakna a thlen chuan, chu
mumang thihna chu an harh a, a tak tak a ni lo tih an hriat

hma loh chuan harsatna tak tak leh hlauhawm tak ang maiin
a lang

Hei hi thih hnua dinhmunah pawh a hman theih Kan
taksa kan chhuahsan meuh chuan kan hriatna chu a thi lo
va, taksa leh a thiltihtheihna leh a tikhawtlai a\angin kan
chhuah zalen tawh tih kan hre ta zawk a, chutah chuan
zalenna ropui tak a awm a ni

Thihna hi kan dil ngai lo tur a ni a, Pathian nena inrem
taka awm a, Amah ngaihtuah chungin kan hriatna kan
buatsaih zawk tur a ni a, chutiang chuan thihna a hun takah
a lo thlen hunah mumang mai ni lovin engmah lovah kan en
thei ang

Nunna leh thihna mumang ang hi ka duh hun hunah ka
hmu thei Chuvangin he taksa hi ka ngai pawimawh vak lo
Nervous system hnuaiah hian thlarau lam taksa
(spiritual physiology) a awm a, chu chuan mihringte chu a
danglam bik takin hriatna hmasawanna dinhmun sang ber
thleng thei turin a phalsak a ni

Mihring thluak, whale leh elephant tih loh rannung tam
zawk thluak aiin a lian zawk a, a buaithlak zawk a,
ngaihtuahna siam theihna a nei sang zawk Hei hian mihring
thluak hi mihringte tan hmanraw tha takah a siam a, thilsiam
dangte aiin hriatna hmasawn zawk neiin thluak
inzawmkhawm (convolutions) inzawmkhawm leh buaithlak
tak takte hian mihringte chu thuk tak leh thuk takin a
ngaihtuah thei a ni Chuvangin, mihringte chauh hian
hriatthiamna sang tak tak an thleng thei a, chuvang chuan a
Siamtu pawh kan hre thei a ni Mi fing chu mihringte
rawngbawlina leh hlawkna tur atana an finna theihnate chu
thil, finna leh thlarau lam level-a hmangtu a ni
Thlasik chu a puan lum, var, lily ang maia ha chungin a
lo thleng ta a

Thlasik hlimna ka duhna chu a reh ta
I thinlung ngilnei tak lumna zawng turin min ti a

Tin, thlasik a lo chhuah rual chuan, pangpar chi hrang
hranga chei mawi tak takte chu an zai a
Lo leh tlang rimtui rimtui tak hian hmangaih turin min ti
a, ka Pathian
Tin, thlasik chu a lo thleng ta a, a hnah hring hring,
poplar thing ri leh pine thing ri ri te chu a sa a
I hnenah ka recite turin a insist a
Lei nê̄m leh nê̄m tak pawh chuan ka ke hmanhmawh tak
chu a rawn fawp a
Tin, i hmun thianghlim awm zawng zawng chu hnaih
turin a ngen bawk
Chu rimtui nem tak chuan a kawng zawh turin min ti a
Rose leh basil inthlak danglam tak tak thinlunga i biak in
thianghlim hnenah
Tin, savate chuan anmahni ang bawka hla sa turin min ti
bawk
Tin, lui leh luipui chungah thli tleh nasa tak pawh
Ka hmangaihna che bubble chu ka tiharh a, i rilru lian
tak chungah chuan an infiam tan ta a
Tin, thlai fiber curved tak takte nen chuan bend dan ka
zir bawk
Aw Lalpa, ka chibai a che
Tin, rimtui chuan i rimtui rimtui mak tak chu min hrilh
bawk
Tin, engtin nge ka thinlung chu i lal̄thutphah tawp nei lo
?hmaah i rimtui thianghlimin ka tihkhah ang
Tin, lung te te, ngawi reng, dawhthei tak takte chuan ka
hlimna ruk tumtute zingah pawh ka hmuh theih nan min
hrilh bawk
Kum theihnghilh tawhte chuan ka mihringpuite hnenah
minute leh second tin chhunga hmangaihna leh hmangaihna
thuchah inkhuh vek turin min ti a
Tin, ngaihtuahna zawng zawng chuan a thinlungah
zawng turin min ti bawk

Ka hmangaihna chuan nangmah hmanga thil awm
zawng zawng hmangaih turin min fuih a ni
Tin, ka hmangaihna chuan, "Aw ka Pathian, chakna ka
neih zawng zawngin min hmangaih rawh" tiin min rawn beng
.a

Vawikhat chu thlai leh pangpar khum chungah ka mu a,
thil awm zawng zawng hi a mawiin a hlimawm vek tih ka
mumang a ni

Ka lu chu thlai sang tak, green leh thim tak chungah a
inngat a, chu chuan rimmtui rimmtui tak phur thli chuan min ti
fan a

Tichuan ka kut leh ka taksa khawih turin min nawr a, a
Siamtu ropuizia chuan mak ka ti hle A ni, kei, ka taksa tak
takna Chiang tak hian ni khat chu leiah hian chawlsan turin
ka kalsan ang, he taksa hi thih hunah a vawt, a hring, leh
che thei lo ang maia lo awm tur hi, tunah chuan nunna nena
nung leh hriatna za tam tak, ngaihtuahna maktaduai tam
tak, leh maktaduai tam tak awmna ang maia lang hi a ni
fantasy leh perception te a ni

He taksa hi nunna bung hrang hrangte inher chhuahna
stage a ni a, chutah chuan nuihzatna hnah te chu a par
chhuak a, chu chu thihna lo thleng thei loin a zui chauh a ni
Hetah hian tisa, ruh leh thisen karah leh vun khuhna mawi
tak hnuaiah hian natna savawm leh duhthusam sakawlte
chu an lo inkhuar a ni Tin, hetah pawh hian tisa hnuaiah hian
êng lalram panna kawng thup a awm a He taksa hi a pu—
thlarau—chuan tihdanglam theih lohvin a chhuahsan hunah
a vuai ang a, a bo ang a, engvangin nge ni lo ang? Taksa
chenna hmuna hotu êng tak chuan thil awmna khum
hruihruai, chim chhe tak, enkawl reng ngai nerve hru
hmanga phuar, awm chu a chau chuan, Pathian leilung kil
khata in dangah thlamuanna a hmu si a—chu chu hmun
tinah hlimna rimmtui rimmtui takin a luah khatna hmun dangah
leh a tawp lo va

Thlarau thi thei lo chuan nuihzatthlak takin nunna leh
thihna chanvo a chang a, chutah chuan a chatuan chenna
hmunah a chhuak ta a ni

Movie entu te hi show zawh hnuah pawh cinema-ah
chatuan atan an awm reng tur a ni em? Certainly not Mite
chu an in lamah an kir leh tur a ni Chutiang bawkin, thlarau
te hi nunna cinematic spectacle en turin hetah hian an lo kal
a, chutah chuan an chhuak a, an lo kir leh thin Film leh play
en an ngaina hle a, an mumang anga performance an neihte
an chau a, Pathianin an zir duh zirlai an thiam tawh chuan
chatuan hlimna chenna hmunah vawi khat atan an kir leh
thin

Thil hlute chu diknaah a innghat lo a nih chuan,
hrehawmna leh hrehawm tawrhna a luang chhuak a, chu
chuan hlutnate chu mahni hmasialna, thihna thlen thei
buaina, leh inelna nasa takah a innghat a nih chuan, a rah
chhuah chu a chhan chu a thianghlim loh avangin a
bawlhhlawh ang a, chutiang hunah chuan sum chu malsawm
a ni lo vang

Mi chuan a chhia leh tha hriatna chu mahni hmasialna a
tithianghlim tur a ni a, midangte tihchhiat a tum loh tur a ni
Lungawina dik tak chu thlarau lam a ni a, taksa lam a ni lo
va, nunah hlawkna tak tak chu finna, hriatna leh Pathian
hmangaihna ro hlu neih hi a ni

Mimal taka nun kan tum tur a ni a, midangte tanpui leh
a theih ang anga an dinhmun siam\hat kan tum reng tur a ni
Mahse he thiltum ropui tak hi midang ngaihsak lova mahni
hmasialna leh duhâmna nen a inmil lo

Khawvel mite chu an inthlau lo va, chuvangin
hlawhtlingah an ngai lo Nun awlsam, inthlau tak chu art mak
tak leh hlawhtlinna chhinchhiahna a ni Sum leh pai neih
tumna awmchhun neitute chuan Pathian duhsakna an hmu
lovang

Pathianin kan taksa kan thawh theih nan leh kan
mamawh kan pek theih nan riltamna rilru min tuh tih chu a

dik a, mahse taksa mamawhna pek hi nun tum ber a ni lo A
tum chu thil emaw, tisa lam emaw ngaihtuah zawng zawng
aiin a ropui zawk daih a, eng ang pawhin mak, ropui tak, leh
mit tideltu angin lang mah se

Zirtir pakhat chuan Master Paramahansa hnenah

Pathian awmna tawn dan tur a zawt a Ani chuan heti hian a
chhang a, "Zan tin, mut tura i inpek hmain, i hriatnain
ngaihtuahna khawvel a rawn luhchilh a, dimension dang a
luhchilh tih i hriat hma loh chuan ngaihtuahna seng la
Amaherawhchu, hei hi a ni vek lo Rilru chhungril lam hawitir
hnuah chuan duhthusam chu a lo chhuak tur a ni a, duhnate
chu tuilian ang maiin Pathian lam hawiin a tlan chhuak tur a
ni Zirtir chuan Pathian hnenah a inpe vek ang a malsawmna
awmna chu a khawih a, a hre ta tih a hre nghal a, eng ropui
tak êng tak a hmu ang a, vantirhkoh leh thlarau mi \ha tak
takte a hmu ang A nih loh leh van rimmtui ruihtlak tak a rim
pawh a hre thei a, chutah chuan Pathianin a chhang tawh tih
a hre ang a, a hriatna chu a inhawng ang a, Pathianin nun
thurukte chu a rawn puang chhuak ang A nih loh leh ropui
takin a khuh ang peace during meditation A ngaihtuah
chhunzawm zel a, Pathianin a hmangaihna ropui tak a pe a
nih chuan sawifiah phak loh Pathian hlimna a nei ang, he
. "hlimna tawn hi a dawngtu chu a eng a thawl e

Pathian hmangaihna chuan vanram kawngkhar a hawng
a, chuta tang chuan zawngtu chu Pathian hmaah a lut a ni
Miin Pathian, khawngaihthlak leh mi finge hnenah
chatuan nunna chhang a dil chuan, Tisa lam hriat lohna lung
chu a pe lovang Pathian chibai buktuin finna chaw a zawn
chuan Pathianin bumna rul a hlan lovang Pathian biaktuin
Pathian hnenah tuihalna zawng zawng tireh thei Pathian
hlimna thupui chu a dil a nih chuan, lungkhamna leh rilru
lama harsatna rulhut chu a pe lo vang If bum mihringte hian
an fate hnena thilpek tha pek dan an thiam a, Lalpa—thatna
leh lawmna zawng zawng bulpui ber—chuan Amah
!hmangaihtute hnenah thlarau lam hriatna leh êng a pe ang

Pathian chuan finna sang ber leh hriatna ropui ber chu a
zawngtute hnenah a pe a, a aiawhtu nei lo zawngtu taima
tak hnenah a pe bawk a, a thinlung leh thlarau zawng
zawnga Pathian zawngtu chu mi fing ber a ni a, Pathian duh
ber a ni Tin, chibai buku duhthusam a zual chuan Pathian
hnen atangin chhanna hmuh tur awm lo leh duhthusam tak a
dawng a, chu chuan hlimna danglam tak chu a tawng ta a ni
Hmangaih hmangaihtute tawn hmangaihna
He cosmic dream-a thlarau lam hriatna leh Pathian
duhthusam lo pung zel nena a chanvo changtu mi fing chu
Pathian hnaih tak leh Amah duh tak a ni Hmangaihna
thianghlim a nei a, mahni hmasialna engmah nei lovin
Pathian a hmangaih a, chu chu, entirnan, "Aw Lalpa,
hriselna, sum leh pai, leh nun nuam tak min pek theihna tur
.condition-in ka chibai ang che" tih ang chi hi a ni
Mi fing leh Pathian inkarah hian inhmangaihna thuk tak,
inhmangaihna tawp nei lo leh tawp nei lo a awm Mi tu emaw
chuan Pathian hnenah thil Chiang tak a dil a nih chuan
Pathian chuan chu mi chuan Amah aiin a thilpekte a
ngaihven zawk tih a hre Chiang hle
Miin a mamawh phuhrukna tura tawngtai chu thil dik lo
a ni lo va, Pathian hre tura a ngen a, a hmêl ropui tak êng
chu a hmuh chuan, chuta tang chuan mimal hlawkna
engmah a duh lo tur a ni lo va, a ngaihtuahna chu thilpekte
ngeiah chauh a innghat tur a ni lo va, a petu ngeiah a
innghat zawk tur a ni tuifinriat thilpek (bounty) a ni
Zirtîr pakhat chuan zirtîrtu Paramahansa hnênah
dinhmun thenkhata awm dân tûr leh mi dangte hmachhawn
:dân tûr thurâwn a dil a, ani chuan
Thutak chu zui la, chuta tang chuan kal bo suh la,
nangmah emaw, mi dangte emaw tichhe thei thil engmah
sawi lo la, thudik pawh ni se, thutak thlarau a\anga i kal bo
loh chung chuan Chutih rual chuan, a kalh zawng zawngah
kal suh la, thudik hrehawm tak tak sawi loh nan dawt sawina
i hmang tur a ni lo

Mahni leh midangte lakah rinawm takin awm la, a tul lo
zawnga awm reng lovin Thudik sawi la, Tumah tihnat leh ti
na thei thil sawi loh la, Rinawmna leh langtlangna hmingin i
thuruk zawng zawng puang chhuak suh, a chhan chu i chak
lohnate i pholang chuan an duh hun apiangah tihnat emaw,
nuihzat emaw an tum ang Engvengin nge i laka an hman
?theih tur ralthuam i pek ang
Nangmah leh midangte tan hlimna leh thlamuanna thlen
thei zawngin thu sawi la, che rawh

Thil \ha thlentu thutak leh thudik sawi nawn lehna
inthlauhna hriat nan thlarau lam hriatthiamna neih a ngai a,
chuta tang chuan a rah chhuah theih dan tur ngaihtuah lovin
thilte chu a tawp danin a rel a ni I hriat zawng zawng sawi hi
a \ha lo va, midangte'n anmahni \hatna tura an hriat tur
thilte chu pumpelh leh thuruk taka awm chu a \ha lo baw
Hriatthiamna famkim i neih loh hunah, mi zawng zawng
tâna rah chhuah dik tak neia thutak hriatthiamna dik tak i
neih hma loh chuan thusawiah insûm tlat a ðha ber
Pathian chungchang ngaihtuah zel la, A tanpuina leh
kaihhruaina dil la, i hriatna chu a inhawng ang a, chutiang
chuan thil Chiang takin i hmu ang a, chutah chuan i thliar
hrang thei zawk ang

Taksa cell te chu thalai chakna hmanga charge

Cosmic energy hi taksaah hian a luang lut reng a,
tihtawp lohvin a luang lut a, mahse mi tam zawk chuan he
chakna tam tak hi an hre lo a ni tih hretute chuan an cell-ah
chakna nasa tak leh chakna thar pe thei tur current thar an
nei thin

Thilsiam zawng zawng hian Khawvel Lalpa zahna lantir
nan an kun a, A thiltihtheihna chu mihringte kaltlangin a
luang chhuak Buaina chu mihringte leh thiltihtheihna zawng
zawng bulpui inzawmna nghet tak siam lohah a awm Pathian
thiltihtheihna hmangin direct-in kan nung a, thiltihtheihna
dang zawng zawng hi Pathian chakna chhawmdawlina tel lo
chuan a tangkai lo

Chaw, oxygen, leh ni êng—heng element-te hian
hriselna engemaw chen min pe thei a, mahse Infinite Source
a\anga hriselna famkim kan hmuh theih dan tur kan
hriatthiam a ngai a ni Material source-te chu battery te tak
te, a tawpah charge tlakchham ang mai an ni a, Infinite
Source erawh chu generator chak tak a ni a, a thiltihtheihna
chu a tlahniam ngai lo va, thlarau chu chakna, hlimna leh
chakna pe chhunzawm zel a ni Chuvangin, Infinite Source-a
rinchhan hi a pawimawh ber a ni a theih ang angin
Duhtu chuan chu thil pawimawh tak supply a\anga
hlawkna hmuh theihna kawng dik tak chu a bul a\angin
direct-in a zir tur a ni a, ngaihtuahna chu thil tak tak a ni tih
a hriat a ngai a ni, a chhan chu Pathianin he lei hi a siam
hmain Pathianin a ngaihtuah a nih avangin thilsiam zawng
zawng hi Pathian ngaihtuahna lantir a ni

Mi tam tak chuan ngaihtuahna hi taksa atanga lo
chhuak niin an ngai a, mahse taksa siam dan dik tak, leh a
peng leh taksa peng hrang hrangte inzawmna mak tak mai
hian taksa chu supremely sublime cosmic mind siam a nihzia
a tilang Chiang Hle

Rilru hi taksa thununtu ber a ni a, mihring tan chuan
mihring tlakchhamna, natna, chak lohna, tar leh lungngaihna
te rilru lama rawtnate pumpelh a, a chhungah thiltih tawp
thei lo a luang chhuak tih a inhriat chian a pawimawh hle a,
he hnathawh hi finna nena pek a ni a, taksa cell-te chu
hriselna leh thalai chaknain a charge thei a ni
Ngaihtuahna chu cell nung tin thluak, rilru natna leh
hriatna a ni a; taksa chu active leh alert emaw lethargic leh
sluggish emaw pawh ni se, a awm reng theihna a nei a ni
Ngaihtuahna chu a hotu a ni a, taksa cell-te chu a
thuhnuaiah an ni a, an pu chungnung ber: ngaihtuahna
thupek leh khapnate zawmtu an ni
Nitin kan ei tur quality hi kan ngaihven hle a, chutiang
bawkin nitin kan rilru hnena kan pek thin intellectual leh
psychological food quality pawh kan ngaihven tur a ni

Metaphysical scientist chuan taksa chu electromagnetic
wave ni lovin Pathian hriatna tuifinriatah hian hriatna thlipui
a ni a ti

Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,
leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Ka dam chhung kum rei tak chhung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhunzawm zel a, ka nun huan tui pe
tu tuikhuah malsawmna angin a puak chhuak thin

Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo

Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle

Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm
nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin

Ka duhthusam awm chhun chu i rawngbawl hi a ni a,
chuvang chuan hetah hian ka awm a ni
Pathian thiltihtheihna chu in nunah pawh a thawk reng
a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen
atanga lo chhuak a ni tih in hriat hunah he thutak hi
nangmahni ngeiin in tawng ang

Nun hi sawi lawk theih loh, duhthusam, leh thuruk,
rinhlelhna leh harsatna leh buaina chi hrang hranga khat
angin lang mah se, Pathian venhimna hnuaiah kan awm reng
a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo
va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan
chu hlahna hian min hneh kan phal chuan sualna chu
thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlahna leh hlahthawna

Nun harsatnaah hian hlimna leh thlamuanna nget tak
hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh
paltlang ila, movie-a mi dang thil tawn, nuam emaw,
hrehawm emaw kan en ang bawkin kan hmachhawn ang
Miin a thil tawn zawng zawng chu a rilruin a phal chuan
fiahna hrehawm, hlim lo takah a chantir thei Hriselna tha tak
neiin a hlutna pawh a hrethiam lo mai thei Mahse, a damloh
chuan chutih hunah chuan a inngaitlawm ang a, damna
malsawmna chu a ngaihlu ang Pathian duhsakna kan pawm
tur a ni a, lawmthu sawi tur a ni a, kan chung a malsawmna
min pek avangin lawmthu kan sawi tur a ni A khawngaihna
chu pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur
a ni Miin a rilru inthlahna a hloh chuan lungkhamna,
lungngaihna chhum leh hrehawmna nasa tak karah a
hlahawm ta a, hriselna, hausakna leh finna dan bawhchhiat
a tum chuan natna, retheihna leh hriat lohna te a tuar ngei
ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan
thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min
thlen thei zawnga kan che tur a ni a, nun dinhmunin kan
thlamuanna a tibuai a, kan hlimna a tichhe thei lo
also strengthen our intellect and reject the burden of
intellectual and moral weakness inherited from years and
generation Heng bawlhhlawhte hi thutlukna thar leh thil siam
chhuah theihna meipuah hian halral vek tur a ni He thil

siam\hatna hmang hian mimal inpekna dik tak chuan
zalenna leh zalenna hmun a thleng thei a ni

Hlimna chatuan dante

India ram roreltu fel tak pakhat rangkachak hun lai khan
a lalram remna leh muanna famkim tibwaitu thil thleng
emaw, a hun hmaa thihna emaw, thilsiam chhiatna emaw a
thleng lo niin an sawi

Chhungkaw member-te dikna nasa zawka an nun chuan
in tinah inremna, hriselna leh hmangaihna tam zawk an
tawng ang Mahse chhungkaw member-te'n mahni hmasialna
tenawm tak nena an in enkawl hunah chuan in chu inrem
lohna leh inhuatnain a khat nghal mai ang Hei hi hnamte tan
pawh a hman theih Mihringte rinawmna leh rinawmna nena
an nun hian Leiah hian Pathian Ram chu an hmu ang
Hun a tawi Vawiin hian hetah hian kan awm a, naktuk
hian kan chhuak ang Pathian zawn hi mihringte chanvo sang
ber a ni Pathianin zalenna min pek hi he nunah hian kan
hmang tangkai tur a ni a, fing taka kan hman a ngai a, chu
chu mimal takin chatuan thlarau thutak kan tawn theih nan
Sual hi mi tan hrehawmna leh hrehawmna thlentu

engkim hi Virtue hi chatuan atana hlimna a ni Miin a
ngaihtuahnaah thlarau lam inremna leh mahni chhungril
muanna a neih loh chuan in thar emaw, motor thar emaw,
thil thar emaw chuan an thlarau tan hlimna leh thlamuanna
a thlen thei lo vang; chu ai chuan, chu thil thar leh thil dang
tam tak an neih hnuah pawh an chhungril hrehawmna chu a
awm reng ang

Hlimna dik tak chu thil awmdan dodal theihna leh pawn
lam fiahna zawng zawng tuar thiamnaah a awm a ni Mi
dangte ngaihdan dik lo leh thil tha lo taka tihnat leh thang
che an tumna avanga hrehawmna hrehawm tak leh harsatna
nasa tak i tuar theih hunah a awm a, an bawhchhiatnate chu
hmangaihna leh ngaihdamna nen i chhang let thei a, chu
chu i rilru thlamuanna chu hrehawm tak tuar chung pawhin i
vawng reng thei a

ni..
 pawn lam dinhmunah chuan hlimna i
tem ang

Pathian Lehkha Thu Thianghlim chuan Pathian thupêk
ngaihthah a, an duhzâwng leh duhthusam âthlâk tak takte
chu hlimna an hmu lo vang a, an thil tum ber pawh an hlen
chhuak lo vang tih a sawi Thutak zawngtu chu Pathian
Lehkha Thu Thianghlim chu an kaihruaitu êng siam tûrin an
fuih a, tih tûr leh pumpelh tûrte tihfelnaah rorel tûrin an fuih
a, thilte hrethiam tûr leh finna ang zêla thil ti tûrin an fuih a
ni

Mahni inrintawkna nei te chu rinawm taka che thinte an
ni Hlimna chu ngaihtuahna thianghlim leh thiltih dik a\ang
chauhvin a lo chhuak \hin Tuna i hlim chuan nakin lawkah,
hetah leh khawvel lo awm turah pawh i hlim ang
Hun remchang awmte ni a eng laiin finna rah kan
khawlkhawm a, vanneihna buh seng kan khawlkhawm tur a
ni Phên dangin sawi ila, hun remchangte chu a tlai hmain
kan hmang tangkai tur a ni
hun Hun remchang chu hmang tangkai rawh,)

(remchang i hman loh chuan inchhirna a lo ni dawn si a
Pathianin thlarau lam dan thupek an tihte min pe a
Mahse heng thupekte hi nitin leh hmun tinah ngaihthah leh
bawhchhiat a ni Miten an thlarau lam awmzia an hriatthiam
loh chuan an phunnawi reng ang a, an hawisan fo ang Heng
thupekte hi Abrahama sakhaw zawng zawngin an pawmpui,
hun kal tawha nungchang dan (codes of conduct codes) hun
kal tawha awm lo a ni a, mahse, thuziak te hian heng
thupekte rilru lam hawi zawng zawng leh a zawmna nena
inzawm hlawknate hi an sawifah thei lo fo thin Miten heng
thupekte hi biakna hmunah an pawm a, mahse an
hlawhchham thin an pawn lama zui tur, heng dante hi
hmantlak loh, awmze nei lo, leh hun nena inmil lo a ni tih
sawiin hei hi dikna lantirin Mahse, heng thupekte

bawhchhiatna hi khawvela hrehawmna zawng zawng bulpui
ber a ni

Mahse, chûng thupêkte chuan eng hlâwkna nge a neih

?a, khawiah nge an ðhatna chu

Lehkhabu thianghlimte chuan mihring chu Pathian

ngaihtuah turin a fuih a, a rilru chu Amahah thunluh turin a

fuih a, thil zawng zawng a hnena hlan turin a fuih a, Pathian

biakna dik tak nena chibai buk turin a fuih a, inngaihluhna

nena inhmeh lo leh inlannain a tihbawlhhlawh lo

Pathian hriat hi nun tum ber a ni tur a ni Khawvel hnate

hi Pathianin mihringte hnena thiltihtheihna a pek tel lo chuan

hlen chhuah theih a ni lo Pathian theihnghilh chung a hna

pangngai thawh chu tihsual leh sual a ni

Sual tih awmzia chu hriat lohna a ni: mihring ðhatna

ropui ber kalh zawnga thil tih

Engvângin nge miten lungngaihna leh inchhir an neih?

An thinlunga Pathian hmasa ber a nih loh avangin dik taka

an che loh vang a ni

Mihring nunah engmah hi Pathian aia pawimawh zawka

ngaih tur a ni lo Miin Pathian a ngaihsak tak zet a, a laka

thlarau lam mawhphurhna a hlen chhuah chuan kawng

engkimah an dinhmun a lo tha chho zel ang a, a chhehvel

thil awmdan zawng zawng karah pawh him leh him takin an

inhria ang

Miin thil neih emaw, sum leh pai emaw, hmingthanna

emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan

hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna

zawng zawng dahtute chu a takah chuan chibai bûk an ni a,

chuvângin Pathian chu an hnaih lo va, Amah chu an

inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an

ngaihtuah a, an thinlunga Amah nêan an inbiak ðhinte chuan

Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni

Amah nena ngawi renga an inpawlnaah hlimna

Pathian chauh hian mihring duhthusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni
A zawngtuin Pathian a hriat reng theihna tur leh a hnaih

theihna tura pui thei chhinchhiahna thianghlim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo

Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a
inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nêan an ngaihtuah a ni

Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Tih tak zeta hmangaihtu leh amah nena inrem taka awm

apiangah Pathian a inlan thin tih sawi theih a ni a, a chhan
chu khawi hmunah pawh a awm a, chuvangin mi zawng
zawngah a awm reng a ni Amaherawhchu, mi zawng zawng
hian Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah te pawh inang tlangin a eng a,
mahse diamond chuan ni êng a dawng a, a lantir thei lo va,
chutih laiin lungalhthei erawh chuan Chutiang bawkin, mi
zawng zawng chu Pathian êngah an inhnim pil a, mahse chu
chauhvin mi tlemte chuan chu êng chu an dawng thei a, an
ngaihtuahna leh thiltihah an lantir thei a, chutiang ti tur
chuan ngaihtuahna hmangin leh Pathian zirtirna leh
thupekte zawmin an inthiarfihlim a ngai a ni

Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai
pawhin! Chutiang ṭawngṭaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang
lo tih hi mak a ti lo! A "ṭawngṭaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu
thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah, duhthusam leh Pathian hmangaihna
rosary-ah chuan Pathian hming kan hril tur a ni; hei hi
Pathian thinlung khawihtu biakna dik tak a ni Pathian hming
chu chilh leh rilru vakvai nen sawi chhuah chu Pathian
sawichhiatna leh zah lohna a ni Mi pakhatin a tawngtai hian
a thinlung leh rilru chu Pathian hmangaihna a khat tur a ni
Yogic exercise sang zawk hmanga rilru lam ngaihtuahna tih
hian Pathian, ropuina leh ropuina bulpui ber Pathian hnaih
zawk turin min pui a, amah ngaihtuah leh inpawh tawinna
kawngah pawh min pui bawh

Pathian ngaihtuah nâna thlarau lam inhnukdawk (a theih chuan) atân kar khatah ni khat inpek a pawimawh a, thlamuanna, remna leh chhûngril thlamuanna tawn hi a pawimawh hle Chutianga hun hman chu kar khat chhûnga i hmachhawn tur harsatna leh lungkhamnate tân chuan a thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihdam nan kar tin ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawkna" emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang Mahni chauhna hi ropuina man a ni He thlarau lam inhnukdawkna leh i thlarau leh Pathian nena inzawmna hmang hian i rilru, taksa leh thlarau tana rah chhuah mak tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan zingkar hma takah i harh veleh Pathian remna tuifinriatah i inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur a ni bawk

India rama mi fingte chuan ni khat chauh inthiarfihlim ni lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna hman a tulzia an sawi uar a, zing khawvar hmain, tho leh tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a hmang leh tur a ni A tawp berah chuan zan lama mut hmain vawi khat chu thlamuanna dinhmunah a lut tur a ni belh Mahni chauha awm leh heng nitin hun pali chung zawnga ngawi renga taima taka enkawltute chuan Pathian nen inrem takin an inhria ngei ang Heng hun zawng zawng zawm thei lote hian zing leh tlai darkar tal chu an hlan tur a ni Chutianga an tih chuan an nun chu a tha zawngin a inthlak ang a, hlimna an tawng ang experience hi a finfiahna tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i ziak chhunzawm zel a, i sign zel chuan i sum a tlakchham ang I nunah pawh chutiang bawk chu a ni I nun account-a

remna dahkhawm fo loh chuan i chakna a bo ang a, i
thlamuanna chu a bo ang a, i hlimna chu a bo vek ang A tawi
zawngin, a tawpah chuan emotional, mental, physical, and
spiritual bankruptcy i tuar ang Mahse deep daily meditation
on God

will.. ..
.. .. i thlarau lama tlakchhamnate chu rul
rawh

A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a
Pathian hmangaihtu i nih a, A awmna tawn duh i nih chuan i
rilru leh taksa chu A thlamuannaah i thun lut tur a ni a, nun
chu i chungah a nuihzat ang a, i thil tih chu kawng tam takin
a lo \ha ang Mi rilru hahdam tak chuan tihsual a nei tlem hle
a, khawiah nge a hlawhtlinpui ber ang sang tam tak an
hlawhchham

Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chhung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngin a khuh
ang

Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni baw
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring pa leh nute hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak lantîrtu a ni a, hmangaihna
nei nu chuan mi dang duh lohna hmunah a ngaidam si a Pa
chu Pathian finna lantîrna leh a fate vênhimna a ni

Miin Pathian a\anga in\henin a pa leh a nu a hmangaih
tur a ni lo va, chu hmangaihna lantir nan chuan Vênghimtu
leh mi fing Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a, chuvangin nu leh pate
zingah chawimawi a ngai a ni
Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih bawk a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a
hmangaih tak takte chu vau an nih chuan Pathianin an
hna a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna
lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian
an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga zia, lemzia, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang
Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu

khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni
Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, ngaihtuahna sâng tak, leh thlarau lam thil
tumte lantîr nâna a chakna chu thiltum sâng zâwk lam hawia
kalpui a ni Miin mipat hmeichhiatna ngaihtuahna a\angin
hlimna a hmu tûr a ni lo va, khap thil chu a duh tûr a ni lo
Hetiang ang mahni inthununna hi a thlen hunah chuan mipat
hmeichhiatna leh a thiltum sâng zâwk chungchângah ngaih
dân dik tak a nei ang

Mipat hmeichhiatna lama bawih nih chu hriselna, mahni
inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni

Lehkhabu thianghlimte pawhin rukbo lo turin min fuih
bawh Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,
hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious
desires must be disrooted from the mind Thlarau lam thila
innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriat loh leh a hriat loh atanga malsawmna
a luang chhuak ang It is an infallible divine law As for thieves
and selfish people , they spend their lifes chasing after
material thil neihte, an mit chu mi dangte neihah an en reng
a , anmahni sum bawm chu rangkachakin a khat pawh ni se
Tisa lama mahni hmasialna hi kalsan a nih loh chuan
khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thuhretu dik lo sawi loh hi
a ni Thutak tihdanglam hmanga tu pawh tihnat hi khawtlang
inremna tihchhiatna kawng dang a ni Mi pakhatin tha taka
cheibâwl a duh a nih chuan chutiang chuan mi dangte
cheibâwl tûr a ni

Thudik chu sawi reng tur a ni a, mahse thudik sawi leh
thudik sawi mai mai hi thliar hran a ngai a ni Mi pakhat chu
kebai emaw, mitdel emaw tia sawi chu a rilru a ti na a, a
ṭangkai lo va mi pakhatin mi dangte rilru put hmang a
ngaihtuah a, mualpho loh tur a ni Chutiang bawkin, thiltum
ropui tak nei lo mi pakhat phatsan thei thutak puan chhuah
pawh hi thil dik lo a ni Kawng lehlamah chuan thudik sawi
loh nan dawt sawi loh tur a ni chu ai chuan, mi dangte
tihmualpho emaw, tihchhiat emaw pumpelh nân dinhmun
ṭhenkhatah chuan a ngawi reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu
thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, mihring
tinah hian mihring dangah a lang lo angin a lang chhuak thin
An hmel chu mi dang hmel ang lo tak a ni a, an thlarau pawh
mi dang zawng zawng ang lo tak a ni a, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Hun kal tawhin min phuar lo

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan
rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni

Mihringte hian—a duh angin—universe-a thil awm
zawng zawng tawp nei lote chu an thunun thei lo va, an siam
danglam thei lo va, an tiboral thei lo bawh Heng thil awmte
hi mihring nunna puan nen hian inzawm tlat an ni a,
mihringte hian anmahni a\anga inhlat takin hna an thawk
thei lo a, Amaherawhchu, heng thil awmte nena inmil turin
an rilru chu an thunun thei a ni

Amah chu tichhe suh

Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an tawh
tleh vang emaw ni lovin, thlamuanna, thlamuanna,
lungawina leh a tawh zawngin hlimna pe theitu rilru lam
inthlauhna an neih vang a ni zawh

An hlimna atan pawn lam dinhmunah an inngat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nghet tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo
Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan tih dan kal tawh hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhunzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo bawh Kan tuh
tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan buh
seng quality tihchangtlun kan duh a, kan beih chuan Thiltih

chi, a rah chhuah hrehawm tak takte chu kan tiboral a, a
aiah thlarau nihna nena inmil zawk chi kan phun chuan, chu
thlarau leia tuh chi tha tak takte atang chuan hlimna rah chu
kan seng ngei ang Kan duhthlanna zalen chu tunah hian,
tunah ni lovin, naktuk ni lovin, hlimna nasa zawk kan neih
emaw, hrehawmna leh hrehawmna tihziaawm emaw kan
duh chuan kan duhthlanna zalen kan hmang tur a ni
Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang Mahse
duhthlanna nghet tak neitu chu Pathian nen a inrem a ni

Thinlung chakna (concentrated mind energy) a ni

When you concentrate sunlight By focusing a
magnifying lens on a tiny point , it produces heat , and that
heat can ignite wood Fabric, paper, and so on Chutiang
bawkin, i rilru ngun taka i focus chuan A concentrated
energy Rinhlelhna sualna leh zung, hlawhchhamna zawng
zawng thlentu halral vek tur leh finna êng chu eng leh eng
mawi tak nena eng tir turin

Ngaihtuahna chu Pathian nena a inmil chuan Thil \ha
zawng zawng bul leh thiltihtheihna zawng zawng bul tanna
chu Pathian awmna a hre Chiang a, hlawhtlinna thil zawng
zawng a nei vek a ni Heng thilte hi Pathian thiltihtheihna
nasa tak nen hian inzawm tlat a ni a, eng kawngah pawh
hlawhtlinna chhan thar siam thei a ni

Hnathawh \ha leh \angkai taka thawhrimnate chu

Pathianin hlawhtlinna lallukhum khum rawh se
Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni

Khawvel hmuna mel maktaduai tam tak hlaa ni i en
chuan, chu arsi lian tak chu kan Lei aiin a te zawkin a lang
Mahse, Leilung zau zawng chu mel 7,900 vel a ni a, ni sei
erawh chu a let za zetin a lian zawk Kan planet Earth hi ni
hmaah direct-in i dah thei a nih chuan, a nena khaikhin
chuan dot tenau tak angin a lang ang Niin a zau zawng zau
tak chu a mass lian tak a chim hma loh chuan a zau zel ang
tih han ngaihtuah teh the entire blue sky Van kan hmuh hi
universe chhunga awm, hmun tawp nei lo hmun tlemte, a
speck mai mai a ni, Ni chuan tawp nei loah a zau zel a nih
pawhin, tawp nei lo chu a la huam thei lo He cosmic illusion
of smallness and finitude hian rilruin universe zau tak , a bul
tanna, leh a ramri a hriatthiam theihna chu a tikhawtlai a ni
Dimension leh tehna hnuaia awm lo, tawp chin nei lo leh
bul tanna nei lo chu Pathian a ni a, hmun tina awm leh hmun
hla ber ber a awm A ni chu arsi hla tak tak, hla tak takah a
awm a , nangmah leh kei chhungah a awm ang bawkin , a
luah zawng zawng chu eng ang pawhin te emaw lian emaw
pawh ni se, a hre chiang hle a ni From the book " Man's
." Ultimate Goal

Dilna te

Aw, Lalpa

Ka kut chu thim ata êng lamah la rawh

Aw cosmic ngawi renga awm

Tuipui mur ri leh nightingales warbling-ah i aw ka hre

thin

Thlipui au thawm, thlipui ri leh vibrations ri riah chuan

Aw Lalpa duh tak

Thu hmanga chibai ka buk lo che, nangmah duhthusam

avanga kang thinlung duhnain ka bia che a ni

I zau zawng hi ka hmu ang

Engkim hnung lama i awm rengna

Chatuan atan i nihna danglam lo takah hian ka tel ve tih

ka hrechhuak mai thei

Aw tuifinriat luang chhuak

Ka duhzawng luipui hrual hrualte hian harsatna leh daltu
thlalerte chu a luang chhuak thei a nih chuan
A tawpah chuan i buaina lian ber chu a rawn inzawm ta
a ni

I aw ngaithla turin min pui ang che Lalpa
Universe vibration lo chhuahna cosmic sound chu
I awmna chu malsawmna aw (Om - Amen) hmangin ka
.hrechhuak ang
melody Malsawmna dawng zawng zawng tan a
thianghlim

Existence symphony ka ngaihthlak lai hian ka hriatna
tizau rawh

Cosmic ocean ang maiin ka awm ang
Tin, taksa rippling movement te chu a rilruah a zai bawk
Aw thianghlim ber chu ka chhungah hian ri chhuak rawh

se

Taksa atanga universe thlenga ka hriatna tihzauh
Chatuan, engkim huapzo hlimna ka nei thei ang
Eng tuifinriat atanga puak chhuak
Aw thiltihtheihna tawp nei lo
Aw chatuan finna

Ka thlarau chu i thlarau lam vibration hmangin charge
rawh

Aw malsawmna cosmic thumal aw
Ka tihsualte siam\hat rawh
Ka mamawh

Ka kut chu thim ata êng lamah la rawh

Nang ka ngaihtuah apiangin, Aw Lalpa, ka chhungah
hian duhthusam kang tuilian a lo piang a, ka rilru put hmang
chu a ti nghing a, ka thinlung a\angin ka taksa cell tinah a
luang chhuak a, Pathian hmangaihnain a charge a ni
Ka duhthusam ber chu i nihna bulpui ber thleng a, i

hmaa hlim taka awm hi a ni

Tin, rang takin thlarau kawngkhar chu a inhawng a, i

!êng êng tak ka hmuh chuan lawmnain min tuam ta

Hun kal tawh chu mihring tam zawkin an hre lo va,
mimal êng nei tlemte thlan bikte tih loh chu Mahse, hun kal
tawh kan hriat lohna pawh hi kan hlawkpui a ni A chhan chu
he nunah leh nun hmasa lama kan thil tih zawng zawng hi
hre vek ila chuan kan thiltih tam lutuk hian min hneh vek
ang a, kan buai vek ang Indeed, our will might even be
paralyzed by the shock, rendering us incapable of continuing
our..

. pursuits and leaving us prey to
despair He lei nunah pawh hian theihnghilh hi Pathian
malsawmna a ni a, hun kal tawh hriatrengna, a bik takin a
hrehawm leh hrehawm tak takte chuan kan ngaihtuahna leh
rilru put hmangte a hneh loh nan a veng a ni
Mahse lawmawm takin kan chhunga Pathian meialh chu
beiseina leh nun kawng tawp nei lo chhonzawm duhna nen a
eng fo thin Heng malsawmna pahni: hun kal tawh
theihnghilh leh hmalam hun beiseina avang hian Pathian
hnenah lawmthu kan sawi tur a ni
Fate hian duhthlanna zalenna kawngah daltu a siam tih
hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih
phawt chuan, chutiang a nih loh chuan mi chuan hlimna dik
tak a tem thei lo vang

Hna kan thawh hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a theih ang anga beiseina nei zawk tur a ni
a, kan duhzawng tihhlawhtlinna leh kan duhthlanna zalenna
nunpui kawngah engmah a ding thei lo tih rinna famkim nen
Kan thil tum kan hlen chhuah loh chuan, kan thlen theih
lohna tura kan siam daltu a awm tih hi implicit-a pawm a ni
Kan thil tum tihhlawhtlin nan hian kan beih chhonzawm zel
tur a ni a, kan thawhrimna hi a let hnih zetin kan tipung tur a
ni Kan inhriat chian a ngai baw a, eng ang pawhin harsatna

leh harsatnate chu eng ang pawhin chak leh hlauhawm tak
ni mahse, chu chu paih chhuak thei tur leh hneh thei tur
chakna kan la nei tling tih kan inhriat chian a ngai baw
despite all our attempts, there is no need for desair and
frustration, as long as we understand that human will is
stronger than destiny, which is of our own making

Chuvangin, vawi engzat pawh hlawhchham mah ila, beih hi
kan bansan tur a ni lo, a chhan chu kawngkhar inhawng a
awm reng avangin Hlawhtlinna min pek hma loh chuan kan
beih chhunzawm zel a ngai a, kan beih nawn leh zel a ngai
mai a ni Pathianin Amah kan chhân lêt phawt chuan
tanpuina min pe ang leh theihtawp chhuah rawh Kawngpui
zawhtu chuan a tum a thleng ang a, Pathian ringtu chu a
beidawng lo vang

Miin thil a duh a, chu duhna chu a chak leh
hmanhmawhthlak a nih chuan, chu duhna chuan an hriatna
chu a chhuahsan ngai lo va, khawi hmunah pawh kal se,
khawi hmunah pawh a hawi kual ngai lo va, an buaina leh
ngaihtuahna chu eng pawh ni se A hnathawh reng leh nghet
tak hmangin, chu duhna chuan tumruhna leh chakna nasa
tak a nei a He intellectual whisper is stronger and more
effective than mechanical supplication , which does not go
beyond
moving..

..... hmui Hei hi Pathian hmangaihtute
tih dan a ni ; Pathian an hmangaihna chu chawhsan lovin an
sawi chhuak a , an thusawi chu thinlung tak leh hriat theih
loh a ni a , an nitin hnathawh zawng zawngah He thinlung
taka thusawi hian an ngaihtuahna a tibuai lo va , an tih tur
dangte nen pawh a inkalh lo Pathian an duhna a lo lian zel
a , Amah an hmangaihna chu a tichak a, a thuk zual zel a , A
awmna an khawih a, thlarau mit hmanga A êng an hmuh
hma loh chuan , hlimna nasa tak leh hriatna nasa tak an tem
hma loh chuan sawifiah theih loh remna a ni

Pathianin nunah kan mamawh zirlai min thawh a, chu
chu kan hlawkpui theih nan leh hriatthiamna leh tawnhriat
kan neih theih nan Chu zirlai pumpelh apiang chu eng chen
pawh ni se, zir tura nawr luih an ni ang

Test tin hi kan zir chhuah chuan thian kan ni a, hun
remchang kan tihral a, phunnawi , thinrimna , leh rorelna \ha
lo hmanga kan hman dik loh chuan tyrannical despot a ni
Hriatthiamna dik leh nun chungchanga rilru dik tak kan
neih hian a mawi thin Tin, harsatna awm lo

rilru lam thil thlengte

Mi chu hlimna thlipuiah chuan chatuanin a awm thei lo
va, lungngaihna tui buai tak hnuaia tuih a pil thei lo va,
boredom thuk takah pawh a pil thei lo bawh In this world
characterized by conflicting dualities, The average person is
subject to ups and downs He rises on a wave of joy and
plunges into the depths of indifference
Miin nun hlawhtling leh hlawhtling tak a neih theih nan a
mamawh chu rilru inthlauhna hi a ni
Hei hi rilru ngaihtuahna (mind) Controlling psychological
faculties-a inngat chauhvinn a thleng thei ang
Lungngaihna thuk ber pawh hun kal zelah a dam ,
chuvangin lungngaihnaa awm reng hian awmzia a nei lo Kan
dam chhung ni tin Hmangaih tawhte chung a hun rei tak
lungngaihna chuan amah emaw, keini emaw a pui lo va, a
takah chuan engmah a tidanglam lo Developing an
inferiority complex or self-punishment Tun hmaa tihsual
emaw, hlawhchhamna emaw ngaihtuah reng hi a tangkai lo
Nun hi a ti hrehawm lo a, rilru lama theihna a titawp mai a ni
Boring routine khurah kan tlu lut kan phal tur a ni lo , a
chhan chu chu chu rilru lam dinhmun a ni a, a nuam lo hle ,
rilru a ti buai a, apathy furnace-ah theihna thup a halral vek
avangin

Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
\anpuinain buh seng tam tak seng tur chuan nunna lote chu

taima leh tumruh taka lo laih a ngai a, \hatna chi tuh a ngai
bawk

Silver Jubilee-a thir

Vawikhat chu nupa hlim ber pawl anga lang nupa tan
silver jubilee lawmnaah min sawm a , mahse an in ka luh
meuh chuan thil dik lo a awm tih ka hrechhuak ta a, ka zirlai
pahnih chu zan lama an in enkawl dan enfiah turin ka ngen
a, a hnuah chuan The husband and wife smile at each other
in front of others and address each other with the sweetest
words like "Yes, my dear" tiin min hrilh a. leh "A dik e, ka
hmangaih," leh chutiang tawngkam hlimawm dangte Mahse,
anmahni chauha an inhriat meuh chuan an inhnial a, thu
tihnathlak tak tak an inhrilh tawn a ni

Ka bia a, ka ti a : In party-a tel turin min sawm a, mahse
boruak a buai em em a, he in chhungah hian inrem lohna
nasa tak a awm niin ka hria a, he tangkarua jubilee-ah hian
thir tam tak a awm niin ka hria
A tir chuan an thinrim hle a , mahse a hnuah ka dik tih
an pawm a, ngaihdam an dil bawk She continued, saying :
Eng nge i hlawkpui ber chu inhnial leh inhnial reng reng
?hian

Nupa famkim anga in hmingthanna vawng reng turin in
khawsa dun niin a lang a, mahse chutiang chuan in awm dun
a ngai a, nangmahni hlimna leh rilru thlamuanna atan chuan
thlamuang tak leh muanna nen in awm a ngai a ni

Magnetic chaw ei tur

Miten ei leh in emaw, ei leh in emaw an sawi hian taksa
chhawmdawlina atana taksa chaw ei an sawina a ni tlangpui
Amaherawhchu, chaw chi dang, taksa chaw aia pawimawh
lo, a pawimawh zawk fo bawk , chu chu rilru lam emaw
thlarau lam chawm emaw Rilru lama thawhrimna emaw,
rilru, finna leh thlarau lam hriatna (concentration of mind),
finna leh thlarau lam hriatthiamna (concentration of mind) te
hi a ni

Taksa chaw hian taksa cell-te a chhawm nung a, finna
chaw chuan rilru chu ngaihtuahna hrisel takin a khat a, finna
chaw chuan thlarau a tiharh a, a theihna a tipung baw
Intellectual nourishment chu mi pakhatin a ngaihtuah
leh midangte nena inzawmna leh inpawhna hmanga a dawn
ngaihtuahnate a ni tlangpui

Mi rilru hahdam tak leh rilru ropui tak nei mite chuan
kan ngaihtuahna chu magnetic leh hrisel taka siam turin an
pui thin

Mi pakhatin a rilru lam chawmna chu boruak muanawm
emaw, buaina emaw a\anga a lak leh lak loh hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, thiante emaw, chhungte emaw nena inzawmna
a\anga lo chhuak vek a ni Hei hian lungkhamna ngaihtuahna
leh rilru chhe tak a siam thin

Taksa hian taksa chaw atanga chakna leh chakna a hmu
a, magnetic foods hian taksa leh rilru pahnih tan chakna
charge a pe a, chu chu solid leh liquid food aiin awlsam
zawkin a ei theih a, chu chu awlsam taka chakna nungah a
chantir thei lo

Hriat lohna chu finnaah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a,
inrintawkna leh huaisen takin - nangmah chauh pawhin -
nun kawng i zawh theih hunah , leh chhia leh tha hriatna
nung leh fimkhur tak neihnaah chhungril hlimna i tawn theih
hunah , leh Pathian diknaah rinna nghet tak leh diknain thil
dik lo a hnehna leh thutak chu thil dik lo chungah hnehna i
chang thei a ni

Tin, nitin i ngaihtuahnate chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum a, hmangaihna
leh lawmthu sawina thinlung , leh midangte chungah thil tum
tha i neih chuan, i finna chawmna chu magnetic a ni ang a,
chutah chuan thil mawi leh tangkai zawng zawng , thil, mi
leh dinhmun atanga , himna leh tuipui kama zinkawng

chhonzawm zelna atana mamawh zawng zawng chu
nangmah ah i hip lut ang sahimna
I mamawh chu i hmuh theih nâna theihtâwp i chhuah
chuan , Pathianin a pête i lungawi chuan, khawvêl thil
neihte ngaihven leh a hlimna rei lo tête duhâmtute aiin
thlarau lamah i hausa zâwk ang a, i lungawi zâwk ang
Miin Pathian , ðhian dik tak awmchhun , ðhian zawng
zawng aia tam a zawn chuan mihring inlaichinna zawng
zawngah : chhungkaw, unau, nupa inkar, leh thlarau lam
inlaichinna zawng zawngah ðhian dik tak din theih a lo ni ta a
ni

Nupa inzawmnaah chuan ðhian nihna hi thil pawimawh
tak a ni a, finna leh rilru lama inhnaih , nungchang lama
inhmangaihna , leh hmangaihna leh ðhian nihna dik tak chu
ngaih pawimawh hmasak tur a ni
Hmangaihna dik tak leh tisa lam hipna thliar hrang thei
lote chu an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawmnaah a
innghat a nih chuan, thlarau hmangaihna nei pahnih inkara
inzawmna hlim leh hlawhtling tak a lo ni ta a, an thawhhona
chuan nun phurrit tihziaawmna atan an thawk ho a, lainatna
Leh inhriatthiam tawmna leh inhriatthiam tawmna hmanga
nun lungkhamnate chu an ti bo a ni

Tuman min thunun thei lo va, ka duhzawng pawh min
laksak thei lo , midang ngaihtuahna leh thiltihin min
nghawng ka phal loh chuan
Lalpa , ka hmaah hun remchang tawp nei lo ka nei tih ka
hre Chiang Ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin , thil neih inzawmnate chu
duhthusam sang zawkin ka thlak ang Tin, thlarau rinawm
chu ka hnenah a awm reng tih ka hrechhuak ang
Vawiin hian ka ngaihtuahna chu beiseina dose khatin ka
khat ang , thil tawn nuam lo tak tak a\angin ka inhlat ang ,
taksa, rilru leh thlarau chawmtu tur chu inthlau tak leh inmil
takin ka practice ang

Nunna leh thihna lam chu a awm reng a , mahse ka
thlarau lam nihna humhimin chatuan atan ka in zalen ang
Tin, fiahna leh hrehawmna thlipuiin min hmachhawn hunah
chuan , Ka thlarau bungruaah chuan ka lawng chhuak ang
Nunna tuifinriat kal tlangin Pathian tuipui kamah chuan
Ka hnathawh leh ka siam hunah Pathianin keimah
hmangin hna a thawk tih ka hre reng ang ; Khawvel pum
huap Lalpa a ni a, amah hi ngun taka ngaihtuah chungin ka
inzawm thei bawk

Ka Pathian duh tak , ka ngaihtuahna hian
hlawhchhamna emaw hlawhtlinna emaw min thlen dawn tih
ka hre chiang hle , chu chu ka nunah eng ngaihtuahna nge
chak ber tih a zirin Chuvangin, ka tanpuitu kut i phar tih hriat
reng ka tum ang Tin, hlawhtlinna chhan atan min buatsaih
bawk

Chhiatna leh vanduaina min lo thlen hunah chuan ka
thlarau ka chawisang ang a, chu chu hneh tumin ka
thutlukna ka tichak ang Mi zawng zawng nena ka inbiak dan
leh inpawhnaah hian thinlung tak leh rinawmna ka la ang ,
hmangaihna leh duhsakna tha ngaihtuahna ka chhuah ang
Tichuan Pathian chuan a thiltihtheihna leh finna hmangin
min thlawp ang
Lalpa , ka duhthlanna leh finna hmangin thil tenawm tak
tak ka tihlawhtling hmasa ang , chutah chuan hlawhtlinna
lian zawkah ka kal leh ang

Thil tum zawng zawng tihlawhtlin ni mah se , hlimna
famkim lo chauh an la thlen tho a , Pathian hmuh chu hlimna
dik tak awmchhun a ni a, hlimna khawl khawhral theih loh ka
hmuchhuak ang Tin, a luang chhuak leh tlan a tawp ngai lo ,
thlarau huan leh a ramngaw hring dupteah

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup hi min kaihruai rawh, Aw Lalpa, ka chhungrilah lalte
mumang aia ro hlute ka hmuh theih nan

Thinlung luahtu Pathian chuan a zirtirte zingah - a
khawngaihna leh lainatna a\angin - hriat lohna thim tibotu
finna êng eng tak takte chu a ti eng a ni
* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni
* * *

Aw Hmangaihtu Ropui ber, Nang hi nunna ngei i ni Ka
thil tum leh ka duhthusam i ni I van huana rose par hring
min siam la, emaw, I hmangaihna êng tak kawrfual
chhungah chuan zungbun eng mawi tak min siam la, a nih
loh leh chawimawina ropui ber min pe rawh: I thinlunga
hmun tenau ber
* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni
* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hrual ang u
* * *

Rilru ruak [ngaihtuahna \ha, siam\hatna nei lo] chu
buaina, lungkhamna, beidawnna leh beiseina nei lote factory
a ni
. ***

Khawvel pum huap hmangaihna chu i thinlungah a lo
awm reng a nih chuan, engmahin a pek theih loh che hlimna
nghet leh siam tharna a thlen ang che
. ***

Leilung awmna huana nunna pangpar par chhuak chu
mawi tak leh hmuhnawm tak a ni Mahse, chu aia ropui leh
ropui zawk chu khawi emaw lai hmuna awm mawina leh
finna tuikhuah hi a ni a, chuta tang chuan kan lo chhuak a,

chutah chuan kan kir leh ang a, vawi khat chu kan inhme
leh ang

. ***

Zirtîr chu zîng lama a harh chuan a rilruah heti hian a
nemnghet a: “Kei hi taksa ka ni lo, hmuh theih loh thlarau ka
ni... hlimna ka ni... êng ka ni... Finna ka ni... Hmangaihna ka
ni Tin, he taksaah hian awm mah ila, ka thlarau chu thi thei
.lo leh boralnain a khawih loh a ni” tiin a sawi

. ***

Dewdrops hian pangpar par leh seilian a pui ang bawkin,
ngilneihna chuan inṭhianṭhatna a chawm a, a ṭhanlenna a
tipung bawk

* * *

Tuipui chung lamah tuifinriat lo lang leh a thuk lama
thlipui bo a awm a; in both cases, they are within the ocean
and one with it Chutiang bawkin, mihring, cosmic ocean
chunglama "nunna" laia tui chung a leng emaw, "thihna"-a a
chhunga bo emaw chu chatuan tuifinriat chhungah inang
tlangin an awm a ni

* * *

Thla êng chu tui buai takah chuan Chiang takin a lang lo
va, mahse tui chunglam chu a reh chuan thla êng chu a
Chiang famkim ta a ni Chutiang bawkin chu rilruah pawh a ni:
a reh hunah chuan i thlarau hmel chu Chiang tak leh Chiang
takin i hmu thei a ni

. ***

Aw Lalpa, ka hlawhtlinna ni hlim takah min kaihruai turin
I finna ni engrawn tir la, lungngaihna zan thim tak ka zawh
lai hian I khawngaihna thla bial êng churawn tir rawh

. ***

Meditation hi khawvel pum huap rilru nena ininzawmna
hmanrua a ni a, chu hriatna tawp nei lo nen chuan i inrem
chuan thil siam thuruk zawng zawng chu i hre thei vek ang

. ***

Pathian hnaih duhna leh amah hriat duhna hi amah
chauhin a lo thleng lo va, chin a ngai a, chu duhna tel lo
chuan nun hian hlutna a nei lo

. ***

Lei nun hi hun rei lote chhunga chawlhna a ni a,
mihringte tih tur ber chu he zinkawng tum leh tum
hriatthiam hi a ni Chu thiltum chu Pathian hriat hi a ni a, thil
dang a ni thei lo

. ***

I thlamuanna chu i ro hlu tak a nih avangin chu ro hlu
chu tumahin an laksak che phal suh

* * *

I nungchang tha leh mahni hlutna kulhpuiah chuan
mahni chauha ding tur, him tak leh him taka ding turin zir
rawh

* * *

Engkim hi Pathian a awm vangin a awm a, A awm
avangin nang pawh i awm ve bawh a, A awm vangin, nun
hahdamna leh hlimna i hlim thin a, chuvangin Pathian
chungah i lawmthu sawina chu a thuk tur a ni

. ***

Lehkhabu \ha chu \hian ngawi reng, zahawm leh
zahawm tak a ni thei I hun harsahte hian heng lehkhabu te
hi kalsan suh, tisa \hiante ang lo takin an kalsan ngai lo vang
che

. ***

Mi tupawh hriselna tha, nun nuam tak, leh rilru lama
theihna ropui tak nei, mahse hlimna tlachham chuan nunah
a la hlawhtling lo "Ka hlim a, ka hlimna hi tumahin an la bo
thei lo," tih dik tak i sawi theih hunah chuan nangmah
chhungah Pathian lem i hmu ta a ni

. ***

Thlamuanna leh muanna chu ngaih pawimawh la,
Remna leh muanna nena nun i duh chuan hmangaihna
ngaihtuahna leh tum \ha chauh thawh rawh Felna leh

Pathian ngaihsaknaah innghat nun nei la, i nun nena inzawm
zawng zawngte chuan i bula awm mai maiin hlawkna an hmu
ang

. ***

Ṭhian i neih loh chuan, emaw, i ṭhiantē'n i hun an
khawhral a nih chuan, emaw, i inrem lo a nih chuan, finna
kengtu lehkhabu [leh thil siamte] chu i ṭhian ni rawh se, an
phek kawngka aṭangin ngaihtuahna mak leh ngaihnawm tak
tak awmna khawvelah i lut thei ang

. ***

Pathian hmuh tih awmzia chu thinlungin a duh zawng
zawng neih a ni a, thlarau mi nih chu hriselna, hlimna leh
hlawhtlinna kawngkhar hawn a ni

. ***

Kan chhungah hian nunna zawng zawng siamtu leh
chhawm nungtu Pathian thiltihtheihna meialh a awm a, chu
chuan hal a nghak reng a ni

. ***

Lehkhabu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhabu hlu
tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhabu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh

. ***

Khawtlang nun duhna neitute chuan lehkhabu hlu tak
takah hian mipa leh hmeichhe ropui tak tak, mi thiam tak
takte ziah lehkhabu-a zirlai awmte hmangin mihringte tanpui
turin chakna thar an hmu ang

* * *

Lehkhabu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhabu hlu

tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhabu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh

* * *

Mahni hmasialna leh chapon a hi thlarau lam hriatna
daltu lian ber a nih avangin tihbo a ngai a ni

* * *

Pathian hriatna nei lo chuan he khawvel hi buaina,
tharum thawhna, leh beidawnna nasa takin a khat niin a lang
Hlimna chu Pathian hnaih taka inhriatnaah a awm a ni

* * *

Pathian hretute chuan an thinlungah hlimna leh hlimna
an nei reng a, Malsawmna dawnga himna leh muanna an
neih avangin thinurna thlipui chuan a tithinur thei lo va,
hlauhna pawh an thinlungah a lut thei lo

* * *

Lehkhabu tha te hi i thian tha ber an ni a; anmahni
hmang hian rilru ropui tak takte'n zawi zawiin an sawi che a,
an thlamuan che a, thurawn tha ber ber an pe che tih i hre
thei Lehkhabu tha chhiar duhna dik tak neih loh chuan thlah
kal zelte ro hlu hloh tihna a ni

* * *

Pathian tanpuina tel lo chuan mite chu an hlawhchham
ngei ang, nunna indonaa hlawhtlinna atana chakna leh finna
mamawh chu a tawp chin nei lo a\angin a lo chhuak a ni Miin

Pathian a ngaihthah hian hlawhtlinna atana \anpuina leh \
anpuina mamawh petu nunna kawng chu a titawp \hin
Thlarau lam chanvo kawngkhar kiktu zawngtute chuan

Pathianin mahni \anpuitute a \anpui avangin an tan
kawngkhar hawn a ni tih an hmu ang

Pathian nena in inrem chuan thilsiam zawng zawng hi
nangmah nen a inmil vek a ni

* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni

* * *

Khawi hmunah pawh Pathian i hmu thut a, i hnena a lo
kal a, a fuih che a, a kaihruai che chuan Pathian hmangaihna
chanchin chu a intan ta a ni

* * *

Hmangaihna chu thinlungah eng chhuakin midangte
hnenah damna êng thawh rawh se

* * *

I naupan lai leh i chak laiin Pathian hriat tum rawh, tar
leh natnaah chuan Amah chu i zawng thei tawh lo mai thei
Miten nun awmzia dik tak an hriatthiam tan hunlai hian taksa
chu a chak lo va, an dam chhung zawng chu thutak zawng ai
chuan an taksa chakna chak lo tak enkawl nan an hmang
thin

* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang

* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni

* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a
source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm
* * *

Kan tawn tawh zawng zawng hmangin kan thang lian a,
chuta tang chuan zirlai hlu tak tak kan zir thei tih kan hriat
phawt chuan Natna leh hrehawmna kan tawn apiang hian
awmzia leh tum a nei vek a, heng thil tawn te hi a khauh hle
chung pawhin, thir zungbun a hmin a, thir mawi tak, chak
tak leh hmanraw tangkai takah a chantir thin mei ang an ni
* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni
* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihhlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni
* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a
chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni
* * *

Kan ngaihtuahna chu eng pawh ni se, Pathianin kan
nunah hmun hmasa ber a luah tur a ni Thlarau lama
thanlenna atana thil pawimawh ber pakhat chu thinlung taka

Pathian hnena thusawi chhunzawm zel hi a ni a, chutah
chuan nangmah ngeiin inthlak danglamna \ha mak tak mai,
nasa taka i rilru hneh thei tur i tawng ang

* * *

Mihring hian Pathianin a pek rilru lama theihna zawng
zawng chu thil rei lo te chhunga thil awm zawng zawng zawn
nan a hmang vek tur a ni lo, chuti lo chuan thil neih duhna
(materialism) labyrinth-ah a bo ang a, a mamawh loh khapna
leh tikhawtlai a siam ang a, chu ai chuan a rilru chakna
hmangin nunna atana thil tulte chu a hmu chhuak tur a ni a,
thil dik leh dik lo, leh thil \ha lo leh \ha lo thliar hrang turin a
thlarau lam thiltihtheihna tihhmasawn tumin a bei tur a ni

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an inngnat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la I lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo *
va, a tak takah hman theih loh theory-ah hian hun hlu tak
khawhral loh a tha a, chuti lo chuan intellectual jungle zau
tak karah a inhmu ang a, theory ram a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni

ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur
chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh *
hriselnaah te, hriat lohnaah te leh finna kawngah te ka hre
reng ang che, i êng malsawm tak, chutih laia hriselna leh
damna pe thei chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna fold-a thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw muang tak, thlum tak
chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimah khuh a ni a, a kawng thim tak kan zawh
lai hian Pathian êng chu min kaihruaitu êng ni turin kan phal
tur a ni Amah chu hriat lohna leh thim zanah thla bial a ni a,
harh hun darkar-a êng ni a ni a, kaihhruaina êng a ni a, leia
nun, tlanhhiatna tuifinriat paltlangtute tan chuan North Star
a ni

* * *

Mihringte hi theihnghilh muthilh atanga thlarau lam
harhnaah kan harh chhuah hun a ni tawh Aw Lalpa, ngaihsak
lohna thuk tak a\angin remna, êng, hmangaihna leh khawvel
pum huap mihring lainatna hmun thlenga kan hriatna chu
chawisang turin kan ngen che a ni

* * *

Mihring nun inhnialna hnuaiah Pathian thiltihtheihna leh
thilmakte chu a inthup tlat avangin thil a lo tha chho zel
dawn a, chu dinhmun chu pumpelh theih loh a nihzia ring lo
a, puanzar piah lama thil awm chu a rilru leh rinna nena
luhchilh tumtu chuan kawngkhar chu a tan hawnsak ang

* * *

Rinna tih awmzia chu fimkhur lo emaw, thil awmdan fing
taka hmachhawn loh emaw tihna a ni ngai lo Chu ai chuan,
eng thil pawh thleng se, mi chuan a thinlung zawng zawng, a
thlarau zawng zawng leh a rilru zawng zawng nen Amah a
pan chuan dinhmun harsa leh harsa takah pawh Pathian
chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen thei a
nih chuan leilung hi electron lui angin kan hmu ang a, leivut
chi hrang hrang chu êng zungbun angin kan hmu ang
Thlarau lam thila thil awmte ram chhunga lutte chuan
illusion awmzia an hrethiam a, thutak awmzia an hre baw
ang

* * *

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu

hlauhawm zawng zawng aiin a chak zawk a, Amah hnena
inhumhimna zawngtute humhim thei a ni tih hi a inhriat
chian a ngai a ni Invenna hmanraw tangkai zawk a awm lo
Dik tak chuan, thil thlengte hmachhawn kawngah
ngaihtuahna hmang a ngai a, chutih rual chuan Pathian
tanpuina chu rinna famkim a nei tur a ni

* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni

* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrilh a ni

* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

I hmangaihna circle atang hian tumah hnawhchhuah"
suh Mi zawng zawng hi i thinlungah vawng reng la, anmahni
."thinlungah an dah ang che

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che
Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che

Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a

* * *

Chu thlarau lam mize huaissen leh inngaitlawm tak chu
harh rawh – sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu

* * *

Sawiselna nasa tak, dik lo, fakna leh fakna nasa tak
pawh ka ngaihtuah lo vang Ka duhthusam awmchhun chu I
duhzawng tih hi a ni, Aw Lalpa, I duhsakna chan hi a ni

* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu Pathian
hmangaihna tawp nei loin a ruih tawh ang Mihring
hmangaihna zawng zawng aiin a let maktaduai tam takin
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni

* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang

* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni

* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nghet tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuiin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaissen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah
:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk
."***

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin
Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Nun chhunga
thil tawn dang reng reng chu Pathian hmangaihnaa inhmang
reng mi thianghlim ka hriat hlimna nen chuan tehkhin theih
a ni lo va, a hmelah hmangaihna thianghlim a chhuak
Pathian mit chu Amah hmangaihtute chungah a awm reng a,
vawh khat mah A kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem

hle

* * *

Thil tihkhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni

* * *

Thiltih \ha lo leh duhna hrisel lo thupek laka zalenna
chuan thil neih hlawhtlinna aiin hlimna nasa zawk a thlen \
hin Thinrimna hlawhtlinnaah hian pawn lam thilin a laksak
theih loh rilru lam hamthatna a awm I hun zawng zawng chu
hausakna khawlkhawmnaah i hmang thei a, mahse chu
hausakna chuan i zawn thlamuanna leh muanna nghet tak
chu a pe lo vang che a, a lehlamah chuan hlimna leh
muanna dik tak a awm avangin lungawi lohna tam zawk a
thlen ang che rilruah, thil neihah ni lovin
I nihna dik takah nghet taka i din chuan hna zawng
zawng i hlen chhuak a, thil tha zawng zawng chu Pathian
lawmna nen i hlim vek a ni

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawk a ni

* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan tawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn tel lo chuan engmah
kan hlen chhuak thei dawn lo tih kan hriat reng a ngai
Chuvangin kan mawhphurhna lian ber chu Amah lam a ni

* * *

Thiltih dan leh nunphung tehna leh rorel dan a awm A
tirah chuan thurin tin hian dikna a la awm tih kan hmuh
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak
lo Thudik chu kan hriat a, kan zawm a ngai a, hlimna min
thlen thei tur chu kan hre chiang a, chu chu kan nunpui a

ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni

* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni

* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni

* * *

Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil
man chu theihnghilh a ni lo vang, a bik takin installment-a i
!lei chuan

* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang

* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte ðhian nihnaah
chuan, I hmangaihna ka hria a, ka ðhianta hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan

hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu
a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu
chhungril hlimna awm lo se chuan ka chung a mawhphurhna
phurrit phurrit chuan ka thlamuanna min chhuhsak ang a, ka
hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh
ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuitu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhata tel
ve kan ni

* * *

Beram rual i hmu ngai em? An zinga pakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiang chu Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has

persisted for generations Every nation has its customs and traditions, and we can claim that all of them are correct or sound But who knows? Chutiang nunphung leh thurin thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi tak emaw, thil tawn hlimawm leh lawmawm tak emaw ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah chuan i la hlim lo tih i hmu mai thei Hausakna i nei a, i hriselna i hloh mai thei (Pathianin a phal lo) A nih loh leh hriselna tha i nei thei a, i sum i hloh mai thei A nih loh leh hausakna leh hriselna i nei ve ve a, mahse midangte nen harsatna tam tak i tawh a, ngilneihna i hlan a, chu chu huatna leh thinrimna nena inhmuhna tur chauhvinn i hlan thei a, chu chu Pathian tel lo chuan, he thilah hian engmah a awm lo nun hian a ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil tawnte chu lungawina leh hlimna nget tak panna kawngah chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm leh thil siam loh engmah lo piah lamah chuan chatuan thil awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna

leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fing tlemte
chauhvin cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawk chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka inngahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni

* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo

* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni

* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang

* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawk

* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawrh
dan emaw hriatthiamna nei zawk dan tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nun nen pawh tluang zawkin kan khawsa thei ang

* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a, khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlauhna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlauhna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chungte
hnai berte nena inrem taka a awm hi a ni
Mite chuan thil tam tak tihlawhtling lovin hmanhmawh
takin hun an khawhral a, nun hian eng nge a pek tih
ngaihtuah leh hriatthiam tum turin an chawlsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhiar sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawh

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo

thin a, eizawнна tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen
atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawh lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh

* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna—an
thlarau lam thil tawn leh hriatna sang zawkte—thlarau lam
hriatthiamna an neih theih nana mi dangte hnena an insem
loh chuan chhandamna famkim an chang lo Hemi avang hian
chutiang dinhmun thleng tawh leh chutiang dinhmun thleng
tawhte chuan a mamawhtute hnena hriatthiamna pek an
duh em em a ni Hlawhtlinna dik tak i duh chuan nangmah
hlimna chauh ni lovin midangte hlimna pawh i humhim ang

* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduinah a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni

* * *

Mi tu emaw chuan hun rei tak chung ngawi renga awm
a thlang thei a, an chungte hnenah thu sawi duh lovin He
mi hian chungril thlamuanna engemaw chen a nei thei a,

mahse an nungchang chu mahni hmasialna leh an
chhungkaw hlimna tichhe thei a ni An hmangaih tak takte
pawhin an thil tihhlawhtlin a\anga hlawkna an hmuh loh
chuan hlawhtling tak takah ngaih theih an ni lo chu chuan mi
dangte sum leh pai leh nunphung siam tha tûra tanpui tûra
nungchang lama kan mawhphurhna a keng tel bawk

* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber êng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitute tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihndan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo
Hlawhtlinna tehfung dang a awm bawk a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kawka ni
Hlawhtlinna dik tak chu felna thu bulte chungga inngat thiltih
atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifiahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hman, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu
level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihzia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Khawvel hmun zau tak, hmun ruak ang maia lang, zau
takah hian khawvel pum huap inzawmna leh chatuan nunna
a awm a, chu chuan khawvela thil nung leh nung lo zawng
zawngte nen min inzawm khawm a ni—nunna chungnung
ber thlipui, awm zawng zawnga luang chhuak Chatuan chu
kan chenna dik tak leh kan chenna nghet tak a ni a, heng
taksaa kan awmna hi hun eng emaw chen atan chauh a ni a,
thlaler kal tlanga caravan-te tan chawlh hahdamna rei lo te
ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inggaihtlawmna leh inzhah
tawmna boruakah a lo thang lian a, a lo thanglian bawk

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihte hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn te, an tih tur hlen chhuah te, an nungchang
hlutna siam te, an zirna thuk tak te, leh mahni hmasialna an
pumpelh avanga an ropui chhoh dan zir chianna a\angin kan
hria An rah chhuah leh an hlawhtlinnate chu an thawhrimna
aiin teh theih loh khawpin a ropui zawk a ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna hi duhthusamin an thlang
lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur daltu a ni
Hriat lohna hi hnim tha lo, zung thuk tak nei, mihringte
huana lo thang, thing tha leh hlawkthlak tak takte
hnawhchhuahtu a ni Hriat lohna hi hneh a ngai a ni
duhthlanna nghet tak leh tumruhna nghet tak Rilru leilung
chu rilru lam ngaihtuahna dik tak [a tha lam] nêna loneih a
ngai a, chi thate chu rinna tuiin a tuih a ngai Hmangaihna
êng pawimawh leh lum tak takte a lo eng hunah chuan
thatna chi chu a lo thang lian ang a, parasitic hnim leh thlai
chi hrang hrangte chu a hneh ang a, êng awmnaah chuan
thim chu a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifiah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh Chiang taka focus lens hmang
hian malsawmna thlalak chu Chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat chian a ni

* * *

Lungawina chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n nangmah
an zawn ai chuan Hmangaihna leh inṭhianṭhatna chu beisei
leh phut let lovin pek tur a ni a, beiseina hian thinrimna leh
thinrimna a hring si a, Mahni insiamthat tumna kawngah
pawh mahni chauhva, him tak leh thlamuang takin mahni
nungchang ṭha leh mahni hlutna kulhpui chhungah a ding tur
a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawnzawngte chu khawih vek rawh se

* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni

* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlarauten an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni

* * *

Universal consciousness hi absolute, infinite
consciousness a ni a, a thil siam chhuahnaah pawh a insiam
thar reng a, a tawp thei lo va, nangmah kaltlangin a thil
danglam bik tak chu pholan a tum a ni

* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni

* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -

Pathian khawngaihna leh tanpuinain – an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni

* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell chhungah
a awm a, ngaihtuahnaah chuan nungchang \ha emaw, thil \
ha lo emaw, rilru put hmang angin a lang chhuak \hin Mi
pakhatin a thluak cell-te chu chutiang tih dan thiltihtheihnaa
charge a nih avanga tih dan hrisel lo tuar chuan duhthlanna,
ngaihtuahna, thinlung taka tawngtaina, leh \ha taka
nemngheh chhunzawm zel hmangin an thil tih duh loh
zawng zawng chu remna nun \ha takah a chantir hma loh
chuan a zalen thei a ni leh thlamuanna Hei hi a dik taka
kaihhruai nunna chakna chuan thluak cell-te nihna danglam
tak chu thlak danglam tura hna a thawh hian a thleng a,
chutiang chuan chu cell-te chu thil \ha, thil \ha leh mawi
zawng zawngin a khat ta a ni

* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahna a ni

* * *

Nitin scene hrang hrang kan hmu a, nitin hian zir tur
thar a rawn keng tel Miin a awm chhan ber: a nihna bul leh a
nun lungphum hriat chian a, a rilru a pe a, chu chu a zir
chhuah ngei beisei a ni
Hun kal tawh lungngaihnaate theihnghilh a, chu chu awm
reng lo turin i thawk ang u, tumruhna nghet tak leh
duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnate
tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
tak takte i chawm ang u

Pathian hi ka chakna a ni a, chakna dang ka ring lo
Nun indona do la, a tawp thlengin beidawng la,
beidawng ngai suh, "Kawng ka hmu thei lo va, chuvangin ka
beih ka bansan ang" Ti ngai suh, I tihsual a nih chuan

kaihhruaina dil la, mahse beih kha titawp ngai suh Mi tam
takin harsatna an tawh hunah hnehna an pawm a
Hlawhchhamtute chuan mi hlawhtlingte nen an inzawm tur a
ni, hlawhchhamna ni lovin Hlawhtlin tum tlat rawh; chu chu
nunah i philosophy ni rawh se
Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,
leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Thiltih \ha tak din i duh emaw, thil \ha lo i tihchhiat duh
emaw chuan, tih dan hrang hrangte mechanism awmna
thluak cell-te chu ngaihtuah la, tih dan \ha din tur chuan,
ngawi rengin thu la, ngaihtuahna seng hmasa la, Pathian
kaihhruaina zawng rawh
I rilru chu i hmai chhunga, i mitmeng inkar, duhthusam
center-ah dah la, i thluaka i tuh duh tih dan chu nget takin
nemngget rawh Thiltih \ha lo tihbo i duh hunah pawh i
ngaihtuahna chu duhthlanna hmunpuiah dah la, chutiang tih
dan phung ngetna groove zawng zawng chu tihbo vek a ni
ti nget takin nemngget rawh
Focus leh willpower hmang hian thil hlui nget tak takte
furrow thuk tak pawh i ti bo thei a ni

I thluak a\anga thil \ha lo hrisel lote hrual chhuah duhna
i nei tih hi inhriat nawn leh rawh He nemnghehna hun \ha
ber chu zing hma takah i duhthlanna leh i ngaihtuahna a san
ber lai a ni tih hi inhriat chian chhonzawm zel la, ni khat chu i
hmu ang—Pathian \anpuinain—i tihchhiat duhna tih dan a\
angin i zalen tak zet a ni

I hlauh apiang chu i ngaihtuahna ata hnawhchhuah la,
Pathian kutah dah rawh Pathian i rinna tichak la, a pui thei
che a ni tih ring la, hrehawm tawrhna tam tak chu

lungkhamna leh lungkhamna a\anga lo chhuak a ni tih hria
ang che

I hlauh ber thil chu a la thleng lo a, engvangin nge tunah
hian i tuar ang? Kan buaina tam zawk hi hlauhna atanga lo
chhuak a nih avangin kan nun atanga hlauhna kan paih
chhuah chuan zalenna kan nei ang a, damna a awm nghal
ang

Zan tin, i mut hma lawk hian Pathian chu i hnenah a
awm a, a venghim che a, a enkawl che tih chu nangmah
ngeiin nemnghet la, a venhimna êng chuan a sir zawng
zawng atanga a hual vel che chu mitthla la, a humhimna
mak tak chu i hre ang

He cosmic play-ah hian mihring chi hrang hrangin hun
kal tawh stage-ah nunna drama an enact a
Kan chanvo hun eng emaw chen atana buai lutuk emaw,
ngaihtuah lutuk emaw lovin nun awmzia hi kan hrethiam tur
a ni Nun kan hriatthiam dan hi mahni hmasialna leh thlirna
tlemte atanga kan thlir avangin a dik lo va, a dik lo fo thin a;
thlarau mit hmanga kan en chuan thil danglam tak a\angin
kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni
Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkharte an kik a, thim ai chuan êng hmu turin min fuih
a, hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna
thlenna kawngah thawhhona tha tak nei turin min fuih a,
chutianga kan tih hunah chuan hriat lohna a bo ang a,
khawvel inthliarna a bo ang, inpumkhatna kan hmu ang chi

hrang hrang a awm a, Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inlaichinna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara kan inlaichinna ang hi A fate kan ni a, min
ngaihsakna pawh a awm reng a; Min ngaithla fo thin A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawh Hmangaihna, hriatthiamna,
hriatthiamna, duhsakna tha leh thlarau lam chakna
hausakna tawp thei lo min pe a, mahse a tam zawk chuan he
hausakna hi engmah lovah kan khawhral a ni
Chhungkaw ropui leh hmangaihna nei tak member-te
tlin angin himna, muanna leh \hian \ha taka \anhona nei
turin Pathianin min duh a, mahse duhâmna leh mahni
hmasialna chhut dan chuan mite thlarauah a lo chhuak a,
zung a kai a, chhungkaw inkarah inthenna a siam ta a ni
Pathianin hotu ni turin min duh a, mahse bawh ni turin
kan thlang ta a ni Mihringte hian kan van hmun a\angin hla
takah kan kal bo a, Pathian hnaih leh Pathian hnaih ber nia
inhriatna chhungril paradis chu kan hloh ta a, chu paradis
chu mimal thawhrimna tel lo chuan Pathianin a anpuia min
siam chu a la let leh thei dawn lo a, mahse he thutak hi kan
rilruah a tlanhhuak ta a ni
Kan chanvo chu harsatna a ni a, kan chanvo chu boralna
a ni tih ngaihdan dik loah kan inpe tawh a, puan hnung lama
thudik êng tak chu hmuh theih nan finna dagger hmangin
inbumna puan chu kan phelh a ngai a ni
Ka dam chung kum rei tak chung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhunzawm zel a, ka nun huante tui
pe tu tuikhuah malsawmna angin a puak chhuak thin

Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo
Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle
Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm
nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin
Ka duhthusam awm chhun chu i rawngbawl hi a ni a,
chuvang chuan hetah hian ka awm a ni
Pathian thiltihtheihna chu in nunah pawh a thawk reng
a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen
atanga lo chhuak a ni tih in hriat hunah he thutak hi
nangmahni ngeiin in tawng ang
Pathian nena hun i hman apiang hi i hlawkna tawp ber
tur a ni ang a, hmangaihna avanga i tihhlawhtlin zawng
zawng leh Pathian ti lawm tura i tih zawng zawng chu
chatuan record-ah i tan ziah a ni ang
I ngaihtuahna thuk tak awmna hmunah chuan
hningtawlh la, ngawi renga tuikhuah atanga thlamuanna
luang chhuak chu hlim takin hmang rawh
Thil tha kan tuh chuan lawmna leh malsawmna kan seng
a, thil tha lo kan tuh chuan harsatna leh harsatna chi hrang
hrang leh degree hrang hrang kan seng thin
Thil tha tih apiang hi Pathian hlimna tuikhuah
phochhuah tumin hriatna leilung kan lai chhuak pickaxe ang
a ni
Lehkhabu tha emaw, rinna emaw, harsatna emaw,
philosophy emaw, chhungril hlimna emaw nena inzawm

pawh ni se, mahni inhriatthiamna leh chhui chhuahna
tuipuah chuan pil zir rawh, mi pangngai [ngaihtuahna]
mahni chauha awm chu hlimna dik tak man a ni tih hre reng
ang che

Nun hi sawi lawk theih loh, duhthusam, leh thuruk,
rinhlelhna leh harsatna leh buaina chi hrang hranga khat
angin lang mah se, Pathian venhimna hnuaiah kan awm reng
a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo
va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan
chu hlauhna hian min hneh kan phal chuan sualna chu
thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlauhna leh hlauhthawnna

Zan tin heti hian inzawt rawh: Pathian nena hun engzat
nge i hman tawh, engzat nge i ngaihtuah a, engzat nge i
tihlawhtlin tawh, engzat nge midangte tana i thawh tawh,
?engzat nge i duhzawng i thunun

Nun harsatnaah hian hlimna leh thlamuanna nget tak
hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh
paltlang ila, movie-a mi dang thil tawn, nuam emaw,
hrehawm emaw kan en ang bawkin kan hmachhawn ang
Mi pakhat chuan a thil tawn zawng zawng chu a rilruin a
phalsak chuan hrehawm, hrehawm takah a chantir thei
Hriselna tha tak neiin a hlutna pawh a hrethiam lo mai thei
Mahse, a damloh chuan chutih hunah chuan an inngaitlawm
ang a, damna malsawmna chu an ngaisang ang Pathian
duhsakna kan pawm tur a ni a, lawmthu sawi tur a ni a, kan
chungah malsawmna min pekte chungah lawmthu kan sawi
tur a ni a, lawmthu kan sawi tur a ni tin, A khawngaihna chu
pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur
a ni Miin a rilru inthlauhna a hloh chuan lungkhamna,
lungngaihna chhum leh hrehawmna nasa tak karah a
hlauhawm ta a, hriselna, hausakna leh finna dan bawhchhiat

a tum chuan natna, retheihna leh hriat lohna te a tuar ngei
ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan
thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min
thlen thei zawnga kan che tur a ni a, nun dinhmunin kan
thlamuanna a tibuai a, kan hlimna a tichhe thei lo

Thinlung lungngai leh ngaihtuahna kehchhia te hian min
hip a, eng anga hla pawh nise
I hmangaihna lalram êng tak ramri chu zawi zawiin i
chhungte, i ðhenawmte, i khawtlang, i ram, leh ram leh
thilsiam hriatna nei zawng zawngte pawh huam vek turin
tizau rawh

Kan finna pawh kan tichak tur a ni a, kum tam tak leh
thlah kal zel atanga kan rochun finna leh nungchang lama
chak lohna phurrit chu kan hnawl tur a ni Heng
bawlhhlawhte hi thutlukna thar leh thil siam chhuah theihna
meipuah hian halral vek tur a ni Hetiang ngaihtuahna siam\
hatna hmang hian mimal inpekna dik tak chuan zalenna leh
zalenna hmun a thleng thei a ni
Nunna stage-a i chanvo ropui tak i chan theih nan i
chhunga thiltihtheihna tawp nei lo chu activate rawh
Miin thil neih emaw, sum leh pai emaw, hmingthanna
emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan
hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna
zawng zawng dahtute chu a takah chuan chibai bûk an ni a,
chuvângin Pathian chu an hnaih lo va, Amah chu an
inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an
ngaihtuah a, an thinlunga Amah nên an inbiak ðhinte chuan
Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni
Amah nena ngawi renga an inpawlnaah hlimna
Pathian chauh hian mihring duhthusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni

A zawngtuin Pathian a hriat reng theihna tur leh a hnaih
theihna tura pui thei chhinchhiahna thianglim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo
Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a
inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nêan an ngaihtuah a ni
Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Pathian chu thinlung taka hmangaihtu leh amah nena
inrem zawng zawngah a inlan thin tih theih a ni, a chhan chu
khawi hmunah pawh a awm a, chuvangin mi zawng zawngah
a awm reng a ni Amaherawhchu, mi zawng zawng hian
Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah pawh inang tlangin a eng a,
mahse diamond hian ni eng a dawng a, a lantir thei lo
Chutiang bawkin mi zawng zawng hi Pathian êngah an
inhnim pil vek a, mahse mi tlemte chauhvîn chu êng chu an
dawng thei a, an ngaihtuahna leh thiltihah an lantir thei a,
chutiang ti tur chuan ngaihtuahna hmangin leh Pathian
zirtirna leh thupekte zawmin an inthiarfihlim a ngai a ni
Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai

pawhin! Chutiang tawngtaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang
lo tih hi mak a ti lo! A "tawngtaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu
thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah Pathian hming kan hril tur a ni a,
duhthusam leh Pathian hmangaihna nen; hei hi Pathian
thinlung khawihtu biakna dik a ni Thianghlim tak leh rilru
vakvai taka Pathian hming sawi chu Pathian sawichhiatna
leh zah lohna a ni Mi pakhatin a tawngtai hian a thinlung leh
rilru chu Pathian hmangaihna a khat a ngai a ni
Aw Lalpa, Nang hi fiahna leh hrehawmna tuipei buai
takah ka ngaihtuahna vakvai kaihruaitu Pathian Hmarchhak
Arsi chu i ni

Yogic exercise sang zawk hmanga rilru concentration tih
hian Pathian, ropuina leh ropuina bulpei ber Pathian hnaih
zawkna kawngah a pui a, chutiang bawkin Pathian ngaihtuah
leh Amah nena inbiak pawhna a pui baw
Pathian ngaihtuah nâna thlarau lam inhnukdaw (a theih
chuan) atân kar khatah ni khat inpek a pawimawh a,

thlamuanna, remna leh chhûngril thlamuanna tawn hi a
pawimawh hle Chutianga hun hman chu kar khat chhûnga i
hmachhawn tur harsatna leh lungkhamnate tân chuan a
thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihdam nan kar tin
ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawkna"
emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh
lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang
Mahni chauhna hi ropuina man a ni He thlarau lam
inhnukdawkna leh i thlarau leh Pathian nena inzawmna
hmang hian i rilru, taksa leh thlarau tana rah chhuah mak
tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan
zingkar hma takah i harh veleh Pathian remna tuifinriatah i
inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur
a ni bawk

India rama mi fingte chuan ni khat chauh inthiarfihlim ni
lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna
hman a tulzia an sawi uar a, zing khawvar hmain, tho leh
tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu
a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti
thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a
hmang leh tur a ni A tawp berah chuan zan lama mut hmain
vawi khat chu thlamuanna dinhmunah a lut tur a ni belh
Mahni chauha awm leh heng nitin hun li chhung zawnga
taima taka ngawi renga awmte hian Pathian nena inremna
an tawng ngei ang Heng hun zawng zawng zawm thei lote
hian zing leh tlai darkar tal chu hemi atan hian an hlan tur a
ni Chutianga an tih chuan an nun chu a tha zawngin a
inthlak ang a, hlimna dik tak an tawng ang experience hi a
finfiahna tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i
ziak chhunzawm zel a, i sign zel chuan i sum a tawp ang I
nunah pawh chutiang bawk chu a ni I nun account-a remna
dah reng loh chuan i chakna a tlahniam ang a, i thlamuanna
chu a bo ang a, i hlimna chu a bo vek ang A tawi zawngin, a

tawpah chuan rilru, rilru, taksa leh thlarau lam bankruptcy i
tuar ang Mahse Pathian chungchang ngaihtuah thuk tak
chuan a tipung leh ang i emotional account a ni
A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a,
Pathian hmangaihtu i nih a, a awmna tawn duh i nih chuan, i
rilru leh taksa chu a thlamuannaah i thun lut tur a ni a, nun
hian a nuihzat ang che a, i thil tih chu kawng tam takin a lo
tha chho ang

Mi rilru hahdam chuan tihsual a nei tlem hle a, mi sang
tam tak hlawhchhamna hmunah pawh a hlawhtling thin
Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chhung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngah a silfai
ang

Thla pakhat chauh hi arsi zawng zawng inzawmkhawm
aiin a eng zawk a ni Ni, a te tak te anga lang chuan a aia a
let maktaduai tam takin a lian zawk hmun atang chuan thim
a ti bo thin Chutiang bawkin, mi tha chuan khawvela a awm
mai mai avang hian mi sualte tihchhuah vibration tam tak
dodaltu leh neutralize thei vibrations a pe chhuak thin
Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni bawh
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring nu leh pate hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak a ni a, hmangaihna nei nu

chuan midang duh lohna hmunah a ngaidam si a Pa chu
Pathian finna lanchhuahna leh a fate humhimtu a ni
Mi pakhat chuan Pathian a\anga in\henin a pa leh a nu a
hmangaih tur a ni lo va, a hmangaihna humhimtu leh fing
tak lantir nan Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a; chuvangin nu leh paah
chawimawi tur a ni

Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih bawk a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a
hmangaih tak takte chu vau an nih chuan Pathianin an
hnena a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna
lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawinna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian
an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga ziaak, lemziaak, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang

Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu
khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni

Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, thil tum sang zawk, leh thlarau lam thu bulte
lantîr nâna a chakna chu thiltum sâng zâwk lam hawia kalpui
a ni Miin mipat hmeichhiatna ngaihtuahna a\angin hlimna a
hmu tûr a ni lo va, khap thil chu a duh tûr a ni lo Hetiang ang
mahni inthununna hi a thlen hunah chuan mipat
hmeichhiatna leh a thiltum sâng zâwk chungchânga ngaih
dân dik tak a nei ang

Mipat hmeichhiatna lama bawih nih chu hriselna, mahni
inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni

Lehkhabu thianghlimte pawhin rukbo lo turin min fuih
bawh Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,
hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious
desires must be disrooted from the mind Thlarau lam thila
innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriatna leh a hriat loh hmun a\angin
malsawmna a luang chhuak ang Hei hi Pathian dan dik lo
thei lo a ni Rukru leh mahni hmasialtute chungchang erawh
chuan thil neih zawngin an nun an hmang \hin thil neihte,
anmahni sum bawm chu rangkachakin a khat pawh ni se, mi
dangte thil neihte chu an en reng a ni

Tisa lama mahni hmasialna hi kalsan a nih loh chuan

khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thudik dik lo sawi chhuah

loh hi a ni Thutak tihdanglamna hmanga mi tihnat chu
khawtlang inremna tihchhiatna kawng dang a ni Miin enkawl
that a duh chuan chutiang chuan midangte a enkawl tur a ni

Thudik chu sawi fo tur a ni a, mahse thudik sawi leh thudik
sawi mai mai inkara thliar hran tur a ni Mi pakhat kebai
emaw mitdel emaw tia sawi chu a ti na a, a tichhe thei a; mi
pakhatin mi dangte rilru put hmang ngaihtuah a, mualpho
loh tur chu ai chuan, mi dangte tihmualpho emaw, tihchhiat
emaw pumpelh nân dinhmun thenkhatah chuan a ngawi
reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu

thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian

neih a duh emaw, a duh zawng emaw aiin a ropui zawk daih
a, Pathian chu mihring tinah a lang chhuak a, chu chu
mihring dangah a lang lo An hmel chu midang hmel ang a ni
lo va, an thlarau pawh midang ang a ni lo, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Kan nun hi thil \ha tihin eng leh \hang lian se, lawmna

leh lawmna rimtui, min ngaihlutute hriatrengnaah chatuan
atana nung turin kan duh a ni

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan

rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni
Mihringte hian universe-a thil awm zawng zawng tawp
nei lote chu an duh angin an thunun thei lo va, an tidanglam
thei lo va, an thai bo thei lo Heng thil awmte hi mihring
nunna puan nen hian inzawm tlat an ni a, mihringte hian
anmahni atanga inhlat takin hna an thawk thei lo a,
Amaherawhchu, mihringte hian an rilru chu heng thil chi
hrang hrangte nena insiamrem turin an thunun thei a, an
tihchhiat loh nan
Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an tawk
tlem vang emaw ni lovin, thlamuanna, thlamuanna,
lungawina leh a tawi zawngin hlimna pe theitu rilru lam
inthlauhna an neih vang a ni zawk

An hlimna atan pawn lam dinhmunah an inngnat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nget tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo

Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan hman tawhna hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhunzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo bawh Kan tuh

tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan quality
tihchangtlun kan tum a nih chuan sengkhawm
Thiltih chi, a rah chhuah hrehawm tak takte chu kan
tiboral a, a aiah thlarau nihna nena inmil zawk chi kan phun
chuan, chu thlarau leia tuh chi tha tak takte atang chuan
hlimna rah chu kan seng ngei ang Kan duhthlanna zalen chu
tunah hian, tunah ni lovin, naktuk ni lovin, hlimna nasa zawk
kan neih emaw, hrehawmna leh hrehawmna tihziaawm
emaw kan duh chuan kan duhthlanna zalen kan hmang tur a
ni

Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang
Aw Lalpa, ka nihna chu I chaknain khat rawh se, ka
thinlung hi I awmna thlamuanthlak leh lainatnain khat rawh
se, ka rilru chu I finnain khat rawh se, ka thlarau chu I
Pathian hriatnain khat rawh se
In thinlung leiah chuan hmangaihna chi chu a lo thang
lian a, chu chi chu khawvel pum huap hmangaihna leh
khawvel pum huap lainatna tuiin Tui rawh
Rilru thiltihtheihna hi a tawp lo va, chumi ang chuan eng
thupui pawh ngun taka i ngaihtuah chuan chu thupui nena
inzawm zawhna eng pawh chhanna i hmu ang
Miin a hnathawh leh thiltih zawng zawng chu mi dangte
rawngbâwlina atân a hlan a, rilru hlim tak pu chungin a hlen
chhuak a nih chuan ngaihtuah leh lâwmthu sawi a phu tak
zet a ni
Kawng khata awm tur kan ni lo va, kan hnathawh hi kan
inthlau tur a ni a, kan hnathawh leh kan tih tur te hi kan dah
pawimawh ber tur a ni, pakhat zel pawimawhna azirin
Duty chu miin taksa lama hlawkna tur ni lovin hlim taka
a tih thiltih a ni a, thlarau lam leh nungchang lama tih tur
chu nunah a hmasa ber tur a ni

Mihring tin hian theihna hman loh (untapped potential)
kan nei a Chakna tul zawng zawng an nei Rilru ngei pawh hi
thiltihtheihna sang ber a ni a, thil tih dan leh ngaihdan
hmanlai leh khap tlat a\angin a chhuah zalen a ngai a ni
Planet leh arsi te hian mihring nunna a nghawng dan hi
planet leh mihring taksa inkara inrawlh leh hnawhchhuahna
chakna (intervening forces of attraction and repulsion) vang
a ni

Ngaihtuahna sual chuan mi chu a duh dan ang zela a
inpuan chhuahna hmun chhiatna hmunah a hruai a
Amaherawhchu, mi pakhat chuan duhthlanna hmangin a
ngaihtuahna leh hriatna chu a thlak danglam thei a, chumi
avang chuan a chhehvel Mi pakhat chu boruak tha lo takah
hun rei tak a awm chuan chu boruak chuan a hriat lohvin a
nghawng tan a Hun kal zelah chuan boruak hrisel leh hrisel
thlan theihna zalenna chu a hloh vek a, chu boruak
chhiatthlak tak chuan nghawng tha lo tak hnuaiah a awm ta
a ni Duhthlanna chak tak neite erawh chu Pathian nen an
inrem a ni

Thinlung chakna (concentrated mind energy) a ni
Magnifying glass hmanga ni êng chu hmun tenau takah i
dah chuan lumna a siam a, chu lumna chuan thing, puan,
lehkha leh thil dang tam tak a tiharh thei Chutiang bawkin, i
rilru dik taka i dah chuan a chakna inzawmkhawm chuan
hlawhchhamna zawng zawng hnuaia rinhlelhna zung chu a
kang bo thei a, finna êng chu a eng chhuak thei a ni
Rilru chu thil \ha zawng zawng bul leh thiltihtheihna
zawng zawng lo chhuahna Pathian nêna a inzawm chuan
Pathian awmna a hre chiang a, hlawhtlinna thil zawng zawng
a nei vek a ni Heng thilte hi Pathian thiltihtheihna nasa tak
nên a inzawm tlat a, eng kawngah pawh hlawhtlinna hun
remchâng thar a siam thei a ni

Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni
Fiahna leh hrehawmnate hi mi tihchhiat emaw, a
duhzawng tihbuai emaw tur a lo thleng lo va, Pathian
ropuizia ngaihlu turin leh a dante zah tir turin a lo thleng
zawh a, chuta tang chuan hlimna dik tak an neih theih nan
Pathianin heng fiahna khirh tak takte hi a tir lo a ni, a chhan
chu a bul berah chuan mihring siam a nih avangin Mihringte
hnen atanga thil phut zawng zawng chu ngaihsak lohna
muthilh atanga a hriatna tiharh a, hriat lohna thim atanga
chhuah chhuah hi a ni hriatna êng chu
A tam zawkah chuan kan hriatnate hian hlimna rei lo te
min tiam a, a tawpah chuan hun rei tak chhung hrehawmna
leh hrehawmna min thlen thin Nungchang tha leh hlimna dik
tak erawh chu a tiam tlem hle a, mahse a tawpah chuan
hlimna thianghlim leh nghet tak min pe thin Hei vang hian
chhungril, hlimna rei tak chu hlimna dik takah ka ngai a, hun
rei lote chhunga tisa hlimna chu hlimna mai maiah ka ngai a
ni

Van boruak atanga mel maktaduai tam tak atanga ni i
en chuan chu arsi lian tak chu kan Leilung aiin a te zawkin a
lang a ni
Mahse, Leilung hi mel 7,900 vel a ni a, chutih laiin Ni hi
Lei aiin a let za zetin a lian zawh Kan planet Earth hi Ni
hmaah direct-a dah thei ta la, Ni nena khaikhin chuan dot te
tak te angin a lang ang
Ni chakna chak tak chu a zau zel a, a zau zel a, a mass
lian tak chuan van boruak dum zawng zawng a ei zo vek
tawh ang u. Kan hmuh van hi a tlem ber mai a ni a, a speck

te tak te tak a ni tak zet a ni, chu chuan universe tawp nei lo
chu a huam vek a ni

Ni chu a zau zel a, space-ah hun tiam nei lovin a inzar
pharh chhunzawm zel a nih pawhin, tawp chin nei lo chu a la
huam thei dawn lo

Cosmic illusion of smallness and finitude hian rilru chu
chu cosmic vastness chu a hriat theih loh nan a tikhawtlai a,
a tikhawlo bawk

He absolute void hi khawi atanga lo chhuak nge a nih a,
?khawiah nge a huam chin

Dimension emaw, tehna emaw hnuaia awm lo, tawp
chin leh bul tanna nei lo chu Pathian a ni a, hmun tina awm
leh hmun hla ber ber a awm a ni Arsi hla tak, hla tak takah a
awm Nangmah leh ka chhungah a awm ang bawkin , a hmun
luah zawng zawng chu a hre Chiang hle a, eng ang pawhin te
emaw, lian emaw pawh ni se

Hun kal tawh chu mihring tam zawkin an hre lo va, mi
êng nei tlemte thlan bikte tih loh chu Mahse, hun kal tawh
kan hriat lohna pawh hi kan hlawkpui a ni A chhan chu he
nunah leh nun hmasa lama kan thil tih zawng zawng hi hre
vek ila chuan kan thiltih tam lutuk hian min hneh vek ang a,
kan buai vek ang Kan duhzawng chu a mangang lutuk
avangin a paralyzed pawh a ni thei a, kan thil tum
chhunzawm thei lo turin min siam thei a ni..

.

leaving us prey to despair He lei nunah pawh hian
theihnghilh hi Pathian malsawmna a ni a, kan ngaihtuahna
leh rilru put hmangte chu hun kal tawh hriatrengnain a ei zo
lo va, a bik takin a hrehawm leh hrehawm tak takte chuan
Vanneihthlak takin, kan chhunga Pathian meialh chu
beiseina leh nun kawng tawp lo chhunzawm duhna nen a
eng chhuak fo thin Heng malsawmna pahnih: theihnghilh

theihna hi Pathian hnenah lawmthu kan sawi tur a ni hun kal
tawh leh hmalam hun beiseina te

Fate hian duhthlanna zalenna kawngah daltu a siam tih
hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih
phawt chuan, chutiang a nih loh chuan mi chuan himna dik
tak a tem thei lo vang

Thiltih kan tan hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a tam thei ang ber beiseina nei tur a ni a,
duhthlanna hman leh duhthlanna zalenna hmanna kawngah
engmah a ding thei lo tih rinna famkim nen

Mihringte hi lui chungah hnah leng ang mai kan ni fo va,
chu chu automatic habits current atanga inhnukdawh a ngai
a, chu chuan illusion leh destruction waterfalls lam pan a
phur a ni Mi tam zawk chu ngaihsak lo angin an lang a,
current in a nuai bo an phal a ni

Kan thil tum kan hlen chhuah loh chuan, kan thlen theih
lohna tur daltu kan siam chhuah a awm tih hi implicit takin
pawm a ni Kan duh ang result kan neih theih nan kan beih
chhunzawm zel tur a ni a, kan thawhrimna hi a let hnih zetin
kan tipung tur a ni Kan intiam a ngai bawh a, eng ang
harsatna leh harsatna te hi eng ang pawhin chak leh
hlauhawm tak ni mahse, kan hlawhchham pawhin hneh
theihna chakna kan la nei reng a ni despite all our attempts,
there is no need for desperation or frustration, as long as we

understand that human will is stronger than destiny, which is
of our own making Chuvangin, vawi engzat pawh
hlawhchham mah ila, beih kan chawlsan tur a ni lo, a chhan
chu kawngkhar inhawng a awm reng avangin Hlawhtlinna
min pek hma loh chuan kan beih chhunzawm zel a ngai a,
chu chu kan beih nawn leh zel a ngai mai a ni Pathianin
Amah kan chhân lêt phawt chuan òanpuina min pe ang tin, a
tul anga theihtawp chhuah rawh [Kawng zawh chuan a tum a
.thleng ang a, Pathian ringtu chu a beidawng lo vang]

Miin thil engemaw nasa tak leh nghet taka a duh chuan,
chu duhna chuan an hriatna a chhuahsan ngai lo va, khawi
hmunah pawh kal se leh an buaina chu eng pawh ni se A
thiltih reng reng leh chau lo tak hmangin, chu duhna chuan
tumruhna leh chakna nasa tak a nei a He chhungril thusawi
hi mechanical dilna aiin a chak zawk a, a hlawk zawk a, chu
chuan hmui a tichhe mai a This is how those who love God
act They whisper their love for Him ceaselessly, their
heartfelt whispers remaining inaudible throughout their daily
activities He thinlung taka thusawi hian an ngaihtuahna a
tibuai lo va, an tih tur dangte nen pawh a inhnial lo va
Pathian an duhna a lo lian zel a, Amah an hmangaihna chu a
thuk lehzual a, a zual zel a, A awmna an tawn a, thlarau mit
hmanga A êng an hmuh hma loh chuan Hlimna nasa tak an
tem a, sawifiah theih loh thlamuanna an nei bawk

Pathianin nunah kan mamawh zirlai te chu kan hlawkpui
theih nan leh hriatthiamna leh tawnhriat kan neih theih nan
min tir a, chu zirlai chu pumpelh apiang chu eng chen pawh
ni se zir tura nawr luih a ni ang

Fiahna tinreng hi kan zir chhuah chuan òhian a ni a, hun
remchang kan khawhral a, phunnawi, thinrimna leh rorelna \

ha lo tak nena kan hman dik loh chuan thuneihna sang tak
nei (tyrannical despot) a ni

Hriatthiamna \ha tak leh nun chungchanga rilru put
hmang dik kan neih chuan a mawi a, buaina awm lo a lo ni \
hin

. -

rilru lam thil thlengte

Mi chu chatuan atan hlimna thlipuiah a phur thei lo va,
lungngaihna tui buai takah a pil thei lo va, boredom thuk
takah pawh a pil thei lo He khawvel pahnih inkara inhnialna
hmunah hian mi pangngai chu a sang leh hniam a tawh thei
lo—hlimna thlipui chungah a tho chhuak a, ngaihsak lohna
thlipuiah a pil a, lungngaihna thlipui nasa takin a tossed a—
lungngaihna thlipui tleh nasa takin a toss kual thei lo—
chutiang dinhmun dang a tawng
lo..

.

rilru harhna

Chutianga thil awmdanin a ngaihtuahna a tihbuai
phalsak chu a duhzawng chu thil duhthusam leh danglam
reng tur chanvo (capricious and ever-changing fate)-ah hlan
tihna a ni Miin nun hlawhtling leh hlawhtling tak a neih theih
nan a mamawh chu rilru inthlauhna a ni a, hei hi
ngaihtuahna fim tak leh a rilru lam thiltihtheihna (emotional
faculties) thununna hmang chauha tih theih a ni

Lungngaihna thuk ber pawh hi hun kal zelah a dam a,
chuvangin kan nunah nitin lungngaihna ngaihtuah hian
awmzia a nei lo Hmangaih tak boralna lungngaihna reng
reng hian anmahni emaw, keimahni emaw a pui lo va,
engmah a tidanglam lo Chutiang bawkin, inferiority complex
neih emaw, hun kal tawha tihsual emaw, hlawhchhamna
emaw avanga mahni hrem emaw hi a counterproductive a
nun chu a ti hrehawm lo va, rilru chakna a titawp mai a ni

Boring routine khurah kan tlu lut tur a ni lo, a chhan chu
chu chu rilru lam dinhmun, nuam lo tak a nih avangin, rilru a
tibuai a, theihna thup te chu ngaihsak lohna furnace-ah a hal
a ni

Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
\anpuinain, buh seng tam tak seng tur chuan taima leh
tumruhna nen nunna lote chu laih chhuah a ngai a, \hatna
chi tuh a ngai baw
Tun hmaa tuman an la tih ngai loh thil ti rawh—khawvel
mak tih tur thil ti rawh Pathian thil siam chakna chuan
nangmah hmangin hna a thawk tih lantir rawh

Mi rilru muang leh zahawm tak nei mite chuan kan
ngaihtuahna chu magnetic leh hrisel taka siam turin an pui
Mi pakhatin a rilru chawmna chu boruak muanawm emaw,
buaina emaw a\angin a la chhuak em tih hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, ṭhiante emaw, chhungte emaw nena inzawmna a\

anga lo chhuak vek a ni a, chu chuan ngaihtuahna lungkham
tak leh rilru buai tak a thlen a ni

Taksa hian taksa ei leh in atanga chakna leh thiltih a la
chhuak a, magnetic foods hian taksa leh rilru pahnih tan
chakna charge a pe a, chu chu solid leh liquid ei tur, awlsam
taka chakna nungah a chantir theih loh aiin a ei awlsam
zawk a ni

Hriat lohna chu finna-ah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a, nun
kawngteah inrintawkna leh huaissen takin—mahni chauh
pawh ni se—i kal theih hunah, leh chhialeh tha hriatna nung
leh fimkhur tak neihnaah chhungril hlimna i hmuh hunah, leh
Pathian dikna leh dikna leh diknain thil dik lo leh thutak
hnehna chu thil dik lo chungah hnehna rinna nghet tak i neih
hunah te, leh i ngaihtuahnate chu chawisang tura tih nghet
taka i beih hunah te level sang zawk leh thianghlim zawk,
leh midangte chungah hmangaihna leh lawmthu sawina
thinlung leh tum \ha nei la, i finna chawmna chu magnetic a
lo ni ang a, i mamawh leh himna tuipui kama i zinkawng
chhonzawm zelnah atana pawimawh tak tak zawng zawng—
thil, mi, leh dinhmun—te chu nangmah ngeiin i hip ang a, a
tawp berah chuan, i mamawh leh i lungawina tur i neih theih
nan theihtawp i chhuah
hunah..

.. Pathianin a pêk chu khawvêl châknain a
ei zo vek leh a hlimna rei lo tête duhâmte aiin thlarau lamah
i hausa zâwk ang a, i lungawi zâwk ang

Khawngaihna hi thlarau tin leh thlarau dangte
thlunzawmtu kawngkhar a ni Khawngaihna hi thinlung tin
luhna kawngkhar a ni

Miin mi dang zawng zawng aia ṭhian dik tak awmchhun
Pathian a zawn chuan mihring inlaichinna zawng zawngah
ṭhian dik tak din theih a lo ni ta a ni—chhungkaw, unau,
nupa, leh thlarau lam Ṭhian nihna hi nupa inlaichinnaah thil
pawimawh tak a ni a, finna leh rilru lama inhnaih tawna,
thlarau lam hipna hriatna, leh hmangaihna dik tak chu ngaih
pawimawh ber tur a ni Hmangaihna dik tak leh taksa hipna
thliar hrang thei lote an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawnaah a
innghat a nih chuan, thlarau hmangaihna nei leh thawhhona
tha tak nei pahnih inkara inzawmna hlim tak leh hlawhtling
tak a lo ni ta a, chu chuan nun phurrit chu a tiziaawm a,
inngaihsak tawna leh inhriatthiam tawna nena nun
lungkhamnate chu a ti bo ta a ni

Midangte ngaihtuahna leh thiltihin min nghawng ka phal
loh chuan tumahin min thunun thei lo va, ka duhzawng min
laksak thei lo baw
I ngaihtuahna chu thil awmziaah i khung tlat chuan thil
zawng zawng chu thil awm dan a\angin i hmu ang Mahse,
vawi khat chu i hriatna chu thlarau lam hriatna dinhmunah i
chawisang chuan, Pathian êng luang chhuak zau tak chu thil
zawng zawng piah lamah a luang chhuak tih i hmu ang a,
thlarau lam thlirna a\angin engkim i hmu ang

Lalpa, ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin hun remchang tawp nei lo ka nei
tih ka hrechhuak Vawiin hian ka ngaihtuahna chu beiseinain
ka khat ang a, thil tawn nuam lo tak tak a\angin ka

inthiarfihlim ang Ka taksa, rilru leh thlarau chawmtu tur chu
a inthlau leh inrem takin ka practice ang

Material attachment te chu aspiration sang zawk nen ka
thlak ang
Tin, thlarau rinawm chu ka hnenah a awm reng tih ka
hrechhuak ang

Nunna leh thihna lam chu a awm reng a, mahse ka
thlarau lam nihna chhanchhuahna hmangin chatuan atan ka
in zalên ang Tin, fiahna leh hrehawmna thlipui ka
hmachhawn hunah chuan ka thlarau lam lawngah chuan
nunna tuifinriat kalin, tuipui kam him, Pathian lam panin ka
kal ang

Ka hnathawh leh ka thil siam hian Pathianin keimah
hmangin hna a thawk tih ka hre reng ang Amah hi khawvel
pum huap Lalpa a ni a, Amah hi ngaihtuahna thuk tak
hmangin Amah nen hian ka inzawm thei ang

Ka Pathian duh tak, ka ngaihtuahna hian hlawhchhamna
emaw hlawhtlinna emaw min thlen dawn tih ka hre chiang a,
chu chu ka nunah eng ngaihtuahna nge chak ber tih a zirin l
tanpuina kut i phar a, ka hlawhtlinna tur kawng i buatsaih tih
hriat reng ka tum ang

Chhiatna leh vanduaina min lo thlen hunah chuan ka
chakna ka ko ang a, hneh turin ka thutlukna ka tichak ang Mi
zawng zawng nena ka inbiak danah thinlung tak leh rinawm
takin ka awm ang a, hmangaihna leh duhsakna ngaihtuahna

ka thehdarh ang Tichuan Pathian chuan a thiltihtheihna leh
finnain min thlawp ang

Thlarau lam natna leh a enkawl dan
Master Paramhansa Yogananda chuan a rawn ti a

Mihring lem, a inmil lo leh inrem lo pawl pakhat chu han
:mitthla tum ang che
Pakhat chu a lu te tak te, chickpea ang maia lian leh
!taksa lian tak, sanghawngsei ang maia lian
Mi dang pakhat chuan Samson emaw Hercules emaw
!kut ang kut chak tak leh dwarf taksa ang taksa a nei bawk
Tin, pathumna chuan sakeibaknei lian tak lu leh
!sakeibaknei hring hring taksa a nei bawk
Chu thilsiam chu i tan chuan mak leh mak tak a ni lo
vang em, a nih loh leh lungngaihna leh inchhir tur a ni lo
vang em ni, chutiang thilsiam tam tak, hla phuah mak leh
?inmil lo tak tak nei chu i hmu nghal mai a nih chuan
Tunah chuan mi pawl dang, an pianzia leh an hmel lan
dan pangngai, mahse rilru lama inthlau lo leh rilru lama
inthlau tak takte han mitthla teh
Thawmhnaw hian hliam, hliam, leh taksa piansualna
dangte a thup ang bawkin, taksa chak tak, hrisel tak leh
hmel mawi leh eng tak chuan rilru natna khirh tak tak leh
piansualna tam tak a thup bawk
Mi pangngai, an hmel mawi tak leh hriselna tha tak
avanga danglam bik mipui tam tak i tawng a, i thlarau lam
thil hmuhna hmangin an rilru taksaah i luhchilh thei a nih
chuan mak tihna chu mak tak a ni ang a, i thil hmuhchhuah
tur chu lungngaihna thuk takin a hneh mai thei bawk
:An rilru taksa chu hetiang hian i en thei ang
Rilru chu lu hmanga entir a ni a, hriatna leh hriatna chu
taksa peng hmanga entir a ni a, duhna chu kut leh ke

hmanga entir a ni a, chung zawng zawng chu thil pangngai
lo, damlo leh piangsual vek an ni
Thenkhat chuan finna t̃hang lo tak nei, mahni hmasialna
leh duhâmna rilru pu chung taksa hrual hrual chung
chuang, lu te tak te an nei tih i hmu ang
Mi thenkhat chuan kut chak tak, hnathawk thei tak nei
mah se, rilru natna leh chakna nei lo taksa an nei tih i hmu
bawk ang
Mi dangte chuan thluak lian tak, thil siam chhuah thiam
tak an nei thei a, mahse an lainatna leh rilru lama theihna
chu a tlahniam a, a tlahniam bawk Tin, taksa leh rilru
dinhmun pangngai nei, mahse an duhthlanna leh mahni
inthununna chak lo emaw, a chak lo emaw, mi chi dang
pawh an awm bawk
Tin, thil hmuhchhuah list chu a kal zel a, May you live
!long
Chutiang rilru lam taksa lama inthlak danglamna chhiar
sen loh, kawng thenkhata hmasawn lo leh thenkhatah chuan
hmasawn lutuk chu a awm tak zet a ni - thup ni mahse -
mihringah hian rilru natna a thlen a, an talent leh theihnate
chu an lantir tur angin an lantir thei lo
Heta rilru lam natna thenkhatte hmachhawn hian
mihring harsatna zawng zawng chhan bulpui berte
hriatchhuahna kawngah a pui thei a, chutiang chuan a tuar
zawng zawngte pawhin a tlem berah an hriat theih nan, chu
tlin lohnate awmzia te, an chhinchhiahna te, leh rilru
chhunga ngawi renga an luh dan te chu an hrethiam thei ang
a, chutiang chuan an remna leh hlimna tihchhiatna hrual
chhuak chu an hnawtchhuak thei ang
thlarau lam lungngaihna
He natna hi thlarau lam thila inhnamhnawih thuk taka
inchhalna hnuaia finna leh taksa lama chak lote zingah a
darh zau hle a ni Hêng mi mal hrehawm tuarte hian Pathian
rawngbâwlina inthumna hnuaiah thil nunna hna lian leh t̃e
tête chu an ngaihthah a, chutiang chuan Setana tân an

inhawng a, chu chuan an chungah chhiatna nasa tak a thlen
thei a ni Anmahni beidawnna leh an chhehvêla thil tha
emaw, a chhehvêla thil tha emaw ngaihhlut lohna an tuar a
ni them Hei hi natna hrik kai theih a ni a, thlarau lam
duhthusam nei zawng zawngte chuan ngaihtuahna \ha,
beiseina nei tak, leh hna hrisel, rahbi thar hmanga an
chakna nung reng leh an immunity chak taka vawng reng
chungin a lakah an fimkhur a ngai a ni
thlarau lam chaw ei lohna

Hei hi random (guzzling) avanga thleng a ni a, chu chu
hming eng mawi tak tak hnuaia registered, ready-made
psychotropic drugs tam tak ei rang tak, leh thlarau lam
lehkhabu lem leh zirlai ang chi “thlarau lam doctor”-te’n
charlatanry leh sorcery lama tawnhriat nei te’n an rawn
present a ni

He natna hian thudik hriat duhna thlarau lam riltamna a
that mai ni lovin, a \ha leh \ha lo, \angkai leh \ha lo thliar
hran theihna a tichhe bawk

Pathian thu ngaihtuahnate ei rengtu leh a kuta tla
zawng zawng ei rengtu chuan a ei tam lutuk mai bakah
ngaihtuahna rimtui tak takte chu a \angkai tak takte nen a ei
zo vek ang a, a chungah rilru lama chaw ei lohna a thlen ang
a, chu chuan thlarau lam thihna a tikhawtlai ang

Thlarau lam leh philosophy ngaihdan hrang hrangte zir
chianna nasa lutuk leh chhunzawm zel, hriatthiamna emaw,
a dikzia hriat chian nâna mimal thiltawn hmanga tihhlum leh
zir chian tumna emaw awm lovin, a tâwpah chuan thlarau
lam thu bul leh dân zawng zawngah rinhlelhna, ngaihsak
lohna leh rin lohna a siam a ni
Passion leh obsession a ni

He natna vei te hian sum leh pai leh hun an neih tam
lutuk vang te, thil tum leh nun hriatthiamna mumal tak an
neih loh vang te hian nun khawhral, awmze nei loin an
hmang thin

Heng mite hi an duhzawngin a hruai a; an rilruah a lo
lang a, a ti lawm apiang an ti An nun chu novel man tlawm,
thil tenawm tak tak, film ngaihnaawm tak tak, leh intihhlamna
langsar tak tak, awmze nei lo tak takte hmangin an luah
khat thin He natna hlauhawm tak hi an tuar tih an hre lo va,
chu chu mak tihna nasa tak emaw, nervous breakdown
emaw an tawn hma loh chuan—chu chu chhiatna a thlen
hnuah a ni
rilru lam a vawt

He dinhmun hian hming dang a nei leh a: beidawnna Mi
pakhat chuan engtikah nge a lo thlen ang a, a natna lan
chhuahna lungchhiatthlak tak tak, beiseina nei lo, tuar theih
lohna, lungkhamna, leh dawhtheihna nei lote chu a tuar
dawn tih a hre ngai lo A pawl zawk chu, a rei fo a, a tuarte
chuan awlsam takin an lo let leh fo thin a, an dam thuai an
ring a nih pawhin

Psychological catarrh tih hi a ni

He natna hi khawvel lungkhamna rei tak chhunga awm
reng avanga lo awm a ni a, a tuarte chuan an duhthlanna
ralthuam hman chu an ngaihthah tlangpui a, chutiang chuan
huaisen taka hmachhawn a, an naupan lai atanga tihbo ai
chuan an hlauhthawnna awm rengte chu passive leh
submissive takin an intulût a ni

rilru lam inzawmna pangngai lo (abnormal psychological
.attachment)

He natna tuarte chu hlimna an zawn kawngah hian a
lam khata awm an lo ni ta a, hlimna chu hausakna
khawlkhawmnaah te, hmingthanna emaw, hriselna emaw,
thiltihtheihna emaw neihnaah a awm tih ringin, engkim—
hriselna te, hmingthatna te, rilru thlamuanna te,
chawimawina te, leh zahawmna te—an thil tum kang mek
maicham-ah an hlan a ni of nature leh Pathian thupekte, leh
thiltih leh thlamuanna a inmiltir a, hlimna dik tak a thlen thei
a, nun ropui tak tum chu a hlen chhuak thei bawk

Hrisel lo taka innghahna (unhealthy attachment disorders) vei te chu duhthusam thunun theih loh ngaihtuahnain a ei zo vek a, nun thlirna dik lo leh dik lo tak a thlen thin Entirnan, sumdawng pakhat chuan hlawhtlinna nasa tak a chang a, hausakna a khawlkhawm a, mahse a hausakna a hlim theih hma chuan lungkhamna leh hlauhna nasa tak avangin a rilru a buai a, thinlung na takin a thi ta a ni

Mi dangte chuan thil tum tihhlawhtlin nan engkim phal a ni tih an ring Heti buaina avang hian an thil tum dik tak chu an hloh a, chu an duh em em thilte chu nei mah se, lungawina tlemte pawh an nei thei lo, a chhan chu mihring nihphung hi a zau a, kawng hrang hrang a awm a, level zawng zawngah hmasawna inthlau tak a mamawh a ni

Mitdel thlarau lam innghahna
He rinna thenkhatte tana aberrant fanaticism hi zawhna leh ngaihtuahna bikte zawhna leh zirchian loha vawn tlat atanga lo chhuak a ni a, chutiang chuan he natna vei te zingah hian thlarau lam ngaihdan dik tak emaw, ngaihtuahna zau tak leh zalenna nei emaw chungah thinurna leh hmêlma nihna a siam a He inhlath taka awm hian Pathian dante dodalna a thlen a, chu chu rilru lama thawhrimna, thil neih thatna, rilru leh taksa hriselna, leh hmangaihna leh mi chi hrang hrang zahna

Thlarau lam thu bulte tuh
Taksa natna hi thil hmuh theih, hrehawm leh nuam lo tak a nih avangin, chak taka do turin min fuih a, enkawlina kawng hrang hrang hmanga hneh tum turin min hruai a, exercise leh ei leh in hrisel atanga damdawi leh damdawi hrang hrang thlengin Amaherawhchu, rilru lam natna hi mihring natna leh hlauhna zawng zawng bulpui ber ni mahse, hmanhmawh tawh taka ven emaw, enkawl emaw a

ni lo va, phalsak a ni kan nunah chhiatna leh chhiatna thlen
turin

Zirtirtu te, taksa lam zirtirtu te, thuhritute, siamthatna
siamtute, damdawi lam thiamte, leh dan siamtute chuan
hmasawnna an zir hmasak ber hunah, anmahni atanga tan
in, mi dangte chu nun dan leh nunphung hrisel tak neih dan
tur thu bulte nena inmil takin, inthlau leh inrem taka
tihhmasawn dan dik tak chu an zirtir thei ang This is the truly
effective education and comprehensive human culture that
people everywhere in the world mamawh
Zirna hmunte chuan heng thu bulte leh sakhaw thurin
hrang hrangte inkâra inthlauhna nia an hriat avângin
vântlâng sikula thlarau lam thil bulpui zirtîr chu thil theih
lohah an ngai a, Amaherawhchu, heng zirtîrnate hian
khawvêl pum huap thu bulte, remna, hmangaihna,
rawngbâwlina, rinna, rilru zau tak, leh mi dangte pawm
theihna—chu chu thlarau lam thil awm reng nghet taka din a
ni—chutiangte chu fertile-a tuh tûra hmanraw tangkai tak
takte an siam chhuak a nih chuan ground of children’s minds
and souls, a reasonable and acceptable solution to this
supposed and imagined difficulty could be found He thu hi a
kaihhnawih harsatna langsar tak tak avang chauha
ngaihthah chu thil tihsual lian tak a ni
College zir chhuak tam zawk chuan university an
chhuahsan a, lehkhahu chhunga thil awmte avanga an lu rit
leh hring chhuakin nun kawng an zawh thei lo hle a, an
duhthlanna leh mahni inthununna chu ngaihsak lohna leh
hman loh vangin a tichhe tawh mai a ni Chuvangin,
ngaihtuahna fim lo taka thil tih leh chhe zel, inneihna
inthlauhna khurah lu nghatin, an mipat hmeichhiatna hmang
dik lo, sum zawn, leh an career-a hlawhchhamna chhan chu
an zirna lama an rilru tichaktu chemte hriam tak hman dan
dik an zir loh vang a ni Chumi avang chuan anmahni an
insiam a, anmahni chungah harsatna an thlen a ni

He leilung zinkawng tawp lama exam hnahnung ber
result chu dam chhung zawnga sub-examination neih
chhunga rilru leh thlarau lama hlawhtlinna zawng zawng leh
certificate an hmuh zawng zawng zatve atanga chhut a ni
ang

He fiahna hnahnung ber, ropui ber-a ti hlawhtlingte
chuan mahni inrintawkna certificate thianghlim leh chhia leh
tha hriatna zalen, thianghlim leh hlim tak an dawng ang
Tin, thlarau phek-ah chatuan atan malsawmna ziaak a ni
bawk

He lawmman hmuh tur awm lo tak hi moth-in a tichhe
dawn lo

Tin, rukru kut pawhin a thleng lovang
A nih loh leh hun chuan a thai bo ang
Passport angin a thawk dawn a ni
Righteous Group-a chawimawina member nih avangin

Khawiah nge hlimna chu a awm?

**Pathian chuan a khawngaihna famkim hmangin a
hlimna leh fuihna min pe a ni**

Tin, nun tak tak min pe bawk

Finna dik tak

Tin, hlimna dik tak a ni bawk

**Hriatthiamna dik tak chu kan nunah thil tawn
hrang hrang zawng zawng a\angin a lo thleng \hin**

**Mahse Pathian ropuina chu thlarau lam
thlamuanna thlarauin a tawn leh Amah nena inrem
tura rilruin nasa taka a beihnaah chauh a lo lang
chhuak thin Chutah chuan, thutak nen hmaichhanah
kan ding a Pawnah chuan, inbumna (illusions) te hi
thiltitheih tak tak an ni a, pawn lam boruak nghawng
atanga tlanhhuak theih tlemte chauh an awm Khawvel
hian a buaithlakna tawp nei lo leh fiahna chhiar sen
loh nen a chhunzawm zel a Pathian aw chu nunna lo**

langte hnung lamah a awm a, min ko reng a, pangpar
a\angin, Pathian Lehkha Thu a\angin, kan chhia leh \
ha hriatna a\angin, nun nun hlutna siamtu thil mawi
zawng zawng hmangin min bia \hin

Pawn lam thil kan ngaihtuah tam poh leh
chhungril ropuina kan tawng thei lo; tin, chhungril
lam kan hawi tam poh leh pawn lam harsatna kan
tawk tlem zawk It's a constant equation Mahse mi
tam zawk chuan khawvel ðhian nihna, an chenna
khawtlang, leh nungchang hrisel lote nghawng avang
hian he thudik hi an hre lo Society hian mi pakhat chu
thil chungnung zawkah a thun lut a, a buaipui reng a,
thudik thuk zawk ngaihtuah turin a veng a ni

Thlarau lam hmunte pawh hi mi ðhenkhatin an
malsâwmna boruak aţanga hlâwkpuì duhna tak tak
nei lovin an tlawh a, chuvângin, chu tlawhna aţangin
thil chhinchhiah tlâk tak tak an hlawh chhuak lo

Pathian hmuh duh apiang chuan hmun tinah
Amah chu a hmu ang Mihring tih dan chu a tichhe thei
a, a tichhe thei a, a ei zo lo bawk a; an tichhe a, an
tichhe a, an tichhe vek Mihringte hian kan neih ang
anga hlim leh lungawi dan kan zir a hun tawh Kan
hnena lo thleng ai chuan engmah kan duh tur a ni lo
Pathian chu a thilphal a ni; Kan mamawh chu a hria a,
a hun takah a pe chhuak thin Hei hian theihtawp
chhuah lovin Pathian kan rinchhan tur a ni tihna a ni
lo A ni Hauh lo Kan theihtawp chhuaha kan chanvo
kan hlen chhuah a, a bak chu Pathian kutah dah mai
tur a ni a, ani chuan kan mamawh leh phu tawk min
chhuhsak ngai lovang

Chatuan hlimna kan neih theihna kawng \ha ber
chu Pathian awmpuina hriat hi a ni Kan duhthusam
sang ber chu Pathian hriat leh a bula awm tura
thutlukna siam hi a ni tur a ni Pathian chu kan
ngaihtuahna leh rilru put hmangah a hmasa ber leh

**pawimawh ber a ni tur a ni a, kan nuna lungphum
nghet ber leh nghet ber nia kan ngaih tur a ni**

**(Chuvangin Pathian hrui chu vawng tlat la,
Amahah inhumhimna zawng rawh)**

**Amah chu lungphum dang zawng zawngin an
tihchhiat che chuan lungphum a ni si a**

**Nunna thiltum awmchhun chu Pathian hriat hi a ni
tih ka hrechhuak ta Pathian hmuh hi nun tum ber a ni
tih ring tlat lo pawh an awm thei Mahse nun tum ber
chu hlimna hmuh a ni tih hi tumahin an hnial thei lo
Tin, Pathian chu hlimna tawp ber a ni tih rinna
famkim leh chiang takin ka sawi Amah chu hlimna
sang ber a ni Amah hi a famkim, khawvel pum huap
hmangaihna Amah hi a chhunga awmte thlarau
chhuahsan ngai lo chatuan hlimna a ni harmony with
Him Chuti a nih chuan engvangin nge chu hlimna
famkim chu kan neih theih nan kan beih loh? Mi
dangin min pe thei lo Kan chhungrilah kan chin leh
enkawl reng tur a ni Thilsiam chaknate hian mite
hnenah khawvel nawmsakna pe turin hahchawlh lovin
an bei a, mahse chutiang nawmna rei lo te chuan a
tawpah chuan inchhirna, thinrimna leh inchhirna a
thlen thin Mi vannei ber pawh, engkim nei ang maia
lang pawh hi a la hlim tak tak lo mai thei, heng thilte
hian rei tak chung chu lei lam thilah an lungawi lo
mai thei an tuihalna dik tak chu tihreh emaw, an
thlarau lam riltamna tihreh emaw**

**Thil neihte hian remna dik lo leh lungawina rei lo
te chauh a pe Khawvel pum pui hi buaina leh
buainaah a pil bo a, indona siamtu mahni hmasialna
leh duhâmna duhnain a tichak a ni Engmahin indona a
siam lo**

**Nunna indonaa pasaltha dik tak chu amah hneh a,
a duhzawngte hnehtu hi a ni Sum leh pai,
hmingthanna, duhâmna leh he thu bul kalh zawng**

**zawng hian kan thlamuanna leh hlimna a tichhe vek a
ni Mite hian nun hlutna dik tak ngaihtuah reng tura
zir ta se, an zawn hlimna chu an hmu ang a, mahse an
thil tum a\angin an kal bo a, chu chu leilung
duhzawng ka hmuh tawhte tuifinriat chuan a nuai bo
vek a ni thlemna reng reng hian ka tan kawng ka
thlan leh zawh tawh atang hian min hruai bo thei lo**

**Pathianin thiltihtheihna min pek hmang hian mi
sang tam tak ka hip thei a, mahse chu kawng chu ka
tan chuan a chhiat phah dawn a ni Engpawh ni se, mi
sang tam tak hip leh an rilru hneh ka duh lo
Pathianah zirtîr rinawm tak takte hmuh chauh ka duh
Pathian hmangaihtute chuan heng ngaihtuahnate hi
an tem ang a, an thahnemngaihna chhunzawm zêlte
chuan heng zirtîrna hmang hian Pathian malsâwmna
leh awmna chu an hre ang**

**Miin Pathian bum theih a ni lo, a awm reng a, an
rilrua awm leh an duhzawng hre rengin Khawvel an
phatsan a, thlarau lam inremna an duh hun chuan
Pathian chu an hnenah a lo kal ang Chu duhna chu a
zawngtu thinlungah zung a kaih hunah chuan Pathian
chu chu thinlungah a lo kal a, thatna leh
malsawmnain a luah khat a Nunna tlak awmchhun chu
Pathian nena inrem leh a duhsakna hlawh chhuah hi a
ni Chu inremna chu chatuan thuthlung leh thutiam
bawhchhiat theih loh (Pathian thuthlung zawmtu leh
bawhchhia lote) a ni tur a ni.**

**Mi zawng zawng hian mi dang aiin hausakna tam
zawh an duh a, an neih pawhin lungawi lovin an awm
reng a, midang hausa zawk tih an hmuchhuak Mite
chu mahni inrintawkna hrehawmna hnim hring zingah
an cheng a, an duhnain a tichak a Kan neihah kan
lungawi tur a ni Thil neihte hian hlimna a thlen lo chu
ai chuan, lungkhamna te, lungkhamna te, leh hlauhna
te chu an tizual fo tîn**

Pathian panna kawng chu kawng awlsam ber leh awlsam ber a ni a, chutih rualin sakhaw thil tih dan leh formalities tam tak awm chung pawhin kan kal tlêm tê chauh a ni Kan thinlungte Pathian lam hawi a, kan tâna ðha ber leh nghet ber dîl hi a ðha zâwk Dik tak chuan Pathianin min nghâk reng a ni, a chhan chu sual leh hlauhawm laka min awmtîr duh avângin kan thinlung leh rilruah Amah dahin min duh a ni, a chhan chu he khawvêla thil man tlawm tak takte hian mihring duhzâwng a tihlawhtling thei lo va, a tikhat thei lo baw the spiritual void we feel deep inside God is always speaking to us, but few hear His voice Chu aw reh tak chu ngaihtuahna ri leh duhna langsar tak takte au thawm chuan a pil bo fo thin Mahse ngaihtuahna a reh a, duhna a reh chuan Pathian aw chu Chiang takin kan hre thin, ngawi reng leh Chau Mahse Dik tak chuan Pathian chuan mihringte tanpui turin engkim a ti a, kan awmna hmun kan hmuh theih nan kawngkhar a hawng a, kawng a ti eng a ni should step, lest we stumble or slip Mahse mi tam zawk chuan he thudik hi an hre lo

Mite chu mi dangte ngaihthlak mai mai emaw, lehkhabu chhiar emaw chauhvin hriatna an chang thei ang tih ngaihtuah ka duh lo An chhiar leh hriatte chu an hmang tangkai tur a ni Pathian biakna hmuna kal chu in lama awm a, thusawi uar lo ngaithla ai chuan a tha zawk Mahse Pathian biakna hmunah pawh hian Pathian awmna chu an thinlungah a hriat a ngai a, chu chu tawn dan tur a hriat a ngai Emotional outbursts and rational analyses cannot give us the knowledge our souls yearn to nei

Pathian hnena kan inpek a, mahni hmasialna duhnate kan thlah a, Pathian chu kan hnenah a awm reng a, kan thlarauah a awm reng a, ngaihtuahna leh rilru put hmang tha leh ropui tak takin min fuih a ni

ti h kan chian hunah chuan hlimna leh zalenna kan nei ang a, thlarau boruak zau takah finna ni chhuah chu kan hmu ang

Suangtuah! Kum sawm tam tak hnuah chuan kan awmna ngei pawh chu mumang a ni tawh ang a, tuna kan thil ti h zawng zawng hi chu mumang chhungah chuan a tel ve vek dawn a ni Mihringte zinga mi ropui ber berte pawh chu mihring hriatna atanga siam mai mai an ni ang Mahse, chu mi ropui tak takte chuan an thil tum ber chu an thleng ta a, a chhan chu a sang ber an thleng a, thlarau lamah an nung reng a, thil thleng zawng zawng chu an hre chiang hle a, an hre reng baw k a, Pathian hriatnaah an inpumkhat avangin Tu pawh an ngaihtuahna leh zirtîrna hmanga anmahni nêna inrem a tum chuan an awmna chu a hre ngei ang a, an malsâwmna a dawng ang a, anmahni nêna inpawl na dik tak an nei ti h an thinlung chhungril takah a hre baw k ang

Nun hi mumang ropui tak a ni Mahse, tuna i taksa i en a, nunna nena a nung reng ti h i hmuh hian he mumang tak tak hi i ring tlat a ni Hlim tur chuan he thil emaw, chu thil emaw chu i neih a ngai ti h i ngaihtuah a Mahse, duhthusam engzat pawh tihlawhtling mah la, chuta tang chuan hlimna i hmu lovang Mi pakhatin a neih tam poh leh duhthusam tam zaw k Duhthusam chu filter a ngai a, nun chu a awlsam phah a ni thlamuanna, thlamuanna, leh chhungril lungawina

Pathian Lehkha Thu chuan a duhzawng chu chhungril lam (an thlarau lam hawia) luang chhuak rengtu chu chhungril thlamuanna sang tak nei mi a ni ti h a sawi Hemiah hian tuifinriat ang an ni a, chu chu a danglam ngai lo va, a tlahniam ngai lo va, a chhunga tui luang chhuak chu a khat reng a ni Mahse, an thlamuanna tuihna hmuna duhna khur siamtu leh

**tui pawimawh tak takte chu a luang chhuak a, a boral
tir thintu chuan thlarau lam thlamuanna engmah a
hre lo leh chhungril hlimna te**

**Pathian hretute hnen a\angin kaihhruaina kan
mamawh a, Amah nena inbiak theihna leh a awmna
hriat rengna nei Zâwlneite chuan Pathian chu
chhungril thlamuannaah, thlarau rinawm tak leh
thlarau lam hlimna chungnung ber awmna thlarau
mahni chauha awm turin min ngen a thlarau thuk tak
takte**

**Thil awm zawng zawng hi Pathian rilru
kaihhruaina thlipui ang maia vibration a ni He
intelligent vibration hi Thlarau Thianghlim, a nih loh
leh Thlarau rinawm a ni a, chu chu tawngtaina leh
ngaihtuahna hmanga inbiak pawh theih a ni**

**I thlarau muang leh i rilru ngaihtuahna huang
chhungah chuan, Absolute leh Infinite nena
inhmangaihna chu tawp chin a nei lo Mahse, sum kan
zawn hmasak chuan Pathian hmuh a harsa a ni
Pathian chu kan nunah a tel ve tur a ni a, chutah
chuan he nunah hian kan mamawh zawng zawng kan
nei vek ang Tupawh Pathian chu an thinlungah hmun
nghet takah siam se, Pathianin lei leh van malsawmna
chanvo tam tak a pe ang a, an hmaah a hawng ang
finna nite'n an êng a, an kawng a tiêng a , an
chhehvêla thim a ti bo a, Pathian chu chatuan
hmangaihtu a ni a, mihringte tân chuan hlimna a awm
lo va, an hmangaih tak takte an hmangaih ang—a
tlem berah—an hmangaih ang maia Pathian an
hmangaih hunah chauh lo chuan, Pathian tel lo chuan
hmangaihna thupui chu kan hre lo vang a, a thlum
pawh kan tem lo vang**

**Kan duhzawng hman kan zir a ngai a, kan rilru
chu kan thinlung zawng zawnga Pathian zawng turin
kan rilru kan dah pawimawh tur a ni Mihring thiltih hi**

duhnain a thunun a, heng tih dante hian kan tih duh
loh thil ti turin min nawr reng a ni Dik tak chuan
mihring hi a hmelma ngei a ni a, a hre lo A thut dan a
hre lo va, Pathian tan pawh hun a hlan lo, chuti chung
pawh chuan hlimna leh Paradis-a luh theihna tur
guaranteed chu tihkhawtlai lohvin a duh a ni The
sacred experience cannot.. ..

.. .. be
attained merely by reading books, listening to
sermons, or performing good deeds Chûng zawng
zawng chu rinhlelh rual lohvin a hlawkpui a, mahse a
tling lo Pathian thlen theih nân ngaihtuahna fim tak
leh ngaihtuahna thuk tak a ngai a ni

Pathian duhsakna kan zawng hmasa tur a ni Mi
zawng zawng kan ti lawm thei lo, chu chu thil theih
loh a nih avangin tumah tithinur lo turin ka bei thin
Ka tih theih zawng zawng ka ti thin a, chu chu ka tih
theih awmchhun a ni Ka thil tum ber chu Pathian tih
lawm hi a ni Ka kut hmangin inngaitlawm takin a
hmaah ka tawngtai a, ka ke hmangin hmun tinah
Amah ka zawng a, ka rilru chu Amah ngaihtuah a, a
thilmakte ngaihtuah turin ka hmang bawka,
Pathianin kan thinlungah hmun hmasa ber a luah a
ngai a, chutiang chuan kan tawng ve thei ang remna
te, hmangaihna te, hriatthiamna te, ngilneihna te,
lainatna te, finna te Hei hi, thil dang ni lovin, thuhretu
tur leh in hnena thu sawi tura ka lo kal chu a ni

Ngaihtuahna bakah hian mi pakhat chuan pawl
tha tak a vawng reng tur a ni Mite chu kan um zui tur
a ni lo Mihring kan um tur a ni lo, Pathian kan zui
zawka tur a ni Heng ngaihtuahnaah hian hlawkna i hmu
a nih chuan Pathian malsawmna angin ngai rawh,
chawimawina zawng zawng chu A ta a ni si a,
midangte hnenah i hmuh ang an hmuh theih nan
share ve rawh (And as for the favor of your Lord,

speak of it) Tin, nitin mi pakhat tanpui theihnghilh
suh I theihna ang zelin mi pakhat tanpui pawh
theihnghilh suh Ka pocket-a pawisa ka neih chhung
chuan ka pek ka bansan lo vang, ka tan chuan tawp
thei lo leh luang chhuak reng chu Pathian a ni

A tawp berah chuan mi ropuite tih angin Pathian
kan hriat chian a ngai Hei hi ngaihtuahna leh mimal
thawhrimna hmanga tih theih a ni

Vawikhat chu hermitage pawnah ka kal a, ka
zirtirtu ropui, Sri Yuktiswar-a chu ka ngaihtuah a, a
duhna nasa tak ka neih hma kum engemaw zat kalta
khan a boral tawh a, hermitage mawina leh boruak
nuam tak en turin ka bulah a awm loh avangin ka
lungngai hle a, Vawikhat chu van atang chuan min
rawn inlar a, "He hmun mawi tak hi nangmah
chauhvin nuam i ti hle niin i hria em? Nangmah ang
bawh hian nuam ka ti hle mai!"

Pathian nena inpumkhatna duhtu chuan nitin
ngaihtuahna leh Amah hmangaihna tih hmangin a bei
tur a ni a, chu hmangaihna chu mi zawng zawng
hnenah a zau zel tur a ni Hei hi inhnialna pumpelh
theihna kawng awmchhun a ni Thlarau lam
thawhhona a pawimawh Thlarau lam nun dik tak tel lo
chuan mimal emaw, khawvel pum huap emaw hlimna
a awm lo Inremna thianghlim hi taksa, sum leh pai,
nupa, nungchang, leh thlarau lama harsatna zawng
zawng chinfelna awmchhun a ni

Hlimna chu Pathian hnaih taka inhriatna a\anga lo
chhuak a ni Mihringte hian hriat lohna lungphun
hnuaiah an inkhung ta a, he lung in mualpho tak a\
anga chhuahsan hun a ni ta Rilru chu Pathian lam
hawi reng tur a ni, eng dinhmun pawh ni se, chumi
hnuah chuan thlamuanna leh lawmna nasa tak i
tawng ang

**Pathian duhthusam a, a tana an nihna inhlan a,
infuih tawn leh in tivar tawn a, Pathian hre reng
thinte hi khawvela hlim leh A tawpa hlimna changtu
an ni**

Remna awm rawh se

**Curtain chu a tho chhuak ang a, a clear chhuak
ang**

Kan zavaiin Pathian anpuia siam kan ni a, A Pathian
Thlarau atanga lo chhuak kan ni a, a nihna chu kan
chhungah a thianghlimna zawng zawng, ropuina leh hlimna
tluk zetin a awm a He rochan thianghlim hi kulhpui hneh
theih loh a ni Mi pakhat tan chuan mi sual anga thiam loh
chantir, sual kawnga tlu lut chu mi zawng zawng sual lian
ber zinga mi a ni A chhan chu chutianga an tih chuan
anmahni an inchhir thin a ni to helplessness, despair, and an
inability to rise and ascend Miin pianpui leh Pathian dan kalh
zawnga thiltih a ti thei tih chu a dik a, mahse kawng a thlak
nghal a ngai a, kawng dik a zawh nghal tur a ni An nihna
thianghlim takah chuan mi chu biak in thianghlim a ni a,
Pathian Thlarau chu an chhungah a cheng a ni
Pathianin thianghlim tak leh thutiam nei lovin min
hmangaih tih kan hre reng tur a ni Mahse Amah hnaih emaw,
amah hawisan emaw duhthlanna famkim min pek avangin
kan hnena a lo kal hmain A hmangaihna kan duhna kan
lantir hun min nghak reng a ni
Vawikhat chu ngaihtuahna senga a aw a bengchheng ka
hre ta: "I hnenah ka awm lo tih i sawi a, mahse chhungril
lam i hawi lo Hun khat pawh ka kalsan ngai lo che Thlarau
biak inah lut la, min hmu ang Ka awm reng a, lo
dawngsawng tur che leh Pathian hmangaihna chibai buk tur
"che ka ni

Thlarau lam kawngah hian rinawmna thuk tak a
pawimawh Thianghlimna leh thutakah chuan thlarau zing a
lo chhuak thin

Kan mihring finna hi Pathian nena khaikhin chuan
engmah a ni lo Amah kan hnaih theihna awmchhun chu
hmangaihna thianghlim min pek ang bawka Amah hnena
pek hi a ni

Mi zawng zawng hian a tawpah chhandamna an hmu
vek ang a, mahse kawngpuiah chuan tlu lutte chu ngaihsak
lohna khurah an tlu lut a, ngaihsak lohna chuan tunah ngei
hian Pathian hmuh a pawimawhzia pawimawhzia kan hre
thei lo va, he hun takah hian Kan planet ropui Lei, space-a
leng, leh kan mihring nihna hi hetah hian kum engemaw zat
awm a, chuta tang chuan engmah lovah bo vek turin min
pek a ni lo Rather, we are meant to reflect deeply and
understand

the.. ..
.. .. awmna thuruk Nun tum hrethiam lova
nun chu âtna, âthlâk tak, hun khawhralna a ni Nunna
thurukte hian kil tinah min hual vel a, Pathianin an chinfelna
zawng turin finna min pe a ni
Hmangaihna nghet tak ka zawn lai hian Pathianin
ngaihtuah theih zawng zawngah min hmangaih tih ka
hrechhuak a, nu, pa leh ðhian angin min hmangaih a ni
Chu chatuan ðhian chu ðhian zawng zawng aiin ka zawng
. ,a

Tin, chu hmangaihtu ropui tak, tuna ka hmuh thin chu
hmêl ngilnei leh hmangaihna nei tinrengah chuan Chu
Pathian ðhian chuan min ti beidawng ngai lo va, min ti
beidawng ngai lo bawk
Pathian chu thil awm zawng zawng hnuaiah a awm Kan
nu leh pate hi kan chawimawi tur a ni a, ngilnei takin kan
enkawl tur a ni a, mahse Pathian chu kan thinlung leh

thlarau zawng zawngin kan hmangaih tur a ni Amah nena
inzawmna pawimawh tak neih a pawimawhzia kan hriat a
ngai a, hun khawhral tawh lovin

Kan mut lai hian kan harh dawn nge dawn lo kan hre lo

He leilung hi pakhat hnu pakhatin kan chhuahsan a Mahse
he ngaihtuahna hian lungkhamna a thlen tur a ni lo Kan thih
hunah chuan leia piangthar tura koh kan ni a, he khawvela
kan chawlhsan tawhna atang hian nun thar kan tan a ni
Nunna hi tuifinriat chung a thlipui siam leh boralna angin

ka hmu Mihring thlipui chu a pian tirh atangin Pathian
tuifinriat chung atangin a lo chhuak a, a thih hunah chuan
Pathian thilungah a chawl thin He thudik hi ka man a, ka thi
tak tak ngai lo tih ka hria a, taksa thihna karah pawh Pathian
thlarau tuifinriatah ka chawl emaw, taksa taksaah ka harh
emaw pawh nise, cosmic nen hian kan inpumkhat a ni
tuifinriat Chu hlimna sang ber chu khawvelah hmuh theih a
ni lo Chutih rual chuan thiltum zawnga ramngaw lama
tlanchhiat a ngai lo He nitin nun ramngaw-ah hian Pathian
kan hmu thei a ni—ngawi renga lungphun thuk takah hian
Mihringte hian tihsual tam tak kan ti thei a, mahse

Pathian thlarau anpuiah siam an ni a, Pathianin he leilung
hlimna khawvel lem tak hi thil tum pakhat chauh atan a siam
a ni: mihringte hian cosmic drama mai a nihzia an hriat theih
nan, suangtuahnate chu kalsanin, Pathian chauh kan
hmangaih theih nan Hei hi thudik a ni a, chutiang lo chu a ni
thei lo Engvangin nge Pathianin kan chhungte chu pakhat
hnu pakhata kan hnen ata an chhuahsan lai chauh hmangaih
turin min

siam?... ..

.. .. Heng thilthlengte hi kan
hmangaih zawng zawng aia nasa zawk, min hmangaih tak
taktu chu Pathian a ni tih kan hriat theih nan a thleng thin
Nun hi thlalak che thei inzawmkhawm a ni a, mahse he
thudik hi hriatthiam a harsa a, a chhan chu thil dik lo
(illusions) hi thil tak tak angin a lang a, thil tak tak pawh hi

thil dik lo ang maiin a lang Khawvel hi zan tin kan mut laiin
kan hriatna atangin a bo vek a, chuvang chuan taksa
khawvel hi a tak tak a ni lo tih kan hrethiam mai thei a ni
mai thei

He mut zirlai hi min tihlauthawng tur ni lovin, Pathian
thutak min duh em em turin a lo kal a ni Pathian leh a
hmangaihna tih loh chu engmahin thlarau a ti lungawi thei lo
Pathian Thlarau chu thutak tehkhin rual loh a ni A tak tak lo
tih hi a awm lo va, thil tak tak chu a tak tak lo a ni thei lo Mi
fingte chuan he thutak eng mawi tak hi an hrethiam a ni
Kan dam chhung kum tam tak a liam tawh a, kum, kar,
ni leh darkar chauh a la awm Engvangin nge hlawkna awm lo
thila hun kan khawhral? Chhun leh zan Pathian nena
inzawmna neih kan duh tur a ni a, nun hun ruat a tawp a, thil
chhinchhiah tlak tak tak hlen chhuak lovin he lei hi kan
chhuahsan hmain he duhnaah hian thinlung takin kan awm
tur a ni

Chutih lai tak chuan Pathian êng ropui tak chuan
thilsiam zawng zawng a khuh vek tih ka hmu a, Hlimna nasa
!tak chu a va ni em! Eng mak tak a va ni em
Ka Pathian, i awmna hriatna avanga malsawmna tam
tak i dawn avangin lawmthu ka sawi a, ka chibai bawk che a
ni

Mi zawng zawng chungah pawh malsawmna inang
tlangin, khawvel pum huapa thutak tawp ber Nang i nihzia
leh kan tum ber, chu piah lamah chuan tum dang a awm lo
tih kan hriat theih nan
Kan nun second tinah Amah chu kan hmangaih tur a ni
a, kan biak tur a ni—hnathawhna leh chawlh lai, che leh
muannaah—dilna thuk tak leh duhthusam kang tak nen
Chutah chuan inbumna puanzar chu a lo tho chhuak ang a, a
boral ang kan hmu ang Pathian chu kan nun chhung zawng
zawngah kan hnenah a awm a, Amah ngaihtuah leh
inremtute chuan pangpar mawi takah te, thlarau ngilneite
ropuinaah te, rilru natna ropui tak takah te, rilru put hmang

ropui takah te, leh mumang mawi tak takte A tawpah chuan,
Puanzar thuk tak hnung atang chuan a lo chhuak ang a, a
zawngtu thinlung tak tak zawng zawng hnenah heti hian a
:sawi ang

I hmangaihna chu duhsak taka min pek ka duh vangin"

hun rei tak kan inthen tawh a, ka hmelah ka siam che a, i
zalenna i hman a, i duhthusamin i hmangaihna min pek hma
."chu ka nghak a ni

Pathian hnenah a Pathian hmangaihna chatuan leh
chatuan atana thilpek min pe turin kan dil tur a ni Mahse, he
hmangaihna Pathian hi tunge thawhrimna tel lova hmu thei
ang? Za zela 25 i thawh chuan a bak chu Pathian leh i
thlarau lam kaihruaitu kutah a awm a, keimah tan engmah
ka dil lo, chawimawina zawng zawng hi Pathian ta a ni si a,
thatna leh khawngaihna zawng zawng bul a ni A
khawngaihnain a zui zel che u a, A hriatna chu i hnenah awm
rawh se, i chhung leh i chhehvel zawng zawngah A awmna
tamna chu i hrethiam rawh se

Pathian hian amah kan duh zia lantir kan hreh em
avangin min chhang nghal lo Amah hnaih hi hlau lo ila,
keimahni ta, kan Hmangaih takah kan ngai zawk tur a ni a,
kan ngaihtuahna te, kan thiltih te, kan thinlung leh kan rilru
te nen chawlhsan lovin kan zawng zawk tur a ni a, tichuan
he awmnaah hian himna leh thlamuanna inhumhimna ropui
ber chu kan hmu ang

Aw Lalpa, I awmna biak in an chei theih nan, he thlarau
tha pangpar hi ka hlan che a ni Hêng thlarau, I chhûngte leh
I hmangaih tak takte hi zui rawh I hming malsâwm tak kan
sa I êng thianghlamin Hriat lohna thim chu paih bo rawh I
nihna êng êng tak, tawp chin nei lo hmangin kan rilru a\
angin thim chu hnawt chhuak rawh I ta kan ni, kan dinhmun
eng pawh ni se Kan hnenah i inpuang rawh, Aw Lord of
Majesty and Bounty Kan pakhat zel malsawm rawh Kan
ngaihtuahna duhthusam ri leh kan hmangaihna thinlung na
tak takte chu pawm rawh I hnenah hmangaihna,

chawimawina leh duhthusam zawng zawng kan hlan a, Nang
hi kan Hmangaihtu leh he khawvel pum huapa kan neih
zawng zawng i ni si a

I khawngaihna min malsawm rawh Nang atanga min
then duhna bangte hi tichhia rawh Kan duhthusam zawng
zawng chung a lalthutphah Pathian Lal ni rawh I ropuina êng
chu khawvel zau takah hian lo darh zel rawh se Kan zain
malsawm rawh I awmna rimtuiin min tikhat la Tin, kan
hnenah i awm reng tawh tih hi i hre chiang leh zual ang u,
Tunah hian kan hnenah i awm a, kan hnenah i awm reng ang
I hnaih duh tak leh I awmna nghakhlel tak takte chung a
I zuitu inpe tak takte chung a khawngaihna leh hmangaihna I
pek avangin lawmthu kan sawi a che I zirtirte circle chu a lo
thang lian zel ang tih kan beisei a, chutiang chuan I awmna
malsawmna kan lawm theih nan leh I hnaihnaah kan lawm
thei ang

Kan thinlung kan inhawng tawn theih nan leh kan tumte
kan tithianglim theih nan mal min sawm ang che, i
venhimna leh enkawl tlak kan nih theih nan I inpuang la,
chhungril leh pawn lamah min tipumkhat vek la, chu
inpumkhatna êngah chuan i awmna danglam bik chu i
hrechiang ang u

Kan thinlung inpumkhatna thinlung tak tak leh kan
thlarau inrem tak takte duhthusam nen, I hmaah kan
bawkkhup a, I tanpuina, kaihhruaina leh kan thlarauah I awm
tih hriat rengna zawngin kan bawkkhup a ni
Hmangaihna chatuan mei chu kan thinlungah eng takin
lo eng sela, tunah leh kumkhuain min hnaihzia i hre reng ang
!che, Aw kan Lalpa, Aw kan Duhtak

Duhna sang ber leh rilru lam capsules

**Pathian ropuina a ropui Amah hi thutak bulpui ber
a ni a, he nunah hian hmuh theih a ni Mite thinlungah
hian \awng\aina leh dilna tam tak a awm a: sum leh
pai, hmingthanna, hriselna—\awng\aina chi hrang**

hrang Mahse thinlung tina \awng\aina hmasa ber leh pawimawh ber tur chu Pathian awmna hriatna atan a ni Ngawi reng leh chiang taka nun kawng kan zawh rual hian Pathian chu thiltum tawp ber, lungawina thlen theitu a ni tih kan hriat chian a ngai a ni keimahni leh kan duhzawngte tihlawhtling rawh u, thinlung duhzawng tin chhanna chu Pathianah a awm si a

Mahni thawhrimna hmanga duhthusam i tihhlawhtlin theih loh chuan tawngtaiin Pathian i hawi thin Chutiang chuan dilna i sawi apiang hian chhungril lama duhthusam thup a pholang thin Mahse Pathian i hmuh chuan duhna zawng zawng a bo vek a, duhthusam zawng zawng a thleng famkim thin

Khawvel duhzawngte hi nun tum chungchanga ngaihdan dik lo a\anga lo chhuak a ni He lei hi kan chenna dik tak a ni lo Pathian Lehkha Thu hian Pathian ta kan nih thu te, A anpuia siam kan nih thu te, a duhzawng chu kan Pathian bul tanna hmuna kan kir leh theih nan a ni tih min hrilh a Mihringin kan hriat theih loh chu a Pathian bul atanga kan kir leh loh chuan duhthusam chhiar sen loh hlen chhuah tumin beih a ngai dawn tih hi a ni sawmi! Mihringte hian duhzawng kan nei lo thei lo tih chu a dik a, chu chu neih chuan thil dik lo a awm lo Amaherawhchu, mihring duhthusam tam zawk hian Pathian hnena kir leh duhna hnahnung ber tihhlawhtlinna chu a tikhawlo a Chutiang chuan mihring hlimna atan a tichhe a ni Mihringte hian Pathian an duh a, Amah an hmuh loh chuan, hlimna a thlen tur nia a ngaih apiang chu duhnain a kang chhunzawm zel ang Mahse, duhthusam zawng zawng tihhlawhtlin nghalna chu a lo thleng ta a ni Pathian hmutute hnenah automatic-in a awm

Duhthusam hi chi hnih a awm a, chungte chu: Pathian kan hmuh theih nana min puitu te, leh Amah kan hmuh theih lohna tura min daltu te Entîr nân, miin thil dik lo a tihsak che chuan phuba lak duhna chu i hre mai thei Amaherawhchu, hmangaihna thiltihtheihna sâng zâwk leh pawm tlâk zâwk hmanga he duhna hi i hneh chuan, Pathian i hmuh theih nâna ãanpui theitu hmanrua ngei chu i hmang tawh ang Duhthusam zawng zawng chu kawng ropui takin tihhlawhtlin a ni tûr a ni, a chhan chu khawvêl thil hmanga tih famkim a nih hunah chuan duhzâwngte chu i hmang tawh ang multiply, along with troubles and suffering Kan duhzawng zawng zawng Pathian hnena hlan kan zir chuan Kan duhzawng tha hlen chhuah nan leh kan duhzawng tha lo leh tichhe theite tihboral turin hna a thawk ang chhia leh tha hriatna thianghlim aia venhimna lian zawk a awm lo va, nunna vuakna laka invenna tha zawk chu duhthusam ropui leh ropui tak neih ai chuan a awm lo

Pathian lem famkim chu kan chhungah a awm tih kan hriat chian hunah chuan kan duh zawng zawngte chu a lo thleng famkim ta a, chu hriatna thianghlim, lei ro hlu leh hausakna zawng zawng tluk phah chuan khawvel pum pui pek pawh ni se, i nghing lo vang che Fakna pawhin chhuanawmna a tuh lo vang che a, mawhphurhna pawh a tichhe lo vang che, nangmah chhungrilah Pathian lawmna chu i tem dawn si a, chu chu i nunah ngaihtuah tur pawimawh ber a ni ang

Kan duhzawng dik tak tihhlawhtlin kan tumna kawngah Pathian kaihhruaina kan dil hmasa tur a ni a, chu chu kan tawngtaina zawng zawng chhanna kan hmuh theihna kawng tha ber a ni Mahse dilna chu tawngtai a\angin paih bo tur a ni \awng\ai dan hlui chu a danglam tur a ni a, Pathian hnenah rinna famkim leh rinna nghet tak nen kan hawi tur a ni, min

ngaithla a, kan dilnate chu min pe ang tih rinna nghet tak nen Pathianin kan duhzawng kan bansan hi a duh lo—kan tawngtai lai pawhin A hnenah—chu duhzawng chu A kut khawngaihna a\anga thilpek hlu ber, kan siam tirh a\anga kan tana a ruahman dikna thianghlim a nih avangin

A pianphungah chuan tawngtaina leh duhna dik leh dik lo chu a thliar hrang tur a ni Duhthusam chu thiltihtheihna a ni tih hre reng ang che; duhna pakhat —a tha emaw, a tha lo emaw, a hlâwkpuî emaw, a chhiat emaw pawh ni se—i vawng tlat a, chu chu a chhûn zânin i vawng reng a nih chuan, a tâwpah chuan a lo thleng dân avângin, mi pakhat chu fimkhur tûr a ni a, duhthusam tha lote vawn tlat chu pumpelî tûr a ni, chu chu a hlen chhuak dân a, chhiatna nasa tak leh inhuat theih loh hrehawmna a rawn keng tel dân a ni

Hun a kal zel a, i duhzawngte chu hlen chhuak mah se, i thinlung chu a ruak reng a, chhungril helna i tawng ang l chaw ei khamna chu a chak lo hle ang tih han ngaihtuah teh, chuti chung pawh chuan chaw hmin (fried foods) chu i duh em em a ni Dik tak chuan, i ei apiangin natna i nei ang, i inhmang laiin nuam i tih lai pawhin And so, you'll feel like you've made a mistake Wisdom dictates using discernment to distinguish duhna \ha leh \ha lo inkara, chu chu tihhlawhtlin a nih hnuah chuan chu duhna dik lo chu tihhlawhtlin a ni tur a ni lo Mihringte hian chhungril lama hriatna thiltihtheihna chu kan nei a, chu chu kan hmang fo tur a ni a, chu chu Pathian aw ni bawh chhia leh tha hriatna thupek angin an nun kaihruai tur a ni

Duhthusam tihhlawhtlin lohte chu thinlungah a awm reng a, chuta awm chu eng harsatna nge awm? A chhanna chu hetiang hi a ni:

Duhthusam zawng zawng hi thiltihtheihna bik
atanga siam a ni: a tha emaw, a sual emaw, a pahnih
emaw Mi a thih chuan—Pathianin khawngaih rawh se
—heng chaknate hi taksa chhe leh chhe tawh chung
pawhin an thi lo va, thlarau chu a kalna apiangah
thlarau lam capsule concentrated angin an zui a, chu
mi chu taksa thara piang thar a nih chuan, heng
capsule emaw, psychic tablet emaw te hi nungchang
angin an lang chhuak thin tendencies Chutiang chuan
zu ruih hmang thi tawh chuan a pianthar hunah zu
duhna chu a keng tel a, chu duhna chu zu duhna an
hneh hma loh chuan a awm reng a ni Hei hi thil
dangah pawh a hman theih a ni

Naupang tê ber berte pawhin nun hlui ațanga an
neih mizia an lantîr Naupang thenkhat chuan
thinrimna nasa tak an tuar a Mi dangte chuan
thinrimna țha lo an nei Dik tak chuan Pathianin
hetiang hian a siam lo Nun hmasa ațanga duhthusam
tihhlawhtlin lohte chuan heng rilru lam rilru put
hmangte hi a siam a, chu mi avang chuan thlarau chu
eng emaw chen mak takin a lang a, Pathian lem
thianghlima siam ni mah se Pathian lem chu a
chhunga tihdanglam a nih chuan a he nunah hian mi,
thinrimna emaw, hlauhna emaw, duhâmna emaw
pawh ni se, heng miziate hi tunah chuan hneh a ni lo
va, chutah chuan anmahni nen an piang leh ang (a nih
loh leh anmahni nen an piang leh ang), heng rilru
natna hrehawm tak takte phurrit chu he mi emaw,
nakin lawka tisaa lo chang emawa an hneh hma loh
chuan an laka tlanchhuahna a awm lo

Chuvangin, duhthusam zawng zawng chu tuna
hlen chhuah emaw, hneh emaw a tha zawk

Chutiang duhna chu vawi khat atâna tihbo
theihna kawng țha ber chu Pathian hlimna chungnung
ber tawn hi a ni Chutiang a nih loh chuan heng duhna

thunun leh duhthusam tihhlawhtlin lohte hian thlarau chu a tibuai ang a, a ti hrehawm ang

Mi chuan hriatthiamna leh finna hmangin Pathian chauhvin hlimna thianghlim leh nghet tak a pe thei tih a hriat a ngai a ni

A tam zawkah chuan duhna chu hriat lohnaah a thup reng thin A bo tawh niin i ngai mai thei, mahse a bo lo; hei hi nunna thuruk pakhat a ni a, chu chu amah ngei pawh hi thuruk ropui tak a ni

Mahse nun hi kan zirchian a, a awmzia kan ngaihtuah hian thuruk chu a bo thin Nitin hun rei vak lo ngawi renga thu a, mahni inenfiah ta la, duhthusam tihhlawhtlin loh tam tak i nei tih i hmu ang Heng duhnate hi mi pakhatin a kalna apiangah, he nunah leh a hnua a kalna apiangah a phurh chhuah hrik thihpui ang mai a ni

Hmalam panna kawng tha ber chu—duhthlanna fing tak hmangin—he nunah hian duhthusam chhiatthlak tak takte hi hriat chian a, i duhzawng tha hlen chhuahna kawngah i thawhrimna chu i dah pawimawh ber a ni Mahni intihhlum duhna emaw, thil dik lo tih duhna emaw i neih chuan, chu fuihna chu tunah hian i hnawtchhuak tur a ni I thlarau chhungah Pathianna meialh i nei tih hi ngaihtuahna leh thiltih hmangin nangmah leh nangmah inringtawh la, Engkimtitheia anpuia siam i ni tih hre reng ang che, leh chuvangin i taksa pianphung leh i tih dante paltlang theihna thiltihtheihna i nei a ni

Luxuries-ah inngat lo la, duhthusam a\angin inthiarfihlim zawk la, nun indonaah hnehna i chang ang Hrehawmna chinfel theih loh i tuar a nih chuan taksa hriatna atanga inthiarfihlim tum ang che

Miten thil hlui, chhe tawh leh tul lo tak takte chu in kil khatah dahkhawm a, a hun hunah in tihfai leh tihfai hi thil tih dan pangngai a ni Chutiang bawkin, i

subconscious mind kil khatah hian duhna tam tak chu
latent harm nen a awm a, chu chuan ni khat chu i
hmachhawn dik loh chuan harsatna nasa tak a thlen
thei che a ni

Mahni inhriatthiamna hi thlarau lam kawngah a
pawimawh hle I huat em em a, i thinrim a, i thinrim
thuai thei bawk ang Chutiang a nih chuan, heng i
hriatnaah hian heng miziate dahkhawmte hi i thiltih
tawhte rah chhuah a ni He furniture buaithlak tak,
chhe tawh tak tak atanga i rilru tihfai nan hian thil \
ha, siam\hatna tur thil \ha tak tak hmangin i \an tur a
ni a, midangte chungah hmangaihna i neih \an a ngai a,
mi i hmangaih tam poh leh an hmangaihna chu i hre
chiang ang a, mahse an hmangaihna chu i hre chiang
ang i sawisel chuan, nangmah ngei pawhin, chu
sawiselna chu an hrethiam ang a, amplified takin i
hnenah an rawn thawn let leh ang!

Hmelma hlui a thi tawh ang u, chuti chung pawh
chuan a chungah thinrimna leh huatna i la vawng
reng ang He lungngaihna avang hian I tuar ang a, a
chhiatna chu i taksa leh rilruah a lang chhuak ang
Pathian tan ngaihdam a tha zawk, chutianga i tih
chuan phuba lak duhna sual tak tak lakah i in chhuah
zalen ang a, chu chuan i rilru thlamuanna a tichhe ang
a, i thlamuanna chu i tichhe vek ang Heaping huatna
chungah huatna, emaw, huatna hmanga hmêlma chhân
lêtna chuan i hmêlma i chungah hmêlma chu a tizual
mai ni lovin, a rah chhuah angin nangmah ngei pawh i
taksa leh rilru natna a tichhe bawk Chuvangin
ngaihdamna mawi tak nên ngaidam rawh

A hun hunah chuan mi pakhat chuan amah chauha
awm turin engkim a kalsan a ngai a, chu chu nun tum
ngaihtuah tur chuan Mi tam zawk chu hnam dan leh
fashion hrang hranga luang chhuakah an pil bo thin A
nihna takah chuan anmahni nun hi an hmang tak tak

ngai lo va, khawvel nun an hmang zawk zawk Eng nge an tihhlawhtlin a, khawiah nge an tawp?

Chuvangin, mi pakhatin a rilru buaina tihreh nan leh a thupui hrethiam a, a tum tum chu ruat a tum theih nan nitin buaina leh "duties" atanga a chang chuan a inthiarfihlim hi a finthlak hle

Thu hriattîrna ropui ber i dawn theih chu i chhia leh tha hriatna a ni tih hre reng ang che: i thlarau aw tihsual theih loh leh tihsual theih loh I chhia leh tha hriatnain a hrilh che chu i nihna dik tak a ni a, chei mawi leh inthumna tel lovin

Isua Krista thiltihtheihna kha han ngaihtuah teh, “Ka Pa, ngaidam rawh, an hriat loh thil tih dan an hre lo,” a ti a.

Tin, Zawlnei ropui tak kha han ngaihtuah teh: “Mi dinhmun chawisangtu chu ka hrilh dawn lo che u em ni?” Anni chuan: “Ni e, Aw Pathian tirhkoh” an ti a: “I chung a thil hre lo chu dawhthei la, i laka insumtu hnenah pe la, i nena inzawmna titawptu nen inzawmna vawng reng la, i chung a thil tisualtu chu ngaidam rawh” a ti.

I chhia leh tha hriatna êng tak aw ngaihthlak hian i kawngah êng a thlen ang a, i nunah malsawmna a thlen ang I thinlungah duhthusam hlen chhuah duhna nasa tak i neih hunah, i hriatthiamna hmang la, heti hian inzawt rawh: "Tihpuitlin ka tum chu duhthusam tha nge tha lo a ni em?"

Thil tam tak chuan mihring duhzawng a tichak a Mi pakhatin model car thar a hmuh chuan a ang chi nei duhin style thar in a hmuh chuan a ang chi nei duh a ni Fashion trend thar chu a lar ta hle a, chu style chu lei leh ha turin miten an duh em em a ni!

Khawi atanga lo chhuak nge duhthusam? He thu hi darkar tam tak ka ngaihtuah a I duh zawng zawng chu i categorize thei em? I managed to sort through

them all and keep only the good ones Tin, Pathian
inpawl na ka neih chuan ka duh na tha zawng zawng
chu vaw i khatah a thleng famkim vek tih ka
hmuchhuak Vawin hian thil i duh a, naktuk hian i
thlarau chuan thil dang a duh em em a I rilru, Pathian
Engkimtitheia atanga lo chhuak chu khawvel thil tha
hian a ti lungawi thei lo va, a ni ngai lo vang, a chhan
chu, ka thian duh tak, hlu ber leh i thlarau ro hlu tak, i
duhzawng tihlawhtling thei tur leh i duhzawng
tihlawhtling theitu chauh chu Chu ro hlu bo chu
Pathian a ni

Duhthusam \ha emaw, \ul emaw a awm tih chu a
dik a, chu chu hlen chhuah tumin i thawk tur a ni
Mahse, i duhzawng tenau zawkte hlen chhuah tumin i
beih lai hian Pathian lam hawia i duhna lian ber hlen
chhuah hmasak hi theihnghilh suh Duh duhna leh tih
tur tenau zawkte chu hlen hmasak tur a ni tih rinna hi
ka thlarau lam zinkawng bul tannaah pawh ka la hre
reng a, chu chu ka rilru tikhawtlaitu ka ni a, ka la hre
reng lo meditate regularly, even though I kept tolling
myself that I would make time for it ka thlarau lam
hnate hmasa ber Tin, chutiang chuan zirlai ropui tak
ka zir chhuak ta a ni : Pathian laka ka mawhpurhna
chu a hmasa ber a, chutah chauh chuan hna dang,
pawimawh lo zawkte chu ka ngaihtuah thei a ni

Mihringte hian Pathian aiin hna dang leh
ngaihtuahna dang kan dah pawimawh zawk a nih
chuan engvangin nge Pathianin chatuan kawngkhar
chu mihringte tan a hawn ang? Pathian chuan kan
chhungah thlarau lam thla a dah a, thlarau ramtea
thlawk turin min beisei a ni Heng thlate hi kan thlarau
lam duhthusam te, kan ngaihtuahna sang tak te, leh
kan Pathian bul kan duhna thinlung tak tak te hi a ni

Pathian i zawng hmasa phawt ang u Leia
hnathawh hi ngaih pawimawh ber hi a finthlak lo,

Azrael hian engtik lai pawhin thlarau a ko thei a, chutah chuan tih tur, inpekna, ngaihtuahna leh tih tur zawng zawng chu a tawp ang a, vawi khat atan a tawp ang Chuti a nih chuan engvangin nge nunna hi nghet taka kan vawn tlat ang?

Miin himna leh thlamuanna a hmang niin a inngai a, chutah chuan a hmangaih tak a hloh thut mai a, a nih loh leh a hriselna emaw, a hna emaw a hloh a, himna leh thlamuanna chu a boral ta!

Ka nu ka hmangaihna chu a va ropui tak em! Ka bulah a awm reng ang tih ka ngaihtuah a, mahse rang takin ka naupan lai atang khan min kalsan tawh tih ka hrechhuak ta! Thihna kan hlau tur a ni lo va, chumi atan chuan kan inpeih zawk tur a ni

Nun hi a lan dan ang a ni lo I rinna nghat suh, a inthlak danglam a, bumna a ni a, beidawnna leh beiseina tichhiain a khat a ni Famkimna hi hmuh theih a ni lo Hetah hian famkimna hmuh tur a awm lo Nunna lemziak tak tak ka pe duh lo che He khawvel hi paradis a ni lo Pathianin thlarau a fiahna hmun a ni a, chu chu Pathianin thlaraute chu thil \ha hmanga hnehin Amah an siam ang em tih en turin a fiah \hin a ni—chu chu, siam rawh Pathian—an duhzawng ber, A ram lama an kir leh theih nan

Nun hi lungngaihna leh nuihzatthlak chi hrang hrang, chhiatna leh hlimna chi hrang hrangin a khat a ni Tapestry zau tak, danglam reng leh nung tak, a chi hrang hrang chhiar sen loh Thil pahnih hi a inang chiah lo Mi tin nun hi a danglam bik Mimal tin hian pianphung hrang hrang, rilru put hmang hrang hrang, duhna hrang hrang kan nei a Nitin fiahna inang kan tawk a nih chuan, kan chau ang a, kan bo ang Paradis pawh, a inang reng ni ta se, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradis is entirely wrong A hahthlak tak

**zet a nih chuan Pathian mi thianghlim leh mi
thianghlimte chuan Leiah hian kir leh turin an
tawngtai ang a, intihhlimna an nei ang ! Paradis hi a
lawmawm berin a tharin a awm reng a, Leilung erawh
chu a tharin a awm fo thin a, mahse a hahthlak leh
nuam lo takin**

**Mahse, nun hi hahthlak leh hahthlak tak ni mah
se, mi tam zawk chuan an hmang thiam ta hle a, nun
dan dang a awm lo tih ringan He nun hi thlarau nun
nen tehkhin theih lohvin, he khawvel fold chhunga
hrehawmna leh hahna thup zau zia chu an hre thei lo**

**Dik tak chuan, nun hi a tak tak a ni lo It's merely
entertainment, nothing more Film hlui te hi tihchhuah
nawn leh a nih ang bawkin, chutiang bawkin thil
thleng hlui ang chiah chu chi hrang hrangin a insiam
nawn leh thin Tin, nun chhunzawm zelna tawp nei lo
mah se, film hmasa lama thupui tarlan ang chiah kha
a hnungzuiin an play leh thin Dik tak chuan, history
hian a repeat a, mite chu hun kal tawh museum-a thil
hlui mai mai an ni**

**Nun hian a mak tihnate a chhuah tir theih nan,
hlimna, thil tum nei tak leh inthiarfihlim tak nena
pawm tur, rilru natnain nghawng nei lo, movie en ang
maia thinlung taka nuih hi mihring natna zawng
zawng damdawi mak tak a ni**

**Nun hi awlsam leh thlamuang takin i pan tur a ni
Hei hi ka zirtirtu hnen atanga ka zir chhuah chu a ni a
hermitage-a ka thlarau lam training tan tirh khan ka
hna chu hmel hlim lo tak nen ka thawk a, nui ngai
lovin Ni khat chu ka zirtirtu chuan hei hi a hmu a,
"Pathianin a duh chuan engkim a tha vek! Funeral-ah
i awm em? Pathian hmuh chu lungkhamna khuh bo a,
lungngaihna zawng zawng phum tihna a ni tih i hre lo
em ni? Nunna hi chutiang chuan la suh tihtakzetin"**

Pathianah zalenna famkim a hmuh theih nan lei
lam thil tihbuai leh buaina zawng zawng aia rilru
chawi sang hi mihring tih tur a ni tih min zirtir a

Nun harsatnate huaisen leh mahni inrintawkna
nena hmachhawn tur chuan hlimna leh lungngaihna,
hlawkna leh hlohna, hnehna leh hlawhchhamnaah
inthlauhna a vawng reng tur a ni

Thil thleng zawng zawng karah pawh chhungril
remna vawn reng hi bum duhna hneh theihna kawng
tha ber a ni Hei hi hun inthlak danglamnain a
nghawng lo, mahse a tawp thlenga nghet leh danglam
lova awm rengtu ropui tak takte hnen atanga ka zir
chhuah chu a ni Zâwlneite pawhin an tihduhdah lai
khan an hriatna thianghlim chu an hloh lo va, Thlarau
lam thila Pathian hmangaihna chu tumah ruksak an
phal lo hlimna chu amah ngei pawh malsawmna
invenna leh mi zawng zawng kulhpui ropui ber a ni
Fiahna leh hrehawmna karah Pathianin malsawmna a
pek che kha hre reng ang che I thlarau chu Pathian
biak in thianghlim a ni I hriat lohna thim chuan chu
hmun thianghlim chu a tibawlhhlawh tir tur a ni lo
Thlarau lam hriatna, chawimawi, zahawm, him, leh
thlamuang taka awm chu a va ropui tak em! Engmah
hlau suh la, tumah huat suh I hmangaihna chu mi
zawng zawng hnenah pe rawh Pathian hmangaihna
chu hre la, mi zawng zawngah a awmna hmu la, i
duhthusam ber chu i thinlunga a awm rengna ni rawh
se Hei hi khawvelah hian thlamuang leh muang taka
nun dan tur chu a ni Mahse, duhna thlipui na tak
chuan thinlung oasis a rawn nuai a, a thingte chu
nasa taka a tihnghing chhung chuan he mahni
inrintawkna hi tem a harsa hle

Duhthusam chu mi pakhat boruakin a siam a ni
Kan hriatna atanga lo piang a ni a, chu hriatnate
tihkhawtlai a nih avangin thingtlang fair-a tel hian

phurna engemaw zat neih duhna chu a tihlawhtling a,
mahse khawvel huapa exhibition kan tlawh hnu leh a
lantir hrang hrang zawng zawng kan hmuh hnuah
chuan fair tenau chuan a hlimthla leh a hipna chu a
hloh ta a Chutiang chuan, chu hlimna chu Pathian
nena inpawlina hlimna chu kan tawng hmasa tur a ni
lesser earthly pleasures Tichuan, duhna chu a sang
zawng ang Duhna chu a tawp thei lo; no sooner is one
desire fulfilled than another takes its place Mahse
Pathian i hmuh chuan i duh zawng zawng chu a
famkim vek a ni "Pathian ram leh a felna zawng
hmasa phawt la, heng zawng zawng hi pek i ni ang
(Tin, Pathian hnena awm chu a tha zawkin a awm
reng bawng ang)" Chuti a nih chuan engvangin nge chu
duhna ropui ber tihhlawhtlinna chu zawn hmasak a,
Pathian kut thilphal hnen atangin a tha ber leh tuar
thei ber chu i dawn loh vang?

Pathianin amah hre tura zawngtu tawngtaina a
chhan hunah chuan a duhzawng dang zawng zawng
chu a thleng nghal vek ang a, chatuan atan a thleng
ngahal vek ang

Mi thenkhat chuan duhthusam nei loah an ngai
Fine!

Mite market-a an kal hian thil thleng fo thin ka
hmuchhuak tawh Lei duhna bik an nei lo mai thei a,
mahse rang takin thil pakhatin an mit a la a, "Aw ni e,
ka lei a ngai a ni!"

An lei nghal lo a nih pawhin a tawpah an lei hma
loh chuan an ngaihtuahnaah a awm reng a, pawisa an
loan a ngai a nih pawhin Hun engemaw chen chu an
hlim a, mahse zawi zawiin a hipna chu a bo a, a neih
hlimna chu a tlahniam a, chuvang chuan thil dang an
duh a, chutiang chu a ni

A châng chuan: "Ah, hetiang leh hetiang zat
pawisa (or special model car emaw swimming pool

emaw or)" ka neih chuan" titu kan tawk a, chu duhthusam chu a thlen meuh chuan thil thar duhna dang a lo chhuak leh thin

Mihring duhzawng hi a pianphungah a famkim lo a, chuvangin a neitute tan hlimna famkim a thlen thei lo

Khawvel hian i rilru tihbuai a tum ang che duhthusam awmchhun chu Pathian zawn a ni tih hriat reng nan Mahse hei hi nitin i inhriat nawn tir tur a ni Miin meizuk bansan, ei tam lutuk bansan, dawt sawi, bumna bansan a tum hian a thutlukna siamah a tum tlat tur a ni a, a nghing lo tur a ni Environment tha lo chuan duhna chu a tichhe a, a tichak lo va, mi pakhat chhungah duhthusam dik lo a siam a, a tha ber a la a, a chhe ber a pe thin Those who live with thieves believe it's the only way to live Mahse mi tha nena inpawlna hian rilru chu thil sang zawk lam hawiin a kaihruai a, chutiang chuan duhna dik lo chuan mi a thlem thei tawh lo He nunah hian engkim hi a danglam thei a, a inthlak danglam thei a Mahse, hun tlemte chhung ngaihtuahna thuk tak emaw, thlarau lam thupui thianghlim zir leh ngaihtuahna seng emaw chu rilru hnehtu a ni ang a, bumna leh illusion to divine shores where "hahna reng rengin a khawih lo vang a, chuta tang chuan hnawhchhuah an ni lo vang".

(Chawlhna ropui ber chu thawkrimte tan buatsaih a ni tawh a, thutak zawnga theihtawp chhuah lotu chuan hnehna a chang ta a ni)

Hlimna dik tak chu Pathian duhna leh Amah ngaihtuah rengnaah a awm a, chhelna nen, chu ngaihtuahna chu a nghetin a nghet lo hle a, taksa, rilru leh rilru lama hrehawmna engmahin Pathian hnen atangin i hriatna chu a hruai bo thei lo va Pathian hriatna nena nun, Amah ngaihtuah leh engtik

lai pawha Amah hriat reng, leh Amah beih theih lohna hmun thianghlma awm reng chu thil mak a ni lo em ni thihna emaw, thil dang emaw pawhin i chhungril thlamuanna a rukbo theih lohna hmunah? (Pathian hriatrengnaah ringtute leh an thinlungin chawlhna hmutute Dik tak chuan Pathian hriatrengnaah chuan thinlungin chawlhna a hmu thin)

Duh zawng zawng laka him lo i nih chuan chatuan awmna i hlim a ni

Nun hi a mak tak zet a ni, engkim hi a danglam thei a ni Chuvangin, he nun hnim hring hring chungah hian hlimna lawng hi anchor tur a ni lo Kan hun hi a liam ang a, tuna kan hmuh hi ni khat chu a bo tawh ang Inthlak danglamna chu i tihnat phal loh chhung chuan pawm theih a ni Tin, a tihnat che a nih chuan, chhungril buaina i tawn chu duhnain a tuar lo turin thuchah a ni thlarau, innghahna leh innghahna nei lovin engkim i hlim thin Chuvangin, Amah hriat tumna hi ngaihsaktute tan chuan a pawimawh ber a; chuti lo chuan nun chu beidawnna rapthlak tak a ni ang a, beiseinate chu râpthlâk takin a tikehsawm ang

Kum 1935-a India rama ka lo haw khan ka naupan laia ka hmangaihna hmunte tlawh ka beisei a, mahse ka thlen chuan engkim a danglam tawh tih ka hmuchhuak Nun stage chu kawng danglam takin a inrem leh ta Beidawng leh mangang ber chu Aykapur-a ka in hlui ka tlawh khan a lo thleng a, chutah chuan ka inkhelh leh sava ka en thin Only one tree remained of all that I remembered Such is life! Thil hriat lar leh ngaihhlut tak takte chu kan mit a\angin pakhat hnu pakhatin a bo vek a, ka naupan lai ang bawka kan in chu hmuh theih turin eng thil pawh pe turin ka inpeih reng a, chuti chung pawh chuan, Pathianin ka duhthusam chu a hlen chhuak ta a, a hnuah chuan in chu inlarnaah ka hmu a, chutah chuan tuikhuah-ah

kan inbual a, chutah chuan inchungah ka chho a,
khumah chuan ka mu a, kum tam tak kalta a ka lo tih
tawh ang khan mango ka ei ta a ni

Tunah chuan duhnate chu uluk takin enfiah leh
enfiah a ngai a, a thliar hrang \ha tur a ni a, a \ha
chauh chu vawng reng tur a ni a, chu duhna \hate
pawhin Pathian duhna pawimawh ber chu a titawp
phal a ni lo

Chu duhna chu a nung reng tur a ni a, a kang reng
tur a ni a, a bo emaw, a thi emaw phal loh tur a ni
Mihring chu Pathian hnenah a lei duhzawng hlen
chhuak turin a ngen a, mahse a hnena inpuan turin a
ngen lo a, naupang pakhatin a nu leh pate hnena a
dilna pe turin a phut reng a, chutiang ni lovin a
chungchang zawt lo emaw, ngaihtuah lo emaw chu
han ngaihtuah teh That is ingratitude and a deal of
their kindness, and ngaihtuahna hmangtute tan zirlai
a awm tihna a ni

He nunna bu hi hman a nih hunah chuan leia a
awm laia thlarau lam hriatna a neih chauhvin a zui
ang Chuvangin Pathian chu mi rilruah a awm reng tur
a ni a, Amah a ko reng tur a ni a, a theihnghilh ngai lo
tur a ni, mahni thlarau lam hmalam hun ngaihtuah tak
tak a nih chuan Pathian nena inpawlna kan neih hian
duhthusam zawng zawng chu thuruk takin a thleng
famkim tih kan hmu ang Mahse Pathian kan zawn a
ngai a ni hmasa berin A thilphal a, engkim min pe
tawh a, mahse a thilpektea lungawi lo mah ila a petu
lam kan hawi hunah chauh kan hmu ang Kan zawnna
kawngah thinlung takin, Amah hnaih kan duhna leh a
malsawmna a awmpuina kan tawn duhna thinlung kan
neih chhung chuan Amah chu kan hre chiang ang

Miin a hmachhawn tur daltu lian ber chu amah
ngei hi a ni Ngawi renga thut a, thlarau lam thil
ngaihtuah a tum hian khawvel ngaihtuahna a lo

chhuak nghal a, a ngaihtuahna a tibuai a, a thil tum a
tihlawhtling thei lo An ngaihtuahna leh taksa thunun
turin an inzirtir tur a ni a, chutianga an tih chuan an
thlarau chhungah paradis phur thei tak an phur ang
Nunna emaw thihna emaw, vanram emaw, hremhmun
emaw, chu hlimna sang ber chuan anmahni zui rawh

Pathian hnenah thuk takin kan tawngtai tur a ni
a, kan duhthusam nasa tak chu kan leihbuak a,
thinlung tawng, thlarau duhthusam leh chhia leh tha
hriatna tawngkam hmanga kan dil a ngai a, chutiang
chuan min lo ngaithla a, min chhang thei ang Mahse,
mi pakhatin thinlung chanve zeta tawngtai a, chutih
rual chuan thil dang a ngaihtuah chuan—Pathianin a
hriat thil chu chu mi ngaihtuah ber a ni lo—A chhang
lo vang

Pathian kan neih hmasak a ngai A hun chu tunah
hian kan nghak tur a ni lo, suangtuahnate hi thiltithe
lutuk a nih avangin Nun hi a liam thuai a, nun tum hre
lova he khawvel chhuahsan hi a zahthlak hle Hun awl
kan neih apiangin kan ngaihtuah tur a ni I tawngtaina
a tir lamah chhan a ni lo a nih pawhin Pathian
khawngaihna chu beidawng suh la, dil chhunzawm zel
rawh Thinlung takin tawngtai la, i tawngtaina chu
chhan a ni ngei ang tih ring tlat ang che

Pathianin tawngtaina a chhân lêtzia finfiahna
ropui ber chu ka nunah ka hmu tawh a Mahse
chutiang chhân lêtna chuan thawhrimna a ngai a, beih
loh chuan thil pawimawh tak a lo thleng lo vang
Nunna thurukte pholan a, Pathian ram luh nân
ngaihtuahna hi a pawimawh hle

Thiltih \ha lo leh tihbuaitu dangte chuan i
thawhrimna chu a tichhe thei ang a, i thutlukna chu a
tichak lo ang Mahse hlim taka awm i duh chuan i
ngaihtuahna chu Pathian lam hawiin vawng reng la, i
hnaih ber chu i hmu ang

Leilung nawmna duhna hian magnetic pull a siam a, chu chuan mi chu he leiah hian a hip lut a, nun hnua nunna Pathiana an duhzawng hmu tawhte tan tisa lama kir leh chu thil tul lo a lo ni ta a, duhthusam eng pawh tihhlawhtlin an duh apiangin an ngaihtuah a, chu chu an hmaah a lo lang chhuak thin Ka nu chu a thih hnua ka hnenah a inlar a, amah ka hmuh avangin ka thlamuan a, a thatna avangin Pathian hnenah lawmthu ka sawi tak zet a ni Dik tak chuan, Amah hi a tam ber a ni Mi thilphal leh khawngaihthlak ber chuan kan thinlunga hmun hmasa ber kan pek hian min hmangaihna leh lawmthu sawina lantir turin kan duhnate a tihlawhtling thin

Miin Pathian hnena a thlen chuan nunna leh chanvo neitu an lo ni ta a ni Kan nunah Pathian awmna chu ngeth taka a din hma loh chuan kan chawltur a ni lo Kan duhthusam zawng zawng min pe ang a, min fiah ang

Thlarau lam kawnga fiahna leh daltu te chu a tam a, a ropui hle a, mahse chu fiahnate kan paltlang a, chu harsatnate chu kan hneh chhoh zel chuan heti hian kan sawi tur a ni: “Aw Lalpa, ka tawngtainate i chhang a, ka duhthusam ropui berte i tihlawhtling ta a, chuvangin ka thinlung chu I awmnaah a hausa a, ka thlarau chu I êngin a lo eng ta a ni” tih hi a ni.

Remna awm rawh se

**Zirtirtu Paramhansa Yogananda thusawi atang
hian**

Mite chuan nunah thil engemaw bânsan tumna ngaihtuahnaah hian an phunnawi a, a takah chuan thil hlu tam tak an bânsan a, chung zinga a tlem ber chu rilru

thlamuanna a ni a, a châng chuan sum leh pai atan pawh an
inhlan a, chu chu chhiatna leh hlohna a tawh thei a ni

Pathian hnenah inpe la, in nun chu rhythmic melody
mawi tak ang mai a lo ni tawh tih in hmu ang

He khawvel a\ang hian i chhungril lam pan la, i chhungril
Pathian ram zau tak lam hawi la

Thlamuanna lawngah chuan kan mumang piah lama chu
khawvelah chuan i kal thei a, chutah chuan thinlung leh
thlarau thuk tak atanga chawhlsan lovin Pathian tuikhuah a
luang chhuak thei a ni

Lalpa, Nangmah min hmangaih a, engtikah mah min
thlahthlam ngai lovang tih hre reng chungin, kei chu chak lo
emaw, chak emaw, damlo emaw, hrisel emaw, hmingthang
emaw, hriat loh emaw, hausa emaw, rethei emaw, I lawm
zawng zawnga nun inkhelhnaah ka chanvo hlen chhuak turin
min pui ang che

Hausakna hi mi pakhat hnen atangin laksak a ni thei a, a
nih loh leh laksak a ni thei baw, khawvel a\anga an
chhuahsan hunah, an keng tel thei lo A hlutna dik tak chu
thil \ha tihna atana hman leh Pathian leh mahni chhia leh \ha
hriatna tilawm zawnga mahni leh midangte tana hlimna
thlennaah a awm a ni

Mahni himna leh thlamuanna chauh ngaihtuah, midang
mamawh theihnghilh emaw ngaihsak lo emaw chuan a takah
chuan ni khat chu an chanvo tur retheihna chu an courting a
ni an kalna apiangah an tam hle

A phutute hnena i pek hunah chuan Pathian chu i
hnenah a awm reng ang a, engtikah mah a kalsan ngai lo
vang che a, engmah i mamawh lo vang Kan nun hi Pathianin
direct-in a chhawm nung tih kan theihnghilh tur a ni lo va,
kan rilru, kan duhzawng leh kan thiltih zawng zawng hi

Pathianah a innghat vek tih kan hriat chian hunah leh a hnen
atanga chakna kan lak chhuah hunah chuan a hnen atangin
direct kaihhraina kan dawng ang a, kan nun hi a nun tawp
nei lo nen a pumkhat a ni tih kan hrechhuak ang

Ngaihtuahna hian Pathian awm tih finfiahna a pe Rilru
tuikhuah a\angin hriatna thlipui chu a lo thianghlim tawh
chuan thlarau a\angin Pathian hlimna a lo chhuak \hin He
hlimna hi thlarau chhungah a awm tawh a, mahse a khuh bo
a ni

Aw, Lalpa Ka duhthlanna leh finna ka hmang ang Thil
tenau te hlen chhuah hmasak nan Tin, chutah chuan
hlawhtlinna lian zawkah ka kal leh ang
Thil tum zawng zawng chu tihhlawhtlin ni mah se,
hlimna famkim lo chauh a pe a ni — Pathian ka hmuh avang
chuan hlimna khawl khawm theih loh ka hmuchhuak ang Tin,
a luang leh tlan chu a tawp ngai lo Thlarau huan leh
evergreen meadows-ah te
In: Hnehna hmun

Miin a nun chu thrill pakhat hnu pakhat hnung zuiin a
hmang a nih chuan hlimna dik tak thlum chu a hre ngai lo
vang Mi pakhat chu awlsam taka nung tur a ni a, nun hi
awlsam takin a hnaih tur a ni Mi pakhat tan chuan mahni
chauha hun hman a tha a, a hun hunah mahni thiltih
ngaihtuah a, chhungril thlamuanna kalpui a tha a, chu chuan
damna, thalai tharna leh chakna thar a thlen a ni

Thil tibuitu a awm reng a, thil dangin hriatna a rawn
bombard chuan, chu chuan nerve-te chu a tuar ang a, vital
energy tam tak a bo ang a, thlarau chu a rilru a buai leh a
lungngai ang Chu bâkah, mi dangte siam\hat chu ngaihtuah
lutuk tur a ni lo chu ai chuan mi dang siam\hat a tum hmain
mahni insiamthat hmasak phawt tur a ni

In chu indona hmun ropui ber a ni tih hriat ni rawh se An
in chhunga vantirhkoh ni tawh chu khawi hmunah pawh
vantirhkoh a ni ang

Aw thlum leh nungchang ropui takin a rawn rawt
thlamuanna chu hmun dang zawng aiin in chhungah hian a
mamawh zawk a ni

Eng a engna hmunah thim a awm thei lo ang bawkin,
taksa cell-a Pathian êng a lo eng hunah natna thim pawh a
bo tur a ni , he thutak hretu hi an tlem hle
Mite chuan dam duhna nasa tak an neih chuan thinlung
buai takin A nih loh leh beidawnna rilru pu chungin an
tawngtai thin a, Pathianin an tawngtaina a ngaithla dawn lo
tih ringin an tawngtai a, mahse an nghak lo va, An
tawngtaina chu Pathian hnenah a thleng em tih an hriat
theih nan

Receiver dik lo hmanga boruak atanga music tihchhuah
a ngaihthlak theih loh ang bawkin, hlauhna, lungkhamna leh
lungkhamna, rinhlelhna leh rinhlelhna chi hrang hranga
thawk tha lo psychic apparatus hmangin Pathian atanga lo
chhuak hriselna, chakna leh finna vibration te chu a la thei lo

Lalpa, mamawh leh hausakna hun, natna leh hriselna,
thim leh êng, leh dinhmun tinrengah I hre reng ang u,
lawmthu i sawi ang u, I malsawmna êng, natna leh natna
zawng zawng tidamtu I êng malsawm tak kan hmuh theih
nan rinna mitte min hawn theih nan min pui ang che
Ka ngaihtuahna \ha, ka duhzawng \ha leh ka thiltih rah
chhuah, hlawkthlak tak lawng captain ka ni Ka nun lawng
chu ka kaihruai ang a, ka ngaihtuahna thuk tak van boruaka
remna planet eng mawi takah chuan ka mit ka nghat reng
ang

Ka thil tih zawng zawngah hlawhtlinna ka chan theih nan
ka creative thinking skills ka hmang ang Pathianin min pui
ang, keimah pawh ka in tanpui ka tum a nih chuan
Vawiin hian nunna huan hi theihtawp chhuah tharin ka
ching ang a, finna chi, hriselna, lungawina leh hlimna chi nen
ka tuh ang Rinna leh mahni inrintawkna nen chi chu ka tui
ang a, buh seng dik min pe turin Engkimtitheia thilpek ka
nghak ang, Buh seng beisei chu ka seng lo a nih pawhin, a lo

chhuak rilru thlamuanna avang hian lawmthu leh lawmthu
sawiin ka awm reng ang ka theihtawp chhuah tumin beih a
ni

Ka hlawhtlin hma loh chuan ka beih chhunzawm zel
theih avangin Pathian hnenah lawmthu ka sawi ang, A
khawngaihna Tin, ka thinlung duhthusam ber ka thlen
hunah lawmthu ka sawi ang Thil ropui leh tling chauh tih ka
tum ang, Pathian lawmna zawngin
Khawvel hi thilsiam leh mihring thlipuiin a khat a,
Pathian chu he khawvel thlipui, thlipui leh thil tha lo laka
invenna chak tak leh himna a ni Pathian awmna apiangah
hlauhna leh lungngaihna a awm lo Ringtu dik tak chu nunna
indonaah leh thil thleng inbeihnaah hian nghet tak leh
chhuang takin a ding a, Pathian chu a hnenah a awm tih a
chiang a, chhiatna laka a humhim a, hun khat pawh a
thlahthlam ngai lo Chutiang chuan hlauhna chu a thinlung a\
angin a bo a, rinhlelhna chuan a chelh a, humhimna chu a
nghah theih loh a ni

Hlauh loh tih awmzia chu Pathian leh a venhimna rinna
neih a, a dikna te, a finna te, a khawngaihna te, a
hmangaihna te, leh hmun tina a awmna te rinna neih a ni

Hlauhna chuan mi chu a rilru chakna a hloh a, a rilru a
khuh a, thinlung pianphung rhythm a tichhe bawk Chu
bâkah, hlauhna hian taksa tibwaitu leh rilru lam natna a thlen
thei a, mi chu lungkhamna leh rilru lama inkhunhranna
hnuaia tluk ai chuan Pathian, Engkim hmutu, Engkim hmutu,
Engkim hmutu, A thunun theih lohnaah a him tih a
inringtawh tur a ni kulhpui, leh A khawngaihna leh
enkawlnain a hual vel a ni

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm zawng zawng aiin a chak zawk a, Amah hnena
inhumhimna zawngtute humhim thei a ni tih a inhriat chian a

ngai a ni Invenna hmanraw tangkai zawk a awm lo Dik tak
chuan, thil thlengte hmachhawn kawngah hian chhanna
hman a ngai a, chutih rual chuan Pathian tanpuina rinna
famkim neih a ngai a ni Rinna hian ngaihsak lo emaw, thiltih
emaw a ni ngai lo harsatna hmachhawn chung pawhin fing lo
takin Eng thil pawh thleng se, mahni thinlung, thlarau leh
hriatna zawng zawnga A hnena a hawi chuan Pathian
chauhvin dinhmun harsa leh harsa takah pawh a pui thei tih
a inhriat chian a ngai a ni

Harsatnate chu vur tla ang maia a lo chhuk chuan, kan
duhzawng chu a tichhe emaw, kan hmuh dan fing tak leh
fing tak, ngaihtuahna fim tak hmanga thil tih dan chu kan
khuh bo phal lo va, Pathian kan rinna leh kan pianpui thil dik
leh dik lo hriatna hi kan vawng reng tur a ni a, chhuahna tur
kawng zawn kan tum tur a ni Pathian tanpuinain, kan hmu
ang A tawpah chuan, thil a lo tha chho zel dawn a ni, a
chhan chu Pathian thiltihtheihna leh thilmakte chu mihring
nun inhnialna hnuaiah thup a ni dinhmun pumpelh theih loh
leh chu ai chuan an finna leh rinna hmanga puanzar piah
lama luh tum chuan an tan kawngkhar hawnsak an hmu ang
—ringtu kut zawng zawngin an kik theihna kawngkhar

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihruaitu khawnvar ni turin kan
phal tur a ni Pathian chu hriat lohna leh thim zanah thla bial
a ni a, harhna darkarah ni eng a ni a, kaihhruaina êng a ni a,
leia tuifinriat kalte tan chuan kaihruaitu arsi a ni baw. rei lo
te chhunga awm

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,

khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

Rilru ngaihtuahna leh thlarau lam inhriatthiamna
inthlauhna

Miin theoretical hriatna hmanga a programme chuan kal
zel recorder ang mai a ni a, thufing leh thumal sang tak
takte a sawi nawn leh a, mi dangte chuan zir leh hriatna
neiah an ngai a Mahse chutiang hriatna chu thutak hriatna
dik tak chuan a tichak lo va, thlarau lam thil tihhlawhtlinna
nen pawh a inmil lo This kind of intellectualization or
intellectualization keeps the "self" tied to the sensory mind,
which is itself limited by the physical senses Theoretical
hriatna hian Pathian hriatna a nei thei lo va, thil tak takah
hman theih loh theory-ah hian hun hlu tak chu khawhral loh
a tha a, chuti lo chuan intellectual jungle zau takah bo,
theory ram paltlang thei lovin a awm ang

Hetiang kalphung hian thudik hriatna a thlen dawn lo a
ni, a chhan chu thudik chu ngaihdan leh ngaihdan piah
lamah a awm a, chutiang kalphung zawmtu tam tak chu
anmahni subjective conclusion-ah an inngat ta a ni

Miin a rilru chakna chu sum leh pai leh thil neihte neihna
atan chauh a hmang a nih chuan a hriatna chu thiltihtheihna
khawvelah a hruai lut ang a, thil buaithlak tawp nei loah a
inhnamhnawih ang Chuvangin mi finge chuan mi finge
chuan Pathianin a pek rilru lama theihna zawng zawng chu
thil rei lo te chhunga thil awmte zawn nan a hlan vek tur a ni
lo, chuti lo chuan thil neih duhna labyrinth-ah a boral ang a,
a tul lo khawpa tikhawtlai a siam ang constraints for
themselves Chu ai chuan nunna atana thil tulte hmu turin an
rilru chakna chu an hmang tur a ni a, thil dik leh dik lo thliar
hrang turin an nungchang chakna tihhmasawn tumin an bei

tur a ni a, thil tichhe thei leh hlawkna tur pawh an thliar
hrang thei ang mahni inhriatthiamna (introspection) a ni

Kan ngaihtuahna chu eng pawh ni se, kan nunah
Pathianin a hmasa ber reng tur a ni Thlarau lama thanlenna
atana thil pawimawh ber pakhat chu Pathian nena inzawmna
awm reng, thinlung taka tih hi a ni a, chuta tang chuan
nangmah ngeiin inthlâk danglamna mak tak, ṭha tak, i rilru
hneh tak chu i hmu ngei ang

Miin show en a duh chuan , emaw thawmhnaw thar
emaw car thar emaw lei a duh chuan an rilru a buai reng tih
hi a dik lo em ni? Chutiang thilte chungchangah chuan leh
engtin nge kan tihhlawhtlin theih ang emaw, kan hmuh theih
ang? A duhzâwng a hlen chhuah hma loh chuan a chawl lo
vang , chu duhzâwngte chu hlen chhuah tumin hahchawlh
lovin a thawk chhunzawm zêl ang

Chutiang chuan mihring rilru chu Pathian ngaihtuahin a
buai tur a ni a, chutah chuan duhna tenau zawk, tenau zawk
zawng zawng chu Pathian hriat duhna leh Amah nena inbiak
duhna nasa takah a inthlak ang

Rilruin Pathian hnenah thinlung tak tak, rilru na tak
thusawi a sawi chhuah hian Thlarau duhthusam thuk tak
atanga lo chhuak

Thlarau kohna chuan cosmic thinlung a khawih ang , a
chhanna chu a lo thleng ang a, hlimna nasa tak a keng tel
ang

Intellectual whispering cultivates willpower , thil tum
duhthusam tihhlawhtlinna tur chakna tling i neih hma loh
chuan

Mi pakhat rilru leh duhzawng chu Pathian nen a inmil
chuan thiltihtheihna tawp nei loin an charge a, chutiang
chuan thil engemaw ngaihtuah mai mai chu a thlen theih

nan a tawk ta a ni , a chhan chu Pathian dan chuan
duhthlanna sang ber nena inmilte tan hna a thawk a ni

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

Hmasawna thuruk

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

Fiahna nasa tak karah pawh, thir zungbun tithianghlmtu
mei ang mai an ni a, chu chu thir mawi tak, chak tak leh
hmanraw tangkai takah a chantir Experience meialh kang
tak kara finna kan siam chu thil mak tak a ni Nun hian min
tithianghlim a, kan base nature te chu thil hlu takah a
chantir a, thlarau te chu lunghlu ang maia thianghlim, thir
ang maia chak, chuti chung pawha insiamrem thei, a hnuai
lama chhe lo taka awm theihna turin min phalsak a ni
harsatna leh harsatnate nawrnate

Thinrimnain a tihdanglam, tihdudahna avanga hliam
tuar hmêl kan hmuh hian, an mit hmuhna chuan kan thlarau
aṭanga thil tenawm tak takte chu hnawhchhuah kan duh hle
a ni—kan chhunga Pathian lem malsawm tak chu khuh botu
thil tum sual leh lungngaihna thuk tak tak tih loh chu
engmahin a khawih loh thlarau chu, meikhuin darthlalang a
tihchhiat ang bawkin Mi dangte thiltih hrehawm tak takte
chuan mahni nungchang siamṭhat leh thunun duhna chu
keimahniah a tiharh tur a ni keimahni ngei pawh, kan

duhzawng thunun theih lohte chung a hotu kan nih theih nan,
an bawih ni lovin

Thu ngilnei tak hi natna tam tak damdawi mak tak a ni
a, thiltihtheihna chak tak, thilmak ang maia lang, magnetic
force neiin an thusawi tu tan malsawmna leh hausakna tam
tak a thlen a ni Thusawi thlamuang leh nem tak hmangtute
chuan an chhungah chuan tuifinriat fiah lo tak chu tihtawp
lohvin a luang chhuak tih an hria a, an chhunga thlamuanna
tam takin a khat Hei hi chu current chu a source sang zawk
nen a inzawm tlat avangin a ni reaching souls in harmony
with it Chutah chuan he himna luang hi remna duhtu
thlaraute hnenah an thlen thei ang

Nitin hian mi pakhat chuan mi dangte hmaa a theihna
zawng zawnga inlan a duh avangin a hmel hmuh tumin
darthlalangah a en thin a, chuti a nih chuan, nitin mahni
nena ding a, chhungril lam thlirletna darthlalang atanga thlir
a, chu chu a êng chhuak hnuaia thil awmte hmuchhuak turin
a va pawimawh zawk em! Pawn lam atanga hmuhnawm
zawng zawng hian a hipna chu chhungril lam a\angin a hmu
si a Tin, engmahin thlarau darthlalang thianghim chu
thinrimna, thinrimna, inhuatna leh huatna ang chi rilru lam
tihdanglamna angin a tibawlhhlawh lo

Analysis hmangin mihring harsatna hi chi thum a ni tih
kan hmuchhuak a, chungte chu mihring taksa beitu harsatna
leh buaina a awm a, rilru beitu dang a awm a, thlarau kalna
kawng tikhawlotu category pathumna a awm baw

Natna te, tar chakna te, thihna te hi taksain harsatna leh
daltu a hmachhawn thinte hi Rilru lam natna te erawh chuan
lungngaihna te, hlauhna te, thinrimna te, duhna thunun,
thinrimna te, huatna te, rilru lama harsatna te, khawsik
nervous agitation te, leh rilru chakna tichhe thei rilru lam
cancer te hmangin rilru a rawn lut thin Natna hlauhawm ber
erawh chu a ni thlarau natna, hriat lohnaah a lang a, chuta

tang chuan natna dang zawng zawng a lo chhuak a, a darh
zel baw

Khawvelah hian thil tha lo aiin thil tha a tam zawk

Ringhlelna a lo luh hian mi ropui tak takte nun hi kan
hre reng tur a ni Mihring kan ni tih hi a dik a, mahse Pathian
chuan thiltihtheihna mak tak tak, kan hman tlem avangin
min pe a nih chuan engvangin nge tar, natna leh
lungngaihna hlauvin kan khur? Kan taksa enkawl nan
theihtawp kan chhuah tur a ni a, mahse hlauhnaah kan tlu
lut tur a ni lo va, hriat lohna pile hnuaiah kan in phum tur a
ni lo

Taksa hi mi pum pui a ni lo

Khawvelah hian thatna hian sual a hneh zawk a ni, a
chhan chu Pathian chu thiltihtheihna tawp ber a nih vang a
ni Mahse, sualna min lo thlen hian thunun theihna emaw, a
man atanga tlanhhuah emaw theihna kan nei lo niin kan
inngai thin

Thil tha lo thlipui a lo tleh ngei ang , mahse an nghawng
chu kan hneh thei a, an chungah kan kai chho thei a ni

Chumiin a tihchhiat theih nan nunna pek kan ni lo va,
chatuan hriatna min tuh turin nunna pek kan ni a, he thudik
hi kan hre reng tur a ni

Ngaihtuahna zalenna tel lo chuan mi pakhatin a rilru a
sawi chhuak thei lo va, a thianghlim, mahni inrintawkna leh
pianphung angin a sawi chhuak thei lo A bulpui berah chuan
zalenna i ni tih hre reng ang che Duhthusam thiltihtheihna
chu a zalen reng a ni

I duhthlanna dik taka i hman chuan i tan karma tha tak
a siam ang a, mahse mi tam zawk chuan inthlak an duh lo

va, theihtawp chhuah an duh lo va, chuvangin harsatna
karah pawh an tlu a, harsatna an tawh thei lo

Mi duhzawng tih chu zalenna a ni lo, a chhan chu
mihringte hi an duhzawngin a phuar a, chuvangin an thiltih
chu zalenna tia sawi theih a ni lo tak zet Zalenna dik tak chu
finna kaihhraina hnuaia duhthlanna neia engkim tih tihna a
ni Mi pakhat chuan a thiltih tawhte rah chhuah chu a thunun
thei a, chu chuan a zui ngei ngei ang, a duhzawng chu a
tichak a, thil tha leh hlawkthlak tak atan a hmang a nih
chuan, i thiltih chu rilru leh duhna neia i kalpui chuan,
chaknate chu a ni i thiltih dik lo hmasate chu a chak lo ang a,
i thiltih \ha a\anga lo chhuak nungchangte chu a chak zawk
ang

Kan tlakchham chu kan duh reng a, thil pawimawh loah
kan inngat fo thin Thil pakhatin min luah tawh chuan kan
duhthlanna zalenna chu rei lo te chung atan kan hloh thin
Khawthlang mite chu hmân lai nunphung saltan an nih ang
bawkin khawthlang mite pawh tunlai nunphung saltan an ni
Kan chanvo kan siam a, chu chuan a phuar ta a ni

Engvangin nge fa pakhat chu chhungkaw sualah a pian
laiin pakhat chu chhungkaw tha takah a piang? An zalenna
chu hun kal tawh (nun hmasaah) engemaw chen hmang
turin an hmang theuh va , chutiang chuan chu dinhmun chu
he nunah hian anmahni chungah an rawn thlen ta a ni

Pathian tel lo chuan zalenna dik tak a awm lo Amah hi
kan ngaihtuah reng tur a ni Kan ngaihtuahna leh
ngaihtuahna eng pawh ni se, Pathian hian kan thinlungah
hmun hmasa ber a luah tur a ni , Amah nena kan inzawm tak
tak hunah chuan kan tih tur chu, engtik lai pawhin, A Pathian
tanpuinain, tihhlawhtlin theihna min pe ang

Zirtîr tâna thurâwn

Zirlai pakhat chuan zirtirtu Paramhansa hnenah Mahni
insiamthatna tur thurawn engemaw zat pe turin a ngen a,
heti hian a sawi : Hmangaih nih i duh chuan I hmangaihna
mamawh midangte hmangaihna hmangin tan la rawh

Tin, midangte hnen atanga i beisei chuan an chungah
rinawmin rinawm takin awm la, chutiang chuan i chungah an
rinawm ang

Mi dangte chu thil tha lo leh fing taka thil tih loh i duh
chuan , bumna chu nangmah ngeiin i ngaihtuahnaah a luh tir
suh , mi dangte tichhe thei zawngin thil ti suh

Midangte'n an lainat che i duh chuan An chungah
lainatna lantirin tan la rawh , a bik takin i chhehvela mite
chungah

Midangin an zah che i duh chuan , naupang leh
puitlingte zahna i lantir tur a ni

Midang hnen atanga remna i duh chuan , inremna nun i
hmang tur a ni

Mite chu sakhaw mi nih i duh chuan , thlarau lam mi ni
la, mi dangte chu entawn tûr tha tak i nihzia leh an rinchhan
thei che a, an ring thei che tih an hriattîr ang che

A tawi zawngin, midangte lantir i duh zawng zawng
Mizia tha pakhat chu i nunah lantir hmasak hi a ni , chutiang
bawkin miten an lo chhang ang che tih i hmu ang

I nunah hmasawanna mamawhna hmunte chu beidawng
lovin emaw, inngaihtlawmna rilru pu lovin emaw i hriat theih
a, nangmah ngei pawhin i mizia tihchangtlun tumin i thawk
reng a nih chuan, chutiang atana hun i hman chu midangte
insiamthat duhna i khawhral ai chuan a hlawk zawk daih ang

Aw Lalpa, Nang hi thatna zawng zawng bul leh
thiltihtheihna zawng zawng bul tanna i ni a, kan hriselnaah

te, kan finna duhthusamah te, leh kan thlarau lam
lanchhuahnaah te I malsawmna kan chung a kan lantir theih
nan Malsawmna min pe ang che Nang hi arsi zinga êng,
atom-a chakna, thinlunga ngilneihna, leh thutak mawina i ni I
thiltihtheihna sang ber, I finna tawp nei lo leh I tawp chin nei
lo hmanga khat turin min pui ang che dikna (authenticity) a
ni

Lalpa, Nang hi hriselna tuikhuah, nunna tuifinriat, leh
hriatthiamna leh hriatna zawng zawng bulpui i ni tih i
hrechiang ang u Hriat lohna leh a nghawngte, hlauhna leh
lungkhamna lak ata min chhuah zalen la, I finna tuilianin kan
nun a\anga thil chhe leh lungflu zawng zawng chu a rawn
nuai bo vek ang u

Aw Lalpa, kan hnen atanga I hmel thuptu puan te chu
hlihsak rawh, êng êng tak, kan nun kawngkhar chung a ni
chhiar sen loh ang maiin i hmu ang che, Kan ngaihtuahna
tichaktu, kan thlarau chawmtu, kan taksa chhawm nungtu,
leh kan duhthusam tihlawhtlingtu thiltihtheihna thar reng
reng angin i hria ang che

Amen tih hi a ni

Mi tam zawk chuan a chhan an hre lo He leia an awm
atang hian , nun tum chu Duhzawng tihlawhtlinna a ni tih
an ring Nunna atana thil tulte hmuh nuam tihna leh mihring
hmangaihna zawng , a tawpah chuan kotu hnahnung ber
hnen a inpekna a ni

Mite chuan an nun hi Programmer-te chu tun hmaa
tihlawhtlin loh duhna leh duhna bik neiin an tan a Tin, an
tum a - duhthlanna tlemte an neih tawh nen - Midang duhna
leh thiltih entawnin , sumdawngte nen an inzawm chuan
anmahni ang nih an duh a, artist-te nen an inzawm chuan art
chu an tan chuan engkim a lo ni ta a ni

Pathianin he khawvelah hian practical turin min duh a,
chu chu riltamna tihlawhtling tura hnathawh ngai riltamna
min pe a, mahse ei leh in, chenna tur, sum leh pai leh thil
neihte chauh zawn hian mihringin a hlimna bul a theihnghilh
tihna a ni

Kan mamawh kan hmuh theih nan leh kan thil tum dik
tak tihhlawhtlin tumin kan bei tur a ni tih hi a dik a, mahse a
hmasa ber leh pawimawh ber chu Pathian hnenah kan
thinlung kan hawn a ngai a, kan thil tih zawng zawngah a
kaihhruaina leh pawmpuina kan zawng tur a ni Chumi hnuah
chuan nun sikul-ah kan hlawhtling ngei ang, kan mamawh
leh kan tana tha ber hretu Supreme Manager leh Provider
hnen atangin kan kaihhruaina kan dawng dawn si a
Chuvangin kan rinna chu Amah leh A duhzawng fing hnuaiah
intulût rawh

Zirtirtu Paramahansa thusawi atang hian

Thlarau chhungril hlimna chu tisa hlimna rei lo te
chhunga hlimthla thim takin a khuh chuan thlarau
rangkachak êng chu a thim a, thlarau thiltihtheihna
langtlang tak takte chu thil density hnuaiah a thup a Mi rilru
chu inhuatna leh huatnain a hip a, hlauhna leh lungkhamna
chhumtein a khuh a, mi chu mi hrehawm, rethei tak, leh
hneh lohvin a lo awm ta a ni mi pakhatin hmangaihna,
remna leh inremna lam hawia chutiang bawka ngaihvenna a
hruai chuan hlimna thuk tak a tawng a ni

Thlarau chuan tisa duhna, hrehawm tawrhna leh
hrehawmna nena inzawm a\angin thlarau thil \ha langtlang
tak, hlimna ropui tak takte nena khata a inthlak hian hlimna
a nei \hin

Thlarau chu khawvêl nawmna râpthlâk takah a inhnim
pil vek chuan hlimna sâng zâwk zawn chu ngaihsak lo va,
thlarau lam hlimna pawh a tawng thei lo Mi tam tak chuan

he khawvêlah emaw, thil neih lam chauh ngaihtuahnaa
innghat mite zînga awm lai emaw hian thil neih nuam tihna
bânsan chu thil theih loh tluk a ni tih an sawi mai thei
Amaherawhchu, mi pangngai tân chuan khawvêl kalsan a,
hnungtawlh chu thil theih loh tluk a ni tih an sawi mai thei
tlang leh ramngawte chuan thlamuanna leh muanna an
hmuh theih nan Chu ai chuan he khawvelah hian a tui chak
tak takte chuan a nuai bo phal lovin he khawvelah hian an
awm reng tur a ni, chuti lo chuan he nun thlipui buai tak hian
a hneh ang

Mi chuan a chhehvêl thilte chu a ̣a lo zawngin a awm
tûr a ni lo va, chutih rual chuan thil neih duhnain a mit a tidel
tûr a ni lo va, chuti lo chuan a thlarau lam mizia nêna
inzawmna a hloh a, hlimna hlimnate chu a tem thei lo va,
Pathian êngte pawh a hmu thei lo vang
Life, with its essence, components, and goals , hi
hriatthiam harsa tak ni mahse chinfel theih loh puzzle a ni a,
kan hmasawmna ngaihtuahna hmang hian nitin a thuruk
thenkhat kan chinfel thin

The devices based on precise scientific principles in this
era are certainly impressive , and the discoveries that
science brings give us a clearer vision of the ways in which
life can be improved But despite all the equipment,
inventions, and strategies we have , kan la ni reng niin a
lang a, chu chu fate kutah puppet ang mai a ni , leh hmalam
panna kawng chu a la rei Before we are freed from the
control of nature

Tih tak zetin, thilsiam khawngaihna hnuaia nun hi
zalenna a ni lo Kan rilru thahnemngai tak chu tuilian, thlipui,
emaw lirngching emaw tuar anga kan inhriat hian, emaw,
thilthlengin min laksak a nih chuan – chhan awmze nei lovin
– kan hmangaih tak takte chu kan thinlung hnaih takah kan
awm tih kan hrechhuak ta a, hnehna tam tak kan chang lo

tih kan hrechhuak ta a, kan la ni lo tih kan hrechhuak ta a ni
able to overcome adverse circumstances For despite all our
efforts to make life as we want it to be , certain
circumstances will always appear on this earthly stage , and
events directed by a mighty mind about which we know little
about which we knows and will

Buhfai kan chin a, chhangphut kan siam a , mahse tuin
nge chi hmasa ber siam? Chhangphut chu chhangphut
atanga siam kan ei a , mahse tuin nge kan taksa chu a ei
theihna pe? Tin, engtin nge ei tur chu chaw thaah kan
?chantir theih ang

In every corner of life There seems to be an
indispensable divine hand We cannot manage our affairs
without it , and all the certainties we possess Kan hriat loh
chuan engtikah nge thinlung hian hna a thawk tawh dawn lo
Hence the necessity of bold reliance On the supreme divine
power And relying on our higher self , emanating from that
omnipotence Which we are modeled after

Inchhuanna nei lo rinna kan nei tur a ni , nun kawngah
pawh inrintawkna nen kan kal tur a ni

Hlahna leh khur lovin , leh lungngaihna leh khung hran
lovin

Allergy chungchanga buaina

Sensitivity hneh hi art nalh tak a ni a, mi pakhatin thil a
tih chak dan thunun hi mize inthlau leh round tha tak neih
nan a pawimawh hle

Sensitivity hi hriatthiam lohna, inferiority complex,
inflated pride, leh ego exaggerated atanga lo chhuak a ni

Miin a rilru a tihnat nia a hriat chuan chu ngaihtuahna
chuan a rilruah zung a kai a, a nerve a tiharh a, chu chu a

rilru a buai a, a hel ta a ni. Amaherawhchu, mi thenkhat
chuan an rilru put hmang thunun theihna an nei a,
chuvangin an pawn lam chhinchhiahna chu an chhunga
thinrimna nasa tak awm chung pawhin a lang lo Midangte
chuan an thinrimna chu thil tih nghal mai hmangin an lantir
a, chu chu an mitah a lang Chiang Hle taksa ruh leh hmêl lan
dân te, leh ṭawngkam chhâna nalh tak, coded hmanga
chhâna hmangin

Emotionality tam lutuk hian nghawng pawî tak a nei a;
thil awmdan a ti buai a, duh loh zawnga inngahna a siam a,
chu chuan midangte a nghawng \ha lo hle

Mahni inthununna leh rilru hahdamna lantir nan
theihtawp chhuah a ngai a, inhriatthiamna leh inremna
boruak siamin, inhnialna ai chuan remna tipungtu leh
lungkhamna meikhu tibotu chutianga titute chu anmahni
chanvo neitu an ni ang a, an chhehvela mite ngaihhlutna leh
zahnain lawmman an dawng ang

Sensitivity lutuk hi mi tam zawkte mizia a ni a, he rilru
dik lo rilru put hmang hi a lo chhuah chuan hriatna a tidel a,
finna mit a tichhe vek a, a pawî zawk chu, sensitive lutuk
chuan an ngaihtuah, an rilru a, an che tha famkim tih a ring
a, a nihna takah chuan an nungchang chu a dik lo vek thei a
!ni

Mi tam tak chuan sawisel an nih hunah mahni
inkhawngaih tur niin an ngai a, chu mahni inkhawngaihna
chuan hahdamna engemaw chen a pe a Mahse ruihhlo
ngaite ang bawkin an ei tam poh leh an ruihhlo ngawlvei chu
a chak zawk thin

Mi rilru na tak chuan a tul lovah a tuar fo thin A tam
zawkah chuan tumahin an lungngaihna chhan emaw, an
lungawi lohna awmzia emaw an hre lo va, chu chuan mahni
inhlat taka awmnaah lungngaihna a tipung a ni

Hetiang allergy hrisel lo chi hian nghawng na tak a nei
a; mei ang maiin thinlung a kangral a, remna tissue te a
tichhia Chuvangin fing tak, ngaihtuahna fim tak leh
duhthusam nghet tak nena hmachhawn a ngai a ni

. ***

Mi zawng zawng rawngbawl turin ka thawkrim hle a,
mahse ngaihtuahna senga ka awmna hmuna ka hnukkir hian
tumahin ka ngaihtuahna an tibuai ka phal lo Thil dang chuan
a nghak thei a, mahse Pathian nena nitin ka ruatna chu
ngaihthah emaw, ngaihthah emaw a ni tur a ni lo

Eng thiltih pawh i tih hmain, chawlhsan la, a rah chhuah
leh i rilru, taksa leh thlarau chung a nghawng a neih dan tur
chu uluk takin ngaihtuah la, nawr luihnain a hruai thiltih chu
zalenna a ni lo va, inremna leh hmasawanna dan kalh zawnga
thiltih chuan mimal chu a tikhawtlai dawn avangin
Conversely, actions sanctioned by discernment and in
accordance with one's conscience are virtuous and bring
freedom

Thil tha tih i tum a, a nih loh leh thil tha lo tih loh i tum
a, chu thutlukna chu i vawng tlat a, chutiang chuan i che a,
zalenna i chanvo chu a tam hle tih hria ang che

Pathianin duhthlanna zalenna min pek tawh chu amah
zawngin amah zawn nan hmang turin min duh a, mahse kan
chungah a innghah duh lo

Pathian hnaih leh Amah hriat duhna hi amah chauhin a
lo thleng lo va, tihchak leh enkawl a ngai a ni Chu duhna tel
lo chuan nun hian hlutna leh duhzawng a nei lo

I thlarau lam hriatna chuan i ngaihtuahna kaihruai la,
hlawhtlinna chuan i kalna apiangah a zui zel ang che

Pathian hnenah ka aw, ka kut, ka ke, ka thinlung, ka
taksa, ka rilru put hmang, ka duhzawng leh engkim ka hlan a
ni

Hmangaihna hi indona zawng zawng titawptu thlarau
lam ralthuam a ni

He lei piah lamah hian khawvel tawp nei lo a awm a,
chutah chuan chatuan atana min kalsan tawh nia kan
ngaihte nen kan inhma leh dawn a ni

He khawvel nun hi a danglam reng a lungngaihna hian
lungngaihna illusions upon illusions a zui He kan hriatna
thlalerang lang hi mirage hi a bo vek tur a ni a, kan nihna dik
tak chu matter puan hrual hrual hnuaia atang hian kan tiharh
a ngai a ni

He nunah hian i beiseina ngah tum suh Khawiah nge i
guarantee chu? Pathian hriatna i inhumhim hunah chauh i
him a ni

Thlarau thupui chu lei hnuaia rangkachak hlui phum ang
mai a ni Rangkachak atanga lei chu lakchhuah a nih a,
ngaihtuahna tui hmanga silfai a nih chuan thianghlam leh
chiang takin a eng thar leh thin

Lalpa, thil \ha chu i hmu ang u, ngaihtuahna \ha
ngaihtuahin, nungchang \ha neite nen kan pawlho ang u
Nangmah ngaihtuah tur leh ngaihtuah turin min pui ang che,
Aw felna zawng zawng bul leh \hatna zawng zawng bul tanna
I ni

Chak lohna laka zalenna

Chak lohna hneh dan tha ber chu ngaihtuah tawh loh hi
a ni; chutiang a nih loh chuan chak lohna ngaihtuahna chuan
i hriatna chu a hneh ang a, i chhungril lam chu a thunun ang

Keimahniah êng kan luhtir hunah chuan thim chu a awm
ngai lo ang maiin a bo ang

Chu ngaihtuahna chuan infuih tharna mak tak tak min
thlen a ni

Kum sang tam tak chhung thimah khuh tawh lungpui
chhunga êng luh a nih chuan thim chu a bo nghal vek
Chutiang bawkin Pathian êng kan hriatnaah a luh kan phal
hian chak lohna leh tihsualte chu a bo vek a, hriat lohna thim
chu a awm reng thei lo Hei hi kan nunpui tur philosophy chu
a ni

Hun sawn hlat hi a tangkai lo Nun kekawrte hian a inher
a chawlhsan ngai lo va, kan nun ni te pawh a liam thuai thin
Minute tin ngaihtuahna fim tak leh fing taka che kan hman
apiang hi kan hlimna atana investment hlawhtling leh hlawk
tak a ni

Mi tam tak chuan an nun pum pui chu sum leh pai, sex
leh hmingthanna chungchang ngaihtuahin an hmang a, rilru
thlamuanna thlentu leh an hriatna sang zawka tisangtu thil
pawimawh tak takte chu an ngaihtuah tam lo hle

Miin a chanvo chu eng ang pawhin inngaitlawm mah se,
fing taka a hun hman dan leh a ngaihtuahna kawng dik
kawhhmuh thiam chuan Pathian mithmuhah hlawhtlingah
ngaih a ni

Mi chungah Pathian êng a ên hian engmah mamawh nia
a inhriat loh chhan chu amah hnehtu hlimna chuan a
duhthusam zawng zawng a tihlawhtling vek a, a thinlung
chhungril takah chuan mi hausa ber leh he nunah hlim berte
zinga hlim ber a ni tih a hriattîr a ni

Tunnel of Light a ni

Ngaihtuahna êng, thiltih \ha, rilru ngilneihna leh
ngaihtuahna thuk tak hmanga thlarau lam hriatna tiharhtute
chuan thlarau mit hmangin an chhuahna hun hnuhnung
berah taksa a\anga an chhuahna chu an hre thei a, Leia an
awm chhung hian yogi-te chuan thil leh thlarau inkar ramri-
ah thlarau mit kawngkhar (tunel) hmuin an ti a, Leilung êng
tak an chhuah lai hian he tunnel eng mawi takah hian an lut
thei a ni tin, he khawvel a\ang hian Pathian ram tawp nei lo
êng, hlimna, remna leh zalenna famkim-ah hian kal rawh

{Eng chungah eng}

Taksa khawnvar chu [thlarau lam] mit a ni

I mit chu single a nih chuan

Tichuan i taksa pum pui chu êngin a khat ang

{ Tin, êng chu thimah a eng a, thim chuan a hre lo }

Midangte lungngaihna hriat te, anmahni hnaih te,
anmahni nena inbiak te, thinlung taka an vanduaia
thlamuan tum te, an hlimnaah lawmna te, leh hlauhna,
mamawhna leh lungkhamna rilru natna te chu an hnen
atanga hlauhthawn tura theihtawp chhuah hi a ni

Altruism thlarau neitu chuan chhut leh beisei tlemte
angin a che lo va, a hriatna leh rorelna dik tak hmangin
amah leh midangte tanpui turin a kal zel a, hlawhtlinna a
chan avangin Pathian hnenah lawmthu a sawi Vawi khat
emaw, vawi tam tak emaw a hlawhchham chuan a beidawng
lo va, a tumruh zawk a, a thawhrimna chu a let hnih in a
tipung a, a beih nawn leh a, ngaihtuahna thar leh channel
thar a chhui chhuak thin. rilru êng kaihhruaina hnuaia awm,
leh a thil tum a hlen chhuah hma leh a thiltum ropui tak a
thlen hma loh chuan Pathian tanpuina zawng thin

Midangte hlimna tura thawktu chu Pathianin a chhungril
lama rilru hahdamna rilru puin a ti lawm a Tin, a tanpui
tumte tana thil a hloh chuan hlohnaah a ngai lo a ni, a chhan
chu a let leh nan Pathian lawmna leh rilru thlamuanna a
hlawh chhuah avangin Mihringte huana thil tha leh remna
chi chu hmangaih, hnathawh, pek leh tuh turin a nung a ni

Tu pawhin a ngaihtuahna leh rilruah a mimal khawvel a
paltlang a, a hriatna a tizau a, a lainatna a tipung a, khawvel
hi a chenna leh mihringte chu a chhungte a ni tih a hria He
leia a awm chhan chu midang siamthat a tum hmaa mahni
insiamthat a ni tih a hre Chiang a, a chhan chu tu pawhin a
insiamthat chuan a nun entawn tur hmangin midangte chu
anmahni siamthat turin a pui thin Actions have a deeper
impact and a more profound effect on
the... ..
... .. tawngkam ni lovin midang thlarau

Short stops a ni

:Thinlung dikna ropui tak chu

Mi ðhenkhat chuan nui chungin an harsatnate pumpelh
an tum a, mahse he tlanhhuahna hian chhia leh ðha hriatna
thianghlim, inbumna leh bumna laka fihlim a mamawh a ni
Miin mahni leh mi dangte chung a rinawm taka a cheibâwl a,
ropuina leh rinawmna nêna thil a tih hian an mit a fiah a,
chuta ðang chuan êng danglam tak a lo chhuak a ni—
chutiang taka êng êng, rinhlelh rual loh chu

:Rinawmna

Mi \henkhatin rinawmna hmingin thu tam tak an sawi a,
mahse mi zawng zawng hnenah engkim i sawi thei lova
Thurawn leh kaihhruaina i pek hian mi \henkhatin i thusawi
chu an hrethiam lo va, i thusawi a\angin engmah an
hlawkpui lo va; hei hi thawhrimna khawhralna leh ngaihhlut

loh thil a ni Chutiang thila ngawih chu rangkachak a ni a,
mahse hei hi engti kawng mahin thil dik lo chungchangah
ngawih rengna a ni lo

.Mahni inremna: 1.1

Mahni inlungualna hi a mak tak zet a ni Mi tam zawk
chuan midang nena inrem taka awm a harsat zia an hria a,
mahse nangmah nena inrem taka awm hi i ngaihtuah ngai
em? It's incredibly difficult, yet possible Nangmah i inhriat
chian chuan nangmah leh nangmah nen in inrem lo reng tih i
hmu ang I inhmangaih loh chuan midang i hmangaih lo ang
Tin, mi pakhat chu mahni inrem lo a nih chuan engtin nge
?midang nen an inrem theih ang

Khawvel nena inremna atan mahni inremna hi a
pawimawh hle Chuvangin, chu hmangaihna chu i hlut a, chu
hmangaihna chu Pathianin min siam a, theihna ropui tak min
pek avangin mahni inhmangaih a ngai a ni

:Literary compass calibrate dan tur chu

Mi pakhat chuan a chhia leh tha hriatna a bum thei lo
va, thil dik lo tih chu a dik lo tih a sawi thei lo va, thil dik lo
tihsual avanga a rah chhuah a pumpelth thei lo va, planet
dang pan pawh ni se A thiltih rah chhuah chuan a zui zel a, a
kalna tur siam\hat a ngai a, a moral compass chu a needle-in
kawng dik a kawhbmuh reng theih nan a calibrate tur a ni

Mi thenkhat chu dinhmun chhe ber laiah an khawsa a,
chuti chung pawh chuan anmahni nen inrem takin an awm a,
thenkhat erawh chuan hun remchang zawng zawng leh an
mamawh zawng zawng an nei a, chutih rualin anmahni nen
an inhnial reng thin Chuvangin, thil awmdan a inthlak hun
nghak tur a ni lo I chhehvel awm mahse i dam tha tih
inringtawh la, chu chu i duh dan nen a danglam thei a ni

Tupawh dinhmun khawngaihna hnuaia insiam chuan thil
danglam tur a nghak a, a nghah pawh a rei ang

Mi pakhat chu tawng sawm leh pariat thiam tak a ni an
ti a, chuti chung pawh chuan a rethei em em a, a chhiar
theih loh avangin khawnvar pakhatah a kal a, kawngpui êng
hnuaiah a thu a, a chhiar Dik tak chuan, duhthlanna hian
kawng a siam a, hun remchang a siam a, beiseina a siam
thar a, hna a thawk a, duhthusam leh duhthusam a hlen
chhuak thin

Pathian hretute nena inbiakpawhna tak tak chu anmahni
nena inbiakpawhna hmang te, an thuziakte ngaihtuahna fim
tak chhiarna emaw, an chungchang thuk tak leh thian taka
ngaihtuah emaw hmangin tih theih a ni Hriat reng tur
pawimawh tak chu an hriatna nen a inmil a, chu chu Pathian
nen a inmil a ni

Pathian hmangaihtu thlarau ropui tak takte nena kan
hriatna kan inrem hian, he inremna hian zawi zawiin kan nun
chu mak tak maiin a thlak danglam a He inremna hian
duhthlanna chu salah a siam lo va, a huam chin a tizau zawk
a, a thiltihtheihna a tichak zawk Hei hi ego-a khat mite nena
inrem taka awm leh an thil hmuh theih tur ngaihtuah buai,
leh Pathian hmangaihtute leh mihringte nena inrem taka
awm, an thil tum pek leh pek leh anmahni nena inremte
thlarauah Pathian hmangaihna tiharh Hêng mi mal
malsâwmte magnetism hian Pathian magnetism nêh min
inzawm tlat a ni

Mahni mamawh phuhruk kan tum rual hian midangte
pawhin an mamawh an hmuh theih nan kan puih a ngai tih
kan hre reng tur a ni a, kan hmaa nunah thil tha lo thlengte
chu vannei lo zawkte hnenah kan hlan a ngai tih kan hre
reng tur a ni Khawvel pum huap chhungkaw pawimawh tak
kan ni tih leh he chhungkaw lian tak tel lo hian kan nung thei
lo tih i hre reng ang u

Thingrem siamtu te, thil siam chhuaktu te, loneitu te,
leh mi dangte tel lo chuan nun chu eng ang nge ni ang?
Thilpek leh dawng, leh rawngbawlina inthlengna hmang hian
Pathianin midangte ngaihtuah leh lainatna nei turin min duh
a Midang ngaihtuah lova mahni tana chauh nun hi thil tihsual
lian tak a ni Mahni hlimna kan ngaihtuah hian midangte
hlimna tur pawh kan ngaihtuah a ngai a ni Kan neih zawng
zawng hi khawvel pum huap chhungkaw hamthatna tur atan
kan pe tur a ni lo, chu chu thil theih loh a nih avangin Mi
dangte lainatna neiin, anmahni tanpui turin kan theih ang
ang kan ti tur a ni leh an phurrit tihziaawmna tur a ni

Hlawhtlinna leh thlarau lungawina inkara inzawmna a
awm a , mimal chenna boruak chhungah

Hlawhtlinna dik tak chu felna thu bulte nena inmil
nungchang a\anga lo chhuak a ni a, chu chuan mi dangte
hlimna leh \hatna chu mimal lungawina atana thil pawimawh
tak angin a huam tel a ni

Mite chuan an nun tum dan azirin hlawhtlinna hi kawng
hrang hrangin an ngaihtuah thin A chang chuan mi thenkhat
chuan rukruk nen an tehkhin a, "Rukru hlawhtling tak a ni!"
Hei hian hlawhtlinna zawng zawng hi duhthusam a ni lo tih a
tilang a; kan hlawhtlinna hian midang a tichhe tur a ni lo

Hlawhtlinna atana qualification dang chu inremna leh
rah tha tak thlen hi a ni , keimahni chauh ni lovin , chu
hlawkna chu midangte hnenah pawh kan share a ngai a ni

Sum leh pai lama hlawhtlinna neih chu kan phu tawk
hlim taka hlim mai mai a ni lo va; it also means having a
moral responsibility to help others create a better life for
themselves chu ai chuan, an neih angte chu mi dangte
hnênah an sawi chhuak zâwk ang

Sum hi mi rethei leh mi âte kutah chuan chibai bukna a
lo ni ta a, mahse kutphah leh thinlung ngilnei neitute tan
chuan malsawmna leh thilpek a ni

Thlarau \ha chuan thlarau \ha a hip a, a hip \hin

Kan ðthenawmte chu keimahni anga hmangaih kan zir a
ngai a, he nunah hian hun rei lote chhung kan awm tih kan
hre reng tur a ni a, chu mi hnuah chuan khawvel dang, a
level chu kan ngaihtuahna level leh he leia kan awm
chhunga kan thiltih that danah a innghat a ni

Kan chhungte dik tak chu tute nge ni? Mi fing tan chuan
mi zawng zawng hi chhungte kan ni a, mi tin hi "ðthenawm"
an ni Dik tak chuan, mi fing chu hriatthiamna nei thei a ni a,
ni chuan a êng chu lungalhthei leh diamond pakhatat eng
mah se, diamond chuan lungalhthei ang lo takin, êng chu
ropui taka dawng thei leh lantîr theihna danglam tak a nei
tih a hrethiam a ni should dedite time to finding sincere
friends Nun thianghlim leh rinawm taka nungte chuan
thianghlimna leh rinawmna ziarang nei ðthane chu an hip
ang a, hriatthiamna nei lo base instinct hmanga nungte
erawh chuan chutiang bawh ðthane chu an hip ang

Ideal sang tak tak leh principle sang tak tak i ngaih
pawimawh chuan, chutiang ideal leh principle ring lo leh
ngaihtuahna tibwaitu leh mood tibwaitu te nena inpawh loh a
tha a, chutiang chuan an vibrations chuan i vibration level a
tihhniam loh nan Chutih rual chuan i hmangaihna circle
atang hian tumah hnawtchhuak suh

Chu bâkah Mi pakhat chuan hmangaihna a pe mai tûr a
ni lo va, remna a siam tûr a ni, chutiang chuan a kalna
apiangah inremna leh muanna a siam a, a chhehvêla mite
chu a ngilnei taka awmna hmangin a tiharhtîr Tuman skunk
rimchhia hnaih chu an duh lo—excuse the expression—
everyone avoids it Chutiang bawkin, mi hlauthawng, rilru na

tak, leh inhnialna nei mi chuan mi dangte a tithinur a, a
hnawtchhuak We want to be like blooming roses that exude
a sweet fragrance that delights the heart Kan kalna
apiangah leh kan awmna apiangah remna rimtui leh thatna
thlipui hi thehdarh i tum ang u

Pathian ram chu chhum zingah emaw, hmun bik emaw-
ah emaw a awm lo Kan mit kan chhing laia kan hmuh thim
piah lamah a awm a, kan ngaihtuahna leh kan tawngtai hian
kan hmaiah awm thlarau mit chu kan chhungah a inhawng a,
tichuan malsawmna êng kan hmu a, taksa cell tinah hlimna
kan hmu a, chu puanzar chu hlihsak a ni tawh tih leh Pathian
ram luhna kawngkhar thup a inhawng tih kan hre ta a ni

Pathian chu hlimna thar awm reng, engkim huapzo
hlimna a ni Kan chhunga awm leh tawp chin nei lo hual veltu
hlimna nen chuan pumkhat kan inhriat tur a ni

Dense matter vibrational boundaries piah lamah chuan
tawp chin nei lo, engkim huapzo consciousness a awm a, a
ropuina zawng zawng, a zau zawng zawng leh a ramri nei lo
zawng zawnga sawifiah theih loh Hei hi van ram a ni,
chatuan, ramri nei lo leh tawp nei lo hriatna hlimna a ni

Thlarau hriatna a zau chhoh chuan , hmun tinah a
awmna a hriat chuan , chutah chuan Pathian thlarau nen a
inzawm khawm ta a ni

Ropuina chu Absolute Infinite , horizon-a thut , van leh
tuifinriat inzawmna hmun leh ropuina chu Supreme Infinite ,
kan chhunga remna chungah thu by focusing on the Infinite
within , a thiltihtheihna tawp nei lo kan dawng thei a ni

Lehkhabu zir a\anga hriatna hmuh emaw, mi a\anga
hriatna hmuh chu hriatna tlemte a ni a, Pathian hnen a\anga
direct-a hriatna hmuh chuan finna thiltihtheihna te,

rinhlelhna ropuina te, thinlung thlamuanna te, leh thlarau
thlamuanna te a pe thung

Aw Lalpa, ngaihtuahna thuk tak nena tawngtai tur leh
ngaihtuahna leh thinlunga duhthusamte inzawm tir turin min
zirtir la, ka thinlung hi nitin I hmangaihna thianghlim tak hian
tithianghlim rawh se

Karma tihkhawtlai atanga chhuah

rilru emaw taksa emaw , hriatna emaw hriat lohna ,
emaw pawh ni se , hian mi nunah nghawng bik a nei A thiltih
tawhte chu ni, thla, kum tam tak kalta a tih tawh chauh ni
lovin, nun hlui atanga thiltih pawh a ni

I thi tawh a, Nunna a pe che a; tichuan A thih tir ang
che, tichuan nunna a pe leh ang che; tichuan A hnenah i kir
leh ang

Mi pakhat thiltih rah chhuah \ha leh \ha lo A tunlai nunah
hian heng hnuhma te hi hriat lohna emaw, hriat lohna emaw-
ah dah khawm a ni reng a, mi pakhatin mihring lo piang
hmasa a\anga a phurh (a nih loh leh a thlarauin a phurh)
nghawng chu hriat lohnaah chi ang maiin a muhil a, thil
awmdan dik tak nghakin To sprout and grow at a specific
karmic time The law of karma, which balances things ,
involves action and reaction , cause and effect , buh chi leh
buh seng

Mi tinte hian an ngaihtuahna leh thiltih hmangin mahni
chanvo an siam a, an thil tih chhuah chaknate chu fing takin
emaw, â takin emaw pawh ni se, an bul tanna atan an
hnenah a lo kir leh ngei ang, chutiang bawkin circle pakhatin
chiang taka a insiamrem ang bawkin [Zawhna chu]
duhthusam zawngtu chuan—an duhzawng kalh zawngin—an
thiltih tawhte rah chhuah pumpelh theih loh, a nih loh leh
predestination an tih chu a hmachhawn tur a ni

em?..?
 ?..?

?...?...?...?...?...? The answer is no God is law and love ,
 duhthusam tak tak leh rinna famkim nen Amah lam hawi,
 Pathian dan nena an thiltih inmiltir a, Pathian hmangaihna
 thuhnuairawlh zawngtu chuan phurrit rit tak takte tizautu leh
 dinhmun siam\hattu Pathian malsawmna chu rinhlelh rual
 lohvin a dawng ang

Pathianin he khawvelah hian min dah a, kan tawrhate
leh kan tawrh tur fiahna leh hrehawmnate hi Mihringte hian
suala pil bo leh a thuk tak atanga tlanchhuah theihna nei lo
anga an inngaih hian Thlarau lam hriat lohna chhungril thim
chu a thuk zawk thin An tan chuan mahni insiamthat tum a,
Pathian khawngaihna thinlung atanga tanpuina leh lainatna
zawnga, hmangaihtute hnen atanga ngaihdamna beisei a,
lainatna nei, Pathian ngaihdam thiam

Pathian nena kan inzawmna nghet tak kan hriat chian
hian eng karma nge min phuar thei? I hrehawmna leh
harsatnate hi i karma rah chhuah a ni tih tumahin rin tir suh I
nihna takah chuan thlarau angin karma i nei lo Rather, he
thudik hi i hriat chian a ngai a ni, chu chu nunna, êng, leh
khawvel chakna bulpui nen chuan pumkhat i ni tih i inhriat
chian a ngai a ni He thudik hi i hriat chian chuan hlah tur i
nei lo , Pathianin kawngkhar tam tak a hawng ang che a, hun
remchang tam tak a pe ang che

I nun kal danah i lungawi lo a nih chuan i rilru put
hmang thlak la, i hriatnate chu positive energy hmangin
charge la, nangmah ngei pawhin a danglamna chu i hre mai
ang

Mite chuan an thil hloh avanga lungngaih leh lungngaih
a ngai lo va, an dinhmun hlim lo tak chu he nunah emaw,
hun kal tawh hla tak emawa an tihsual avanga an tihsual
vang nia sawi a ngai lo, hei hi thlarau lam ngaihsak lohna chi

khat a nih avangin Nunna huan atanga buhfai te chu an che
a, an paih chhuak tur a ni a, chutah chuan pangpar thlum
ber leh nung ber berte chu a par chhuak ang a, rah tui ber
leh duhthusam ber berte chu a par chhuak ang By His grace,
the Chungnung ber

Pathian hnuaia intukluh tih awmzia chu kan duhzawng
hmanga kan thil tih \ha lo leh keimahni lam a\anga
thawhrimna tel lova Pathianin kan dinhmun a chingfel hun
nghah tihna a ni lo, Pathianin mahni \anpuitute chu a \anpui \
hin a ni

A thupui ber chu kan duhzawng kaihruai tur leh kan
thawhrimna dikte malsawm leh tichak tura Pathian hnena kal
dan kan zir a, Inpek duh lohna daltu kan hneh hian khawvela
tumahin min pek theih loh venhimna chu Pathianah kan hmu
a, fiahna engmahin a hneh theih loh chakna pawh kan hmu
bawk

Mi tinin Pathian nena kan inlaichinna bik kan din thei a,
Pathian hnena kan thinlung hawn dan leh a Pathian awmna
an duh em em a, chu chuan hlimna leh rinhlelhna a thlen a
ni

Miin Pathian mamawhna thuk tak a neih chuan, Amah
tel lo chuan an ti thei lo tih hriain, Pathianin kawng khat
emaw kawng dangah a chhang let tih an hmu chhuak ang
Mahse chu rilru natna nghet tak chu an neih hmasak a ngai a
ni, a chhan chu chhanna chu a takin a lo thleng dawn lo

Kan nunah Pathian hi hmun hmasa ber kan pek loh
chuan kan hriatna dinhmun chu a lungkham ang a, a buai
hle ang a, nunna thil phut tawp nei lote chu a dik leh dik
takin kan hmachhawn thei dawn lo

Tin, chu duhna chu eng kawng nge ni ang? Vanduaia
emaw harsatna emaw kan tawh apiangin , leh kan thinlunga

rit kan hriat apiangin Pathian lam hawi a, a tanpuina kan dil
a ngai a, Pathian hmangaihtu leh a rilru leh thinlunga vawng
rengtu chuan A dinhmun a siam \ha ang tih hriain A dinhmun
chu a \ha zawngin a inthlak danglam zel a ni

Ether kan tiharh leh kan churn hian Kan thinlung taka
tawngtaina leh thinlung taka ngenna hmangin Pathian
chhanna thupui chu kan la chhuak ang a, Chu chuan ei tur,
tihtamna leh hlimna a nei a ni

Thlarau lam chawm duhtute tan chuan, hun kal tawha
lungngaihna leh hlawhchhamnate chu thil pawimawh lo tak a
ni An hnen atangin zirlai zir theih a ni a, mi pakhat chuan a
tum leh thei a, a tir atanga tih tumna chu tih nawn lehin
Hlawhtlinna chu a chiang ang, Pathian tanpuinain,
hlawhchhamna avanga beidawng lo zawng zawngte tan,
lungngaihnain an thutlukna a tihchak loh zawng zawngte
tan, leh chu chu rinna nghet tak nena ringtute tan..

. . . Pathian chuan chhelna neitute chu a thlawp Kawng dik
zawh mekte chu a thlawp a, beiseina, chakna, leh beiseina a
pe bawka , an tum ber leh nun tum an thlen hma loh chuan

Ngaihtuahna hi electric ang chi chakna a ni , leh rilru
lam dinhmun (psychological states) Ngaihtuahna leh
ngaihtuahnaah a kir leh thin

Electric hi a hlawkthlak a, a tichhe bawka ; whoever
uses it wisely puts it to their service A nih loh leh, a electric a
tichhe thei a, chutiang bawkin ngaihtuahna Kawng dik zawh
a nih chuan a neitu tan hlimna a thlen a, chuti lo chuan
harsatna a thlen thin

Ngaihtuahna hi sakawr ramngaw ang a ni a, chutih
rualin tihlum chu thil theih loh a ni lo va, ngaihtuahna tha tak
hi ngaihtuahna thunun theihna kawng khat a ni

Ngaihtuahna dik hi thian hnai tak a ni Tin, rilru natna
chu hmêlma awm reng a ni

Sound thinking attracts peace and safety , while
unhealthy thinking fires deadly arrows that rebound upon
their owner Hence the saying, "The reward is of the same
kind as the deed" Mi pakhatin tum tha a tirh chhuah chhung
chuan a ngaihtuahna chu meialh ah a chang ang a, thlarau
pindan a ti eng ang a, thim bawmte chu a hnawtchhuak
ang , chutiang chuan a thuk hle ang thlamuanna , a mit chu
lungawina nuihzatthlak takin a eng chhuak bawk! I
mitmengah nuihzatna chu awm reng rawh se Tin,
thlamuanna chu i chungah awm rawh se

Nun hi mill ang mai a ni a rah chhuah fiahna leh
enchhinna chi , nunna chhang siam turin Kawngpui hrual ang
mai a ni a , a sir lehlamah pangpar mawi tak tak te chu hnim
hring hring leh thingte chu a hnah ah thei tui tak tak te nen ,
chuti chung pawh chuan kan ding tlem hle A hmuh chu
nuam i ti ila a thlum i tem ang u indeed, we are often on
tenterhooks To reach wider areas , we think there are more
pleasant views than what we saw Mahse, zawi zawiin kan kal
bo deuh deuh chuan Pangpar, rah chhuah kawngah chuan
thing kan hmu a, a thar aiin a thim zawk a, chutah chuan
pangpar chu a bo ta a, chuta tang chuan, hnim hring leh thei
pawh a bo ta a, chuta tang chuan, butterfly leh thei pawh a
bo ta a, chutah chuan thlaler hring takah kan inhmu ta
chauh a ni

Mihring nun hi tuifinriat tui ang mai a ni a, chu chu a
thianghlim a, a thar a lo ni ta chauh a ni Chhung lam i chhoh
veleh chauh Zing mumang ang mai a ni a, kum upat rualin a
eng zual zel a, a chhan chu thil chu chutih hunah chuan a
chiang zawkin a lang chiang zawkin a lang a, chu chu
zinkawng ang a ni a, chu chu hmun hla tak tak kan zawh
rualin a hmunhma a inthlak danglam thin a, chutah chuan

kan hnaih deuh deuh chuan a hmunhma ang chiah chu a
danglam thin a, chutiang chuan a ni

Nun hian mi fingte chu a ti beidawng lo , thiam takin an
hmachhawn a, nuam an ti em em a, anmahni thunun phal
lovin an zalenna a tichhe lo Entir nan, tui an hlim An in a, an
inbual a, mahse an tuiah an pil phal lo An duhzawng
thawmhna chu nuam an ti hle Without excessive
adherence to formalities and formalities that are considered
superficial They enjoy eating without allowing gluttony to
consume them , because ei tam lutuk hian taksa a tichak lo
va, hriatnate a ei zo vek ang a, a tichhe vek ang Tin,
chutiang chuan, mi chuan nun chu nuam a ti tur a ni Mahse,
inhnim pilna hmangin hriatnate chu a tichak lo

mi dangte nena inremna Engkim maiah an inrem tihna a
ni lo va , emaw an tana duhthusamte inhlan tihna a ni lo , a
chhan chu he inmilna style hi duhthusam a ni lo va thutak
nen pawh a inmil lo Reformers leh mi ropui tak takte chu an
inrem lo An chhehvela mi tam tak nen chuan , chuti chung
pawh chuan an thil tum chu an vawng tlat a, an thil tih chu
chu chu a dik tak zet tih an hriat avangin

A hmasa ber leh pawimawh ber chu Pathian nen an
inrem tur a ni , chutah chuan a chhia leh tha hriatna nen,
chutah chuan mite nen an inrem tur a ni

The principle should not be compromised And not
resorting to ulterior motives to achieve a certain purpose ,
chu chu principle nei mite tan a inhmeh loh avangin

Tunge Pathian tilawm zawnga nung thei ang? Midangte
tichhe suh, hlauh tur an nei lo He approach hian midangte a
ti lungawi lo a nih chuan , mi pakhat chu a chhungril lama
hahdam taka awm a, mipui duhdan atanga inngat lo thei
chhungril thlamuanna a neih theih nan a tawh

Thlarau chakna leh duhna Pathian lam hawinaah Thlarau
lam magnetism an ti a Tin, he magnetism hmang hian
Thlarau chuan malsawmna a hip a, vibrations tha tak tak leh
mihring tawn tha zawng zawng a hip thin Chu chuan thatna
leh felna a hriat nawn tir thin

thlarau lam magnetism Chu chu mi chu amah a hipna
leh a hipna thiltihtheihna a ni Thian tha tak tak leh thil
pawimawh leh pawimawh tak tak Leh thil hriatthiamna
awlsam tak He thiltihtheihna hi Pathian magnetic force hipna
a\anga lo chhuak a ni

Remna Candle

Rilru bêl la rawh I thlamuannain luah khat rawh

Ka rilru natna bottle chu la rawh I khawngaihna khat
rawh

Ka thlarau bawm ruak chu la rawh I finna rah chuan khat
rawh

I hmangaihna tui chu ka thlarauah theh lut la, ka tuihal
noah ka leih ang

Ego bangte chu tichhia rawh I total presence-ah min
thun lut rawh

Hmangaihna zing khawvar êng

Ka thinlung inhawng atang hian peer out rawh se

I hmangaihna ni êng min hriatchhuah tir

Ka nun van boruakah a darh zau zel

I hmangaihna êng êng tak chu a lo eng chhuak ta

Ka chungah, a lo eng chhuak ta a ni

I êngin ka thlarau hmun chu a luah khat ta a ni

Ka taksa chhawm nungtu nunna chu nang hi i ni
Tin, ka ngaihtuahna tichaktu rilru pawh
Tin, ka hriat lohna tibotu finna pawh
Ka hmangaihna meipui sei tak chu ka hal a
Rangkachak lehkhahu chhiar turin
Hmanlai atang tawhin ka chhungah vawnhim a ni
I hmangaihna kha a awm tawh a, a la awm reng bawk
Remna meialh hmuh theih loh chu
Chu chuan thim a ti bo a, i thuchah te min hmuhtir bawk
Blog hi thinlung pheh-ah a awm a
I ropuina chu lo lang rawh se, Aw Lalpa
I finna êng chuan ti bo rawh se
Hriat lohna, inrem lohna leh inhuatna
Lei kam atang chuan chatuan atan
Kan chak lohna chu chaknaah chantir rawh
Tin, thutlukna siam turin kan chak lo ta a ni
Kan taksa hi electric pawimawh tak hmangin charge
rawh
Tin, i damna êngin rilru leh thlarau kha khat rawh
I ngaihsak lohna tuiah kan pil loh nan kan kut la la, I
hmangaihna leh finnain kan nihna kha khat rawh I hnaih hle
tih leh I khawngaihna ni chuan min êng reng ang tih i hria
ang u

Ka ngaihtuahna rilru na tak tak, nung tak takte pangpar
chu ka dah a

Ngawi renga awm dan structure-ah chuan

A rimtui ngawi reng hian hla a sa a

Tin, i ropuinate a sa bawk

Tin, i êng thianghlim êng nen

I awmna mawina chu ka hmu a

Ka duhthusam hlim tak chu a lo thleng dik ta

I êng chu ka thlarauah a rawn eng chhuak a

Puanzar te chu finna meiin a kang a

I ropuina ka hmu a, ka lawmna a zual zel

Pathianin a eng hmangin ti eng che rawh se

Tin, thlarau lam atanga chibai bukna in hnenah

Khawvelin min phut leh thil phut tam tak min phut a, a

pawimawh ber ber leh a tel lova nun theih loh emaw, a tel

lova kan awm theih lohzia min rintirtu te hi a tam hle a

Mahse a mamawh bulpui ber chu Pathian thlamuanna neih hi

a ni tur a ni a, a bul a lo kang ngai lo va, a tuikhuah pawh a

lo vawt ngai lo va, nunah engkim thlum leh awmze nei tak a

pe a ni

Pathian chu kan nihna bulpui ber a ni tih i hre reng ang

u, hmangaihna chu a hmel ropui tak kan thlir theihna

kawngkhar a ni tih i hre reng ang u, Pathian awmna chu hriat

duh a, chu duhthusam ropui tak chu ngaihtuahna leh thiltiha

enkawl duhtu chuan Pathianin an dilna chu a pawm ang a,

malsawmna êng hmuh lohna puanzarte chu tichhia turin a

pui ang

Tupawh kawng zawh tura tumruhtu chu engmahin a
tibuai lo vang a, a tum a thlen a, a thinlung duhzawng a
thlen hma loh chuan eng daltu pawhin a dal lo vang
Thlarau lam Lungleh leh Lungleh

Mi dangte chak lohna pholang a, mualphona leh
thinrimna thlentu te hi finna leh rorelna dik tak a\angin an
hla hle Sual hi kan hmusit tur a ni, misual ni lovin, thlarau
lamah chuan kan unaupa a ni si a, hriat lohna thim chuan a
khuh a, a hual vel a nih pawhin The purpose of
condemnation should be healing, not gloating and wounding
Kan unau sual chu kan duh angin kan enkawl tur a ni a hmun
leh dinhmunah kan awm a nih chuan enkawl ni rawh se

Tupawh khawvela a unaupa dik lohna thup tlat chuan
Pathianin a tlin lohnate chu Akhirah a thup ang

Midangte kan rorel ang bawkin thlarau lam danin min
rorelsak ve ve Mi dangte lakah hian kan beisei lutuk tur a ni
lo va, tumah rah tha kan beisei reng tur a ni hek lo, an
theihtawp chhuah pawh nise

Mi chu a tlu a, a tlu thei a, mahse, nungchang tha leh
felna ladder lawn leh tura theihtawp a chhuah phawt chuan
a him reng ang

Nitin hian keimahni emaw, kan chhungte kan tanpui ang
bawkin damlo thlarau chu taksa lamah emaw, rilru lamah
emaw, thlarau lamah emaw chawisang kan tum tur a ni

Vawiin atanga Pathian dan anga nun tumtu chuan -
harsatna leh hrehawmna thlentu mahni hmasial nun hlui ai
chuan - nunah eng ang pawhin inngaitlawm takin chanvo
chang mahse, cosmic play director leh kan chanvo zawng
zawng hotu: Pathian Engkimtitheia thupek angin a
mawhphurhna chu a famkima a hlen chhuah phawt chuan
hmun pawimawh tak a ni reng tih a hmu ang

Thianghlim tak, hmangaihna dik tak, leh rilru put hmang
ngaihtuah chung a midangte nena kan inpawh hian mimal
ngaihvenna emaw, mahni hmasialna chhut dan emaw
ngaihtuah tlemte pawh nei lovin kan nunah ṭhian ṭha tak tak
kan rawn hruai lut ang chuti lo chuan kan ṭhian dik takte chu
kan hre thei lo vang

Inbumna leh inlanna lak bo a ngai a, tumruh taka
midangte tichhe lo zawnga thil tih a ngai a ni

Ṭhianta chu thinrim tur a ni lo va, kan hmuhsit tur a ni lo
va, kan dodal tur a ni lo va, kan chung a ṭhian ṭha lo rilru put
hmang vawn chhan tur engmah pek tur a ni hek lo Ṭhianta
chu tihduhdah, tihduhdah, leh thurawn dil loh pek an ni tur a
ni lo, thurawn dil a nih chuan, a rah chhuah hlau lovin,
thinlung tak leh ngilnei takin pek tur a ni

Nun tawn harsa tak takte hi kan duhzawng tibuaithu leh
min hneh turin a lo kal lo va, kan tumruhna tichaktu leh
Pathian kan rinna leh mahni inrintawka tichak turin a lo kal
zawka thin Mi thenkhat chuan heng thil tawn leh harsatnate hi
hneh theih loh khawpa tihchhiatna chakna a ni tih an ring
sual a, chuvangin an bânzan A rilru hrisel tak chu nun leh a
fiahnate ṭha taka hmachhawn tûra kan chhungril chakna
tichak tûrin a pawimawh hle

Miin amah aia chak zawka nen an inel loh chuan a chak lo
ang Chutiang bawkin huaisenna leh rilru chakna nena kan
harsatnate kan hmachhawn hian kan chak zawka a, kan chhel
zawka bawka

Kan rilru hi Pathian hriatna engkim huapzo zinga
pawimawh tak a ni Kan hriatna thlipui hnuaiah hian A hriatna
tawp nei lo tuifinriat a awm a, Tuipui lian zawka tel a nih thu
thlipuiin a theihnghilh chuan chu tuifinriat thiltihtheihna a\
angin a in\hen a Chumi avang chuan mi rilru chu thil neih
theihna tikhawtlai a nih avangin a chak lo va, rah chhuah

hna leh thil tam tak siam chhuah theih a ni tawh lo When
rilrute chuan hriat lohna leivut chu an tikehsawm a, an
thiltihtheihna inzawmkhawmtu chain chu an tikehsawm a,
thil siam chhuah thiam leh nunna nena inzawmna tha tak nei
thei an ni ang

Ngaihtuahna pakhat chu i vawn tlat a, duhthusam chak
takin i imbue chuan chu ngaihtuahna chu chakna chak takah
a inthlak a Tin, ngaihtuahna chu chakna a lo nih chuan
hlawhtlinna tur boruak dik tak a siam thei a, chu chu rilruah
hmuh theih loh map siam angin a ni

Mite chu an hlawhchham a, a chhan chu nunphung khirh
tak takte chu dodal lova an inpek vang a ni a, inpe lova
dodal ai chuan

Willpower exercise leh activate a ngai a ni

Thlamuanna hmun thianghlma lutte chuan Pathian
hmangaihtu thlarau dangte nen thlarau lamah an inbiak
theih a, roses leh thil nung zawng zawng tawng an hrethiam
thei bawk

Aw Lalpa, ka hmangaihna leh ka duhthusam chung a
lalthutthlenga thu lal awmchhun ni rawh

Ngaihtuahtute chuan thlamuanna thuk tak an nei a, he
chhungril muanna hi midangte nena inkawp pawhin vawng
reng tur a ni Ngaihtuahnaa mi pakhatin a zir chu nitin thiltih
leh midang nena inpawh tawnaah hman tur a ni a, tumahin
a thlamuanna leh muanna tibuai phal lovin

Thil tih dan tha siam emaw, tih dan tha lo tihbo emaw i
duh chuan, tih dan hrang hrang mechanism awmna thluak
cell-ah hian rilru pe rawh

Thil tih dan tha din tur chuan ngawi rengin thu la,
ngaihtuahna seng hmasa la, Pathian tanpuina zawng rawh l

rilru chu duhthlanna lairil, i mitmeng inkar ah dah la, i thluaka i tuh duh tih dan chu nghet takin nemnghet rawh

Thiltih \ha lo tihbo i duh hunah chuan, he duhthlanna hmunpuiah hian i ngaihtuahna pawh dah la, chutiang thil tih dante chu a zung kaih na hmun grooves zawng zawng chu nghet takin nemnghet rawh are being erased Focus leh willpower hmangin, deeply rooted, old habits grooves thuk ber pawh i erase thei Thluak bial atanga thil tih dan hrisel lo tak tak te hrual chhuak thei tur khawpa duhthlanna i nei tawk tih inring reng ang che

Chutiang nemnghehna hun remchang ber chu zing hma takah duhthusam leh ngaihvenna a fimkhur lai a ni

Thupek zawng zawng lakah i zalên tih hi i rilruah nemnghet zel la, ni khat chu - Pathian tanpuinain - i tihbo duh tih dân atangin i zalên tawh tih i hmu ang

Eng thil pawh hlauh la, chuta tang chuan i ngaihtuahnate hnawhchhuah la, Pathian kutah dah rawh Pathian i rinna tichak la, a pui thei che a ni tih ring rawh

Hrehawmna tam tak hi lungkhamna leh lungkhamna a\ anga lo chhuak a ni Engvangin nge i hlauh chu a la thleng lo a nih chuan i tuar ang? Pathian venhimna êng chuan a sir zawng zawngah a hual vel che tih han mitthla teh, a venhimna mak tak chu i hre ang

Kan lungkhamna tam zawk hi hlauhna a\anga lo chhuak a nih avangin kan nunah hlauhna kan tihbo chuan kan zalen ang a, damna pawh a awm nghal ang Zan tin, mut hma lawk hian Pathian chu i hnenah a awm a, a humhim che a, a enkawl che tih i inhriat chian tir ang che

He cosmic drama-ah hian hnam hrang hrang mihringte hian hun kal tawhah nun chanchin hi an enact a Kan chanvo

rei lo te chhunga buai lutuk emaw, buai lutuk emaw lovin
nun awmzia hi kan hrethiam tur a ni

Nun kan hmuh dan hi a dik lo va, a inthlak danglam fo
thin a, a chhan chu mahni hmasialna mit leh ngaihtuahna
tlemte hmanga kan en vang a ni Thlarau mit hmanga en ila
chuan thil hi thlirna danglam tak a\angin kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni

Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkhar a kik a, thim ai chuan êng hmu turin min fuih a,
hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna in tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna
thlenna kawngah thawhhona tha tak nei turin min fuih a
Chutianga kan tih hunah chuan hriat lohna chu a bo ang a,
dinhmun inang lote chu a bo ang, inpumkhatna chu kan hmu
ang census-ah chuan Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inzawmna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara chutiang chu A chhungte kan ni a, min
enkawl dan chu a awm reng a, min ngaithla reng bawk A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawk

Min Siamtu chuan hmangaihna, hriatthiamna,
hriatthiamna, duhsakna leh thlarau lam chakna hausakna
tawp thei lo min pe a, chuti chung pawh chuan a tam zawk
chuan he hausakna hi Pathianin himna, remna leh inpawh
taka thawhhona nei tura min duh loh zawng zawngah kan

khawhral a, chu chu chhungkaw ropui leh hmangaihna nei
tak tan chuan duhâmna leh mahni hmasialna chhut dan
chuan kan thinlungah zung a kai a, kan zingah inrem lohna a
lo chhuak ta a ni

Pathianin lal ni turin min duh a, mahse bawih nih kan
thlang zawk a ni

Mihring chu a van in ata hla takah a kal bo a, Pathian
hnaih leh Pathian hnaih nia inhriatna chhungril paradis chu a
hloh ta a, chu paradis chu mimal thawhrimna tel lo chuan a
chang leh thei tawh dawn lo

Pathianin A anpuin min siam a, mahse he thutak hi kan
rilruah a tlanchnuak ta Kan chanvo chu harsatna a ni a, kan
chanvo chu tihboralna a ni tih ngaihdan dik loah kan tlu ta a,
a hnung lama thutak eng mawi tak chu hmuh theih nan finna
dagger hmangin illusion puan kan phelh a ngai a ni

?Tute nge kan nih a, kan nihna dik tak chu eng nge ni

Mihringte hian danglamna chiang tak kan nei a, chu chu
an rilru lam emaw, an rilru lam emaw, nunah an chanvo
emaw, an hnathawh leh thiltih te emaw, an duhzawngte
emaw pawh ni se, mahse heng danglamna zawng zawng
hnuaiah hian thil pahni a awm a, chu chu mihring tinte duh
leh mamawh tih loh chu Pakhat chu hrehawmna leh duhna
chi hrang hrang laka zalenna a ni A dang chu hlimna famkim
leh nghet tak a ni—lungawina famkim, chutah chuan remna,
hmangaihna, finna leh hlimna a awm a ni

Dik tak chuan mihringte'n kan thlen tum chu Pathian a
ni a, chu hming chu hmang emaw hmang lo emaw Mi fingte
chuan Pathian chu hlimna leh hlimna thlarau a ni an ti a, mi
pakhat chuan cosmic source a\anga direct-a a lak loh chuan
lungawina famkim a tawng lo vang Hei hi mihring dinhmun
hriatthiamna atana thil pawimawh tak a ni

?Mahse, khawiah nge miten an thil zawn chu an zawn

Khawvel thilah chauh an zawng a: thil neihah te, pawn

lam dinhmunah te, leh mi dangte nena inlaichinnaah te
Mahse, thil siam nihna tak tak ngaihtuah chuan khawvelah
hian eng thilah emaw, tu emaw, eng dinhmunah pawh hmuh
theih a ni lo

Thilsiam hi duality principle-ah a inngnat a, a kalh
zawng tel lo chuan tih theih a awm loh avangin rawng
pakhat chauha thlalak neih theih a ni lo Chutiang bawkin,
awmna lam hawi eng pawh hi pahnihna atanga inhlat taka
awm theih a ni lo Amaherawhchu, mihringte chêtîrtu
duhnate kan zir chian chuan, kan zînga thil ṭha, nuam, mawi,
leh thil ḥa chauh kan duh tih kan hmu chhuak a, thil
duhawm lo tak tak hmachhawn duhna tlemte pawh kan nei
lo or undesirable Mahse chu chu thil theih a ni lo

He dualistic khawvelah hian hrehawmna tel lo chuan
nuam tihna a awm lo va, thim tel loin eng a awm lo va,
sualna tel lo chuan êng a awm lo va, thihna tel lovin nunna a
awm lo Tangka lehlam pahnih hi inthen theih loh a ni Hei
hian kan chhungril thuk taka kan duhthusam chu he khawvel
a\ang hian kan hmu thei lo tihna a ni

Mite chuan an zawng a—ni e, an theihtawp chhuahin an
zawng a—mahse an thil zawn chu an hmu thei lo va, chu
chuan beidawnna leh beiseina a hring chhuak a Hei hian
beidawnna mai ni lovin thinrimna nasa tak leh thinrimna
nasa tak a thlen a, chu chuan tharum thawhna thiltih a thlen
bawk a ni Heng zawng zawng hi an thil zawn chu hmun dik
takah an zawn loh vang a ni a, chuvang chuan an thinlung
duhzawng chu an hmu lo

Kan hun laia mite hian nun awmzia leh thiltum hi an hre
vak lo va, chuvangin buaina leh buaina an tuar a ni

Mihringte hi thiltum neia awm kan ni A, nun tum nei lo
kan nih a, kan rilru, chakna, duhna leh rilru put hmangte chu
a \ha leh siam\hatna kawnga kaihhruai a nih loh chuan, zu
leh ruihhlo hmansualna, tharum thawhna lama inrawlh te,
leh a dangte ang chi tichhe thei kawngte kan pan ang thiltih
te, ngaihdan dik tak te, rilru put hmang \ha te, leh an rilru
put hmang \angkai taka channeling te

Hêng kan nihna pêng pahnih—chhûng lam emaw,
thlarau lam emaw leh pâwn lam lam—hi hriatthiam dik a nih
chuan a inhnial lo va, kan inthlunzawm a, kan taksa, rilru,
rilru leh thlarau lam theihna leh theihnate tihhmasawn leh
tihpunna kawngah min òanpui a ni

Mite chu hmun ruak ropui takah an cheng a, rilru lama
tihchakna emaw, rilru lama tihchakna emaw nei lovin Tum
an neih loh vang leh an nunna hlutna leh awmzia pe thei tur
thil engmah awm loh avangin an bo niin an hria Mi pangngai
chuan rilru leh rilru lama hriselna tha tak ang maiin a thawk
thei a, a che thei a, mahse an hlim
..?em
..?
?..?..?..?..?..?..?..?..?..?..?..?

Nun tum ber chu tu nge kan nih tih leh kan nihna dik tak
chu eng nge ni tih hriat hi a ni Nun kawng thuk zawkte chu
an phu tawk ngaihsakna kan pek chuan hlimna kan nei ngei
ang, a chhan chu mihring hlimna hi mahni thlarau lam nihna
nena inzawmna nen a inzawm tlat a, chu mi tel lo chuan
awmna leh awm lohna a nei lo

Hlawhchhamna emaw, natna emaw hlauhna chu
ngaihtuah rengna hian a chawm a, chu chu hlawhchhamna
ngaihtuahna chu conscious mind a\angin subconscious-ah a
luang lut a, a tawpah chuan consciousness sang zawk a
thlen hma loh chuan, hlauhna chu subconscious leh higher
consciousness-a zung kai chu a lo pung zel a, a lo thang lian

a, chu chu conscious mind chu chutiang awlsam taka tihbo
theih loh hlauhna hnim hringin a luah khat ta a ni as the
initial thought when it sprouts Hêng hnim hringte hian a
tâwpah chuan rah rimchhia leh thihna thlen thei tak tak an
chhuah a Vanneihthlak takin, huaisenna lam nasa taka
ngaihtuah a, Pathiana rinna famkim leh mahni intanpui
duhtute leh harsatna laka humhim duhtute chu a tanpui thei
tih hriatna tuh a, a bul a\angin tihbo theih a ni

Vawi khat chu tuifinriat chungah chuan bubble te tak te
pakhat a lo leng a , thlipui leh êng laka fimkhur takin a rawn
inher a, chutih lai chuan aw pakhatin a rawn beng a : “Nunna
”?bubble te tak te, eng nge i tihsual

Nunna tuipuiah hian i tel ve tih i hre lo em ni? Bubble te
tak te chuan a hawi kual a, chu thudik chu a hrechhuak ta a
ni

Mihring hriatna chu bubble te tak te ang maiin a floats
On the surface of the sea of cosmic consciousness , thinking
it a temporary bubble , natna, retheihna, leh thihna hlauhna
avanga khur chhuak Aw bubble, tuifinriat i hlau em ? Look
around you observe carefully Shift your perspective from
your immediate surroundings to God’s infinite realm Delve
deeper, broaden your understanding , chutiang chuan i hriat
leh i chian theih nan A tuifinriat zau tak nen hian pumkhat i
ni tih i hre thei ang , leh Pathian chu i hnenah a awm tih A
humhim che , a chhawm nung che , tunah leh chatuan atan

Trap leh thangte pumpelh

I thinlungah duhna nasa takin tihlawhtling tura a fuih
che i hriat apiangin, hriatthiamna hmang la, "Hei hi
duhthusam tha tak tihhlawhtlin theih a ni em, chawimawi loh
tur duhna tha lo a ni em?" Thil neih duhna hrisel lo chuan
beiseina dik lo leh hlimna lem min pein kan nungchang \ha
lote chu a fuih \hin Chutiang hunah chuan thudik pholan nân

hriatthiamna thiltihtheihna chu hman a ngai a ni Thiltih \ha
lote chuan a tâwpah chuan hlim lohna a thlen \hin A nihna
dik tak a lan chhuah chuan mi chu hrehawm tawrhna thang
leh hrehawm tawrhna thangah hruai luh tumin thiltihtheihna
nei lo an lo ni ta a ni

Ngaihtuahna leh thawnthu te

Nunnaah leh thihnaah, lungngaihna leh vanduaanaah,
Aw Lalpa, Nangmah ka rinna hi a nghetin a nghing lo, nghet
leh nghing lovin a awm reng a ni

Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin

Mipui tamna ber hmuna ni a êng ang hian ka nun leh
nitin hnathawhna kawng tinrengah Pathian hmangaihna êng
chu ka hmu ang

Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che

Musk deer chanchin

Musk hi thil hlu tak, rimtui tak nei a ni a, Himalaya tlang
sang takah awm musk deer navel-ah a awm a ni

Deer chu kum engemaw zat a tlin chuan, musk hip thei
tak chu a navel atang chuan a ruvin a rawn luang chhuak tan
a, chu deer chu chu rimtui hmuhnawm tak chuan a ti buai a,
chu rimtui nuam tak lo chhuahna hmun chu a zai tan a, a
zawng ta a ni

Hmun hrang hrangah a kal kual a, lungpui inkar leh
thing hnuaiah a rimtui a, chu rimtui hlimawm tak lo
chhuahna hmun chu hmun tinah a zawng chhuak thin

A tawpah chuan thu sawi tur a hloh a, duhthusam leh
duhthusam nena a thil zawn chu a hmuh theih loh chuan a
thinrim a, a buai leh a lungkham zawk thin

Musk lo chhuahna hmun thlen tumna hnahnung berah
chuan lungpui sang tak tak atang chuan a chanvo
hmachhawn tur leh a thihna tawk turin ruam thuk takah a
zuang lut a, chutih lai chuan ramsa mantute chuan an man
thei a, chuta tang chuan musk bawm emaw gland emaw chu
an la chhuak thei a ni

Hemi chungchangah hian hla phuah thiam zinga pakhat
:chuan hetiang thil hi a sawi chhuak a

!Aw musk deer, nang â

?Engvangin nge i tuar? Engvangin nge i mut theih loh

He musk hi a awm a

!I pum bawm nen, nang â

I hnar hmanga khawih pawh nise

Nangmah atang hian rimtui thup chu a lo chhuak thin

I beisei ang kha i hneh ngei ang

Tin, sum sen ngai lovin i nung bawk

Ka thiante u, mi tam zawk hi musk deer ang maia awm
an ni tih in ngaihtuah lo em ni? Anmahni pawn lam hmun
tinah hlimna an zawng reng a, chatuanin an awm reng a ni

Ni e, inkhelhnaah hlimna an zawng a, duhna leh
duhthusamnaah pawh hahdamnaah an inhnamnawih
Hausakna kawng hnim hringte chu an chho a, a tawpah
chuan beiseina sang tak lungpui atanga lungngaihna leh
hlawhchhamna lungpuiah an zuang thla a, an thlarau

chhungril thuk ber berte hlimna dik tak dahkhawm chu an
hmu thei lo

Kan ngaihtuahnate hi chhungril lamah kan hawitir a,
thuk taka kan ngaihtuah chuan thlarau thlamuannaah hian
hlimna dik leh nget tak kan zawn chu kan hmu ang

Musk deer ang kan ni tur a ni lo va, hmun dik lovah
hlimna zawngin kan boral tur a ni Chu ai chuan kan fimkhur
tur a ni a, kan pawn lam ni lovin kan chhungah hlimna hmuh
kan tum tur a ni

Thuziak chu Button a ni

Vawikhat chu mi pakhat hian ka hnenah a rawn kal a,
thinlung natna khirh tak a vei tih a sawi a, a sawi belh baw
:a

Thil tam tak ka lo ti tawh a, mahse ka thinlung natna"
."chu ka paih chhuak thei lo

Muangchangin ka ngaihtuah hnu chuan scissors min
:rawn kensak turin ka ngen a Khur zet hian min en a, a ti a

"?Ka thinlung hi cut hawn i tum em ni, ka pu"

Ka nui suk a, ka chhang a, "Doctor ka ni lo Mi pakhatin
"!scissors hmanga surgery a tih thu i hre tawh em

A tawpah chuan duh lo chungin scissors a rawn keng a,
chuvang chuan a coat-a button pakhat chu ka tan a, a
hmunah button dang sew lo turin ka hrilh a, button awm
lohna hmunah chuan a kut dah lo turin ka hrilh baw a, kar
hnih hnuah ka hnenah lo kal leh turin ka hrilh baw a, chutih
chhung chuan a dam leh ngei ka beisei baw

Chu pa chu a nui suk a, "Ka rin vang che a i dil ang khan
ka ti ang, mahse damdawi min pek tawh zawng zawng
"!zingah chuan a mak ber niin ka hria

Kar hnih hnuah ka bulah a rawn tlan pheï a, mak ti zet
:hian a rawn ti a

Specialist te chuan thinlung natna ka dam tawh tih min"
tiam a Chuti a nih chuan Pathian tan eng nge i tih? Button
"?atang hian genie i la chhuak em

Nui chungin ka chhang a: "Ni e! I kut chu button chu a
."play reng a, button chu thinlung nen a inmil baw

Chu button chu i thinlung natna thlentu genie a nih
avangin button chu ka cut a, thlak lo turin ka hrilh che a, i
thinlungah i kut dah lo turin ka hrilh che a Chutiang chuan i
thinlung chu pressure a\angin a chhuak a, a tihnat che chu a
!titawp ta a ni

Engkim a kal chak a, mite chu thil tam takah an buai hle
A nihna takah chuan, hun khawhräl ai chuan khawvel thilpek
seng hi a tha zawk a, hun khawhräl tir che a, kut ruak
chauha tawp mai mai a tha zawk Mahse mi pakhatin a seng
tur chu nunah buh seng hautak ber a ni: Pathian hnaih leh
amah hriat chian Hlimna dik tak neih theihna awmchhun chu
he khawvelah hian thil engemaw tihhlawhtlin hi a ni a,
chubakah thlarau lam hlawhtlinna pawh a ni

Pathian hretute chuan Pathian ngaihtuah hmasak a,
Pathian chakna malsawmna hmanga an rilru leh taksa an
charge hmain an nitin hna an thawk tan ngai lo

Khawvel thil phut tam tak hian an thlarau lam thiltum
zawngtute chu a tibuaiin, an kawng thlan a\angin a hrui bo
thei a Mahse, tumruhna nget tak neitute chuan engmahin
kawng a zawhtir an phal lo va dinhmun harsa emaw, ða lo
emaw pawh ni se, tumruhna nên an tuar chhuak ðin

Khawvel hian eng ang pawhin min pe se, khawvel ro hlu
leh hausakna zawng zawng aiin thil nget zawk, pawimawh

zawh leh hlu zawh duhtu kan thinlung duhthusam chu a
tihlawhtling lovang

Mi a thih hunah—dam rei rawh se—leia thiltihtheihna
engmahin an tan engmah a ti thei lo He khawvel kan
chhuahsan hnuah Tuin nge min pui thei ang? Pathian
Chuvangin, Khawngaihtu ber hmaa chatuana kan chenna tur
vanram kan panna kawngah hian he khawvel hi hun eng
emaw chen chawlhna mai a ni tih hi kan hre reng tur a ni

Hausakna tam lutuk hian hriselna, remna leh
hlawhtlinna a tichiang lo va, mahse remna leh hlawhtlinna
neih chuan thlarau lam leh tisa lam level-ah hlawhtlinna
inthlau tak a thlen ang

Mi tam zawh chuan taksa lama hlawhtlinna an neih theih
nan chauh rilru lama thiamna an nei thin Mahse mi pakhat
chu amah leh amah a hotu a nih a, a rilru lama
thiltihtheihnate a enkawl a, Pathian ruahmanna anga a thiltih
a nih chuan a nun chu malsawmna a dawng ang a, he leia a
awm chhung hian thlarau tuikhuah a tem ang Amah chu
nungchang leh duhzawngte tang a ni tawh lo vang a, mahse
a hriatna chu Pathian awmna thinlungah a lo chang ang a,
ani sawifiahna dodal thei hlimna tharte hlim takin chutah
chuan a awm ang

Taksa hi damdawi dawr ropui ber a ni

Damdawi lam zirchiangtute chuan hlimna nasa tak kan
tawn hian taksain antidepressant leh stress tihziaawmna thil
dang, doctor-te'n an tih ang bawka chak leh tangkai tak tak
a siam chhuak tih an hmuchhuak a, Taksa hi Khawvela
damdawi dawr ropui ber a ni a, Pathianin kan chhunga
thlarau lam inthlauhna a dah nen kan inmil laiin a hun takah
thil dik tak a siam chhuak thei a ni

Stress zawng zawng hi a hlauhawm vek lo; stress hian kan taksaa chakna pawimawh tak luang chhuak chu a tiharh a, hnathawh leh chetna a tichak Zirna hrang hrangah chuan stress tam lutuk hi a hlawkthlak hle tih hmuhchhuah a ni

Mahse buaina chu stress hian healthy level a pelh chuan a lo chhuak thin

Mimal tinin stress kan neih theihna tur bituk kan nei theuh va, chu chu kan pelh chuan kan lungkham tur aia nasain kan lungkham a, taksa, rilru leh rilruah harsatna a lo lang tan hma loh chuan kan hre lo mai thei

Pathian nena nun chu himna leh himna a ni a, Pathian tel lo chuan lungkhamna, buaina, harsatna, leh chhiatna thleng pawh a awm a nih chuan engtin nge chhiatna leh lungngaihna a thunun nunah hian thlamuanna leh muanna kan hmuh theih ang a, he leiah hian himna engemaw zat ?kan thlen theih ang

A phût hmasa ber chu nun nawrna hnuaia kan awm laia kan hriat chian hi a ni

Pathian chu Engkim Mi fîng leh Engkim hretu a ni a, kan taksa hi thlamuanna, nuam lo, thlamuanna, leh lungkhamna ang chi signal a pe a, heng signal te hi kan ngaihven a ngai a ni Kan taksa chhungah hian thil engemaw hrilh tumtu Pathian finna a awm a, chu thuchahte chu kan ngaihthlak a ngai a, chu chu stress emaw chawlh hahdam hun lai hian I rilru hahna i neih chuan i taksa lam a ni stress i tawh a, chutah thawk thûk tak la la, chutih rual chuan chu hmun chu a vibrate thlengin zawi zawiin tense la Chumi hnuaia chuan chawlh hahdam la, tension chu thlah rawh Hei hian taksaa chakna leh pawimawh tak balance vawng reng turin a pui ang a, stress-in a tihchhiat laka a humhim bawh ang

Thâwk hmangin emotional stress pawh kan enkawl thei
Hlahna emaw, rilru natna dang emaw i hriat hunah, zawi
zawin, thuk takin, leh rhythmic takin vawi tam tak thawk
chhuak leh chhuak la, i taksa chu thawk chhuah apiangin a
hahdam theih phah ang Hei hian i racing heartbeat a ti
hniam ang a, thisen kal dan pangngai a siam leh ang a, i
nerve kaltlangin vital energy a kal awlsam ang a, i rilru a ti
thlamuang ang a, i ngaihtuahna a tifa ang

Nun hi emergency thil a ni lo va; Pathian sawina mawi
tak a ni a, nuam kan ti tur a ni Nuih hi thiltihtheihna a ni tih i
hre reng ang u; kan hman loh chuan nun kawng pawimawh
tak kan hloh a ni

Mihringte hi rilru natna leh rilru put hmang nei thlarau
kan ni a, puan emaw pawn lam kawr ang maia kan hak taksa
kan nei a Mahse taksa leh rilru natna level chauh kan nun
chhung chuan stress leh tension-in nghawng tha lo tak
hnuaiah kan tla ang

Kan nihna pawimawh tak, thlarau lam nena kan inrem
chuan thlarau hlimna chu thinlungah a luang lut a,
hmangaihnaah a inthlak danglam thin He hmangaihna hi
hriat hi, thlarau thlamuanna leh muanna nena inzawm, a
nghawng inrem tak hnuaia thil tih leh inpawh tawna hi
inrem lohna leh inhnialna tam tak awmna khawvelah hian
pianphung anga nun dan remchang ber a ni He hlimna nena
inmil hi nun harsatna chinfelna a ni

Note: Thusawi chungchangah: "Taksa hian
antidepressant leh thil dang, stress leh tension tihziaawmna
a siam chhuak a, doctor-te'n an pek aia chak leh tangkai lo
zawka a ni lo," tih hi damdawi lam thurawn leh damdawi pek
chhuah loh tura thurawn a ni lo va, chuvangin chiang zawka
sawi a ngai a ni

Magnetic equation hmanga siam a ni

Mihring awmna chak tak leh sual duhna nei + thinlung
ngilnei tak mahse mi chak lo = magnetism sual chuan
ngilneihna a hneh zawk

Mi chak lo, sual duhna nei + mi chak tak, rilru tha =
magnetism tha chuan sual chu a hneh

Thlarau lam magnetism chak lo + biomagnetism sual =
magnetism sual chak tak

Nungchang chakna chak + nungchang chakna chak lo =
nungchang chakna nasa zawk

Mi thinrim leh tharum thawh + mi ngilnei leh ngilnei =
thinrimna magnetism chuan ngilneihna a hneh zawk

Mize chak, inthlau tak, leh rilru hahdam tak + mizia, a
chang chuan lungawi lohna lam hawi = rilru hahdamna
magnetism a lal ber

Chronic ingrained failure + less ingrained failure =
hlawhchhamna magnetism chak tak

Hlawhtlinna tha chak tak + hlawhtlinna tha lo zawk =
hlawhtlinna tihpun

Hlawhchhamna vibration chak + hlawhtlinna vibration
chak = hlawhchhamna magnetism chak tak emaw,
hlawhtlinna magnetism chak tak emaw, boruak leh dinhmun
a zirin

Rilru chak leh fel tak + hriat lohna famkim = fing leh
thiamna emaw, hriat lohna leh âtna emaw

Thlarau thiltihtheihna langsar tak + thil tih theihna ropui
tak = Thlarau lam magnetism - thiltihtheihna langsar tak tak

Mite chuan an chhehvel ether-a planet-a thil nung tam
tak awmte hi hmu thei ta se, thenkhat chuan an hmangaih
kal tawhte chu zawn chhuah an tum mai thei Pathianin ka

thlarau mit a hawng a, chutiang thlarau tam tak chu ka hmu
a, leilung ram chhuahsan tawh Thlarau mit (hma lam lairil)-a
thuk taka ngaihtuah hian, mi pakhat chuan chhungril mit
hmuhna hmangin thlarau tha zawng zawngte chenna
khawvel êng tak chu a hmu thei a ni Khawngaihna neitu
awmna lam panna etheric plane chu

Mihringah chuan thinlung hian wireless receiver angin a
thawk a, thlarau mit chu transmitter angin a thawk bawk l
hmangaih boral tawhte i hmu thei lo a nih pawhin,
muangchangin i rilru put hmang chu thinlungah i dah a nih
chuan, tuna ethereal taksaa cheng, Pathian thlamuanna leh
muanna hlim taka hmang a, taksa tikhawtlai a\anga an
zalenna avanga lawm taka awm, i duh tak takte awmna chu i
hre thei a, chuvangin an thlamuanna leh i thinlung chu
thlamuanna i hmu thei a ni an chungchâng chu a ti
thlamuang ta a ni

Pathian hming ka sawi hian ka nihna zawng zawng chu
hlimna sang ber-ah a hmin vek Mahse he dinhmun hi ka
thawhrimna nasa tak hnuah chauh ka hnenah a lo thleng a A
tir lamah chuan duhthusam tur pakhat ka ni lo, chutih lai
chuan ka rilru chu a lo inthlak danglam ta a Mahse tunah
chuan, ka ngaihtuahna leh hriatna chu thlarau lam
hmunpuiah ka dah meuh chuan—mitmeng inkar hmun chu—
ngaihtuahna zawng zawng chu a bo vek a, thawk pawh a
duhthusamin a tawp ta a, thinlung chu a beng chhuak ta lo
va, mite buaina chu a tawp ta a ni rilru a reh a, nihna
dinhmunte chu thlarau chungah a lo chhuk a, chutiang
chuan thlarau lam hlimna ka tawng a, Pathian hlimnain ka
khuh ta a ni

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup a ni Ka chhungrilah lalte mumang aia ro hlu zawng
turin min kaihruai ang che

* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni

* * *

Aw Hmangaihtu Ropui ber, Nunna I ni Ka thil tum leh ka
duhthusam i ni

* * *

I van huana rose par hring min siam la, emaw, i
hmangaihna kawrfual eng takah chuan zungbun eng mawi
tak min siam la, chawimawina ropui ber min pe rawh: i
thinlunga hmun tenau ber

* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni

* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hrual ang u

* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni

* * *

Hripui, chhiatna, leh thilsiamte tharum thawhna inthlak
danglamna, chhiatna, chhiatna leh chhiatna nasa tak thlentu
hi "Pathian thupek" a ni lo Heng chhiatnate hi mihring
ngaihtuahna leh thiltih atanga lo chhuak a ni Khawi hmunah
pawh khawvela thil tha leh tha lo inthlauhna nalh tak chu
mihringte thil tum tha lo leh thil tihsual avanga chhiatna
thlen thei thlipui leh vibrations awmkhawmna avanga tihbuai
a nih chuan chaos reigns and chhiatna nasa tak a chhuak a
ni

* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang

* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni

* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a
source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm

* * *

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

* * *

Experiment-te chu a khauh hle chung pawhin, thir
zungbun chu thir mawi tak, chhe thei lo leh hmanraw chi
hrang hranga chantirtu mei ang an ni

* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,

ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihhlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni

* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a
chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni

* * *

Mi pakhat chuan Pathianin a pek finna zawng zawng chu
thil rei lo te chauh zawn nan a hlan vek tur a ni lo , chuti lo
chuan thil neih duhna (materialism) labyrinth-ah an boral
ang a, anmahni tan a tul lo taka tikhawtlai leh tikhawtlai
an siam ang Chu ai chuan, an rilru chakna hmangin nunna
atana thil tulte chu an nei tur a ni a, dik leh dik lo, leh eng
nge an thliar hrang theih nan an nungchang chakna
tihhmasawn tumin an bei tur a ni a tichhe thei a, eng nge a
hlawkpui baw

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an inngat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la I lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo va,
a tak takah hman theih loh theory-ah hian hun hlu tak hman
loh a tha a, chuti lo chuan intellectual jungle zau tak karah a
inhmu ang a, theory ram pawh a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni
ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur

chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh
hriselnaah te, hriat lohna leh finna kawngah te ka hre reng
ang che, i êng malsawm tak, damna leh damna chu rei lo te
chhunga pe theitu chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna hmuna thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw thlamuang leh thlum
tak chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihruaitu khawnvar ni turin kan
phal tur a ni Amah chu hriat lohna leh thim zanah thla bial a
ni a, harh hun laia êng ni a ni a, kaihruaitu êng a ni a, lei
tuifinriat paltlangtute tan kaihruaitu arsi a ni bawh. rei lo te
chhunga awm

* * *

Mihringin a hriatna chu theihnghilh muthilh atanga thlarau
harhna thlenga a tiharh a hun tawh

* * *

Lalpa, hriat lohna thuk tak leh ngaihtuahna zim, tlemte
a\angin remna, êng, hmangaihna leh khawvel pum huap
mihring lainatna hmun thlenga kan hriatna tihsan turin kan
ngen a che

* * *

Pathian thiltihtheihna leh thilmakte chu mihring nun
inhnialna hnung lamah thup a nih avangin thil a lo tha chho
zel dawn a, chu dinhmun chu pumpelth theih loh a nihzia ring
tlat lo a, puanzar piah lama awm chu a rilru leh rinna nena

luhchilh tum chuan a tan kawngkhar chu [ringtu kut zawng
.zawngin a kik] tan a inhawng ang

* * *

Rinna tih awmzia chu ngaihsak lo emaw, thil awmdan
fing taka hmachhawn loh emaw tihna a ni ngai lo Chu ai
chuan, eng thil pawh thleng se, mi chuan a thinlung zawng
zawng, a thlarau zawng zawng leh a rilru zawng zawng nena
Amah a pan chuan dinhmun harsa leh lungkham takah pawh
Pathian chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen chuan
Leilung hi electron lui angin kan hmu ang a, leivut chi hrang
hrang chu êng rolling mass angin kan hmu ang

* * *

Matter atanga thlarau danga an hriatna hmanga luhchilh
thinte chuan illusion awmzia an hrethiam a, thutak awmzia
an hre bawk

* * *

Mi chu Africa ramngaw-ah emaw, indona hmunah emaw,
natna emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm aiin a chak zawk a, Amaha inhumhimna
zawngtute a humhim thei tih a inhriat tir a ngai a ni

Mahni invenna kawng \ha zawk a awm lo Dik tak chuan
thil thlengte hmachhawn kawngah hian logic a hmang tur a
ni a, chutih rual chuan Pathian tanpuina rinna famkim a nei
tur a ni

* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni

* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrilh a ni

* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang

* * *

Zirtirtu Paramahansa chuan a zirtirte zinga pakhat
hnenah: "I hmangaihna circle atang hian tumah
hnawhchhuah suh Mi zawng zawng i thinlungah vawng la,
.anmahni thinlungah an vawng reng ang che" a ti a

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che
Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che
Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a

* * *

Chu thlarau lam mize huaisen leh inngaitlawm tak chu
harh rawh - sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu

* * *

Sawiselna nasa tak, dik lo takin min tibuai lo vang a,
fakna leh fakna nasa tak pawhin min tibuai lo vang Ka
duhthusam awmchhun chu I duhzawng tih hi a ni, Aw Lalpa, I
duhsakna chan hi a ni

* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu chutah chuan
Pathian hmangaihna tawp nei loin a ruih ang Mihring
hmangaihna eng pawh a let maktaduai tam takin a phak lo
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni

* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang

* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni

* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nget tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuiin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaissen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin
Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Pathian
hmangaihnaa inhmang reng mi thianghlim pakhat ka hriat
hlimna nen chuan nunah thil tawn dang reng reng chu
tekhin theih a ni lo va, a hmelah hmangaihna thianghlim a
chhuak Pathian mit chu Amah hmangaihtute chungah a awm
reng a, vawi khat mah a kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem

hle

* * *

Thil tikhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni
* * *

Thiltih \ha lo leh duhthusam hrisel lo thupek laka
zalenna chuan thil neih hlawhtlinna aiin hlimna nasa zawk a
thlen a ni
Literary hlawhtlinna hian pawn lam thilin a laksak theih
loh rilru lam hlimna a thlen a ni
* * *

I hun zawng zawng chu sum khawlkhawm nan i hmang
 thei a, mahse chu pawisa chuan i zawn thlamuanna leh
 muanna nghet tak chu a pe dawn lo che a ni Chu ai chuan
hlimna leh muanna chu thil chhungah ni lovin rilruah a awm
avangin hlim lohna a thlen zawk ang che

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawh a ni
* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan titawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn loh chuan kan hna
engmah kan hlen chhuak thei dawn lo tih kan hriat reng a
ngai Hei hi A laka kan mawhphurhna lian ber a ni

* * *

Thiltih dan leh nunphung tehna leh rorel dan a awm A tir
lamah chuan thurin tin hian dikna a la nei tih kan hmu a nih
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak

lo Dik chu kan hriat a ngai a, chu chu kan zawm a ngai a,
hlimna min thlen thei tur chu kan hrethiam a, chu chu kan
nunpui a ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni

* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih Chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni

* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni

* * *

Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil

man chu theihngilh a ni lo vang, a bik takin installment-a i
!lei chuan

* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang

* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte thian nihnaah
chuan, I hmangaihna ka hria a, ka thiante hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan
hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu

a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu
chhungril hlimna tel lo chuan mawhphurhna phurrit phurrit
ka chungah dah chuan ka thlamuanna min chhuhsak ang a,
ka hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh
ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuitu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhatata tel

ve kan ni

* * *

Beram rual i hmu ngai em? An zinga pakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiang chu Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has
persisted for generations Every nation has its customs and
traditions, and we can claim that all of them are correct or
sound But who knows? Chutiang nunphung leh thurin
thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna

ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi
tak emaw, thil tawn hlimawm leh lawmawm tak emaw
ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih
hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna
tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah
chuan i la hlim lo tih i hmu mai thei Hausakna i nei thei a,—
Pathianin a phal lo—i hriselna i hloh mai thei A nih loh leh
hriselna tha tak i nei thei a, i sum pawh i hloh mai thei A nih
loh leh hausakna leh hriselna i nei ve ve mai thei a, mahse
midangte nen harsatna tam tak i tawh a, ngilneihna i hlan a,
chu chu thinrimna leh huatna nena inhma leh tur chauhvinn
Pathian tel lovin, he thilah hian engmah a awm lo nun hian a
ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan
hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i
zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik
tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil
tawnte chu lungawina leh hlimna nget tak panna kawngah
chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm
leh thil siam loh engmah lo piah lamah chuan chatuan thil
awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna
leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fing tlemte
chauhvinn cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawh chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka inngahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni

* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo

* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni

* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang

* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawk

* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawn
mek emaw hi hriatthiamna nei zawk tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nunna nen pawh tluang zawk leh him zawkin kan inpawh
thei ang

* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihhmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a , khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlauhna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlauhna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chhungte
hnai berte nena inrem taka a awm hi a ni

* * *

Mite chuan thil tam tak tihlawhtling lovin hmanhmawh takin
hun an khawhral a, nunnain a pek theihte ngaihtuah leh
hriatthiam tum turin an chawlhsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhian sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawk

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo
thin a, eizawna tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen

atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawn lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh

* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna,
chu chu an thlarau lam thil tawn leh hriatna sang zawk,
hriatna thianghlim an neih theih nana an tanpuina hmanga
mi dangte hnena an chantir loh chuan chhandamna famkim
an chang lo

* * *

Hemi avang hian chutiang dinhmun thleng thei leh
chutiang dinhmun thleng thei te chuan hriatthiamna
mamawhtute hnenah hlan an duh hle Hlawhtlinna dik tak i
neih duh chuan nangmah mimal hlimna chauh ni lovin
midangte hlimna pawh i tichiang ang

* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduaiana a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni

* * *

Mi tu emaw chuan hun rei tak ngawi renga awm a
thlang thei a, chutih chhung chuan an chhungte hnenah thu
sawi duh lovin He mi hian chhungril muanna engemaw zat a
neih theih laiin, an nungchang chu mahni hmasialna leh an

chhungkaw hlimna tichhe thei tak a ni An hmangaih tak
takte pawhin an hlawhtlinna an hlawkpui loh chuan
hlawhtling tak takah ngaih theih an ni lo

* * *

Chutiang bawkin, tisa lama hlawhtlinna neih hi mahni
chauha hamthatna kan neih theihna tur dikna chauh a ni lo
va, midangte chung a taksa dinhmun leh nunphung siam\
hatna tura \anpuina kawngah pawh nungchang lama kan
mawhphurhna a ni

* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber êng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitate tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihdan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo

* * *

Hlawhtlinna tehfung dang a awm baw a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

* * *

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kaw a ni
Hlawhtlinna dik tak chu felna thu bulte chung a inngat thiltih

atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifiahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a Chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hmang, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu
level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihzia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Hmun hring leh ruak ang maia langah hian universe
chhunga thil nung leh nung lo zawng zawngte nena min
inzawmkhawmtu cosmic connection leh chatuan nunna a
awm a, nunna ropui tak thlipui chu thil awm zawng zawngah
a luang chhuak a ni

* * *

Chatuan hi kan chenna dik tak leh kan chenna nghet tak
a ni a, heng taksaa kan awmna hi thlaler kal tlanga caravan
kalte tan chawlh rei vak lo ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inngaihtlawmna leh inzah
tawmna boruakah a lo thang lian a, a lo thanglian bawk

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihte hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn a, an tih tur hlen chhuah a, an nungchang
hlutna siam a, zir chianna thuk zawka inhmang a, mahni
hmasialna pumpelh a\anga ropui an nih dan zir chianna a\
angin kan hria Mahse an rah chhuah leh an thil tihhlawhtlin
chu an thawhrimna aiin teh theih loh khawpin a nasa zawk a
ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna chu duhthusamin an
thlang lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur
daltu a ni Hriat lohna hi hnim tha lo, zung thuk tak nei,
mihringte huana lo thang leh thlai tha leh hlawkthlak tak
takte hnawhchhuahtu a ni

* * *

Hriat lohna chu duhthlanna nghet lo leh tumruhna nghet
takin a hneh tur a ni Rilru leilung chu ngaihtuahna fim tak [a
tha lam] nen chin a ngai a, chi tha chu rinna tuiin tui pek a
ngai Hmangaihna êng pawimawh leh lum tak takte a eng
hunah chuan, thatna chi chu a lo thang lian ang a, buh chi
leh parasitic thingte chu a hneh ang a, êng awmnaah chuan
thim a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh chiang taka focus lens hmang
hian malsawmna thlalak chu chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat chian a ni

* * *

Lungawina dik tak chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n an zawn
che a, chuvangin Hmangaihna leh \hian nihna chu a thlawna
pek tur a ni a, beisei leh phut tel lovin Beiseina hian
hrehawmna leh hlim lohna chauh a hring chhuak Mahni
insiamthat tumna kawngah pawh mahni chauhva, him tak
leh thlamuang takin mahni nungchang \ha leh mahni hlutna
kulhpui chhungah a ding tur a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawng zawngte chu khawih vek rawh se

* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni

* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlarauten an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni

* * *

Total consciousness hi absolute, infinite consciousness a
ni a, a insiam thar reng a, a creativity pawh a tawp ngai lo
va, nangmah kaltlangin a thil danglam bik tak chu a lantir
tum a ni

* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni

* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -
Pathian khawngaihna leh tanpuinain - an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni

* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell-ah thup
vek a ni a, ngaihtuahnaah chuan thil \ha emaw \ha lo emaw,
rilru put hmang emaw angin a lang \hin

* * *

Mi pakhatin a thluak cell-te chu chutiang tih dan
thiltihtheihnaa charge a nih avanga thil tih dan hrisel lo tak
tak tuar chuan duhthlanna, ngaihtuahna, tawngtaina
thinlung tak tak leh positive affirmation chhunzawm zel
hmangin a zalen thei a, chu chu a duh loh zawng zawng chu
remna leh muanna tih dan tha takah a chantir thei a, hei hi a
thleng thin chu dik taka kaihhruai nunna chakna chuan
thluak cell-te nihphung pangngai lo tak chu thlak danglam
turin hna a thawk a, chutiang chuan chutiang cell-te chu thil
ṭha, ṭha leh mawi zawng zawngin a khat ta vek a ni

* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahuhna a ni

* * *

Nitin scene hrang hrang kan hmu a, nitin hian zir tur
thar a rawn keng tel Miin a awm chhan ber: a nihna bul leh a
nun lungphum hriat chian a, a rilru a pe a, chu chu a zir
chhuah ngei beisei a ni

Hun kal tawh lungngaihnhate theihnghilh a, chu chu awm
 reng lo turin i thawk ang u, tumruhna nghet tak leh
 duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnate
 tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
 tak takte i chawm ang u

Mite chak lohna phawrh chhuak a, mualphona leh
thinrimna thlentu apiang chu finna leh rorelna dik a\angin a
hla hle

Pathian nena inremte chuan thaw chhuak thei mawina
an hmu a, kawng danga tawn theih loh thlum sang ber an
tem a ni

Pathian thinlung i khawih chuan i harsatnate a reh ang
a, hmangaihna i thinlung a luah khat ang a, thlarau lam thil
tawn mak tak takte chu i rilru huana tuikhuah thianghlam ang
maiin a zai ang

Chhum tam tak chuan thup che a, ka lakah thup che an
tum a, mahse duhthusam mittui tla karah chuan i hming
malsawm tak chu puanzar leh puanzar zawng zawng hnung
atang chuan rangkachak lem eng mawi tak takin a rawn eng
chhuak ta a ni

Thianghlimna thianghlimna tih awmzia chu thutak chu
langtlang taka hmachhawn tihna a ni
Mamawh pawimawh tak tak a awm a, mi thenkhatin
"necessities" tia an ngaih tak tak, a tul lo leh tul lo tak tak te
chu Nun hi mamawh bulpui ngaihtuah a, thil tul lo tak tak
luxury tihbo a, tih awlsam tur a ni
Aw ṭhian nihna, i sâng êm êm êm a, i leilung hi a va
ṭhain a thianghlim êm! Hmangaihna chu i chawmna leh
rinawmna i in tur a ni

Mi pahnih chu an inrem lo chung pawha inrem leh
inremna anga an kal chuan thil tum pakhatin an inpumkhat
a, chu chu hmangaihna thianghlim leh inrintawknaah thlarau
thlamuanna leh thlamuanna hmuh leh hmangaihtuin
hmangaih tak man avanga nawmna a zawn lohna hmunah
chuan chutih hunah chuan, midangte tana thilpek huanah
chuan, inṭhianṭhatna pangpar rimtui tak takte chu a par
chhuak a, an rimtui tak chu an theh darh ṭhin
Khawvel hian kan rilru chu kawng dangin a zirtir a, thil
tam tak min zirtir a, chutiang tel lo chuan hlimna chu hmuh
theih loh niin kan ngai tan a Mahse nun, a bik takin naupang
nun chu tih awlsam a ngai a chuti lo chuan nun hian
beidawnna khirh tak hmangin a zirtir ang
Ngaihtuahna emaw, suangtuahna mai emaw aiin thudik
chu a dik zawkin a tak tak zawk a, mahse kan ngaihtuah
emaw, kan suangtuahna emaw chu a chang chuan a thleng
dik thei a ni

Thil siam chhuah ngaihtuahna kawngah hian
suangtuahna hi thil pawimawh tak a ni Mahse, suangtuahna

hi a puitlin a ngai a, rinna nghet takah a inthlak a ngai a, hei
hi duhthlanna chak tak tel lo chuan thil theih a ni lo
I duhthlanna zawng zawng nen thil pakhat i mitthla a nih
chuan i suangtuahna chu mimal rinnaah a chang ang a, chu
rinna chu i vawng reng thei hunah chuan
Ngaihdan inthlau zawng zawng awm mah se, i rinna chu
a takah a takin a thleng ang

Mi pakhat chuan mahni chauha ding a zir tur a ni a,
mahni nungchang tha leh mahni hlutnain a thlawp a ngai a
ni

Thlarau lam hlimna hi hlimna thar a ni a, Pathian thuk
taka ngaihtuahtute zingah a lang nasa hle
Min Siamtu Engkimtitheia chuan nunna te, chakna te,
finna te min pe a, kan ngaihsakna pe a, hmangaihna,
lawmthu sawina leh a duhsakna leh ngilneihna hriatpuina
nena kan thinlung chawisan hi kan mawhphurhna a ni
Aw Pathian, thinurna mei tichhe lo turin min pui ang
che, chutilochuan thinrimna meialh chuan keimah leh
midangte chhunga remna oases green te chu ka hal ang Ka
hmangaihna ruah sur reng reng hmanga thinrimna mei
tihmit turin min pui ang che
Ka ngilneihna leh ka thlamuanna lui chu muang leh
muang takin awm reng rawh se, lungawi lohna thlipuiin
hrehawmna tih loh chu engmah a thlen lo
Duty tih hriatna avanga thiltih tih emaw, mi dang
rawngbawlina leh hmangaihna atana mimal duhzawng hlan
emaw chu hlauhna avanga tih ai chuan a tha zawk daih
Miin Pathian dan a bawhchhiat a bansan pawhin Pathian
a hmangaih vangin a ti tur a ni a, a hremna hlauh vangin a ti
tur a ni lo

Eng thil pawh hlauh la, i ngaihtuahna chu hawisan la,
Pathian kutah dah la, Amah i rinna chu tichak rawh
Hlauhna hi mihringah a awm reng a, chu chu paih bo
chu Pathian ngaihtuah leh a awmna hriatna hmangin a theih
a ni

Thil \ha kawng zawh chu a tirah chuan a harsa mai thei,
mahse rilru thlamuanna leh hlimna dik tak thlentü kawng
malsawmna an ni

Kan nun kil tinah Pathian ropuina lo eng sela, a
hmangaihna chu kan thinlungah cheng sela, A êngin kan
hriatna chu luah khat rawh se

Aw ka Pathian hmangaih, pangpar a par a, hunbi a
inthlak a, an vai hian an sawi chhuak che Thla bial chuan i
nuihzatna hmel a pholang a, ni chuan i van lam khawnvar a
phur a Mittui tuipuiah ka inbual a, nangmah duhnain a khat
Thing hnah leh mihringte thisenah chuan i nunna leh chakna
a luang a, i cosmic thinlung beat chu a rawn thawk chhuak
ta a ni ka chhungril chhungah

I awmna ka hriat hian khawvel dangah harh ang maiin
ka inhria a, a chang chuan he leilung leh he taksa te tak te hi
ka mumang a ni—keimah ngei pawh hi hlimna tawp nei lovin
ka harh a, nangmah nena kan harh hun hlimawm tak takte
hriatrengna hlim tak chuan ka mumang huana mumang
chhiate chu ka hrual a, an hmunah ka roses te chu ka phun
ta a ni infuih tharna, chutah chuan ka duhthusam rimmtui
chuan a hip lut ang che a, chatuan hlimna boruak zau takah
min hrui turin i lo kal ang

Aw Pathian, ka chhunga I damna êng ka rawn chhuah
theih nan thianghlimna leh thianghlimna nen min ti langsar
ang

I hmel tawp nei lo a lantir theih nan ka rilru darthlang
khur chu thlamuang rawh

I thlamuanna rimmtui ka thaw chhuah theih nan rinna
tukverhte chu hawng zau rawh

Aw Nangmah chauha eng chhuak, Aw Majesty,
sawifiahna dodaltu, Nangmah chauh lo awm reng reng ka
hmuh loh nan nangmah duhtu ka mitmeng nen en rawh
Nunna thil thleng leh lan dan zawng zawng hnuaiah hian
Pathian aw ngawi rengin a awm a, ani hian pangpar te,
lehkhabu thianghlim te, kan chhia leh tha hriatna te leh nun

hlutna siamtu thil mawi zawng zawng hmangin min ko fo
thin

Thlarau lam sang ber thleng tura zawngtuin theihtawp a
chhuah apiang chu Pathianin a tan a chhiar a, chu chu
lawmman tha tak a dawng a ni

Aw Lalpa, i thutak êng hmanga kan rilru ti eng turin kan
ngen a che, i hmangaihna kan thinlung a tikehsawm a, i
lawmna leh i khawngaihna tamnain kan thlarau tikhat turin
kan ngen che a ni

Chu rilruin a luh theih loh horizon langtlang tak atang
chuan Pathian chuan a chatuan êng chu a leih chhuak a,
cosmic rilru atang chuan infuih tharna ropui tak tak leh
thiltihtheihna malsawmna a lo chhuak a, thil siam chhuah
hnathawh chu rilru inhawng leh inrem takah a luang lut a ni
I thlarau, i thinlung, infuih tharna meialh tinreng, van
dum, arsi eng mawi tak takte, tlangte, leilung, savate, leh
pangpar te chu cosmic rhythm, thlarau lam hlimna leh
khawvel pum huap inpumkhatna thread pakhatin a inzawm
khawm vek tih i hmuh hunah chuan an vai hian tuipui kam
nei lo Pathian tuifinriat hnute chung thread pakhat an ni tih
i hrechhuak ang

Kan Siamtu kan theihnghilh chuan hrehawm kan phu a
ni Pathian chu kan hmangaih leh min hmangaih a ni tih kan
hriat chian a ngai a, chu hriatna chuan kan harsatna leh
tuarna ata min chhuah zalen ang

Pathian hmangaihtu dik tak chuan Amah a zawn chu a
titawp ngai lo, vawi tam tak a beih hnuah pawh a hmu thei lo
a nih pawhin Thlipui a reh hnua tuifinriat chhungril lama
thlipui a kir leh a ngai ang bawkin, taima taka zawngtu pawh
chutiang bawk chu a ni; a daltute chu a chhe vek ang tih
rinna thup tak a nei a, a hma emaw a hnu emaw chuan
cosmic tuifinriat nen chuan a inzawm khawm ngei ang tih
rinna thup tak a nei a ni—chu tuifinriat tawp nei lo chu a lo
chhuahna leh a lo kir lehna chu a ni

Rilruin Pathian hmangaihte a ngaihtuah reng hian
thinlungin hlimna leh hlimna hla a sa thin
Thlarau lam emanation chu mihring chu tuna a nihna
atanga nakin lawka a nih tur anga a lo chhuah hi a ni
Miin a nihna dik tak chu midang lakah a thup thei lo a
ngaihtuahna vibrations chu engtin emaw takin a
nungchangah a lang ang a, a thiltih hmangin a lang ang
Zalenna chungchangah ngaihdan dik lo nei tam tak an
awm a; zalenna chu mi pakhatin a tih duh apiang tih angin
an ngai a, chu zalenna chu duhthusam zalenna ka ti a ni
Zalenna awmzia dik tak an hriatthiam loh avangin nu
leh pa thenkhat chuan an duhzawng tihhlawhtlin nghalin an
fate chu hnam dan bawiah an siam a, chutah chuan naupang
chu an duhzawng tihpuitlin a nih chhung chuan an hlim a,
nun tum ber chu duhthusam zawng zawng tihhlawhtlin a ni
ti ringin a lo seilian a Mahse, a hnuah chuan an tihsual tih
an hmuchhuak duh zawng zawng hlen chhuah chu thil
awlsam a ni lo! Mi dangte chuan anmahni duhzawng
zawngin an hnawtchhuak thei a, an ngaihthah mai thei
Chumi avang chuan naupang chu mahni duhzawng hlen
chhuah duhna nasa tak avang chuan a khauh a, a rilru a ti
na hle a, chuvangin, nu leh pate chuan an fate chu an
duhzawng leh hriatthiamna tihhmasawn nan an puih a ngai
a, chutiang chuan khawvel hi a thang leh thangah tlu lut
lovin an awm thei ang
Nu chuan, "Hmangaihna nen zirtir rawh" a ti a. Dik tak
chuan naupangte hmangaihna nena enkawl hi a tlangpuiin a
tha a, mahse a thlum lutuk hian ha a tichhe a, chutiang
bawkin pampering tam lutuk hian naupang a tichhe thin A
degree of firmness and resolve is needed, mahse naupang
chu tihsual avanga tihduhdah leh hrem nasat tak a nih
chuan a rah chhuah chu a rapthlak hle ang Naupangte
enkawl dan leh enkawl danah balance a awm tur a ni pa tin
hian hmangaihna leh ngilneihna hmangin an mizia chu a

tithianglim tur a ni a, nu tin pawhin a hmangaihna chu finna
leh ngaihtuahna fim tak hmangin a tithianglim tur a ni
Mi chuan Pathian hmangaihna leh duhsakna rilru
dinhmun nghet tak a vawng reng tur a ni Hna tam tak ka lo ti
tawh a, mahse ka hnathawh chu eng ang pawh ni se, ka
ngaihtuahna chu Pathian hnenah a awm reng a ni
He thil siam hi nuam kan ti tur a ni a, mahse sal min
siam phal lovin Tin, thil tawn hian Pathian hmuh hlimna chu
tehkhin rual a ni lo tih min zirtir a ni
Hna lian tham a thawh hmain, thlarau lam kaihhruaina
leh kaihhruaina dik tak a hmuh theih nan ngawi rengin a thu
a, hriatna leh ngaihtuahnate a ti thlamuang tur a ni a, ngun
takin a ngaihtuah tur a ni a, Pathian tanpuina a zawng tur a
ni

Zing hmaa, pangpar hmui, mipa leh hmeichhe ropui
hmela nuihzatna hi i nuihzatthlakna a ni tih ka hrethiam ang
Cosmic consciousness nena inzawm tlat disciplined
consciousness chuan implicit-in hlawhchhamna leh thinrimna
a tuar lo tih ka hriat avangin vanduai, vanduai, natna, emaw,
beisei loh thil dang emaw thlalak inzawmkhawm hian min
nghawng dawn lo

Zalenna tih awmzia chu duhthusam, tih dan leh
duhthusam ang ni lovin, finna anga thil tih theihna tihna a ni
Ego thu awih chuan sal nihna a thlen a, thlarau fuihna
hnuaia inpek erawh chuan tikhawtlai atanga zalenna a
thlen thung

Lal in ropui takah emaw, in inngaitlawm takah emaw ka
awm pawhin ka tan danglamna a awm lo, Pathian ka hnena
a awm chung chuan

Rinawm taka ka sum hmuh chu nun awlsam tak nân ka
hmang ang a, nun hlimawm tak chu ka bânsan ang
Pathian rinna leh duhthlanna hmanna hmang hian mi
chuan natna te, hlawhchhamna te leh hriat lohna te chu a
hneh thei a, chu chu duhzawng vibration te chu taksa emaw
rilru lam natna vibrations aiin a chak zawk phawt chuan

Natna chu a rei zawk poh leh duhna chu a chak zawk leh a
tumruh zawk a ngai a, rinna chu a thuk zawk leh nghet
zawkin a awm a ngai a, chu chu a duh ang result a thlen
theih nan a ni

Mihring venhimna hmanruaah ni lovin, Nangmah chauh
ring turin min fuih rawh, Hlahna leh lungkhamna hian nun
fiahna eng pawh hmachhawn turin ka chakna tawp nei lo
chu tichhe lo turin ka phal suh ang che, ngaihtuahna leh
suangtuahna hmanga an lan chhuah tak tak hlahna avang
hian accident, chhiatna leh vanduai te hi ka ngaihtuah suh
ang u Tin, Aw Lalpa, ka harh emaw, ka muhil emaw, ka harh
emaw, ka bo emaw tih hi ka hrethiam ang daydreams, alive
or dying, I humhimtu awmna chuan min la hual reng a, min
la veng reng bawk

Mi fingte chuan heti hian an sawi: Pathian hmangaihna
leh nungchang \ha avanga chêtthîr thil \ha rah chu inremna
leh thianghlina a ni Mahni hmasial duhna leh duhthusam-in
a chêtthîr thiltih rah chu hrehawmna leh hrehawmna a ni Thil \
ha lo rah chu hriat lohna leh âtna a ni
Thiltih \ha chuan hlinna a thlen a, mahni
inhmangaihna a hruai khawvêl thiltih chuan hrehawmna
leh hrehawmna a thlen \hîn

Remna leh inrem taka awm i duh chuan i thil tum chu a
tha tur a ni a, ngilneihna ngaihtuahna leh hmangaihna rilru i
theh darh tur a ni Nun tha tak i neih chuan i entawn tur leh i
nungchang tha hmangin midangte i tanpui ang
Ka lungkhamna leh rilru buai tak ka neih lai hian ka rilru
hahdamna ka neih leh hma loh chuan ngawi reng leh
ngaihtuahnaah ka inhnukdawk ang a, Pathian chungchang
ngaihtuah a, A tanpuina leh kaihhruaina dilna hmangin nitin
ka tan ang

Huatna hnim hring hringte chu lo thang lianin i nun
huanah chuan luhtir lo turin thutlukna siam rawh, thlarau
ropui tak thil \ha tihna huanah chuan heng miziate rimtui tak

tak, rose ang maia i lo neih tam poh leh Pathianin i chhunga
awm thuruk ropui ber chu a rawn pholang ang che
Nunna thiltum chu remna, lungawina, thi thei lo, himna
leh thutak hriatna neih hi a ni a, kan chhungril lama tibuaitsu
heng duhnate bulpuiah hian kan chhungril thuk takah
Pathian thil awmzia chu a awm a ni
Aw Lalpa, Nangmah ah hian ka zalenna ka hmu ang a,
ka chenna dik tak chu I awmna zawng zawng a ni tih leh I
cosmic consciousness-a tel ve ka nihzia ka hrethiam ang che
Aw tuifinriat zau tak, Pathian lam, ka duhzawng luite,
daltu leh daltu thlaler kal tlanga luangte chu a tawpah chuan
i thuk tak takah chuan inzawm khawm rawh se
Pathian kulhpuiah chauh hian venhimna leh himna kan
hmu a, Pathian hnaih taka inhriatna leh a awmna khawih ai
chuan inhumhimna him zawk a awm lo
Mihringte hi kan duhzawng, kan rilru put hmang, kan
nungchang, leh kan duhzawngte siamtu tih danin a thunun a
nih avangin, chutiang tih dan chu a tha lo a nih chuan,
nungchang chu a tichhe thei a, thiltih te chu a sual ta a nih
avangin, tih dan tha te hi dah pawimawh hmasak a tha a,
chu chu chu chuan kan thiltih leh ngaihtuahnate chu thil tum
ropui tak lam pan turin a kaihruai a, hriselna leh hlimna min
thlen a ni
Thlarau lungngai leh hrehawm tuar awmna apiangah an
rawngbawlina leh thlamuannaah ka thlamuanna ka hmu a,
midangte hlimna thlen turin theihtawp ka chhuah ang a, an
rilru put hmang chu keimah ang maiin ka lainat ang
Rilru lama theihna hi mihringah a awm a, mahse mi tam
zawkah chuan a la hmasawn lo hle a, heng theihnate hi kan
tihhmasawn loh chuan thil pawitak a thlen thin Taksa ang
bawkin rilru hian hriselna leh chakna atan ei leh in tha leh
exercise a mamawh a ni
Diamond chuan êng a dawng a, a lantir bawka a,
chutiang bawkin Pathian hretu leh A awmna nena eng

chhuak thlarau thianghlim, langtlang tak takte pawhin an ti
ve bawk

Aw Lalpa, Nang hi nunah hausakna dik tak i ni a,
Nangmah ka hmuh hmasakna hian Nangmahah ka mamawh
zawng zawng ka hmu vek ang

Mite chuan hriselna tha neih theih nan ei leh in, boruak
leh ni êng chauh an ngaihtuah tlangpui a, mahse heng pawn
lam nunna tam tak awm mah se hriselna a chhe hun a lo
thleng thei a, chutih hunah chuan taksa chakna awmte chu
chhungril atanga tihchak leh a ngai ta a ni

Ka rilru lawng chuan hlauhawm leh hlauhawmna
kaihnawih duhâmna lungpui, hriat lohna thlipui nasa takin a
khalh hnaih a nih chuan, Aw ka Pathian, ka êng ni la, I felna
leh I thatna tuipui kamah min hruai fo ang che

Ngaihtuahna chu meialh ang a ni a, a thiltihtheihna
concentrated hmangin hlawhtlinna daltu daltute chu halral
vek tur a ni

Pathian chu Pathian hmangaihna reng reng hmanga
hmuh theih a ni A thilpek aiin Pathian kan hmangaih zawk
hian kan hnenah a lo kal dawn a, khawvel thilpek rei lo te leh
pawimawh lo tak tak te leh Amah hnaih theihna thilpek leh a
malsawmna hmuna lawmna kan thliar hrang theih nan
duhthlanna zalen leh duhthlanna chakna min pe a ni
A tawpah chuan thil tha ber: Pathian kan hriatreng theih
hma loh chuan thil tha hriatrengna kan practice theih nan
hriatrengna pek kan ni

I hmangaihna thlipui chu ka chungah a luang chhuak a,
Aw Lalpa! Tin, ka nun hnahte chu I lo kalnaah lawm takin an
zai a An ri duhawm tak chu boruakah a luang chhuak a,
Chau tawhte chu Ka thlarau lam thlamuanna hlimthlaah
chawlh hahdam turin a sawm a ni

Nun harsatnate hi min tichhe tur a ni lo; chu ai chuan,
buaina leh natnate chuan zir tûr min pe a ni Kan thil tawn
hrehawm takte hi min tihchhiat tumna a ni lo va, min
tithianghlim a, kan bul thianghlim—Pathian—a min tanpui tûr

leh kan vâna kan in lama min hruai kîr leh tûra kawng
tinrênga thawktuah kan kîr leh thuai tûr a ni
Infinity hi kan chenna dik tak a ni a, he lei leh heng
taksa taksa kan zinna hi hun rei lote chhunga visa zin ang
mai a ni

Lalpa, faknain min chawisang lo tih ka hria a, sawiselna
pawhin min ti tlem lo tih ka hria Ka chhia leh tha hriatna
hmaa ka awm ang leh Nangmah hmaa ka awm ang hian he
kawng hi ka zawh zel ang a, mi zawng zawng rawngbawl
turin theihtawp ka chhuah ang a, I duhsakna hlawh chhuah
tumin ka bei ang—chutah chuan ka hlimna chu a awm a ni
Thilsiam danglam bik i ni a, i essence pawh a mak hle a,
chuvangin i nihna dik tak chu hre rawh
I lo thlen zing takah chuan ka duhthusam hnah chu
pangpar rimtui tak, nung takah a lo par chhuak ang
Aw Lalpa, chu ni chu lo thleng thuai rawh, chu pangpar
hnim hring hring kawrfual ka hrual ang a, I malsawmna
kawngka bulah ka dah ang
Mahni chauh tihlim tum reng ai chuan, mi dangte tana
hlimna thlentir a tum bawk tur a ni Thlarau lam, finna lam
emaw, tisa lam emaw mi dangte hnena tanpuina hlan a tum
hunah chuan a mamawh phuhruk a ni tih leh a nun no chu
hlimnain a khat tih a hmu ang
Leia thim chung a hnehna ropui tak changtute chuan
ropuina êng chu an chanvo atan an nei ang a, chhungril
thlamuanna leh hlimna an nei ang
Aw Lalpa, I malsawmna chi chu ka thinlung leiah hian
theh darh fo la, dilnain a lo ching a, chutiang chuan thing
hlimthla, a hnahte chuan mahni inhriatthiamna rah tui ber
leh thlum ber berte a chhuah theih nan
Inthlâk danglam tum lovin hrehawmah kan awm fo thîn
a, chuvângin remna leh lungawina nghet tak kan hmu lo va,
beidawng leh beih kan tum chuan harsatna zawng zawng
chu kan hneh thei ngei ang Hrehawmna a\anga hlimna lama

kal kan tum a ngai a, beidawnna a\anga huaisenna lam pan
turin kan beih a ngai bawk

Aw Pathian Hmangaihna, ka hmangaihna chu I
hmangaihna nen inzawm tir la, ka nun chu I hlimna nen
inzawm tir la, ka rilru chu I cosmic consciousness nen
inzawm tir la, I chatuan hlimna tuikhuah atang chuan ka
tuihalna chu tireh rawh

Mi thinlung tak tak zawngtu thinlung chuan heti hian a
sawi chhuak fo thin: "Aw ka Pathian leh ka Hmangaih, he
khawvel suangtuahna karah hian inhnim pil ka duh lo va, ka
duh ber chu mi thinlunga I hmangaihna tiharh hi a ni Ka
thinlung, ka thlarau, ka taksa, ka rilru leh ka neih zawng
zawng hi I ta a ni, Aw Lalpa" Chu zawngtu chuan Pathian a
thleng a, Amah chu a hre ta a ni

Lalpa, unau nihna hriatthiamna thar leh dik tak min pe
rawh Indona kalsanin Hnamte hliamte chu hmangaihna balm
leh lainatna inhriatthiamna thlamuanna nghet tak hmangin i
tidam ang u

Duhamna thununna te, bumna thununna te, leh thil dik
lo thununna atanga kan chhuah theih nan mal min sawm la,
natna te, hriat lohna te, riltamna te hi hun kal tawh thim leh
lungchhiatthlak tak mumang mai mai a nih lohna khawvel
thar din turin min pui ang che

Harsatna zawng zawng hi ramngaw logic hmang lovin,
hriatthiamna, thutak leh Nang leh I Pathian dikna rinna
nghet tak hmangin i chinfel ang u

Nun hian hun engemaw chen chu hetah hian min hruai
khawm a, chu mi hnuah chuan kan kawng hrang hrangin kan
kal ang Mahse Pathian hmangaihna chu keimahniah a cheng
a nih chuan khawi hmunah pawh kal ila a pawimawh lo, a
chhan chu eng ang pawhin kal bo mah ila, Pathian
hmangaihna zungbun chhungah kan awm reng dawn a, kan
inthen tak tak ngai lo vang

Lalpa, rilru zau tak leh extremism kawngpui chung a
sang taka thlawk thlarau lam hmasawna eagle min siam
rawh

Leilung nghing nasa tak leh ni êng tikhawlotu chhumte
piah lamah, hmun sang zawk leh sang zawkah min ko rawh
Dik taka nung turin balance thla ka la ang a, thlipui leh
thlipui zawng zawng chung a van sang tak, boruak zau tak
leh hriatna sang tak awmna hmunah chuan ka thlawk
chhuak ang

Hmangaihna leh ngilneihnaa kan thinlung kan hawn
hian remna a lo thleng thin Hmangaihna thinlung nei leh thil
tha ti thinte chuan an chhunga a awm avangin remna an
tawng thin Remna chu van hmun thianghlim leh nun hlim tak
dinna lungphum a ni

Pangpar hnung lama Pathian mawina te, ni hnung lama
cosmic light te, mit tinah nunna ropui tak rawn lang chhuak
te hi kan ngaihtuah fo tur a ni

Mi pakhat chu ngilnei tak a nih a, mi dangte zahna a
lantîr a, fakna chu thil tha tak anga a kîr leh chuan,
ngaihhlutna leh zah takin an enkawl reng ang

Pathian hmangaihna ka hnena lo kal a, ka thinlunga
cheng turin kawngkhar ka hawn theih nan ka hmangaihna
chu midangte hnenah ka theh darh ang

Lalpa, lungngaihna thuk taka tuiah pil mekte tan chuan
êng min pe ang che, Thlarau lam hlimna min pek avangin
lawmthu sawiin midangte hlimna thlen turin min pui ang che
Ka hmangaihna meiah huatna ka hmin ang a, midangte
ka ngaidam ang a, thinlung tuihal zawng zawng hnenah
hmangaihna ka pe ang

Hmangaihna dik tak chu hmangaihte thlamuanna
lawmna hmangaihna a ni

I êng chu min eng rawh se, Aw Lalpa, i hmangaihna
chuan kan thinlung hi chatuanin luah khat rawh se
Thil tih theihna rilru neih tih awmzia chu thil siam
chhuah theihna thiltihtheihna neih tihna a ni a, chu chuan mi

pakhatin a hmaa tumahin an la tih ngai loh thil a siam
chhuak thei a ni

Hmangaihna ropui ber chu Pathian hmangaihna a ni a,
chu chuan tawngkam piah lama nun a ti mawi a, Pathianin a
awmpui che tih i hriat hian, i awmna apiangah i hnenah a lo
kal a, i ke a kaihruai a, Pathian hmangaihna chu a intan ta a
ni

Thutak thiltihtheihna chu thli kalh zawngin a kal a ni
Lalpa, hun eng emaw chen harsatna ka tawh hunah, I
tanpuinain min kalsan ngai lo tih leh I ngaihsakna chu ka
hnenah a awm reng tih hriain, hun kal tawha ka chung a I
malsawmna tam tak i dawnte kha ka hre reng ang che I
hnenah I kut thahnemngai tak atanga malsawmna ka hnena
lo thleng apiang chungah thinlung takin lawmthu ka sawi a
ni

Thlarau \haah hmangaihna tlate a eng a, Pathian chu
hmangaihna tuifinriatah chauh hmuh theih a ni
Hriatthiamna chu mi pakhat kawng tiengtu leh
hlawhtlinna thlentu khawnvar a ni
Thlasik lai chuan Pathian chuan nature chu roses leh
pangpar mawi ber ber hmangin a chei mawi a, incheina
mawi tak tak leh rawng eng tak tak hmangin a chei mawi
thin

Remna hi Pathian Hmasawmna hnaih dan puangtu
hmasa ber a ni Chumi hnuah chuan remna chu hlimna tawp
nei lo aiin êng eng zawkah a chang ta a ni
Meditation tuifinriat thuk takah ka luhchilh hian ka nihna
chhungah malsawmna flutter ka nei a, "I am near" tih aw ri
.bengchheng tak mai ka hre baw
Mi pakhat chu chhungril lam hawi a ngai a, thlarauin a
inpuanna hmunah Thlarau thuk tak atang hian chhungril nun
tawn zawng zawng a lo chhuak vek a ni
Thlarau chuan Pathian hriatna nena a inhriatchhuah
chuan hlimna nasa tak leh ramri nei lo hmuna inzarpharhna
nasa tak a nei a ni

I pianpui theihna bakah, i kawng daltu zawng zawng
hneh theihna tura pawn lam thil leh thil neih zawng zawng i
hman chuan, Pathianin a pek che thiltihtheihnate chu i siam
chhuak ang: chu chu i nihna thuk ber atanga lo chhuak
thiltihtheihna tawp nei lote chu

Hmangaihna chuan Pathian panna rangkachak kawng a
zawh a

Inhriatthiam lohna thim a rawn luhchilhna apiangah
duhsakna leh tum tha ni êng chu ka theh darh ang
Harsatnain a rawn beih che a, chuti chung pawha i beih
leh theihtawp chhuah chu i bansan duh lo a nih chuan,
harsatna leh daltu zawng zawng karah pawh, Pathianin a
chhang let ang che a, i thawhrimna chu hlawhtlinna
lallukhum a khum ang

Aw Lalpa, ka thinlung huan ata duhthusam pangpar chu
ka la chhuak ang a, I kawtthler thianghlimah hmangaihna
thilhan atan ka dah ang

Kan ngaihtuahna leh thusawi hi nakin lawka buh seng
min thlentu chi a nih avangin ka hriatna chu ngaihtuahna tha
leh tha tak tak hmanga luah khat turin vawiin hian ka tan
dawn a ni

Ka hriatna plane-ah chuan ka thlawk a, ka thlawk chho
a, chung leh hnuai, hmar leh ding, chhung leh pawn leh
hmun tinah chuan space kil tinah Pathian hmaah ka awm a,
ka la awm reng tih ka hmu chhuak thin
Absolute tawp nei lo nena in inzawmna hre reng chungin
hun tin nung rawh I hriatna tawp a nei lo va, thil zawng
zawng chu i nihna vanah arsi ang maiin a eng vek a, a eng
vek bawh

Detachment, a nih loh leh innghahna awm lohna chu
zawngtuin kawng fing tak a zawh a, mi ropui zawkte tana thil
tenawm tak takte chungah duhthusamin a tho chhuak
Chhungril hlimna thar zawn nan tisa hlimna rei lo teah a
inbuntir lo Detachment hi a takin tawpna a ni lo va, thlarau

nun \ha leh thlarau thiltihtheihna lo chhuahna kawng a
hawng zawk a ni
Thlarau lama hnehtu chuan nun kawng hrang hrangah
huaisen takin hma a sawn thin
Mi chuan tuna a nun hi a hmang tangkai tur a ni a, a
thinlung kawngkhar hawn a, a thlarau thiltihtheihna muhil
tawhte chu a tiharh tur a ni a, a tiharh tur a ni
Hrilhfiahna leh inthlak danglamna mask hnung lamah
chuan Pathian awmna a awm a Tin, tu pawhin an rilru
darthlalang chu a ti nghet thei a, a nghing loh nan a veng
thei a, chu darthlalang Chiang Takah chuan cosmic beloved
hmel chu a hmu ang
Hmangaihna hi thihna leh hun tichhe zawng aiin a chak
zawk

Mahni inhriatthiamna hi hlawhtlinna kawngkhar a ni a,
ngaihtuahna (reflection) hi chu chutiang ni lo se chuan kan
ngaihdan atanga thup reng tur chhungril kil kan hmuhna
darthlalang a ni Kan tlin lohnate kan enfiah a ngai a, rilru tha
leh tha lo kan thliar hrang a ngai a, hmasawnna leh
hlawhtlinna daltu te kan hriatchhuah a ngai baw
Aw thianho, i va ropui tak em! Nangni, thinlung tak tak,
thian anga ngaihsakna tui atanga tui chhuak, thinlung dik
leh rinawm thuk tak atanga lo chhuak chhungril leh pawn
lam thlum ruahtui tlain a hnah a hnim hrual thin
Vawikhat chu rulhut te tak te pakhat, leilung hnim hring
hring lawn tum ka hmu a, ka rilruah chuan: rulhut hian
Himalaya tlang lawn niin a ngai ngei ang! Chu hnim hring
chu rulhut tan chuan a lian hlein a lang mai thei a, mahse ka
mit lamah erawh chuan a lian lo hle ang Chutiang bawkin
kan ni kum maktaduai tam tak hi Pathian rilruah minute khat
pawh a tling lo mai thei
Chatuan leh tawp chin nei lo ang chi thil ropui tak tak
ngaihtuah turin kan inzirtir tur a ni

Khawvel tawp nei lo ka fang kual a, êng ram chhunga
vur êng tak chu ka hmu a, chu eng eng nung takah chuan
hun phek-a thuruk zia awmzia chu ka chhiar a ni
I mut lai hian ngaihtuahna leh rilru put hmang chu
passive takin i ngawih ngawih a Mahse, ngaihtuahna leh rilru
put hmang chu ngaihtuahna hmanga i tihreh hian i tawn
hmasak ber chu thlamuanna dinhmun a ni a, i hmai ruhte
chuan a pianphungah chhungril thlamuanna lantir thei
nuihzatna a siam a Mahse, i thlarau thianghlimna hriat theih
nan he thlamuanna dinhmun piah lam hi i thlir a ngai a ni—a
thianghlimna chu sensory stimuli emaw automatic reactions
to thoughts associated with the senses Chumi hnua i tawn
dinhmun chu hlimna chatuan, siam thar zelna a ni
Thla êng hnuaia tui bawm pakhat i dah a, chutah i hnim
hrual chuan thla lem dik lo tak i siam ang Tui chu bawm
chhunga a awm chuan, a êng chu a Chiang ta Bowl chhunga
tui chu a reh reng a, thla hmel chu Chiang takin a lantir lai te
chu ngaihtuahna remna leh muanna thuk tak dinhmun nen
tehkhin theih a ni In the peace of contemplation, all waves of
sensations and ngaihtuahnate chu rilru a\angin a luang
chhuak tawh lo Tin, he remna dinhmun thuk zawkah hian,
ngaihtuahna sengtu chuan, chu thlamuannaah chuan,
thlarau dilah chuan Pathian awmna thla bial chu a hmu a ni
Mi pangngaiin a hriat chian state pali a awm a, chungte
chu: duhthusam tihhlawhtlin a nih hunah hlimna, hnial a nih
hunah hlim lohna, hlim leh lungngaihna nei lo huna bo, leh
heng rilru natna emaw, rilru lam dinhmun hlimna,
hrehawmna leh borehnate hneh hunah thlamuanna
Remna chu dinhmun duhthusam tak a ni a, lungngaihna
leh nuam tihna awm lohna atanga lo chhuak a ni a, boredom
awm lohna a\angin a lo chhuak a ni Heng dinhmunte hi
thlarau chung lamah an inthlak danglam reng a, an ripple
reng bawk a, hrehawmna leh nuam tihna thlipui buai tak
takte chu an chuang hnua, hahna thuk takah chuan a pil
nawn fo pawh a tel a, remna tuipui reh takah chuan hlimna a

awm a Mahse, remna aiin a ropui zawk chu thlarau lam thil a
ni ecstasy—thlarau hlimna—hlimna tawp ber Hlimna
chatuan, a bo ngai lo va, chatuan atan thlarau nena awm
reng a ni He hlimna sang ber hi Pathian awmna hriatna
hmang chauhvin a thleng thei a ni
Nui tak tak chu Pathian ngaihtuah leh ngaihtuah leh a
awmna hriatna atanga thlarau lam hlimna hmuh chhuah
nuihzatna a ni
Ka nuih hi ka chhunga hlimna thuk tak a\anga lo chhuak
a ni—mi zawng zawngin an thlen theih hlimna Rose par
rimtui tak tak thinlung atanga lo chhuak ang mai a ni He
hlimna ropui tak hian midangte chu hlimna tui thianghlina
inhnim pil turin a sawm a ni
Ngaihdamna malsawmna êngah chuan kum tam tak
chhunga huatna thim lo khawlkhawm chu a bo vek a ni
Pathian chuan a betute mamawh eng pawh chu a hlen
chhuak thuai a, a chhan chu thawhrimna tichhetu leh
beiseina ti beidawngtu mahni hmasialna rilru put hmang ata
an chhuah zalen a ni
Pathianin a venghimtu chu engmahin a tichhe thei lo
He khawvelah hian keimahni chauh kan ni lo, Pathian
chu kan hnenah a awm a, inlaichîinna nghet tak, inpawh tak
leh ṭhian ṭha tak a awm a, chuta ṭang chuan ṭanpuina leh
hlimna kan hmu a ni
Aw finna vanah kaihhruaina arsi eng mawi tak, i eng
mawi tak chuan i malsawmna hmunte chhui turin min sawm
a, ka sava duhthusam chu chak takin a tlan a, boruak zau
tak, thim tak chu a rawn chhui chhuak a, nangmah
duhthusam leh i êng thianghlim ber berte a inbual turin a
hruai a ni
Mihring mizia chu a lo thanglian a, a par tan a, chu chu -
chhungril, hriatna hmanga hriatna hmangin - taksa taksa
nghet tak ni lovin taksa chhunga chatuan thlarau lam luang
chhuak a ni tih a hriat theih chuan a ni

Zirtir thinlung chu Pathian hmangaihna a luah khat
hunah chuan a hmel chu thlamuanna leh finna nuihzatthlak
takin a eng ang a, a thlarau khuh tu hriat lohna layer te chu
a chhe vek ang a, a bo vek ang

Pangpar emaw, thing emaw i en hian heng nunna chi
hrang hrang mawi tak takte hi anmahni chauhva lo awm lo
Pathian hi a ni tih i hria a, chu chu anmahni siamtu leh rimtui
leh mawina mawi tak tak petu a ni
Pathianin i ke pen a kaihruai a, i duhthusam ropui tak
tihlawhtling tura i thawhrimna a tichak tih hre reng chungin,
i hna te, a lian te pawh ngaihvenna thuk tak nen thawk fo
ang che

Miin a thlarau lam thil awmzia, hun rei tak chhunga
theihnghilh tawh, hun kal tawhte nena a inzawm a, thlarau
thiltihtheihna thi thei lote chu a hriatnaah a lo kir leh chuan
Ngaihtuahnaah chuan thlarau thi thei lo an ni tih a hre reng
a, thi thei taksa a ni lo

Khawi hmunah pawh mi \ha leh \ha lo, mahni duh dan
anga hlimna zawng chhuaktu kan hmu a Tumahin mahni
intihchhiat an duh lo Chuti a nih chuan engvangin nge mi \
henkhatin hrehawmna leh lungngaihna thlen thei lo khawpa
thil an tih? Chu thiltih chu hriat lohna leh inbumnain a hruai
a nih avangin

Aw Lalpa, i finna êngin min êng turin kan ngen a che a,
hriat lohna leh bumna thim chu min laksak turin kan ngen a
che

Mi hriatna nei chuan hlauhna ai chuan fimkhur tur a ni a,
hlauhna leh lungkhamna thlen thei dinhmunte a hmachhawn
loh nan ngaihtuahna fim tak leh hmanhmawhthlakna tel
lovin a chhungah huaisenna a nei tur a ni

Finna chu pawn lam atanga thu hriatna injection-ah a
innghat lo va, chhungril lama pawm theihna thiltihtheihnaah
a innghat a, chu chuan hriatna dik tak neih theih zat leh chu
hriatna chu a thlen chak dan tur a hril a ni

He khawvel hi Divine Director kaihhruaina hnuaia kan
chanvo kan thawhna stage mai a ni Kan hnathawh tur ruatte
chu eng ang pawh ni se, kan nihna pawimawh tak chu
hlimna chatuan a ni tih hre reng chungin kan thawk tha tur a
ni

Mi fing zinga fing ber chu Pathian hriat tumtu a ni a,
hlawhtling zinga hlawhtling ber chu Pathian hmutu a ni
Aw Pathian Hmangaih, kan nunah hmun khatna luah
rawh se, i damna hmangaihna chuan kan thinlung luah khat
rawh se, i êng malsawmna chuan kan thlarau ata
lungkhamna thim chu tibo rawh se
Zalenna tih awmzia chu tih dan leh duhna thupek angin
ni lovin, chhia leh tha hriatna anga thil tih tihna a ni
Rilru thlamuanna chu hriatna leh tumruh taka mize \ha
tihhmasawn a\angin a awm thei a, chu chu a lo puitlin chuan
a neituin a duhthlanna a\anga hlan a thlan loh chuan laksak
theih a ni lo

Mi tam zawk chuan kawng dik lo hmangin hlimna an
zawng thin Thenkhat chuan hlimna nasa tak leh awm reng
tur thutiam eng mawi tak tak pe thei ang maia nungchang
dik lo leh thiltih hrisel lo tak takte hmangin an hlimna chu a
let hnih zetin an hmang thei niin an ngai a, chu thutiam dik
lote chuan an bum a, hlimna dik tak thlum chu thil dik lo leh
thiltih dik lo hremhmunah chuan an ei thei lo ang bawkin
Minute tin hi chatuan a ni a, a chhan chu chu minute
chhungah chuan chatuan kan tawng thei a ni Ni te, minute
te leh darkar te hi chatuan kan hmuh theihna tur kawngkhar
a ni Nun hi a tawi a, chutih rualin tawp chin nei lo leh tawp
chin nei lo Thlarau chu thi thei lo a ni a, mihring nun bung
tawi tak chung hian theihna leh remchang awm zawng
zawng hi kan hmang tangkai tur a ni
Thlarau lam thute chu thlai chi, a lo hring chhuak tur, a
lo thang lian a, a par chhuah theih nan leh a rah tur chuan
lei tha mamawh ang chi a ni

Thlarau lama thanlenna chuan mahni inngaihtuah a ngai
a, nun ngaih pawimawh berte siam thar a ngai a, thil
tihsualte hriatchhuah leh tihbo a ngai a, thlarau lam
hriatthiamna lo thang zel leh rilru chakna lo pung zel nena
inmil hriselna dan leh dante zawm a ngai baw
Zirtîr chuan Pathian hlimna a tem hunah chuan Pathian
chu thil dang zawng aiin a tân a tak tak a lo ni ta tih a hmu
ang a, Pathian awmna khawih chu hriatna lama hlimna
engmahin a tluk loh hlimna a ni tih a hre chhuak ang
Pathian chuan mihring thlarau lam hriatna tiharh a, a
duhzawng kawng dik kaihruai turin hna a thawk a, chu chu
thil \ha mawina te, dawhtheihna ropuina te, finna ropuina te,
leh thlarau lam hlimna ropuina te hmangin a ni
Midangte hi mikhualah ka ngai lovang a chhan chu mi
zawng zawng hi ka unaupa emaw ka unaunu emaw an ni tih
ka hriat avangin ka nun hi hlawhtling leh tihlawhtling takin
ka siam ang a, chutiang chuan midangte hlawhtlinna leh
hlawhtlinna ka puih theih nan midangte ka lainat ang a,
zawlneite leh mi thianghlimte'n Pathian an hmangaih angin
Pathian ka hmangaih ang tih ka lantir ang hian midangte ka
lainat ang a, midangte ka hmangaihna tuikhuah chhungah
mahni hmasialna ka paih ang
He hun rei lo te, leia nunna, thihna hnuaia awm,
chatuan nunna, danglam ngai lo tak tak piah lamah hian
chatuan nunna a awm a Taksa hi chemical element chhe leh
boral thin atanga siam a ni a, mahse he hun rei lote awmna
piah lamah hian Pathian hmaah chatuan, van lam nun a
awm a Chuvangin, kan ngaihtuahna zawng zawng hi he
taksa chatuan nei loah hian kan khung vek tur a ni lo va, a
duhtute chuan a fiahnate tuar chhuakin a pu an ni tur a ni
Vawiin hian tanpui ngaite tanpui ka tum ang a, riltamte
hnenah ka theih ang ang ka pe ang
Pathian venhimnaah ka him a, ka him a, ka chhia leh tha
hriatna thianghlim kulh hnuaiah chuan buaina leh
lungkhamna tuipuiah lungngaihna thlipuiin a rawn vawrh

chhuah thlarau lawngte kaihruaitu \hatna êng nen chuan
pumkhat ka ni

Vawiin hian ka chhungril lama khur leh ka thinlung hru
tichhe thei thlamuanna hlimthlaah hian Pathian ka hre ta
Midangte hlimna turin ka theihtawp ka chhuah ang,
keimah leh keimah tihlim ka tum ang bawkin, ka thlarau
hlimna hmang hian Pathian hmangaihna inah mi zawng
zawng rawng ka bawl ang a, ka chhia leh tha hriatna bum ka
tum chuan keimah chauh lo chu engmah ka hlau lo vang

Thlarau huan a\angin

Khawi emaw laiah kal i tum a, chu hmun thlen thuai
turin i tlan nghal vat l thlen chuan i hriat duhna, lungkhamna
leh buaina pawh a nih avangin chu hmun chu nuam i ti lo tih
i hmu a, chu ai chuan, rilru hahdam zawk, rilru hahdam
zawk, leh inthlau zawk nih tum ang che l ngaihtuahna chu
lungkhamna leh buaina lam a hawi a nih chuan, an rilru
hahdam leh hma loh chuan tharum hmangin thunun rawh
Excitement hian nervous system balance a nghawng tha
lo hle a, a chhan chu taksa peng thenkhatah chakna tam tak
a thawn a, midangte chu an natural share a hloh avangin He
energy distribution inthlauhna hi nervousness thlentu a ni
Taksa muang leh hahdam tak hian nerve a ti thlamuang a,
rilru lam hriselna a tichak baw
Pathian nêna inrem takin chhûngril lam inlârna chu a
inhawng zauh zauh ãan a, Pathianin thinlung taka ãawngãaina
tinrêng chu a chhâng ang tih rinna famkim a neih a ngai a,
êng zawnga A lam hawi apiang chu an hmuhna a inhawng
ang a, an rilru leh thinlung chu a eng ang
Hriatthiamna a inhawng chuan thinlung atanga lo
chhuak ang maia hriatna angin a lang a, Chiang tak leh
chiang taka hriatna angin a lang He hriatna hmang hian
zawngtu chuan kawng dik zawh turin rinna nghet tak leh
kaihhruaina dik tak a nei a, zawi zawiin he hriatna hi a
hrechhuak a, a ring ta a ni

Hei hian ngaihtuahna kalsan vek tihna a ni lo; rilru
muang tak, bias lo ngaihtuahna hian hriatthiamna a thlen
bawk Emotional thinking, vanity leh self-importance-in a
hruai hian inhriatthiam lohna leh thutlukna dik lo a siam thin
Tichhe thei rinhlelhna leh rinna dik lote chu thinlung
zawng zawngin hnawl la, i thinlung leh thlarau chu rinna ram
leh Pathian rinchhanna famkim lamah hawitir rawh
Ngaihtuahna muang takah chuan i hriatna chuan thutak leh
hriatthiamna dik chu a ngaihtuah thei ang He thil tawnah
hian rinna chu a par chhuak a, a lo inhawng chhuak a,
hriatna hmangin mit tumahin a hmuh loh, bengin a hriat ngai
loh, mihring rilruin a hriat loh chu i tawng ang
Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin
Kawngpui buai ber berteah ni a êng ang bawkin, ka nitin
hnathawhna hmuna mipui tamna hmun zawng zawngah
Pathian hmangaihna êng chu ka hmu ang
Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che
Aw Lalpa, ka thil neihte midangte hnena hlan turin
thlarau thilpek min pe la, ka rilru lui reh takah chuan I
awmna ênga ka thlarau thla eng chhuak chu ka hmu thei
turin min pui ang che
Vawiin hian finna lungghlu leh Pathian lawmna lungghlu ka
hmuh hma loh chuan Pathian ngaihtuahna leh ngaihtuahna
tuipuiah thuk takah ka pil dawn a ni
Lalpa, thil dang zawng aiin ka hmangaih zawk ang che,
a chhan chu i tel lo chuan mihring leh thil dang reng reng ka
hmangaih thei lo
Tlâng thuk tak leh van boruak reh takah te, ka thlarau
thuk tak leh ngawi renga lungpuiah te chuan Pathian awmna
ka hre a, a hlimna reng reng chu ka hre bawk a, chatuan

atâna tawp ngai lo leh vawt ngai lo A tuikhuah thianghlim
tak takte chu ka in a ni

Aw Lalpa, thinlung ngilnei leh hmangaihna nei zawng
zawngah i hmangaihna lal bertu che hi ka hmangaih a, ka
chibai che a ni

Mi pakhatin zirtirtu Paramahansa hnenah magnetic leh
attractive personality neih theihna tur kawng kawhnmuh
turin a ngen a, ani chuan: Midang nena inpawh hunah rilru
lamah i awm ngei tur a ni a chhan chu ngaihtuahna fim lo
hian thil dang zawng aiin mi mizia a tichhe zawk a ni Dik tak
chuan mi ropui tak takte ngaihtuahna fim lo tak tak, thil thuk
takah an inhmang tlangpui thinte ngaihtuahna fim lo hi ka
sawina a ni lo

Fimkhur leh fimkhur reng la, magnet hmuhnawm tak i ni
ang

Tuman ngaihsak loh hi kan duh lo Kan rilru put hmang hi
ngaihtuah leh ngaihtuah a nih kan duh vek a, chutiang
bawkin inremna leh inhriatthiamna kan neih theih nan
midangte rilru put hmang ngaihtuah a, ngaihsakna kan lantir
a ngai a, chutiang ti tur chuan i chhehvela mi zawng zawng
chungah fimkhur, hriatthiamna leh ngaihsakna i neih a ngai
a ni

Mitthite hian mi dang sawichhiat theihna an nei lo va,
ngaihsak lotu erawh chuan a nei ve tho

Mi dangte nêna in awm laiin, ngun takin, chak takin, leh
ngaihven takin inpawh la, mahse nangmah chungchâng sawi
chu pumpelh rawh

Mi zawng zawng hian mahni chanchin sawi kan duh a,
mahse kalphung chak lo tak a ni Midangin an duh chuan
mahni chanchin sawi rawh se; an sawi tur ngaithla rawh An
harsatna te, an hlawhtlinna te, leh an ngaihdan te sawi rawh
se, mahse i magnetism hian i tan thu sawi rawh se Khawnvar
êng hian Chiang takin a sawi a i silent vibrations te hian
Chiang takin thu sawi rawh se

Indonaa thite hian thihna mumang rapthlak tak an nei
thin tih Pathianin inlarnaah min hmuhtir a, mahse mi tha tak
takte chu taksa atanga an tho leh meuh chuan mumang
tibuaitu ang maiin an harh a, chuta tang chuan an zalen ta
chu an lawm hle

Kan nun tawn zawng zawng hi cosmic dream Mihringin
indona mumang chhia kan siamah hian a tel vek a, mahse
he mumang chhia tuarte hian an taksa an chhuahsan hnuah
chuan mumang rapthlak tak a ni tih an hrechhuak a, chuta
tang chuan an harh chhuak ta a, an thi lo tih an hrethiam ta
a ni Hei hi metaphysical thudik thuk tak a ni
Mi pakhatin mumang a neih tih hria se chuan mumang
thil tawn tibuai thei tak tak a tuar lo vang Mahse mumang
chhunga mahni inhriatchhuahna an neih theih a, mi pakhatin
thihna thlen thei khawpa vuakna a thlen chuan, chu
mumang thihna chu an harh a, a tak tak a ni lo tih an hriat
hma loh chuan harsatna tak tak leh hlauhawm tak ang maiin
a lang

Hei hi thih hnua dinhmunah pawh a hman theih Kan
taksa kan chhuahsan meuh chuan kan hriatna chu a thi lo
va, taksa leh a thiltihtheihna leh a tikhawtlai a\angin kan
chhuah zalen tawh tih kan hre ta zawk a, chutah chuan
zalenna ropui tak a awm a ni

Thihna hi kan dil ngai lo tur a ni a, Pathian nena inrem
taka awm a, Amah ngaihtuah chungin kan hriatna kan
buatsaih zawk tur a ni a, chutiang chuan thihna a hun takah
a lo thlen hunah mumang mai ni lovin engmah lovah kan en
thei ang

Nunna leh thihna mumang ang hi ka duh hun hunah ka
hmu thei Chuvangin he taksa hi ka ngai pawimawh vak lo
Nervous system hnuaiah hian thlarau lam taksa
(spiritual physiology) a awm a, chu chuan mihringte chu a
danglam bik takin hriatna hmasawanna dinhmun sang ber
thleng thei turin a phalsak a ni

Mihring thluak, whale leh elephant tih loh rannung tam
zawk thluak aiin a lian zawk a, a buaithlak zawk a,
ngaihtuahna siam theihna a nei sang zawk Hei hian mihring
thluak hi mihringte tan hmanraw tha takah a siam a, thilsiam
dangte aiin hriatna hmasawn zawk neiin thluak
inzawmkhawm (convolutions) inzawmkhawm leh buaithlak
tak takte hian mihringte chu thuk tak leh thuk takin a
ngaihtuah thei a ni Chuvangin, mihringte chauh hian
hriatthiamna sang tak tak an thleng thei a, chuang chuan a
Siamtu pawh kan hre thei a ni Mi fing chu mihringte
rawngbawlina leh hlawkna tur atana an finna theihnate chu
thil, finna leh thlarau lam level-a hmangtu a ni
Thlasik chu a puan lum, var, lily ang maia ha chungin a
lo thleng ta a
Thlasik hlimna ka duhna chu a reh ta
I thinlung ngilnei tak lumna zawng turin min ti a
Tin, thlasik a lo chhuah rual chuan, pangpar chi hrang
hranga chei mawi tak takte chu an zai a
Lo leh tlang rimmtui rimmtui tak hian hmangaih turin min ti
a, ka Pathian
Tin, thlasik chu a lo thleng ta a, a hnah hring hring,
poplar thing ri leh pine thing ri ri te chu a sa a
I hnenah ka recite turin a insist a
Lei nê̄m leh nê̄m tak pawh chuan ka ke hmanhmawh tak
chu a rawn fawp a
Tin, i hmun thianghlim awm zawng zawng chu hnaih
turin a ngen baw
Chu rimmtui nem tak chuan a kawng zawh turin min ti a
Rose leh basil inthlak danglam tak tak thinlunga i biak in
thianghlim hnenah
Tin, savate chuan anmahni ang bawka hla sa turin min ti
baw
Tin, lui leh luipui chungah thli tleh nasa tak pawh
Ka hmangaihna che bubble chu ka tiharh a, i rilru lian
tak chungah chuan an infiam tan ta a

Tin, thlai fiber curved tak takte nen chuan bend dan ka
zir bawk

Aw Lalpa, ka chibai a che
Tin, rimtui chuan i rimtui rimtui mak tak chu min hrilh
bawk

Tin, engtin nge ka thinlung chu i lal̥thutphah tawp nei lo
?hmaah i rimtui thianghlimin ka tihkhah ang
Tin, lung te te, ngawi reng, dawhthei tak takte chuan ka
hlimna ruk tumtute zingah pawh ka hmuh theih nan min
hrilh bawk

Kum theihnghilh tawhte chuan ka mihringpuite hnenah
minute leh second tin chhunga hmangaihna leh hmangaihna
thuchah inkhuh vek turin min ti a

Tin, ngaihtuahna zawng zawng chuan a thinlungah
zawng turin min ti bawk

Ka hmangaihna chuan nangmah hmanga thil awm
zawng zawng hmangaih turin min fuih a ni

Tin, ka hmangaihna chuan, "Aw ka Pathian, chakna ka
neih zawng zawngin min hmangaih rawh" tiin min rawn beng
.a

Vawikhat chu thlai leh pangpar khum chungah ka mu a,
thil awm zawng zawng hi a mawiin a hlimawm vek tih ka
mumang a ni

Ka lu chu thlai sang tak, green leh thim tak chungah a
innghat a, chu chuan rimtui rimtui tak phur thli chuan min ti
fan a

Tichuan ka kut leh ka taksa khawih turin min nawr a, a

Siamtu ropuizia chuan mak ka ti hle A ni, kei, ka taksa tak
takna Chiang tak Hian ni khat chu leiah Hian Chawhlan turin
ka kalsan ang, he taksa hi thih hunah a vawt, a hring, leh
che thei lo ang maia lo awm tur hi, tunah chuan nunna nena
nung leh hriatna za tam tak, ngaihtuahna maktaduai tam
tak, leh maktaduai tam tak awmna ang maia lang hi a ni
fantasy leh perception te a ni

He taksa hi nunna bung hrang hrangte inher chhuahna
stage a ni a, chutah chuan nuihzatna hnah te chu a par
chhuak a, chu chu thihna lo thleng thei loin a zui chauh a ni
Hetah hian tisa, ruh leh thisen karah leh vun khuhna mawi
tak hnuaiah hian natna savawm leh duhthusam sakawlhthe
chu an lo inkhuar a ni Tin, hetah pawh hian tisa hnuaiah hian
êng lalram panna kawng thup a awm a He taksa hi a pu—
thlarau—chuan tihdanglam theih lohvin a chhuahsan hunah
a vuai ang a, a bo ang a, engvangin nge ni lo ang? Taksa
chenna hmuna hotu êng tak chuan thil awmna khum
hruihruah, chim chhe tak, enkawl reng ngai nerve hru
hmanga phuar, awm chu a chau chuan, Pathian leilung kil
khata in dangah thlamuanna a hmu si a—chu chu hmun
tinah hlimna rimtui rimtui takin a luah khatna hmun dangah
leh a tawp lo va

Thlarau thi thei lo chuan nuihzatthlak takin nunna leh
thihna chanvo a chang a, chutah chuan a chatuan chenna
hmunah a chhuak ta a ni

Movie entu te hi show zawh hnuaah pawh cinema-ah
chatuan atan an awm reng tur a ni em? Certainly not Mite
chu an in lamah an kir leh tur a ni Chutiang bawkin, thlarau
te hi nunna cinematic spectacle en turin hetah hian an lo kal
a, chutah chuan an chhuak a, an lo kir leh thin Film leh play
en an ngaina hle a, an mumang anga performance an neihte
an chau a, Pathianin an zir duh zirlai an thiam tawh chuan
chatuan hlimna chenna hmunah vawi khat atan an kir leh
thin

Thil hlute chu diknaah a innghat lo a nih chuan,
hrehawmna leh hrehawm tawrhna a luang chhuak a, chu
chuan hlutnate chu mahni hmasialna, thihna thlen thei
buaina, leh inelna nasa takah a innghat a nih chuan, a rah
chhuah chu a chhan chu a thianghlim loh avangin a
bawlhhlawh ang a, chutiang hunah chuan sum chu malsawm
a ni lo vang

Mi chuan a chhia leh tha hriatna chu mahni hmasialna a
tithianglim tur a ni a, midangte tihchhiat a tum loh tur a ni
Lungawina dik tak chu thlarau lam a ni a, taksa lam a ni lo
va, nunah hlawkna tak tak chu finna, hriatna leh Pathian
hmangaihna ro hlu neih hi a ni
Mimal taka nun kan tum tur a ni a, midangte tanpui leh
a theih ang anga an dinhmun siam\hat kan tum reng tur a ni
Mahse he thiltum ropui tak hi midang ngaihsak lova mahni
hmasialna leh duhâmna nen a inmil lo
Khawvel mite chu an inthlau lo va, chuvangin
hlawhtlingah an ngai lo Nun awlsam, inthlau tak chu art mak
tak leh hlawhtlinna chhinchhiahna a ni Sum leh pai neih
tumna awmchhun neitute chuan Pathian duhsakna an hmu
lovang

Pathianin kan taksa kan thawh theih nan leh kan
mamawh kan pek theih nan riltamna rilru min tuh tih chu a
dik a, mahse taksa mamawhna pek hi nun tum ber a ni lo A
tum chu thil emaw, tisa lam emaw ngaihtuah zawng zawng
aiin a ropui zawk daih a, eng ang pawhin mak, ropui tak, leh
mit tideltu angin lang mah se

Zirtir pakhat chuan Master Paramahansa hnenah
Pathian awmna tawn dan tur a zawt a Ani chuan heti hian a
chhang a, "Zan tin, mut tura i inpek hmain, i hriatnain
ngaihtuahna khawvel a rawn luhchilh a, dimension dang a
luhchilh tih i hriat hma loh chuan ngaihtuahna seng la
Amaherawhchu, hei hi a ni vek lo Rilru chhungril lam hawitir
hnuah chuan duhthusam chu a lo chhuak tur a ni a, duhnate
chu tuilian ang maiin Pathian lam hawiin a tlan chhuak tur a
ni Zirtir chuan Pathian hnenah a inpe vek ang a malsawmna
awmna chu a khawih a, a hre ta tih a hre nghal a, eng ropui
tak êng tak a hmu ang a, vantirhkoh leh thlarau mi \ha tak
takte a hmu ang A nih loh leh van rimmtui ruihthlak tak a rim
pawh a hre thei a, chutah chuan Pathianin a chhang tawh tih
a hre ang a, a hriatna chu a inhawng ang a, Pathianin nun
thurukte chu a rawn puang chhuak ang A nih loh leh ropui

takin a khuh ang peace during meditation A ngaihtuah
chhunzawm zel a, Pathianin a hmangaihna ropui tak a pe a
nih chuan sawifiah phak loh Pathian hlimna a nei ang, he
. "hlimna tawn hi a dawngtu chu a eng a thawl e
Pathian hmangaihna chuan vanram kawngkhar a hawng
a, chuta tang chuan zawngtu chu Pathian hmaah a lut a ni
Miin Pathian, khawngaihthlak leh mi fingte hnenah
chatuan nunna chhang a dil chuan, Tisa lam hriat lohna lung
chu a pe lovang Pathian chibai buktuin finna chaw a zawn
chuan Pathianin bumna rul a hlan lovang Pathian biaktuin
Pathian hnenah tuihalna zawng zawng tireh thei Pathian
hlimna thupui chu a dil a nih chuan, lungkhamna leh rilru
lama harsatna rulhut chu a pe lo vang If bum mihringte hian
an fate hnenah thilpek tha pek dan an thiam a, Lalpa—thatna
leh lawmna zawng zawng bulpui ber—chuan Amah
!hmangaihtute hnenah thlarau lam hriatna leh êng a pe ang
Pathian chuan finna sang ber leh hriatna ropui ber chu a
zawngtute hnenah a pe a, a aiawhtu nei lo zawngtu taima
tak hnenah a pe bawk a, a thinlung leh thlarau zawng
zawnga Pathian zawngtu chu mi fing ber a ni a, Pathian duh
ber a ni Tin, chibai buktu duhthusam a zual chuan Pathian
hnen atangin chhanna hmuh tur awm lo leh duhthusam tak a
dawng a, chu chuan hlimna danglam tak chu a tawng ta a ni
Hmangaih hmangaihtute tawn hmangaihna
He cosmic dream-a thlarau lam hriatna leh Pathian
duhthusam lo pung zel nena a chanvo changtu mi fing chu
Pathian hnaih tak leh Amah duh tak a ni Hmangaihna
thianghlim a nei a, mahni hmasialna engmah nei lovin
Pathian a hmangaih a, chu chu, entirnan, "Aw Lalpa,
hriselna, sum leh pai, leh nun nuam tak min pek theihna tur
.condition-in ka chibai ang che" tih ang chi hi a ni
Mi fing leh Pathian inkarah hian inhmangaihna thuk tak,
inhmangaihna tawp nei lo leh tawp nei lo a awm Mi tu emaw
chuan Pathian hnenah thil Chiang tak a dil a nih chuan

Pathian chuan chu mi chuan Amah aiin a thilpekte a
ngaihven zawk tih a hre chiang hle

Miin a mamawh puhrukna tura tawngtai chu thil dik lo

a ni lo va, Pathian hre tura a ngen a, a hmêl ropui tak êng
chu a hmuh chuan, chuta tang chuan mimal hlawkna
engmah a duh lo tur a ni lo va, a ngaihtuahna chu thilpekte
ngeiah chauh a inngnat tur a ni lo va, a petu ngeiah a
inngnat zawk tur a ni tuifinriat thilpek (bounty) a ni
Zirtîr pakhat chuan zirtîrtu Paramahansa hnênah

dinhmun thenkhata awm dân tûr leh mi dangte hmachhawn
:dân tûr thurâwn a dil a, ani chuan

Thutak chu zui la, chuta tang chuan kal bo suh la,

nangmah emaw, mi dangte emaw tichhe thei thil engmah
sawi lo la, thudik pawh ni se, thutak thlarau a\anga i kal bo
loh chhung chuan Chutih rual chuan, a kalh zawng zawngah
kal suh la, thudik hrehawm tak tak sawi loh nan dawt sawina
i hmang tur a ni lo

Mahni leh midangte lakah rinawm takin awm la, a tul lo

zawnga awm reng lovin Thudik sawi la, Tumah tihnat leh ti
na thei thil sawi loh la, Rinawmna leh langtlangna hmingin i
thuruk zawng zawng puang chhuak suh, a chhan chu i chak
lohnate i pholang chuan an duh hun apiangah tihnat emaw,
nuihzat emaw an tum ang Engvangan nge i laka an hman
?theih tur ralthuam i pek ang

Nangmah leh midangte tan hlimna leh thlamuanna thlen

thei zawngin thu sawi la, che rawh

Thil \ha thlentu thutak leh thudik sawi nawn lehna

inthlauhna hriat nan thlarau lam hriatthiamna neih a ngai a,
chuta tang chuan a rah chhuah theih dan tur ngaihtuah lovin
thilte chu a tawp danin a rel a ni I hriat zawng zawng sawi hi
a \ha lo va, midangte'n anmahni \hatna tura an hriat tur
thilte chu pumpelh leh thuruk taka awm chu a \ha lo baw
Hriatthiamna famkim i neih loh hunah, mi zawng zawng
tâna rah chhuah dik tak neia thutak hriatthiamna dik tak i
neih hma loh chuan thusawiah insûm tlat a tha ber

Pathian chungchang ngaihtuah zel la, A tanpuina leh
kaihhruaina dil la, i hriatna chu a inhawng ang a, chutiang
chuan thil Chiang takin i hmu ang a, chutah chuan i thliar
hrang thei zawk ang

Taksa cell te chu thalai chakna hmanga charge

Cosmic energy hi taksaah hian a luang lut reng a,
tihtawp lohvin a luang lut a, mahse mi tam zawk chuan he
chakna tam tak hi an hre lo a ni tih hretute chuan an cell-ah
chakna nasa tak leh chakna thar pe thei tur current thar an
nei thin

Thilsiam zawng zawng hian Khawvel Lalpa zahna lantir
nan an kun a, A thiltihtheihna chu mihringte kaltlangin a
luang chhuak Buaina chu mihringte leh thiltihtheihna zawng
zawng bulpui inzawmna nghet tak siam lohah a awm Pathian
thiltihtheihna hmangin direct-in kan nung a, thiltihtheihna
dang zawng zawng hi Pathian chakna chhawmdawlina tel lo
chuan a tangkai lo

Chaw, oxygen, leh ni êng—heng element-te hian
hriselna engemaw chen min pe thei a, mahse Infinite Source
a\anga hriselna famkim kan hmuh theih dan tur kan
hriatthiam a ngai a ni Material source-te chu battery te tak
te, a tawpah charge tlakchham ang mai an ni a, Infinite
Source erawh chu generator chak tak a ni a, a thiltihtheihna
chu a tlahniam ngai lo va, thlarau chu chakna, hlimna leh
chakna pe chhunzawm zel a ni Chuvangin, Infinite Source-a
rinchan hi a pawimawh ber a ni a theih ang angin
Duhtu chuan chu thil pawimawh tak supply a\anga
hlawkna hmuh theihna kawng dik tak chu a bul a\angin
direct-in a zir tur a ni a, ngaihtuahna chu thil tak tak a ni tih
a hriat a ngai a ni, a chhan chu Pathianin he lei hi a siam
hmain Pathianin a ngaihtuah a nih avangin thilsiam zawng
zawng hi Pathian ngaihtuahna lantir a ni

Mi tam tak chuan ngaihtuahna hi taksa atanga lo
chhuak niin an ngai a, mahse taksa siam dan dik tak, leh a
peng leh taksa peng hrang hrangte inzawmna mak tak mai

hian taksa chu supremely sublime cosmic mind siam a nihzia
a tilang chiang hle

Rilru hi taksa thununtu ber a ni a, mihring tan chuan
mihring tlakchhamna, natna, chak lohna, tar leh lungngaihna
te rilru lama rawtnate pumpelh a, a chhungah thiltih tawp
thei lo a luang chhuak tih a inhriat chian a pawimawh hle a,
he hnathawh hi finna nena pek a ni a, taksa cell-te chu
hriselna leh thalai chaknain a charge thei a ni
Ngaihtuahna chu cell nung tin thluak, rilru natna leh
hriatna a ni a; taksa chu active leh alert emaw lethargic leh
sluggish emaw pawh ni se, a awm reng theihna a nei a ni
Ngaihtuahna chu a hotu a ni a, taksa cell-te chu a
thuhnuaiah an ni a, an pu chungnung ber: ngaihtuahna
thupek leh khapnate zawmtu an ni

Nitin kan ei tur quality hi kan ngaihven hle a, chutiang
bawkin nitin kan rilru hnena kan pek thin intellectual leh
psychological food quality pawh kan ngaihven tur a ni
Metaphysical scientist chuan taksa chu electromagnetic
wave ni lovin Pathian hriatna tuifinriatah hian hriatna thlipui
a ni a ti

Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,
leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Ka dam chhung kum rei tak chhung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhunzawm zel a, ka nun huan tui pe
tu tuikhuah malsawmna angin a puak chhuak thin
Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo

Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle
Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm
nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin
Ka duhthusam awm chhun chu i rawngbawl hi a ni a,
chuvang chuan hetah hian ka awm a ni
Pathian thiltihtheihna chu in nunah pawh a thawk reng
a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen
atanga lo chhuak a ni tih in hriat hunah he thutak hi
nangmahni ngeiin in tawng ang
Nun hi sawi lawk theih loh, duhthusam, leh thuruk,
rinhlelhna leh harsatna leh buaina chi hrang hranga khat
angin lang mah se, Pathian venhimna hnuaiah kan awm reng
a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo
va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan
chu hlauhna hian min hneh kan phal chuan sualna chu
thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlauhna leh hlauhthawna
Nun harsatnaah hian hlimna leh thlamuanna nghet tak
hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh
paltlang ila, movie-a mi dang thil tawn, nuam emaw,
hrehawm emaw kan en ang bawkin kan hmachhawn ang
Miin a thil tawn zawng zawng chu a rilruin a phal chuan
fiahna hrehawm, hlim lo takah a chantir thei Hriselna tha tak
neiin a hlutna pawh a hrethiam lo mai thei Mahse, a damloh
chuan chutih hunah chuan a inngaitlawm ang a, damna
malsawmna chu a ngaihlu ang Pathian duhsakna kan pawm

tur a ni a, lawmthu sawi tur a ni a, kan chung a malsawmna
min pek avangin lawmthu kan sawi tur a ni A khawngaihna
chu pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur
a ni Miin a rilru inthlauhna a hloh chuan lungkhamna,
lungngaihna chhum leh hrehawmna nasa tak karah a
hlauhawm ta a, hriselna, hausakna leh finna dan bawhchhiat
a tum chuan natna, retheihna leh hriat lohna te a tuar ngei
ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan
thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min
thlen thei zawnga kan che tur a ni a, nun dinhmunin kan
thlamuanna a tibuai a, kan hlimna a tichhe thei lo
also strengthen our intellect and reject the burden of
intellectual and moral weakness inherited from years and
generation Heng bawlhhlawhte hi thutlukna thar leh thil siam
chhuah theihna meipuah hian halral vek tur a ni He thil
siam\hatna hmang hian mimal inpekna dik tak chuan
zalenna leh zalenna hmun a thleng thei a ni

Hlimna chatuan dante

India ram roreltu fel tak pakhat rangkachak hun lai khan
a lalram remna leh muanna famkim tibulaitu thil thleng
emaw, a hun hmaa thihna emaw, thilsiam chhijatna emaw a
thleng lo niin an sawi

Chhungkaw member-te dikna nasa zawka an nun chuan
in tinah inremna, hriselna leh hmangaihna tam zawk an
tawng ang Mahse chhungkaw member-te'n mahni hmasialna
tenawm tak nena an in enkawl hunah chuan in chu inrem
lohna leh inhuatnain a khat nghal mai ang Hei hi hnamte tan
pawh a hman theih Mihringte rinawmna leh rinawmna nena
an nun hian Leiah hian Pathian Ram chu an hmu ang
Hun a tawi Vawiin hian hetah hian kan awm a, naktuk
hian kan chhuak ang Pathian zawn hi mihringte chanvo sang
ber a ni Pathianin zalenna min pek hi he nunah hian kan

hmang tangkai tur a ni a, fîng taka kan hman a ngai a, chu
chu mimal takin chatuan thlarau thutak kan tawn theih nan

Sual hi mi tan hrehawmna leh hrehawmna thlentu

engkim hi Virtue hi chatuan atana hlimna a ni Miin a
ngaihtuahnaah thlarau lam inremna leh mahni chhungril
muanna a neih loh chuan in thar emaw, motor thar emaw,
thil thar emaw chuan an thlarau tan hlimna leh thlamuanna
a thlen thei lo vang; chu ai chuan, chu thil thar leh thil dang
tam tak an neih hnuah pawh an chhungril hrehawmna chu a
awm reng ang

Hlimna dik tak chu thil awmdan dodal theihna leh pawn

lam fiahna zawng zawng tuar thiamnaah a awm a ni Mi
dangte ngaihdan dik lo leh thil tha lo taka tihnat leh thang
che an tumna avanga hrehawmna hrehawm tak leh harsatna
nasa tak i tuar theih hunah a awm a, an bawhchhiatnate chu
hmangaihna leh ngaihdamna nen i chhang let thei a, chu
chu i rilru thlamuanna chu hrehawm tak tuar chung pawhin i
vawng reng thei a

ni..
. pawn lam dinhmunah chuan hlimna i
tem ang

Pathian Lehkha Thu Thianghlim chuan Pathian thupêk
ngaihthah a, an duhzâwng leh duhthusam âthlâk tak takte
chu hlimna an hmu lo vang a, an thil tum ber pawh an hlen
chhuak lo vang tih a sawi Thutak zawngtu chu Pathian
Lehkha Thu Thianghlim chu an kaihruaitu êng siam tûrin an
fuih a, tih tûr leh pumpelh tûrte tihfelnaah rorel tûrin an fuih
a, thilte hrethiam tûr leh finna ang zêla thil ti tûrin an fuih a
ni

Mahni inrintawkna nei te chu rinawm taka che thinte an
ni Hlimna chu ngaihtuahna thianghlim leh thiltih dik a\ang
chauhvin a lo chhuak \hin Tuna i hlim chuan nakin lawkah,
hetah leh khawvel lo awm turah pawh i hlim ang
Hun remchang awmte ni a eng laiin finna rah kan
khawlkhawm a, vanneihna buh seng kan khawlkhawm tur a

ni Phên dangin sawi ila, hun remchangte chu a tlai hmain
kan hmang tangkai tur a ni

hun Hun remchang chu hmang tangkai rawh,)

(remchang i hman loh chuan inchhirna a lo ni dawn si a

Pathianin thlarau lam dan thupek an tihte min pe a

Mahse heng thupekte hi nitin leh hmun tinah ngaihthah leh
bawhchhiat a ni Miten an thlarau lam awmzia an hriatthiam
loh chuan an phunnawi reng ang a, an hawisan fo ang Heng
thupekte hi Abrahamah sakhaw zawng zawngin an pawmpui,
hun kal tawha nungchang dan (codes of conduct codes) hun

kal tawha awm lo a ni a, mahse, thuziak te hian heng
thupekte rilru lam hawi zawng zawng leh a zawmna nena
inzawm hlawnate hi an sawifah thei lo fo thin Miten heng
thupekte hi biakna hmunah an pawm a, mahse an
hlawnchham thin an pawn lama zui tur, heng dante hi
hmantlak loh, awmze nei lo, leh hun nena inmil lo a ni tih
sawin hei hi dikna lantirin Mahse, heng thupekte
bawhchhiatna hi khawvela hrehawmna zawng zawng bulpui
ber a ni

Mahse, chûng thupêkte chuan eng hlawn nge a neih

?a, khawiah nge an thatna chu

Lehkhahu thianghlime chuan mihring chu Pathian

ngaihtuah turin a fuih a, a rilru chu Amahah thunluh turin a
fuih a, thil zawng zawng a hnena hlan turin a fuih a, Pathian
biakna dik tak nena chibai buk turin a fuih a, ingaihluna
nena inhmeh lo leh inlannain a tihbawhlhlawh lo
Pathian hriat hi nun tum ber a ni tur a ni Khawvel hnate
hi Pathianin mihringte hnena thiltihtheihna a pek tel lo chuan
hlen chhuah theih a ni lo Pathian theihnghilh chungahna
pangngai thawh chu tihsual leh sual a ni
Sual tih awmzia chu hriat lohna a ni: mihring thatna

ropui ber kalh zawnga thil tih

Engvângin nge miten lungngaihna leh inchhir an neih?

An thinlunga Pathian hmasa ber a nih loh avangin dik taka
an che loh vang a ni

Mihring nunah engmah hi Pathian aia pawimawh zawka
ngaih tur a ni lo Miin Pathian a ngaihsak tak zet a, a laka
thlarau lam mawhphurhna a hlen chhuah chuan kawng
engkimah an dinhmun a lo tha chho zel ang a, a chhehvel
thil awmdan zawng zawng karah pawh him leh him takin an
inhria ang

Miin thil neih emaw, sum leh pai emaw, hmingthanna
emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan
hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna
zawng zawng dahtute chu a takah chuan chibai bûk an ni a,
chuvângin Pathian chu an hnaih lo va, Amah chu an
inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an
ngaihtuah a, an thinlunga Amah nên an inbiak thinte chuan
Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni
Amah nena ngawi renga an inpawlnaah hlimna

Pathian chauh hian mihring duhtusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni
A zawngtuin Pathian a hriat reng theihna tur leh a hnaih
theihna tura pui thei chhinchhiahna thianghlim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo

Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a
inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nên an ngaihtuah a ni

Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Tih tak zeta hmangaihtu leh amah nena inrem taka awm
apiangah Pathian a inlan thin tih sawi theih a ni a, a chhan
chu khawi hmunah pawh a awm a, chuvangin mi zawng
zawngah a awm reng a ni Amaherawhchu, mi zawng zawng
hian Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah te pawh inang tlangin a eng a,
mahse diamond chuan ni êng a dawng a, a lantir thei lo va,
chutih laiin lungalhthei erawh chuan Chutiang bawkin, mi
zawng zawng chu Pathian êngah an inhnim pil a, mahse chu
chauhvin mi tlemte chuan chu êng chu an dawng thei a, an
ngaihtuahna leh thiltihah an lantir thei a, chutiang ti tur
chuan ngaihtuahna hmangin leh Pathian zirtirna leh
thupekte zawmin an inthiarfihlim a ngai a ni
Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai
pawhin! Chutiang tawngtaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang
lo tih hi mak a ti lo! A "tawngtaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu

thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah, duhthusam leh Pathian hmangaihna
rosary-ah chuan Pathian hming kan hril tur a ni; hei hi
Pathian thinlung khawihtu biakna dik tak a ni Pathian hming
chu chilh leh rilru vakvai nen sawi chhuah chu Pathian
sawichhiatna leh zah lohna a ni Mi pakhatin a tawngtai hian
a thinlung leh rilru chu Pathian hmangaihna a khat tur a ni
Yogic exercise sang zawk hmanga rilru lam ngaihtuahna tih
hian Pathian, ropuina leh ropuina bulpui ber Pathian hnaih
zawk turin min pui a, amah ngaihtuah leh inpawh tawna
kawngah pawh min pui baw

Pathian ngaihtuah nâna thlarau lam inhnukdaw (a theih
chuan) atân kar khatah ni khat inpek a pawimawh a,
thlamuanna, remna leh chhûngril thlamuanna tawn hi a
pawimawh hle Chutianga hun hman chu kar khat chhûnga i
hmachhawn tur harsatna leh lungkhamnate tân chuan a
thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihsam nan kar tin
ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawna"
emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh
lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang
Mahni chauhna hi ropuina man a ni He thlarau lam
inhnukdawna leh i thlarau leh Pathian nena inzawmna
hmang hian i rilru, taksa leh thlarau tana rah chhuah mak
tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan
zingkar hma takah i harh veleh Pathian remna tuifinriatah i
inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur
a ni baw

India rama mi fingte chuan ni khat chauh inthiarfihlim ni

lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna
hman a tulzia an sawi uar a, zing khawvar hmain, tho leh
tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu

a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti
thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a
hmang leh tur a ni A tawp berah chuan zan lama mut hmain
vaw khat chu thlamuanna dinhmunah a lut tur a ni belh
Mahni chauha awm leh heng nitin hun pali chhung
zawnga ngawi renga taima taka enkawltute chuan Pathian
nen inrem takin an inhria ngei ang Heng hun zawng zawng
zawm thei lote hian zing leh tlai darkar tal chu an hlan tur a
ni Chutianga an tih chuan an nun chu a tha zawngin a
inthlak ang a, hlimna an tawng ang experience hi a finfiahna
tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i
ziak chhunzawm zel a, i sign zel chuan i sum a tlakchham
ang I nunah pawh chutiang bawh chu a ni I nun account-a
remna dahkhawm fo loh chuan i chakna a bo ang a, i
thlamuanna chu a bo ang a, i hlimna chu a bo vek ang A tawi
zawngin, a tawpah chuan emotional, mental, physical, and
spiritual bankruptcy i tuar ang Mahse deep daily meditation
on God

will.. ..
..... i thlarau lama tlakchhamnate chu rul
rawh

A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a
Pathian hmangaihtu i nih a, A awmna tawn duh i nih chuan i
rilru leh taksa chu A thlamuannaah i thun lut tur a ni a, nun
chu i chungah a nuihzat ang a, i thil tih chu kawng tam takin
a lo \ha ang Mi rilru hahdam tak chuan tihsual a nei tlem hle
a, khawiah nge a hlawhtlinpui ber ang sang tam tak an
hlawhchham

Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chhung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngin a khuh
ang

Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni baw
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring pa leh nute hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak lantîrtu a ni a, hmangaihna
nei nu chuan mi dang duh lohna hmunah a ngaidam si a Pa
chu Pathian finna lantîrna leh a fate vênhimna a ni

Miin Pathian a\anga in\henin a pa leh a nu a hmangaih
tur a ni lo va, chu hmangaihna lantir nan chuan Vênghimtu
leh mi fing Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a, chuvangin nu leh pate
zingah chawimawi a ngai a ni

Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih baw a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a
hmangaih tak takte chu vau an nih chuan Pathianin an
hnena a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna

lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian

an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga ziaak, lemziaak, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang
Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu
khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni
Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, ngaihtuahna sâng tak, leh thlarau lam thil
tumte lantîr nâna a chakna chu thiltum sâng zâwk lam hawia
kalpui a ni Miin mipat hmeichhiatna ngaihtuahna a\angin
hlimna a hmu tûr a ni lo va, khap thil chu a duh tûr a ni lo
Hetiang ang mahni inthununna hi a thlen hunah chuan mipat
hmeichhiatna leh a thiltum sâng zâwk chungchângah ngaih
dân dik tak a nei ang
Mipat hmeichhiatna lama bawih nih chu hriselna, mahni
inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni
Lehkhabu thianghlimte pawhin rukbo lo turin min fuih
bawk Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,

hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious

desires must be disrooted from the mind Thlarau lam thila

innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriat loh leh a hriat loh atanga malsawmna
a luang chhuak ang It is an infallible divine law As for thieves
and selfish people , they spend their lifes chasing after

material thil neihte, an mit chu mi dangte neihah an en reng
a , anmahni sum bawm chu rangkachakin a khat pawh ni se
Tisa lama mahni hmasialna hi kalsan a nih loh chuan

khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thuhretu dik lo sawi loh hi
a ni Thutak tihdanglam hmanga tu pawh tihnat hi khawtlang
inremna tihchhiatna kawng dang a ni Mi pakhatin tha taka
cheibâwl a duh a nih chuan chutiang chuan mi dangte
cheibâwl tûr a ni

Thudik chu sawi reng tur a ni a, mahse thudik sawi leh
thudik sawi mai mai hi thliar hran a ngai a ni Mi pakhat chu
kebai emaw, mitdel emaw tia sawi chu a rilru a ti na a, a
tangakai lo va mi pakhatin mi dangte rilru put hmang a
ngaihtuah a, mualpho loh tur a ni Chutiang bawkin, thiltum
ropui tak nei lo mi pakhat phatsan thei thutak puan chhuah
pawh hi thil dik lo a ni Kawng lehlamah chuan thudik sawi
loh nan dawt sawi loh tur a ni chu ai chuan, mi dangte
tihmualpho emaw, tihchhiat emaw pumpelh nân dinhmun
thenkhatah chuan a ngawi reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu
thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, mihring
tinah hian mihring dangah a lang lo angin a lang chhuak thin
An hmel chu mi dang hmel ang lo tak a ni a, an thlarau pawh
mi dang zawng zawng ang lo tak a ni a, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Hun kal tawhin min phuar lo

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan
rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni

Mihringte hian—a duh angin—universe-a thil awm
zawng zawng tawp nei lote chu an thunun thei lo va, an siam
danglam thei lo va, an tiboral thei lo bawh Heng thil awmte
hi mihring nunna puan nen hian inzawm tlat an ni a,
mihringte hian anmahni a\anga inhlath takin hna an thawk
thei lo a, Amaherawhchu, heng thil awmte nena inmil turin
an rilru chu an thunun thei a ni

Amah chu tichhe suh

Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an tawh
tleh vang emaw ni lovin, thlamuanna, thlamuanna,

lungawina leh a tawi zawngin hlimna pe theitu rilru lam
inthlahna an neih vang a ni zawk

An hlimna atan pawn lam dinhmunah an innghat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nghet tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo
Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan tih dan kal tawh hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhunzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo bawh Kan tuh
tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan buh
seng quality tihchangtlun kan duh a, kan beih chuan Thiltih
chi, a rah chhuah hrehawm tak takte chu kan tiboral a, a
aiah thlarau nihna nena inmil zawk chi kan phun chuan, chu
thlarau leia tuh chi tha tak takte atang chuan hlimna rah chu
kan seng ngei ang Kan duhthlanna zalen chu tunah hian,
tunah ni lovin, naktuk ni lovin, hlimna nasa zawk kan neih
emaw, hrehawmna leh hrehawmna tihziaawm emaw kan
duh chuan kan duhthlanna zalen kan hmang tur a ni
Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang Mahse
duhthlanna nghet tak neitu chu Pathian nen a inrem a ni

Thinlung chakna (concentrated mind energy) a ni

When you concentrate sunlight By focusing a
magnifying lens on a tiny point , it produces heat , and that
heat can ignite wood Fabric, paper, and so on Chutiang
bawkin, i rilru ngun taka i focus chuan A concentrated

energy Rinhlelhna sualna leh zung, hlawhchhamna zawng
zawng thlentu halral vek tur leh finna êng chu eng leh eng
mawi tak nena eng tir turin

Ngaihtuahna chu Pathian nena a inmil chuan Thil \ha
zawng zawng bul leh thiltihtheihna zawng zawng bul tanna
chu Pathian awmna a hre Chiang a, hlawhtlinna thil zawng
zawng a nei vek a ni Heng thilte hi Pathian thiltihtheihna
nasa tak nen hian inzawm tlat a ni a, eng kawngah pawh
hlawhtlinna chhan thar siam thei a ni
Hnathawh \ha leh \angkai taka thawhrimnate chu

Pathianin hlawhtlinna lallukhum khum rawh se
Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni
Khawvel hmuna mel maktaduai tam tak hlaa ni i en
chuan, chu arsi lian tak chu kan Lei aiin a te zawkin a lang
Mahse, Leilung zau zawng chu mel 7,900 vel a ni a, ni sei
erawh chu a let za zetin a lian zawk Kan planet Earth hi ni
hmaah direct-in i dah thei a nih chuan, a nena khaikhin
chuan dot tenau tak angin a lang ang Niin a zau zawng zau
tak chu a mass lian tak a chim hma loh chuan a zau zel ang
tih han ngaihtuah teh the entire blue sky Van kan hmuh hi
universe chhunga awm, hmun tawp nei lo hmun tlemte, a
speck mai mai a ni, Ni chuan tawp nei loah a zau zel a nih
pawhin, tawp nei lo chu a la huam thei lo He cosmic illusion
of smallness and finitude hian rilruin universe zau tak , a bul
tanna, leh a ramri a hriatthiam theihna chu a tikhawtlai a ni
Dimension leh tehna hnuaia awm lo, tawp chin nei lo leh
bul tanna nei lo chu Pathian a ni a, hmun tina awm leh hmun
hla ber ber a awm A ni chu arsi hla tak tak, hla tak takah a
awm a , nangmah leh kei chhungah a awm ang bawkin ,
luah zawng zawng chu eng ang pawhin te emaw lian emaw

pawh ni se, a hre Chiang Hle a ni From the book " Man's
." Ultimate Goal

Dilna te

Aw, Lalpa

Ka kut chu thim ata êng lamah la rawh

Aw cosmic ngawi renga awm

Tuipui mur ri leh nightingales warbling-ah i aw ka hre

thin

Thlipui au thawm, thlipui ri leh vibrations ri riah chuan

Aw Lalpa duh tak

Thu hmanga chibai ka buk lo che, nangmah duhthusam

avanga kang thinlung duhnain ka bia che a ni

I zau zawng hi ka hmu ang

Engkim hnung lama i awm rengna

Chatuan atan i nihna danglam lo takah hian ka tel ve tih

ka hrechhuak mai thei

Aw tuifinriat luang chhuak

Ka duhzawng luipui hrual hrualte hian harsatna leh daltu

thlalerte chu a luang chhuak thei a nih chuan

A tawpah chuan i buaina lian ber chu a rawn inzawm ta

a ni

I aw ngaithla turin min pui ang che Lalpa

Universe vibration lo chhuahna cosmic sound chu

I awmna chu malsawmna aw (Om - Amen) hmangin ka

.hrechhuak ang

melody Malsawmna dawng zawng zawng tan a

thianghlim

Existence symphony ka ngaihthlak lai hian ka hriatna

tizau rawh

Cosmic ocean ang maiin ka awm ang

Tin, taksa rippling movement te chu a rilruah a zai bawh

Aw thianghlim ber chu ka chhungah hian ri chhuak rawh

se

Taksa atanga universe thlenga ka hriatna tihzauh

Chatuan, engkim huapzo hlimna ka nei thei ang

Fate hian duhthlanna zalenna kawngah daltu a siam tih

hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih
phawt chuan, chutiang a nih loh chuan mi chuan hlimna dik
tak a tem thei lo vang

Hna kan thawh hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a theih ang anga beiseina nei zawk tur a ni
a, kan duhzawng tihhlawhtlinna leh kan duhthlanna zalenna
nunpui kawngah engmah a ding thei lo tih rinna famkim nen
Kan thil tum kan hlen chhuah loh chuan, kan thlen theih

lohna tura kan siam daltu a awm tih hi implicit-a pawm a ni

Kan thil tum tihhlawhtlin nan hian kan beih chhunzawm zel
tur a ni a, kan thawhrimna hi a let hnih zetin kan tipung tur a
ni Kan inhriat chian a ngai bawk a, eng ang pawhin harsatna
leh harsatnate chu eng ang pawhin chak leh hlauhawm tak
ni mahse, chu chu paih chhuak thei tur leh hneh thei tur
chakna kan la nei tling tih kan inhriat chian a ngai bawk
despite all our attempts, there is no need for desapor and
frustration, as long as we understand that human will is
stronger than destiny, which is of our own making

Chuvangin, vawi engzat pawh hlawhchham mah ila, beih hi
kan bansan tur a ni lo, a chhan chu kawngkhar inhawng a
awm reng avangin Hlawhtlinna min pek hma loh chuan kan
beih chhunzawm zel a ngai a, kan beih nawn leh zel a ngai
mai a ni Pathianin Amah kan chhân lêt phawt chuan
tanpuina min pe ang leh theihtawp chhuah rawh Kawngpui
zawhtu chuan a tum a thleng ang a, Pathian ringtu chu a
beidawng lo vang

Miin thil a duh a, chu duhna chu a chak leh
hmanhmawhthlak a nih chuan, chu duhna chuan an hriatna
chu a chhuahsan ngai lo va, khawi hmunah pawh kal se,
khawi hmunah pawh a hawi kual ngai lo va, an buaina leh

ngaihtuahna chu eng pawh ni se A hnathawh reng leh nghet
tak hmangin, chu duhna chuan tumruhna leh chakna nasa
tak a nei a He intellectual whisper is stronger and more
effective than mechanical supplication , which does not go
beyond

moving..

. hmui Hei hi Pathian hmangaihtute
tih dan a ni ; Pathian an hmangaihna chu chawlhsan lovin an
sawi chhuak a , an thusawi chu thinlung tak leh hriat theih
loh a ni a , an nitin hnathawh zawng zawngah He thinlung
taka thusawi hian an ngaihtuahna a tibuai lo va , an tih tur
dangte nen pawh a inkalh lo Pathian an duhna a lo lian zel
a , Amah an hmangaihna chu a tichak a, a thuk zual zel a , A
awmna an khawih a, thlarau mit hmanga A êng an hmuh
hma loh chuan , hlimna nasa tak leh hriatna nasa tak an tem
hma loh chuan sawifiah theih loh remna a ni

Pathianin nunah kan mamawh zirlai min thawn a, chu
chu kan hlawkpui theih nan leh hriatthiamna leh tawnhriat
kan neih theih nan Chu zirlai pumpelh apiang chu eng chen
pawh ni se, zir tura nawr luih an ni ang

Test tin hi kan zir chhuah chuan thian kan ni a, hun
remchang kan tihral a, phunnawi , thinrimna , leh rorelna \ha
lo hmanga kan hman dik loh chuan tyrannical despot a ni
Hriatthiamna dik leh nun chungchanga rilru dik tak kan
neih hian a mawi thin Tin, harsatna awm lo

rilru lam thil thlengte

Mi chu hlimna thlipuiah chuan chatuanin a awm thei lo
va, lungngaihna tui buai tak hnuaia tuiah a pil thei lo va,
boredom thuk takah pawh a pil thei lo bawh In this world
characterized by conflicting dualities, The average person is
subject to ups and downs He rises on a wave of joy and
plunges into the depths of indifference
Miin nun hlawhtling leh hlawhtling tak a neih theih nan a
mamawh chu rilru inthlahuhna hi a ni

Hei hi rilru ngaihtuahna (mind) Controlling psychological
faculties-a inngnat chauhvinn a thleng thei ang
Lungngaihna thuk ber pawh hun kal zelah a dam ,
chuvangin lungngaihnaa awm reng hian awmzia a nei lo Kan
dam chhung ni tin Hmangaih tawhte chungah hun rei tak
lungngaihna chuan amah emaw, keini emaw a pui lo va, a
takah chuan engmah a tidanglam lo Developing an
inferiority complex or self-punishment Tun hmaa tihsual
emaw, hlawhchhamna emaw ngaihtuah reng hi a tangkai lo
Nun hi a ti hrehawm lo a, rilru lama theihna a titawp mai a ni
Boring routine khurah kan tlu lut kan phal tur a ni lo , a
chhan chu chu chu rilru lam dinhmun a ni a, a nuam lo hle ,
rilru a ti buai a, apathy furnace-ah theihna thup a halral vek
avangin
Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
\anpuinain buh seng tam tak seng tur chuan nunna lote chu
taima leh tumruh taka lo laih a ngai a, \hatna chi tuh a ngai
bawk

Silver Jubilee-a thir

Vawikhat chu nupa hlim ber pawl anga lang nupa tan
silver jubilee lawmnaah min sawm a , mahse an in ka luh
meuh chuan thil dik lo a awm tih ka hrechhuak ta a, ka zirlai
pahnih chu zan lama an in enkawl dan enfiah turin ka ngen
a, a hnuah chuan The husband and wife smile at each other
in front of others and address each other with the sweetest
words like "Yes, my dear" tiin min hrilh a. leh "A dik e, ka
hmangaih," leh chutiang tawngkam hlimawm dangte Mahse,
anmahni chauha an inhriat meuh chuan an inhnial a, thu
tihnatthlak tak tak an inhrilh tawn a ni
Ka bia a, ka ti a : In party-a tel turin min sawm a, mahse
boruak a buai em em a, he in chhungah hian inrem lohna
nasa tak a awm niin ka hria a, he tangkarua jubilee-ah hian
thir tam tak a awm niin ka hria
A tir chuan an thinrim hle a , mahse a hnuah ka dik tih
an pawm a, ngaihdam an dil bawk She continued, saying :

Eng nge i hlawkpui ber chu inhnial leh inhnial reng reng
?hian

Nupa famkim anga in hmingthanna vawng reng turin in
khawsa dun niin a lang a, mahse chutiang chuan in awm dun
a ngai a, nangmahni hlimna leh rilru thlamuanna atan chuan
thlamuang tak leh muanna nen in awm a ngai a ni

Magnetic chaw ei tur

Miten ei leh in emaw, ei leh in emaw an sawi hian taksa
chhawmdawlina atana taksa chaw ei an sawina a ni tlangpui
Amaherawhchu, chaw chi dang, taksa chaw aia pawimawh
lo, a pawimawh zawk fo bawk , chu chu rilru lam emaw
thlarau lam chawm emaw Rilru lama thawhrimna emaw,
rilru, finna leh thlarau lam hriatna (concentration of mind),
finna leh thlarau lam hriatthiamna (concentration of mind) te
hi a ni

Taksa chaw hian taksa cell-te a chhawm nung a, finna
chaw chuan rilru chu ngaihtuahna hrisel takin a khat a, finna
chaw chuan thlarau a tiharh a, a theihna a tipung bawk
Intellectual nourishment chu mi pakhatin a ngaihtuah
leh midangte nena inzawmna leh inpawhna hmanga a dawn
ngaihtuahnate a ni tlangpui

Mi rilru hahdam tak leh rilru ropui tak nei mite chuan
kan ngaihtuahna chu magnetic leh hrisel taka siam turin an
pui thin

Mi pakhatin a rilru lam chawmna chu boruak muanawm
emaw, buaina emaw a\anga a lak leh lak loh hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, thiante emaw, chhungte emaw nena inzawmna
a\anga lo chhuak vek a ni Hei hian lungkhamna ngaihtuahna
leh rilru chhe tak a siam thin

Taksa hian taksa chaw atanga chakna leh chakna a hmu
a, magnetic foods hian taksa leh rilru pahnih tan chakna
charge a pe a, chu chu solid leh liquid food aiin awlsam
zawkin a ei theih a, chu chu awlsam taka chakna nungah a
chantir thei lo

Hriat lohna chu finnaah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a,
inrintawkna leh huaissen takin – nangmah chauh pawhin –
nun kawng i zawh theih hunah , leh chhia leh tha hriatna
nung leh fimkhur tak neihnaah chhungril hlimna i tawn theih
hunah , leh Pathian diknaah rinna nghet tak leh diknain thil
dik lo a hnehna leh thutak chu thil dik lo chungah hnehna i
chang thei a ni

Tin, nitin i ngaihtuahnate chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum a, hmangaihna
leh lawmthu sawina thinlung , leh midangte chungah thil tum
tha i neih chuan, i finna chawmna chu magnetic a ni ang a,
chutah chuan thil mawi leh tangkai zawng zawng , thil, mi
leh dinhmun atanga , himna leh tuipui kama zinkawng
chhonzawm zelnâ atana mamawh zawng zawng chu
nangmah ah i hip lut ang sahimna
I mamawh chu i hmuh theih nâna theihtâwp i chhuah
chuan , Pathianin a pête i lungawi chuan, khawvêl thil
neihte ngaihven leh a hlimna rei lo tête duhâmtute aiin
thlarau lamah i hausa zâwk ang a, i lungawi zâwk ang
Miin Pathian , ðhian dik tak awmchhun , ðhian zawng
zawng aia tam a zawn chuan mihring inlaichinna zawng
zawngah : chhungkaw, unau, nupa inkar, leh thlarau lam
inlaichinna zawng zawngah ðhian dik tak din theih a lo ni ta a
ni

Nupa inzawmnaah chuan ðhian nihna hi thil pawimawh
tak a ni a, finna leh rilru lama inhnaih , nungchang lama
inhmangaihna , leh hmangaihna leh ðhian nihna dik tak chu
ngaih pawimawh hmasak tur a ni
Hmangaihna dik tak leh tisa lam hipna thliar hrang thei
lote chu an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawnnaah a
innghat a nih chuan, thlarau hmangaihna nei pahnih inkara
inzawmna hlim leh hlawhtling tak a lo ni ta a, an thawhhona
chuan nun phurrit tihziaawmna atan an thawk ho a, lainatna

Leh inhriatthiam tawanna leh inhriatthiam tawanna hmanga
nun lungkhamnate chu an ti bo a ni
Tuman min thunun thei lo va, ka duhzawng pawh min
laksak thei lo , midang ngaihtuahna leh thiltihin min
nghawng ka phal loh chuan
Lalpa , ka hmaah hun remchang tawp nei lo ka nei tih ka
hre chiang Ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin , thil neih inzawmnate chu
duhthusam sang zawkin ka thlak ang Tin, thlarau rinawm
chu ka hnenah a awm reng tih ka hrechhuak ang
Vawiin hian ka ngaihtuahna chu beiseina dose khatin ka
khat ang , thil tawn nuam lo tak tak a\angin ka inhlat ang ,
taksa, rilru leh thlarau chawmtu tur chu inthlau tak leh inmil
takin ka practice ang
Nunna leh thihna lam chu a awm reng a , mahse ka
thlarau lam nihna humhimin chatuan atan ka in zalen ang
Tin, fiahna leh hrehawmna thlipuiin min hmachhawn hunah
chuan , Ka thlarau bungruaah chuan ka lawng chhuak ang
Nunna tuifinriat kal tlangin Pathian tuipui kamah chuan
Ka hnathawh leh ka siam hunah Pathianin keimah
hmangin hna a thawk tih ka hre reng ang ; Khawvel pum
huap Lalpa a ni a, amah hi ngun taka ngaihtuah chungin ka
inzawm thei baw
Ka Pathian duh tak , ka ngaihtuahna hian
hlawhchhamna emaw hlawhtlinna emaw min thlen dawn tih
ka hre chiang hle , chu chu ka nunah eng ngaihtuahna nge
chak ber tih a zirin Chuvangin, ka tanpuitu kut i phar tih hriat
reng ka tum ang Tin, hlawhtlinna chhan atan min buatsaih
baw
Chhiatna leh vanduaiana min lo thlen hunah chuan ka
thlarau ka chawisang ang a, chu chu hneh tumin ka
thutlukna ka tichak ang Mi zawng zawng nena ka inbiak dan
leh inpawhnaah hian thinlung tak leh rinawmna ka la ang ,
hmangaihna leh duhsakna tha ngaihtuahna ka chhuah ang

Tichuan Pathian chuan a thiltihtheihna leh finna hmangin
min thlawp ang
Lalpa , ka duhthlanna leh finna hmangin thil tenawm tak
tak ka tihlawhtling hmasa ang , chutah chuan hlawhtlinna
lian zawkah ka kal leh ang

Thil tum zawng zawng tihlawhtlin ni mah se , hlimna
famkim lo chauh an la thlen tho a , Pathian hmuh chu hlimna
dik tak awmchhun a ni a, hlimna khawl khawhral theih loh ka
hmuchhuak ang Tin, a luang chhuak leh tlan a tawp ngai lo ,
thlarau huan leh a ramngaw hring dupteah

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup hi min kaihruai rawh, Aw Lalpa, ka chhungrilah lalte
mumang aia ro hlute ka hmuh theih nan

* * *

Thinlung luahtu Pathian chuan a zirtirte zingah - a
khawngaihna leh lainatna a\angin - hriat lohna thim tibotu
finna êng eng tak takte chu a ti eng a ni

* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni

* * *

Aw Hmangaihtu Ropui ber, Nang hi nunna ngei i ni Ka
thil tum leh ka duhthusam i ni I van huana rose par hring
min siam la, emaw, I hmangaihna êng tak kawrfual
chhungah chuan zungbun eng mawi tak min siam la, a nih
loh leh chawimawina ropui ber min pe rawh: I thinlunga
hmun tenau ber

* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni

* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hruai ang u
* * *

Rilru ruak [ngaihtuahna \ha, siam\hatna nei lo] chu
buaina, lungkhamna, beidawnna leh beiseina nei lote factory
a ni
.***

Khawvel pum huap hmangaihna chu i thinlungah a lo
awm reng a nih chuan, engmahin a pek theih loh che hlimna
nghet leh siam tharna a thlen ang che
.***

Leilung awmna huana nunna pangpar par chhuak chu
mawi tak leh hmuhnawm tak a ni Mahse, chu aia ropui leh
ropui zawk chu khawi emaw lai hmuna awm mawina leh
finna tuikhuah hi a ni a, chuta tang chuan kan lo chhuak a,
chutah chuan kan kir leh ang a, vawi khat chu kan inhmeh
leh ang
.***

Zirtîr chu zîng lama a harh chuan a rilruah heti hian a
nemnghet a: “Kei hi taksa ka ni lo, hmuh theih loh thlarau ka
ni... hlimna ka ni... êng ka ni... Finna ka ni... Hmangaihna ka
ni Tin, he taksaah hian awm mah ila, ka thlarau chu thi thei
.lo leh boralnain a khawih loh a ni” tiin a sawi
.***

Dewdrops hian pangpar par leh seilian a pui ang bawkin,
ngilneihna chuan inṭhianṭhatna a chawm a, a ṭhanlenna a
tipung bawk
* * *

Tuipui chung lamah tuifinriat lo lang leh a thuk lama
thlipui bo a awm a; in both cases, they are within the ocean
and one with it Chutiang bawkin, mihring, cosmic ocean
chunglama "nunna" laia tui chung a leng emaw, "thihna"-a a

chhunga bo emaw chu chatuan tuifinriat chhungah inang
tlangin an awm a ni

* * *

Thla êng chu tui buai takah chuan chiang takin a lang lo
va, mahse tui chunglam chu a reh chuan thla êng chu a
chiang famkim ta a ni Chutiang bawh chu rilruah pawh a ni:
a reh hunah chuan i thlarau hmel chu chiang tak leh chiang
takin i hmu thei a ni

. ***

Aw Lalpa, ka hlawhtlinna ni hlim takah min kaihruai turin
I finna ni engrawn tir la, lungngaihna zan thim tak ka zawh
lai hian I khawngaihna thla bial êng churawn tir rawh

. ***

Meditation hi khawvel pum huap rilru nena ininzawmna
hmanrua a ni a, chu hriatna tawp nei lo nen chuan i inrem
chuan thil siam thuruk zawng zawng chu i hre thei vek ang

. ***

Pathian hnaih duhna leh amah hriat duhna hi amah
chauhin a lo thleng lo va, chin a ngai a, chu duhna tel lo
chuan nun hian hlutna a nei lo

. ***

Lei nun hi hun rei lote chhunga chawlhna a ni a,
mihringte tih tur ber chu he zinkawng tum leh tum
hriatthiam hi a ni Chu thiltum chu Pathian hriat hi a ni a, thil
dang a ni thei lo

. ***

I thlamuanna chu i ro hlu tak a nih avangin chu ro hlu
chu tumahin an laksak che phal suh

* * *

I nungchang tha leh mahni hlutna kulhpuiah chuan
mahni chauha ding tur, him tak leh him taka ding turin zir
rawh

* * *

Engkim hi Pathian a awm vangin a awm a, A awm
avangin nang pawh i awm ve bawk a, A awm vangin, nun
hahdamna leh hlimna i hlim thin a, chuvangin Pathian
chung a i lawmthu sawina chu a thuk tur a ni

. ***

Lehkhabu \ha chu \hian ngawi reng, zahawm leh
zahawm tak a ni thei I hun harsahte hian heng lehkhabu te
hi kalsan suh, tisa \hianta ang lo takin an kalsan ngai lo vang
che

. ***

Mi tupawh hriselna tha, nun nuam tak, leh rilru lama
theihna ropui tak nei, mahse hlimna tlachham chuan nunah
a la hlawhtling lo "Ka hlim a, ka hlimna hi tumahin an la bo
thei lo," tih dik tak i sawi theih hunah chuan nangmah
chhungah Pathian lem i hmu ta a ni

. ***

Thlamuanna leh muanna chu ngaih pawimawh la,
Remna leh muanna nena nun i duh chuan hmangaihna
ngaihtuahna leh tum \ha chauh thawh rawh Felna leh
Pathian ngaihsaknaah inngat nun nei la, i nun nena inzawm
zawng zawngte chuan i bula awm mai maiin hlawkna an hmu
ang

. ***

Ṭhian i neih loh chuan, emaw, i ṭhianta'n i hun an
khawhral a nih chuan, emaw, i inrem lo a nih chuan, finna
kengtu lehkhabu [leh thil siamte] chu i ṭhian ni rawh se, an
phek kawngka aṭangin ngaihtuahna mak leh ngaihnawm tak
tak awmna khawvelah i lut thei ang

. ***

Pathian hmuh tih awmzia chu thinlungin a duh zawng
zawng neih a ni a, thlarau mi nih chu hriselna, hlimna leh
hlawhtlinna kawngkhar hawn a ni

. ***

Kan chhungah hian nunna zawng zawng siamtu leh
chhawm nungtu Pathian thiltihtheihna meialh a awm a, chu
chuan hal a nghak reng a ni

Lehkhahu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhahu hlu
tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhahu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh

Khawtlang nun duhna neitute chuan lehkhahu hlu tak
takah hian mipa leh hmeichhe ropui tak tak, mi thiam tak
take ziah lehkhahu-a zirlai awmte hmangin mihringte tanpui
turin chakna thar an hmu ang
* * *

Lehkhahu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhahu hlu
tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhahu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh
* * *

Mahni hmasialna leh chapona hi thlarau lam hriatna
daltu lian ber a nih avangin tihbo a ngai a ni
* * *

Pathian hriatna nei lo chuan he khawvel hi buaina,
tharum thawhna, leh beidawnna nasa takin a khat niin a lang
Hlimna chu Pathian hnaih taka inhriatnaah a awm a ni
* * *

Pathian hretute chuan an thinlungah hlimna leh hlimna
an nei reng a, Malsawmna dawnga himna leh muanna an

neih avangin thinurna thlipui chuan a tithinur thei lo va,
hlauhna pawh an thinlungah a lut thei lo

* * *

Lehkhabu tha te hi i thian tha ber an ni a; anmahni
hmang hian rilru ropui tak takte'n zawi zawiin an sawi che a,
an thlamuan che a, thurawn tha ber ber an pe che tih i hre
thei Lehkhabu tha chhiar duhna dik tak neih loh chuan thlah
kal zelte ro hlu hloh tihna a ni

* * *

Pathian tanpuina tel lo chuan mite chu an hlawhchham
ngei ang, nunna indonaa hlawhtlinna atana chakna leh finna
mamawh chu a tawp chin nei lo a\angin a lo chhuak a ni Miin
Pathian a ngaihthah hian hlawhtlinna atana \anpuina leh \
anpuina mamawh petu nunna kawng chu a titawp \hin
Thlarau lam chanvo kawngkhar kiktu zawngtute chuan
Pathianin mahni \anpuitute a \anpui avangin an tan
kawngkhar hawn a ni tih an hmu ang
Pathian nena in inrem chuan thilsiam zawng zawng hi
nangmah nen a inmil vek a ni

* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni

* * *

Khawi hmunah pawh Pathian i hmu thut a, i hnena a lo
kal a, a fuih che a, a kaihruai che chuan Pathian hmangaihna
chanchin chu a intan ta a ni

* * *

Hmangaihna chu thinlungah eng chhuakin midangte
hnenah damna êng thawh rawh se

* * *

I naupan lai leh i chak laiin Pathian hriat tum rawh, tar
leh natnaah chuan Amah chu i zawng thei tawh lo mai thei
Miten nun awmzia dik tak an hriatthiam tan hunlai hian taksa
chu a chak lo va, an dam chhung zawng chu thutak zawng ai

chuan an taksa chakna chak lo tak enkawl nan an hmang
thin

* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang

* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni

* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a
source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm

* * *

Kan tawn tawh zawng zawng hmangin kan thang lian a,
chuta tang chuan zirlai hlu tak tak kan zir thei tih kan hriat
phawt chuan Natna leh hrehawmna kan tawn apiang hian
awmzia leh tum a nei vek a, heng thil tawn te hi a khauh hle
chung pawhin, thir zungbun a hmin a, thir mawi tak, chak
tak leh hmanraw tangkai takah a chantir thin mei ang an ni

* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a

danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihhlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni

* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a
chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni

* * *

Kan ngaihtuahna chu eng pawh ni se, Pathianin kan
nunah hmun hmasa ber a luah tur a ni Thlarau lama
thanlenna atana thil pawimawh ber pakhat chu thinlung taka
Pathian hnena thusawi chhunzawm zel hi a ni a, chutah
chuan nangmah ngeiin inthlak danglamna \ha mak tak mai,
nasa taka i rilru hneh thei tur i tawng ang

* * *

Mihring hian Pathianin a pek rilru lama theihna zawng
zawng chu thil rei lo te chhunga thil awm zawng zawng zawn
nan a hmang vek tur a ni lo, chuti lo chuan thil neih duhna
(materialism) labyrinth-ah a bo ang a, a mamawh loh khapna
leh tikhawtlai a siam ang a, chu ai chuan a rilru chakna
hmangin nunna atana thil tulte chu a hmu chhuak tur a ni a,
thil dik leh dik lo, leh thil \ha lo leh \ha lo thliar hrang turin a
thlarau lam thiltihtheihna tihhmasawn tumin a bei tur a ni

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an innghat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la l lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo *
va, a tak takah hman theih loh theory-ah hian hun hlu tak
khawhral loh a tha a, chuti lo chuan intellectual jungle zau
tak karah a inhmu ang a, theory ram a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni
ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak

atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur
chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh *
hriselnaah te, hriat lohnaah te leh finna kawngah te ka hre
reng ang che, i êng malsawm tak, chutih laia hriselna leh
damna pe thei chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna fold-a thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw muang tak, thlum tak
chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimah khuh a ni a, a kawng thim tak kan zawh
lai hian Pathian êng chu min kaihruaitu êng ni turin kan phal
tur a ni Amah chu hriat lohna leh thim zanah thla bial a ni a,
harh hun darkar-a êng ni a ni a, kaihhruaina êng a ni a, leia
nun, tlanthiatna tuifinriat paltlangtute tan chuan North Star
a ni

* * *

Mihringte hi theihnghilh muthilh atanga thlarau lam
harhnaah kan harh chhuah hun a ni tawh Aw Lalpa, ngaihsak
lohna thuk tak a\angin remna, êng, hmangaihna leh khawvel
pum huap mihring lainatna hmun thlenga kan hriatna chu
chawisang turin kan ngen che a ni

* * *

Mihring nun inhnialna hnuaiah Pathian thiltihtheihna leh
thilmakte chu a inthup tlat avangin thil a lo tha chho zel
dawn a, chu dinhmun chu pumpelh theih loh a nihzia ring lo
a, puanzar piah lama thil awm chu a rilru leh rinna nena
luhchilh tumtu chuan kawngkhar chu a tan hawnsak ang

* * *

Rinna tih awmzia chu fimkhur lo emaw, thil awmdan fing
taka hmachhawn loh emaw tihna a ni ngai lo Chu ai chuan,
eng thil pawh thleng se, mi chuan a thinlung zawng zawng, a
thlarau zawng zawng leh a rilru zawng zawng nen Amah a
pan chuan dinhmun harsa leh harsa takah pawh Pathian
chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen thei a
nih chuan leilung hi electron lui angin kan hmu ang a, leivut
chi hrang hrang chu êng zungbun angin kan hmu ang
Thlarau lam thila thil awmte ram chhunga lutte chuan
illusion awmzia an hrethiam a, thutak awmzia an hre bawk
ang

* * *

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm zawng zawng aiin a chak zawk a, Amah hnena
inhumhimna zawngtute humhim thei a ni tih hi a inhriat
chian a ngai a ni Invenna hmanraw tangkai zawk a awm lo
Dik tak chuan, thil thlengte hmachhawn kawngah
ngaihtuahna hmang a ngai a, chutih rual chuan Pathian
tanpuina chu rinna famkim a nei tur a ni

* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni

* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrilh a ni

* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

I hmangaihna circle atang hian tumah hnawhchhuah"
suh Mi zawng zawng hi i thinlungah vawng reng la, anmahni
."thinlungah an dah ang che

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che

Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che

Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a

* * *

Chu thlarau lam mize huaissen leh inngaitlawm tak chu
harh rawh - sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu

* * *

Sawiselna nasa tak, dik lo, fakna leh fakna nasa tak
pawh ka ngaihtuah lo vang Ka duhthusam awmchhun chu I
duhzawng tih hi a ni, Aw Lalpa, I duhsakna chan hi a ni

* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu Pathian
hmangaihna tawp nei loin a ruih tawh ang Mihring
hmangaihna zawng zawng aiin a let maktaduai tam takin
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni

* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang

* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni

* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nget tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuiin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaissen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk

.***

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin
Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Nun chhunga
thil tawn dang reng reng chu Pathian hmangaihnaa inhmang
reng mi thianghlim ka hriat hlimna nen chuan tehkhin theih
a ni lo va, a hmelah hmangaihna thianghlim a chhuak
Pathian mit chu Amah hmangaihtute chungah a awm reng a,
vawi khat mah A kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem

hle

* * *

Thil tihkhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni

* * *

Thiltih \ha lo leh duhna hrisel lo thupek laka zalenna
chuan thil neih hlawhtlinna aiin hlimna nasa zawk a thlen \
hin Thinrimna hlawhtlinnaah hian pawn lam thilin a laksak
theih loh rilru lam hamthatna a awm I hun zawng zawng chu
hausakna khawlkhawmnaah i hmang thei a, mahse chu
hausakna chuan i zawn thlamuanna leh muanna nget tak
chu a pe lo vang che a, a lehlamah chuan hlimna leh
muanna dik tak a awm avangin lungawi lohna tam zawk a
thlen ang che rilruah, thil neihah ni lovin
I nihna dik takah nget taka i din chuan hna zawng
zawng i hlen chhuak a, thil tha zawng zawng chu Pathian
lawmna nen i hlim vek a ni

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawk a ni

* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan tawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn tel lo chuan engmah
kan hlen chhuak thei dawn lo tih kan hriat reng a ngai
Chuvangin kan mawhphurhna lian ber chu Amah lam a ni

* * *

Thiltih dan leh nunphung teha leh rorel dan a awm A
tirah chuan thurin tin hian dikna a la awm tih kan hmuh
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak
lo Thudik chu kan hriat a, kan zawm a ngai a, hlimna min

thlen thei tur chu kan hre chiang a, chu chu kan nunpui a
ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni

* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni

* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni

* * *

Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil

man chu theihnghilh a ni lo vang, a bik takin installment-a i
!lei chuan

* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang

* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte thian nihnaah
chuan, I hmangaihna ka hria a, ka thiante hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan
hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu
a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu

chhungril hlimna awm lo se chuan ka chung a mawhphurhna
phurrit phurrit chuan ka thlamuanna min chhuhsak ang a, ka
hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh
ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuaitsu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhatat

ve kan ni

* * *

Beram rual i hmu ngai em? An zinga pakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiang chu Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has
persisted for generations Every nation has its customs and
traditions, and we can claim that all of them are correct or
sound But who knows? Chutiang nunphung leh thurin
thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna

ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi

tak emaw, thil tawn hlimawm leh lawmawm tak emaw

ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih
hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna
tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah
chuan i la hlim lo tih i hmu mai thei Hausakna i nei a, i
hriselna i hloh mai thei (Pathianin a phal lo) A nih loh leh
hriselna tha i nei thei a, i sum i hloh mai thei A nih loh leh
hausakna leh hriselna i nei ve ve a, mahse midangte nen
harsatna tam tak i tawh a, ngilneihna i hlan a, chu chu
huatna leh thinrimna nena inhmuhna tur chauhvinn i hlan thei
a, chu chu Pathian tel lo chuan, he thilah hian engmah a
awm lo nun hian a ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan
hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i
zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik
tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil
tawnte chu lungawina leh hlimna nghet tak panna kawngah
chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm
leh thil siam loh engmah lo piah lamah chuan chatuan thil
awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna
leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fing tlemte
chauhvinn cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawk chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka innghahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni
* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo
* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni
* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang
* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawk
* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawrh
dan emaw hriatthiamna nei zawk dan tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nun nen pawh tluang zawkin kan khawsa thei ang
* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihhmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a, khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlahna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlahna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chhungte
hnai berte nena inrem taka a awm hi a ni
Mite chuan thil tam tak tihlawhtling lovin hmanhmawh
takin hun an khawhral a, nun hian eng nge a pek tih
ngaihtuah leh hriatthiam tum turin an chawlhsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhian sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawk

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo
thin a, eizawna tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen
atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawn lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh
* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna—an
thlarau lam thil tawn leh hriatna sang zawkte—thlarau lam
hriatthiamna an neih theih nana mi dangte hnena an insem
loh chuan chhandamna famkim an chang lo Hemi avang hian
chutiang dinhmun thleng tawh leh chutiang dinhmun thleng
tawhte chuan a mamawhtute hnena hriatthiamna pek an
duh em em a ni Hlawhtlinna dik tak i duh chuan nangmah
hlimna chauh ni lovin midangte hlimna pawh i humhim ang
* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduaia a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni
* * *

Mi tu emaw chuan hun rei tak chhung ngawi renga awm
a thlang thei a, an chhungte hnenah thu sawi duh lovin He
mi hian chhungril thlamuanna engemaw chen a nei thei a,
mahse an nungchang chu mahni hmasialna leh an
chhungkaw hlimna tichhe thei a ni An hmangaih tak takte
pawhin an thil tihlawhtlin a\anga hlawkna an hmuh loh
chuan hlawhtling tak takah ngaih theih an ni lo chu chuan mi
dangte sum leh pai leh nunphung siam ṭha tûra ṭanpui tûra
nungchang lama kan mawhphurhna a keng tel bawh
* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber êng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitate tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihdan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo
Hlawhtlinna tehfung dang a awm bawk a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kawka ni
Hlawhtlinna dik tak chu felna thu bulte chungah inngat thiltih
atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hmang, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu

level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihzia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Khawvel hmun zau tak, hmun ruak ang maia lang, zau
takah hian khawvel pum huap inzawmna leh chatuan nunna
a awm a, chu chuan khawvela thil nung leh nung lo zawng
zawngte nen min inzawm khawm a ni—nunna chungnung
ber thlipui, awm zawng zawnga luang chhuak Chatuan chu
kan chenna dik tak leh kan chenna nghet tak a ni a, heng
taksaa kan awmna hi hun eng emaw chen atan chauh a ni a,
thlaler kal tlanga caravan-te tan chawlh hahdamna rei lo te
ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inngaihtlawmna leh inzhah
tawanna boruakah a lo thang lian a, a lo thanglian bawh

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihte hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn te, an tih tur hlen chhuah te, an nungchang
hlutna siam te, an zirna thuk tak te, leh mahni hmasialna an
pumpelh avanga an ropui chhoh dan zir chianna a\angin kan
hria An rah chhuah leh an hlawhtlinnate chu an thawhrimna
aiin teh theih loh khawpin a ropui zawk a ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna hi duhthusamin an thlang
lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur daltu a ni
Hriat lohna hi hnim tha lo, zung thuk tak nei, mihringte
huana lo thang, thing tha leh hlawkthlak tak takte
hnawhchhuahtu a ni Hriat lohna hi hneh a ngai a ni
duhthlanna nghet tak leh tumruhna nghet tak Rilru leilung

chu rilru lam ngaihtuahna dik tak [a ̣̣a lam] nêna loneih a
ngai a, chi ̣̣hate chu rinna tuiin a tuih a ngai Hmangaihna
êng pawimawh leh lum tak takte a lo eng hunah chuan
̣̣hatna chi chu a lo ̣̣hang lian ang a, parasitic hnim leh thlai
chi hrang hrangte chu a hneh ang a, êng awmnaah chuan
thim chu a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifiah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh Chiang taka focus lens hmang
hian malsawmna thlalak chu Chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat chian a ni

* * *

Lungawina chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n nangmah
an zawn ai chuan Hmangaihna leh iṇ̣hiaṇ̣hatna chu beisei
leh phut let lovin pek tur a ni a, beiseina hian thinrimna leh
thinrimna a hring si a, Mahni insiamthat tumna kawngah
pawh mahni chauhva, him tak leh thlamuang takin mahni
nungchang ̣̣ha leh mahni hlutna kulhpui chhungah a ding tur
a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawng zawngte chu khawih vek rawh se
* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni
* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlaraute an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni
* * *

Universal consciousness hi absolute, infinite
consciousness a ni a, a thil siam chhuahnaah pawh a insiam
thar reng a, a tawp thei lo va, nangmah kaltlangin a thil
danglam bik tak chu pholan a tum a ni
* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni
* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -
Pathian khawngaihna leh tanpuinain - an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni
* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell chhungah
a awm a, ngaihtuahnaah chuan nungchang \ha emaw, thil \
ha lo emaw, rilru put hmang angin a lang chhuak \hin Mi
pakhatin a thluak cell-te chu chutiang tih dan thiltihtheihnaa
charge a nih avanga tih dan hrisel lo tuar chuan duhthlanna,

ngaihtuahna, thinlung taka tawngtaina, leh \ha taka
nemngheh chhunzawm zel hmangin an thil tih duh loh
zawng zawng chu remna nun \ha takah a chantir hma loh
chuan a zalen thei a ni leh thlamuanna Hei hi a dik taka
kaihhruai nunna chakna chuan thluak cell-te nihna danglam
tak chu thlak danglam tura hna a thawh hian a thleng a,
chutiang chuan chu cell-te chu thil \ha, thil \ha leh mawi
zawng zawngin a khat ta a ni

* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahna a ni

* * *

Nitin scene hrang hrang kan hmu a, nitin hian zir tur
thar a rawn keng tel Miin a awm chhan ber: a nihna bul leh a
nun lungphum hriat chian a, a rilru a pe a, chu chu a zir
chhuah ngei beisei a ni
Hun kal tawh lungngaihnaate theihngihl a, chu chu awm
reng lo turin i thawk ang u, tumruhna nghet tak leh
duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnate
tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
tak takte i chawm ang u

Pathian hi ka chakna a ni a, chakna dang ka ring lo
Nun indona do la, a tawp thlengin beidawng la,
beidawng ngai suh, "Kawng ka hmu thei lo va, chuvangin ka
beih ka bansan ang" Ti ngai suh, I tihsual a nih chuan
kaihhruaina dil la, mahse beih kha titawp ngai suh Mi tam
takin harsatna an tawh hunah hnehna an pawm a
Hlawhchhamtute chuan mi hlawhtlingte nen an inzawm tur a
ni, hlawhchhamna ni lovin Hlawhtlin tum tlat rawh; chu chu
nunah i philosophy ni rawh se

Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,

leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Thiltih \ha tak din i duh emaw, thil \ha lo i tihchhiat duh
emaw chuan, tih dan hrang hrangte mechanism awmna
thluak cell-te chu ngaihtuah la, tih dan \ha din tur chuan,
ngawi rengin thu la, ngaihtuahna seng hmasa la, Pathian
kaihhruaina zawng rawh
I rilru chu i hmai chhunga, i mitmeng inkar, duhthusam
center-ah dah la, i thluaka i tuh duh tih dan chu nghet takin
nemnghet rawh Thiltih \ha lo tihbo i duh hunah pawh i
ngaihtuahna chu duhthlanna hmunpuiah dah la, chutiang tih
dan phung nghetna groove zawng zawng chu tihbo vek a ni
ti nghet takin nemnghet rawh
Focus leh willpower hmang hian thil hlui nghet tak takte
furrow thuk tak pawh i ti bo thei a ni

I thluak a\anga thil \ha lo hrisel lote hrual chhuah duhna
i nei tih hi inhriat nawn leh rawh He nemnghehna hun \ha
ber chu zing hma takah i duhthlanna leh i ngaihtuahna a san
ber lai a ni tih hi inhriat chian chhonzawm zel la, ni khat chu i
hmu ang—Pathian \anpuinain—i tihchhiat duhna tih dan a\
angin i zalen tak zet a ni

I hlauh apiang chu i ngaihtuahna ata hnawhchhuah la,
Pathian kutah dah rawh Pathian i rinna tichak la, a pui thei
che a ni tih ring la, hrehawm tawrhna tam tak chu
lungkhamna leh lungkhamna a\anga lo chhuak a ni tih hria
ang che

I hlauh ber thil chu a la thleng lo a, engvangin nge tunah
hian i tuar ang? Kan buaina tam zawk hi hlauhna atanga lo
chhuak a nih avangin kan nun atanga hlauhna kan paih
chhuah chuan zalenna kan nei ang a, damna a awm nghal
ang

Zan tin, i mut hma lawk hian Pathian chu i hnenah a
awm a, a venghim che a, a enkawl che tih chu nangmah
ngeiin nemnghet la, a venhimna êng chuan a sir zawng
zawng atanga a hual vel che chu mitthla la, a humhimna
mak tak chu i hre ang

He cosmic play-ah hian mihring chi hrang hrangin hun
kal tawh stage-ah nunna drama an enact a
Kan chanvo hun eng emaw chen atana buai lutuk emaw,
ngaihtuah lutuk emaw lovin nun awmzia hi kan hrethiam tur
a ni Nun kan hriatthiam dan hi mahni hmasialna leh thlirna
tlemte atanga kan thlir avangin a dik lo va, a dik lo fo thin a;
thlarau mit hmanga kan en chuan thil danglam tak a\angin
kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni
Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkharte an kik a, thim ai chuan êng hmu turin min fuih
a, hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna in tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna
thlenna kawngah thawhhona tha tak nei turin min fuih a,
chutianga kan tih hunah chuan hriat lohna a bo ang a,
khawvel inthliarna a bo ang, inpumkhatna kan hmu ang chi
hrang hrang a awm a, Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inlaichinna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara kan inlaichinna ang hi A fate kan ni a, min
ngaihsakna pawh a awm reng a; Min ngaithla fo thin A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawh Hmangaihna, hriatthiamna,
hriatthiamna, duhsakna tha leh thlarau lam chakna

hausakna tawp thei lo min pe a, mahse a tam zawk chuan he
hausakna hi engmah lovah kan khawhral a ni
Chhungkaw ropui leh hmangaihna nei tak member-te
tlin angin himna, muanna leh \hian \ha taka \anhona nei
turin Pathianin min duh a, mahse duhâmna leh mahni
hmasialna chhut dan chuan mite thlarauah a lo chhuak a,
zung a kai a, chhungkaw inkarah inthenna a siam ta a ni
Pathianin hotu ni turin min duh a, mahse bawih ni turin
kan thlang ta a ni Mihringte hian kan van hmun a\angin hla
takah kan kal bo a, Pathian hnaih leh Pathian hnaih ber nia
inhriatna chhungril paradis chu kan hloh ta a, chu paradis
chu mimal thawhrimna tel lo chuan Pathianin a anpuia min
siam chu a la let leh thei dawn lo a, mahse he thutak hi kan
rilruah a tlan chhuak ta a ni
Kan chanvo chu harsatna a ni a, kan chanvo chu boralna
a ni tih ngaihdan dik loah kan inpe tawh a, puan hnung lama
thudik êng tak chu hmuh theih nan finna dagger hmangin
inbumna puan chu kan phelh a ngai a ni
Ka dam chhung kum rei tak chhung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhunzawm zel a, ka nun huante tui
pe tu tuikhuah malsawmna angin a puak chhuak thin
Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo
Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle
Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm

nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin

Ka duhthusam awm chhun chu i rawngbawl hi a ni a,

chuvang chuan hetah hian ka awm a ni

Pathian thiltihtheihna chu in nunah pawh a thawk reng

a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen

atanga lo chhuak a ni tih in hriat hunah he thutak hi

nangmahni ngeiin in tawng ang

Pathian nena hun i hman apiang hi i hlawkna tawp ber

tur a ni ang a, hmangaihna avanga i tihhlawhtlin zawng

zawng leh Pathian ti lawm tura i tih zawng zawng chu

chatuan record-ah i tan ziah a ni ang

I ngaihtuahna thuk tak awmna hmunah chuan

hnungtawlh la, ngawi renga tuikhuah atanga thlamuanna

luang chhuak chu hlim takin hmang rawh

Thil tha kan tuh chuan lawmna leh malsawmna kan seng

a, thil tha lo kan tuh chuan harsatna leh harsatna chi hrang

hrang leh degree hrang hrang kan seng thin

Thil tha tih apiang hi Pathian hlimna tuikhuah

phochhuah tumin hriatna leilung kan lai chhuak pickaxe ang

a ni

Lehkhabu tha emaw, rinna emaw, harsatna emaw,

philosophy emaw, chhungril hlimna emaw nena inzawm

pawh ni se, mahni inhriatthiamna leh chhui chhuahna

tuipuah chuan pil zir rawh, mi pangngai [ngaihtuahna]

mahni chauha awm chu hlimna dik tak man a ni tih hre reng

ang che

Nun hi sawi lawk theih loh, duhthusam, leh thuruk,

rinhlelhna leh harsatna leh buaina chi hrang hranga khat

angin lang mah se, Pathian venhimna hnuaiah kan awm reng

a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo

va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan

chu hlauhna hian min hneh kan phal chuan sualna chu

thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlauhna leh hlauhthawwna

Zan tin heti hian inzawt rawh: Pathian nena hun engzat

nge i hman tawh, engzat nge i ngaihtuah a, engzat nge i
tihhlawhtlin tawh, engzat nge midangte tana i thawh tawh,
?engzat nge i duhzawng i thunun

Nun harsatnaah hian hlimna leh thlamuanna nget tak

hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh

paltlang ila, movie-a mi dang thil tawn, nuam emaw,

hrehawm emaw kan en ang bawkin kan hmachhawn ang

Mi pakhat chuan a thil tawn zawng zawng chu a rilruin a

phalsak chuan hrehawm, hrehawm takah a chantir thei

Hriselna tha tak neiin a hlutna pawh a hrethiam lo mai thei

Mahse, a damloh chuan chutih hunah chuan an inngaitlawm

ang a, damna malsawmna chu an ngaisang ang Pathian

duhsakna kan pawm tur a ni a, lawmthu sawi tur a ni a, kan

chunga malsawmna min pekte chungah lawmthu kan sawi

tur a ni a, lawmthu kan sawi tur a ni tin, A khawngaihna chu

pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur

a ni Miin a rilru inthlauhna a hloh chuan lungkhamna,

lungngaihna chhum leh hrehawmna nasa tak karah a

hlauhawm ta a, hriselna, hausakna leh finna dan bawhchhiat

a tum chuan natna, retheihna leh hriat lohna te a tuar ngei

ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan

thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min

thlen thei zawnga kan che tur a ni a, nun dinhmunin kan

thlamuanna a tibuai a, kan hlimna a tichhe thei lo

Thinlung lungngai leh ngaihtuahna kehchhia te hian min

hip a, eng anga hla pawh nise

I hmangaihna lalram êng tak ramri chu zawi zawiin i

chhungte, i thenawmte, i khawtlang, i ram, leh ram leh

thilsiam hriatna nei zawng zawngte pawh huam vek turin
tizau rawh

Kan finna pawh kan tichak tur a ni a, kum tam tak leh
thlah kal zel atanga kan rochun finna leh nungchang lama
chak lohna phurrit chu kan hnawl tur a ni Heng
bawlhhlawhte hi thutlukna thar leh thil siam chhuah theihna
meipuah hian halral vek tur a ni Hetiang ngaihtuahna siam\
hatna hmang hian mimal inpekna dik tak chuan zalenna leh
zalenna hmun a thleng thei a ni
Nunna stage-a i chanvo ropui tak i chan theih nan i
chhunga thiltihtheihna tawp nei lo chu activate rawh
Miin thil neih emaw, sum leh pai emaw, hmingthanna
emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan
hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna
zawng zawng dahtute chu a takah chuan chibai bûk an ni a,
chuvângin Pathian chu an hnaih lo va, Amah chu an
inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an
ngaihtuah a, an thinlunga Amah nêan an inbiak thinte chuan
Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni
Amah nena ngawi renga an inpawlnaah hlimna
Pathian chauh hian mihring duhthusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni
A zawngtuin Pathian a hriat reng theihna tur leh a hnaih
theihna tura pui thei chhinchhiahna thianghlim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo
Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a

inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nêan an ngaihtuah a ni
Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Pathian chu thinlung taka hmangaihtu leh amah nena
inrem zawng zawngah a inlan thin tih theih a ni, a chhan chu
khawi hmunah pawh a awm a, chuvangin mi zawng zawngah
a awm reng a ni Amaherawhchu, mi zawng zawng hian
Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah pawh inang tlangin a eng a,
mahse diamond hian ni eng a dawng a, a lantir thei lo
Chutiang bawkin mi zawng zawng hi Pathian êngah an
inhnim pil vek a, mahse mi tlemte chauhvin chu êng chu an
dawng thei a, an ngaihtuahna leh thiltihah an lantir thei a,
chutiang ti tur chuan ngaihtuahna hmangin leh Pathian
zirtirna leh thupekte zawmin an inthiarfihlim a ngai a ni
Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai
pawhin! Chutiang tawngtaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang

lo tih hi mak a ti lo! A "ṭawngṭaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu
thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah Pathian hming kan hril tur a ni a,
duhthusam leh Pathian hmangaihna nen; hei hi Pathian
thinlung khawihu biakna dik a ni Thianghlim tak leh rilru
vakvai taka Pathian hming sawi chu Pathian sawichhiatna
leh zah lohna a ni Mi pakhatin a tawngtai hian a thinlung leh
rilru chu Pathian hmangaihnain a khat a ngai a ni
Aw Lalpa, Nang hi fiahna leh hrehawmna tuipui buai
takah ka ngaihtuahna vakvai kaihruaitu Pathian Hmarchhak
Arsi chu i ni

Yogic exercise sang zawk hmanga rilru concentration tih
hian Pathian ngaihtuah leh Amah nena inbiak pawhna a pui
ang bawkin Pathian, ropuina leh ropuina bulpui ber chu
hnaih zawk turin a pui a ni

Pathian ngaihtuah nâna thlarau lam inhnukdaw (a theih
chuan) atân kar khatah ni khat inpek a pawimawh a,
thlamuanna, remna leh chhûngril thlamuanna tawn hi a
pawimawh hle Chutianga hun hman chu kar khat chhûnga i
hmachhawn tur harsatna leh lungkhamnate tân chuan a
thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihdam nan kar tin
ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawkna"
emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh
lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang
Mahni chauhna hi ropuina man a ni He thlarau lam
inhnukdawkna leh i thlarau leh Pathian nena inzawmna

hmang hian i rilru, taksa leh thlarau tana rah chhuah mak
tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan
zingkar hma takah i harh veleh Pathian remna tuifinriatah i
inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur
a ni bawk

India rama mi fingte chuan ni khat chauh inthiarfihlim ni

lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna
hman a tulzia an sawi uar a, zing khawvar hmain, tho leh
tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu
a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti
thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a
hmang leh tur a ni A tawp berah chuan zan lama mut hmain
vawi khat chu thlamuanna dinhmunah a lut tur a ni belh
Mahni chauha awm leh heng nitin hun li chhung zawnga
taima taka ngawi renga awmte hian Pathian nena inremna
an tawng ngei ang Heng hun zawng zawng zawm thei lote
hian zing leh tlai darkar tal chu hemi atan hian an hlan tur a
ni Chutianga an tih chuan an nun chu a tha zawngin a
inthlak ang a, hlimna dik tak an tawng ang experience hi a
finfiahna tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i
ziak chhunzawm zel a, i sign zel chuan i sum a tawp ang I
nunah pawh chutiang bawk chu a ni I nun account-a remna
dah reng loh chuan i chakna a tlahniam ang a, i thlamuanna
chu a bo ang a, i hlimna chu a bo vek ang A tawi zawngin, a
tawpah chuan rilru, rilru, taksa leh thlarau lam bankruptcy i
tuar ang Mahse Pathian chungchang ngaihtuah thuk tak
chuan a tipung leh ang i emotional account a ni
A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a,
Pathian hmangaihtu i nih a, a awmna tawn duh i nih chuan, i
rilru leh taksa chu a thlamuannaah i thun lut tur a ni a, nun
hian a nuihzat ang che a, i thil tih chu kawng tam takin a lo
tha chho ang

Mi rilru hahdam chuan tihsual a nei tlem hle a, mi sang
tam tak hlawhchhamna hmunah pawh a hlawhtling thin
Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngah a silfai
ang

Thla pakhat chauh hi arsi zawng zawng inzawmkhawm
aiin a eng zawk a ni Ni, a te tak te anga lang chuan a aia a
let maktaduai tam takin a lian zawk hmun atang chuan thim
a ti bo thin Chutiang bawkin, mi tha chuan khawvela a awm
mai mai avang hian mi sualte tihchhuah vibration tam tak
dodaltu leh neutralize thei vibrations a pe chhuak thin
Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni bawk
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring nu leh pate hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak a ni a, hmangaihna nei nu
chuan midang duh lohna hmunah a ngaidam si a Pa chu
Pathian finna lanchhuahna leh a fate humhimtu a ni
Mi pakhat chuan Pathian a\anga in\henin a pa leh a nu a
hmangaih tur a ni lo va, a hmangaihna humhimtu leh fing
tak lantir nan Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a; chuvangin nu leh paah
chawimawi tur a ni

Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih bawk a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a

hmangaih tak takte chu vau an nih chuan Pathianin an
hna a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna
lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian
an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga zia, lemzia, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang
Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu
khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni
Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, thil tum sang zawk, leh thlarau lam thu bulte
lantir nana a chakna chu thiltum sang zawk lam hawia kalpui
a ni Miin mipat hmeichhiatna ngaihtuahna a\angin hlimna a
hmu tur a ni lo va, khap thil chu a duh tur a ni lo Hetiang ang
mahni inthununna hi a thlen hunah chuan mipat

hmeichhiatna leh a thiltum sâng zâwk chungchânga ngaih
dân dik tak a nei ang

Mipat hmeichhiatna lama bawih nih chu hriselna, mahni

inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni

Lehkhahu thianghlimte pawhin rukbo lo turin min fuih
bawh Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,
hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious
desires must be disrooted from the mind Thlarau lam thila
innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriatna leh a hriat loh hmun a\angin
malsawmna a luang chhuak ang Hei hi Pathian dan dik lo
thei lo a ni Rukru leh mahni hmasialtute chungchang erawh
chuan thil neih zawngin an nun an hmang \hin thil neihte,
anmahni sum bawm chu rangkachakin a khat pawh ni se, mi
dangte thil neihte chu an en reng a ni

Tisa lama mahni hmasialna hi kalsan a nih loh chuan

khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thudik dik lo sawi chhuah

loh hi a ni Thutak tihdanglamna hmanga mi tihnat chu
khawtlang inremna tihchhiatna kawng dang a ni Miin enkawl
that a duh chuan chutiang chuan midangte a enkawl tur a ni
Thudik chu sawi fo tur a ni a, mahse thudik sawi leh thudik

sawi mai mai inkara thliar hran tur a ni Mi pakhat kebai
emaw mitdel emaw tia sawi chu a ti na a, a tichhe thei a; mi
pakhatin mi dangte rilru put hmang ngaihtuah a, mualpho
loh tur chu ai chuan, mi dangte tihmualpho emaw, tihchhiat
emaw pumpelh nân dinhmun thenkhatah chuan a ngawi
reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu
thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian
neih a duh emaw, a duh zawng emaw aiin a ropui zawk daih
a, Pathian chu mihring tinah a lang chhuak a, chu chu
mihring dangah a lang lo An hmel chu midang hmel ang a ni
lo va, an thlarau pawh midang ang a ni lo, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Kan nun hi thil \ha tihin eng leh \hang lian se, lawmna
leh lawmna rimtui, min ngaihlutute hriatrengnaah chatuan
atana nung turin kan duh a ni

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan
rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni

Mihringte hian universe-a thil awm zawng zawng tawp
nei lote chu an duh angin an thunun thei lo va, an tidanglam
thei lo va, an thai bo thei lo Heng thil awmte hi mihring
nunna puan nen hian inzawm tlat an ni a, mihringte hian

anmahni atanga inhlat takin hna an thawk thei lo a,
Amaherawhchu, mihringte hian an rilru chu heng thil chi
hrang hrangte nena insiamrem turin an thunun thei a, an
tihchhiat loh nan

Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an taw
tlem vang emaw ni lovin, thlamuanna, thlamuanna,
lungawina leh a tawi zawngin hlimna pe theitu rilru lam
inthlahna an neih vang a ni zawk

An hlimna atan pawn lam dinhmunah an inngat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nghet tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo

Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan hman tawhna hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhonzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo baw
Kan tuh
tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan quality
tihchangtlun kan tum a nih chuan sengkhawm
Thiltih chi, a rah chhuah hrehawm tak takte chu kan
tiboral a, a aiah thlarau nihna nena inmil zawk chi kan phun
chuan, chu thlarau leia tuh chi tha tak takte atang chuan
hlimna rah chu kan seng ngei ang Kan duhthlanna zalen chu
tunah hian, tunah ni lovin, naktuk ni lovin, hlimna nasa zawk
kan neih emaw, hrehawmna leh hrehawmna tihziaawm
emaw kan duh chuan kan duhthlanna zalen kan hmang tur a
ni

Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang
Aw Lalpa, ka nihna chu I chaknain khat rawh se, ka
thinlung hi I awmna thlamuanthlak leh lainatnain khat rawh
se, ka rilru chu I finnain khat rawh se, ka thlarau chu I
Pathian hriatnain khat rawh se
In thinlung leiah chuan hmangaihna chi chu a lo thang
lian a, chu chi chu khawvel pum huap hmangaihna leh
khawvel pum huap lainatna tuiin Tui rawh
Rilru thiltihtheihna hi a tawp lo va, chumi ang chuan eng
thupui pawh ngun taka i ngaihtuah chuan chu thupui nena
inzawm zawhna eng pawh chhanna i hmu ang
Miin a hnathawh leh thiltih zawng zawng chu mi dangte
rawngbâwlina atân a hlan a, rilru hlim tak pu chungin a hlen
chhuak a nih chuan ngaihtuah leh lâwmthu sawi a phu tak
zet a ni
Kawng khata awm tur kan ni lo va, kan hnathawh hi kan
inthlau tur a ni a, kan hnathawh leh kan tih tur te hi kan dah
pawimawh ber tur a ni, pakhat zel pawimawhna azirin
Duty chu miin taksa lama hlawkna tur ni lovin hlim taka
a tih thiltih a ni a, thlarau lam leh nungchang lama tih tur
chu nunah a hmasa ber tur a ni
Mihring tin hian theihna hman loh (untapped potential)
kan nei a Chakna tul zawng zawng an nei Rilru ngei pawh hi
thiltihtheihna sang ber a ni a, thil tih dan leh ngaihdan
hmanlai leh khap tlat a\angin a chhuah zalen a ngai a ni
Planet leh arsi te hian mihring nunna a nghawng dan hi
planet leh mihring taksa inkara inrawlh leh hnawhchhuahna
chakna (intervening forces of attraction and repulsion) vang
a ni
Ngaihtuahna sual chuan mi chu a duh dan ang zela a
inpuan chhuahna hmun chhiatna hmunah a hruai a
Amaherawhchu, mi pakhat chuan duhthlanna hmangin a

ngaihtuahna leh hriatna chu a thlak danglam thei a, chumi
avang chuan a chhehvel Mi pakhat chu boruak tha lo takah
hun rei tak a awm chuan chu boruak chuan a hriat lohvin a
nghawng tan a Hun kal zelah chuan boruak hrisel leh hrisel
thlan theihna zalenna chu a hloh vek a, chu boruak
chhiatthlak tak chuan nghawng tha lo tak hnuaiah a awm ta
a ni Duhthlanna chak tak neite erawh chu Pathian nen an
inrem a ni

Thinlung chakna (concentrated mind energy) a ni
Magnifying glass hmanga ni êng chu hmun tenau takah i
dah chuan lumna a siam a, chu lumna chuan thing, puan,
lehkha leh thil dang tam tak a tiharh thei Chutiang bawkin, i
rilru dik taka i dah chuan a chakna inzawmkhawm chuan
hlawhchhamna zawng zawng hnuaia rinhlelna zung chu a
kang bo thei a, finna êng chu a eng chhuak thei a ni
Rilru chu thil \ha zawng zawng bul leh thiltihtheihna
zawng zawng lo chhuahna Pathian nêna a inzawm chuan
Pathian awmna a hre Chiang a, hlawhtlinna thil zawng zawng
a nei vek a ni Heng thilte hi Pathian thiltihtheihna nasa tak
nên a inzawm tlat a, eng kawngah pawh hlawhtlinna hun
remchâng thar a siam thei a ni
Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni
Fiahna leh hrehawmnate hi mi tihchhiat emaw, a
duhzawng tihbuai emaw tur a lo thleng lo va, Pathian
ropuizia ngaihlu turin leh a dante zah tir turin a lo thleng
zawh a, chuta tang chuan hlimna dik tak an neih theih nan
Pathianin heng fiahna khirh tak takte hi a tir lo a ni, a chhan
chu a bul berah chuan mihring siam a nih avangin Mihringte

hnen atanga thil phut zawng zawng chu ngaihsak lohna
muthilh atanga a hriatna tiharh a, hriat lohna thim atanga
chhuah chhuah hi a ni hriatna êng chu
A tam zawkah chuan kan hriatnate hian hlimna rei lo te
min tiam a, a tawpah chuan hun rei tak chhung hrehawmna
leh hrehawmna min thlen thin Nungchang tha leh hlimna dik
tak erawh chu a tiam tlem hle a, mahse a tawpah chuan
hlimna thianghlim leh nghet tak min pe thin Hei vang hian
chhungril, hlimna rei tak chu hlimna dik takah ka ngai a, hun
rei lote chhunga tisa hlimna chu hlimna mai maiah ka ngai a
ni

Van boruak atanga mel maktaduai tam tak atanga ni i
en chuan chu arsi lian tak chu kan Leilung aiin a te zawkin a
lang a ni
Mahse, Leilung hi mel 7,900 vel a ni a, chutih laiin Ni hi
Lei aiin a let za zetin a lian zawk Kan planet Earth hi Ni
hmaah direct-a dah thei ta la, Ni nena khaikhin chuan dot te
tak te angin a lang ang
Ni chakna chak tak chu a zau zel a, a zau zel a, a mass
lian tak chuan van boruak dum zawng zawng a ei zo vek
tawh ang u. Kan hmuh van hi a tlem ber mai a ni a, a speck
te tak te tak a ni tak zet a ni, chu chuan universe tawp nei lo
chu a huam vek a ni
Ni chu a zau zel a, space-ah hun tiam nei lovin a inzar
pharh chhonzawm zel a nih pawhin, tawp chin nei lo chu a la
huam thei dawn lo
Cosmic illusion of smallness and finitude hian rilru chu
chu cosmic vastness chu a hriat theih loh nan a tikhawtlai a,
a tikhawlo bawh
He absolute void hi khawi atanga lo chhuak nge a nih a,
?khawiah nge a huam chin

Dimension emaw, tehna emaw hnuaia awm lo, tawp
chin leh bul tanna nei lo chu Pathian a ni a, hmun tina awm
leh hmun hla ber ber a awm a ni Arsi hla tak, hla tak takah a
awm Nangmah leh ka chhungah a awm ang bawkin , a hmun
luah zawng zawng chu a hre chiang hle a, eng ang pawhin te
emaw, lian emaw pawh ni se

Hun kal tawh chu mihring tam zawkin an hre lo va, mi
êng nei tlemte thlan bikte tih loh chu Mahse, hun kal tawh
kan hriat lohna pawh hi kan hlawkpui a ni A chhan chu he
nunah leh nun hmasa lama kan thil tih zawng zawng hi hre
vek ila chuan kan thiltih tam lutuk hian min hneh vek ang a,
kan buai vek ang Kan duhzawng chu a mangang lutuk
avangin a paralyzed pawh a ni thei a, kan thil tum
chhonzawm thei lo turin min siam thei a ni..

.....
leaving us prey to despair He lei nunah pawh hian
theihnghilh hi Pathian malsawmna a ni a, kan ngaihtuahna
leh rilru put hmangte chu hun kal tawh hriatrengnain a ei zo
lo va, a bik takin a hrehawm leh hrehawm tak takte chuan
Vanneihthlak takin, kan chhunga Pathian meialh chu
beiseina leh nun kawng tawp lo chhonzawm duhna nen a
eng chhuak fo thin Heng malsawmna pahnih: theihnghilh
theihna hi Pathian hnenah lawmthu kan sawi tur a ni hun kal
tawh leh hmalam hun beiseina te

Fate hian duhthlanna zalenna kawngah daltu a siam tih
hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih

phawt chuan, chutiang a nih loh chuan mi chuan hlimna dik
tak a tem thei lo vang

Thiltih kan tan hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a tam thei ang ber beiseina nei tur a ni a,
duhthlanna hman leh duhthlanna zalenna hmanna kawngah
engmah a ding thei lo tih rinna famkim nen

Mihringte hi lui chungah hnah leng ang mai kan ni fo va,
chu chu automatic habits current atanga inhnukdawh a ngai
a, chu chuan illusion leh destruction waterfalls lam pan a
phur a ni Mi tam zawh chu ngaihsak lo angin an lang a,
current in a nuai bo an phal a ni

Kan thil tum kan hlen chhuah loh chuan, kan thlen theih
lohna tur daltu kan siam chhuah a awm tih hi implicit takin
pawm a ni Kan duh ang result kan neih theih nan kan beih
chhonzawm zel tur a ni a, kan thawhrimna hi a let hnih zetin
kan tipung tur a ni Kan intiam a ngai bawh a, eng ang
harsatna leh harsatna te hi eng ang pawhin chak leh
hlauhawm tak ni mahse, kan hlawhchham pawhin hneh
theihna chakna kan la nei reng a ni despite all our attempts,
there is no need for desperation or frustration, as long as we
understand that human will is stronger than destiny, which is
of our own making Chuvangin, vawh engzat pawh
hlawhchham mah ila, beih kan chawhsan tur a ni lo, a chhan
chu kawngkhar inhawng a awm reng avangin Hlawhtlinna
min pek hma loh chuan kan beih chhonzawm zel a ngai a,
chu chu kan beih nawn leh zel a ngai mai a ni Pathianin
Amah kan chhân lêt phawt chuan tanpuina min pe ang tin, a
tul anga theihtawp chhuah rawh [Kawng zawh chuan a tum a
.thleng ang a, Pathian ringtu chu a beidawng lo vang]

Miin thil engemaw nasa tak leh nghet taka a duh chuan,
chu duhna chuan an hriatna a chhuahsan ngai lo va, khawi
hmunah pawh kal se leh an buaina chu eng pawh ni se A
thiltih reng reng leh chau lo tak hmangin, chu duhna chuan
tumruhna leh chakna nasa tak a nei a He chhungril thusawi
hi mechanical dilna aiin a chak zawk a, a hlawk zawk a, chu
chuan hmui a tichhe mai a This is how those who love God
act They whisper their love for Him ceaselessly, their
heartfelt whispers remaining inaudible throughout their daily
activities He thinlung taka thusawi hian an ngaihtuahna a
tibuai lo va, an tih tur dangte nen pawh a inhnial lo va
Pathian an duhna a lo lian zel a, Amah an hmangaihna chu a
thuk leh zual a, a zual zel a, A awmna an tawn a, thlarau mit
hmanga A êng an hmuh hma loh chuan Hlimna nasa tak an
tem a, sawifiah theih loh thlamuanna an nei bawh

Pathianin nunah kan mamawh zirlai te chu kan hlawkpui
theih nan leh hriatthiamna leh tawnhriat kan neih theih nan
min tir a, chu zirlai chu pumpelh apiang chu eng chen pawh
ni se zir tura nawr luih a ni ang

Fiahna tinreng hi kan zir chhuah chuan thian a ni a, hun
remchang kan khawhral a, phunnawi, thinrimna leh rorelna \
ha lo tak nena kan hman dik loh chuan thuneihna sang tak
nei (tyrannical despot) a ni

Hriatthiamna \ha tak leh nun chungchanga rilru put
hmang dik kan neih chuan a mawi a, buaina awm lo a lo ni \
hin

rilru lam thil thlengte

Mi chu chatuan atan hlimna thlipuiah a phur thei lo va,
lungngaihna tui buai takah a pil thei lo va, boredom thuk
takah pawh a pil thei lo He khawvel pahnih inkara inhnialna
hmunah hian mi pangngai chu a sang leh hniam a tawh thei
lo—hlimna thlipui chungah a tho chhuak a, ngaihsak lohna
thlipuiah a pil a, lungngaihna thlipui nasa takin a tossed a—
lungngaihna thlipui tleh nasa takin a toss kual thei lo—
chutiang dinhmun dang a tawng
lo.. . . .
rilru harhna

Chutianga thil awmdanin a ngaihtuahna a tihbuai
phalsak chu a duhzawng chu thil duhthusam leh danglam
reng tur chanvo (capricious and ever-changing fate)-ah hlan
tihna a ni Miin nun hlawhtling leh hlawhtling tak a neih theih
nan a mamawh chu rilru inthlauhna a ni a, hei hi
ngaihtuahna fim tak leh a rilru lam thiltihtheihna (emotional
faculties) thununna hmang chauha tih theih a ni

Lungngaihna thuk ber pawh hi hun kal zelah a dam a,
chuvangin kan nunah nitin lungngaihna ngaihtuah hian
awmzia a nei lo Hmangaih tak boralna lungngaihna reng
reng hian anmahni emaw, keimahni emaw a pui lo va,
engmah a tidanglam lo Chutiang bawkin, inferiority complex
neih emaw, hun kal tawha tihsual emaw, hlawhchhamna

emaw avanga mahni hrem emaw hi a counterproductive a
nun chu a ti hrehawm lo va, rilru chakna a titawp mai a ni

Boring routine khurah kan tlu lut tur a ni lo, a chhan chu
chu chu rilru lam dinhmun, nuam lo tak a nih avangin, rilru a
tibuai a, theihna thup te chu ngaihsak lohna furnace-ah a hal
a ni

Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
 \anpuinain, buh seng tam tak seng tur chuan taima leh
 tumruhna nen nunna lote chu laih chhuah a ngai a, \hatna
 chi tuh a ngai baw
 Tun hmaa tuman an la tih ngai loh thil ti rawh—khawvel
 mak tih tur thil ti rawh Pathian thil siam chakna chuan
 nangmah hmangin hna a thawk tih lantir rawh

Mi rilru muang leh zahawm tak nei mite chuan kan
ngaihtuahna chu magnetic leh hrisel taka siam turin an pui
Mi pakhatin a rilru chawmna chu boruak muanawm emaw,
buaina emaw a\angin a la chhuak em tih hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, ṭhianta emaw, chhungte emaw nena inzawmna a\
anga lo chhuak vek a ni a, chu chuan ngaihtuahna lungkham
tak leh rilru buai tak a thlen a ni

Taksa hian taksa ei leh in atanga chakna leh thiltih a la
 chhuak a, magnetic foods hian taksa leh rilru pahnih tan
 chakna charge a pe a, chu chu solid leh liquid ei tur, awlsam
 taka chakna nungah a chantir theih loh aiin a ei awlsam
 zawk a ni

Hriat lohna chu finna-ah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a, nun
kawngteah inrintawkna leh huaisen takin—mahni chauh
pawh ni se—i kal theih hunah, leh chhia leh tha hriatna nung
leh fimkhur tak neihnaah chhungril hlimna i hmuh hunah, leh
Pathian dikna leh dikna leh diknain thil dik lo leh thutak
hnehna chu thil dik lo chung a hnehna rinna nget tak i neih
hunah te, leh i ngaihtuahnate chu chawisang tura tih nget
taka i beih hunah te level sang zawk leh thianghlim zawk,
leh midangte chung a hmangaihna leh lawmthu sawina
thinlung leh tum \ha nei la, i finna chawmna chu magnetic a
lo ni ang a, i mamawh leh himna tuipui kama i zinkawng
chhunzawm zeln a atana pawimawh tak tak zawng zawng—
thil, mi, leh dinhmun—te chu nangmah ngeiin i hip ang a, a
tawp berah chuan, i mamawh leh i lungawina tur i neih theih
nan theihtawp i chhuah

hunah..
.. Pathianin a pêk chu khawvêl châknain a
ei zo vek leh a hlimna rei lo tête duhâmte aiin thlarau lamah
i hausa zâwk ang a, i lungawi zâwk ang

Khawngaihna hi thlarau tin leh thlarau dangte
thlunzawmtu kawngkhar a ni Khawngaihna hi thinlung tin
luhna kawngkhar a ni

Miin mi dang zawng zawng aia ðhian dik tak awmchhun
Pathian a zawn chuan mihring inlaichinna zawng zawngah
ðhian dik tak din theih a lo ni ta a ni—chhungkaw, unau,
nupa, leh thlarau lam ðhian nihna hi nupa inlaichinnaah thil
pawimawh tak a ni a, finna leh rilru lama inhnaih tawna,
thlarau lam hipna hriatna, leh hmangaihna dik tak chu ngaih
pawimawh ber tur a ni Hmangaihna dik tak leh taksa hipna
thliar hrang thei lote an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawwnaah a
inngnat a nih chuan, thlarau hmangaihna nei leh thawhhona
tha tak nei pahnih inkara inzawmna hlim tak leh hlawhtling
tak a lo ni ta a, chu chuan nun phurrit chu a tiziaawm a,
inngaihsak tawna leh inhriatthiam tawna nena nun
lungkhamnate chu a ti bo ta a ni

Midangte ngaihtuahna leh thiltihin min nghawng ka phal
loh chuan tumahin min thunun thei lo va, ka duhzawng min
laksak thei lo baw
I ngaihtuahna chu thil awmziaah i khung tlat chuan thil
zawng zawng chu thil awm dan a\angin i hmu ang Mahse,
vaw khat chu i hriatna chu thlarau lam hriatna dinhmunah i
chawisang chuan, Pathian êng luang chhuak zau tak chu thil
zawng zawng piah lamah a luang chhuak tih i hmu ang a,
thlarau lam thlirna a\angin engkim i hmu ang

Lalpa, ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin hun remchang tawp nei lo ka nei
tih ka hrechhuak Vawiin hian ka ngaihtuahna chu beiseinain
ka khat ang a, thil tawn nuam lo tak tak a\angin ka
inthiarfihlim ang Ka taksa, rilru leh thlarau chawmtu tur chu
a inthlau leh inrem takin ka practice ang

Material attachment te chu aspiration sang zawk nen ka
thlak ang
Tin, thlarau rinawm chu ka hnenah a awm reng tih ka
hrechhuak ang

Nunna leh thihna lam chu a awm reng a, mahse ka
thlarau lam nihna chhanchhuahna hmangin chatuan atan ka
in zalên ang Tin, fiahna leh hrehawmna thlipui ka
hmachhawn hunah chuan ka thlarau lam lawngah chuan
nunna tuifinriat kalin, tuipui kam him, Pathian lam panin ka
kal ang

Ka hnathawh leh ka thil siam hian Pathianin keimah
hmangin hna a thawk tih ka hre reng ang Amah hi khawvel
pum huap Lalpa a ni a, Amah hi ngaihtuahna thuk tak
hmangin Amah nen hian ka inzawm thei ang

Ka Pathian duh tak, ka ngaihtuahna hian hlawhchhamna
emaw hlawhtlinna emaw min thlen dawn tih ka hre chiang a,
chu chu ka nunah eng ngaihtuahna nge chak ber tih a zirin I
tanpuina kut i phar a, ka hlawhtlinna tur kawng i buatsaih tih
hriat reng ka tum ang

Chhiatna leh vanduaiana min lo thlen hunah chuan ka
chakna ka ko ang a, hneh turin ka thutlukna ka tichak ang Mi
zawng zawng nena ka inbiak danah thinlung tak leh rinawm
takin ka awm ang a, hmangaihna leh duhsakna ngaihtuahna
ka thehdarh ang Tichuan Pathian chuan a thiltihtheihna leh
finnain min thlawp ang

Thlarau lam natna leh a enkawl dan
Master Paramhansa Yogananda chuan a rawn ti a

Mihring lem, a inmil lo leh inrem lo pawl pakhat chu han
:mitthla tum ang che
Pakhat chu a lu te tak te, chickpea ang maia lian leh
!taksa lian tak, sanghawngsei ang maia lian

Mi dang pakhat chuan Samson emaw Hercules emaw
!kut ang kut chak tak leh dwarf taksa ang taksa a nei baw
Tin, pathumna chuan sakeibaknei lian tak lu leh

!sakeibaknei hring hring taksa a nei baw
Chu thilsiam chu i tan chuan mak leh mak tak a ni lo
vang em, a nih loh leh lungngaihna leh inchhir tur a ni lo
vang em ni, chutiang thilsiam tam tak, hla phuah mak leh
?inmil lo tak tak nei chu i hmu nghal mai a nih chuan
Tunah chuan mi pawl dang, an pianzia leh an hmel lan
dan pangngai, mahse rilru lama inthlau lo leh rilru lama
inthlau tak takte han mitthla teh
Thawmhnaw hian hliam, hliam, leh taksa piansualna
dangte a thup ang bawkin, taksa chak tak, hrisel tak leh
hmel mawi leh eng tak chuan rilru natna khirh tak tak leh
piansualna tam tak a thup baw

Mi pangngai, an hmel mawi tak leh hriselna tha tak
avanga danglam bik mipui tam tak i tawng a, i thlarau lam
thil hmuhna hmangin an rilru taksaah i luhchilh thei a nih
chuan mak tihna chu mak tak a ni ang a, i thil hmuhchhuah
tur chu lungngaihna thuk takin a hneh mai thei baw

:An rilru taksa chu hetiang hian i en thei ang
Rilru chu lu hmanga entir a ni a, hriatna leh hriatna chu
taksa peng hmanga entir a ni a, duhna chu kut leh ke
hmanga entir a ni a, chung zawng zawng chu thil pangngai
lo, damlo leh piangsual vek an ni

Thenkhat chuan finna t̄hang lo tak nei, mahni hmasialna
leh duhâmna rilru pu chung taksa hrual hrual chung
chuang, lu te tak te an nei tih i hmu ang
Mi thenkhat chuan kut chak tak, hnathawk thei tak nei
mah se, rilru natna leh chakna nei lo taksa an nei tih i hmu
baw ang

Mi dangte chuan thluak lian tak, thil siam chhuah thiam
tak an nei thei a, mahse an lainatna leh rilru lama theihna
chu a tlahniam a, a tlahniam baw Tin, taksa leh rilru
dinhmun pangngai nei, mahse an duhthlanna leh mahni

inthununna chak lo emaw, a chak lo emaw, mi chi dang
pawh an awm bawh
Tin, thil hmuhchhuah list chu a kal zel a, May you live
!long

Chutiang rilru lam taksa lama inthlak danglamna chhiar
sen loh, kawng thenkhata hmasawn lo leh thenkhatah chuan
hmasawn lutuk chu a awm tak zet a ni - thup ni mahse -
mihringah hian rilru natna a thlen a, an talent leh theihnate
chu an lantir tur angin an lantir thei lo
Heta rilru lam natna thenkhatte hmachhawn hian
mihring harsatna zawng zawng chhan bulpui berte
hriatchhuahna kawngah a pui thei a, chutiang chuan a tuar
zawng zawngte pawhin a tlem berah an hriat theih nan, chu
tlin lohnate awmzia te, an chhinchhiahna te, leh rilru
chhunga ngawi renga an luh dan te chu an hrethiam thei ang
a, chutiang chuan an remna leh hlimna tihchhiatna hrual
chhuak chu an hnawtchhuak thei ang
thlarau lam lungngaihna

He natna hi thlarau lam thila inhnamhnawih thuk taka
inchhalna hnuaia finna leh taksa lama chak lote zingah a
darh zau hle a ni Hêng mi mal hrehawm tuarte hian Pathian
rawngbâwlina inthuumna hnuaiah thil nunna hna lian leh tê
tête chu an ngaihthah a, chutiang chuan Setana tân an
inhawng a, chu chuan an chungah chhiatna nasa tak a thlen
thei a ni Anmahni beidawnna leh an chhehvêla thil ța
emaw, a chhehvêla thil ța emaw ngaihhlut lohna an tuar a
ni them Hei hi natna hrik kai theih a ni a, thlarau lam
duhthusam nei zawng zawngte chuan ngaihtuahna \ha,
beiseina nei tak, leh hna hrisel, rahbi thar hmanga an
chakna nung reng leh an immunity chak taka vawng reng
chungin a lakah an fimkhur a ngai a ni
thlarau lam chaw ei lohna

Hei hi random (guzzling) avanga thleng a ni a, chu chu
hming eng mawi tak tak hnuaia registered, ready-made
psychotropic drugs tam tak ei rang tak, leh thlarau lam

lehkhabu lem leh zirlai ang chi “thlarau lam doctor”-te’n
charlatanry leh sorcery lama tawnhriat nei te’n an rawn
present a ni

He natna hian thudik hriat duhna thlarau lam riltamna a
that mai ni lovin, a \ha leh \ha lo, \angkai leh \ha lo thliar
hran theihna a tichhe bawk

Pathian thu ngaihtuahnate ei rengtu leh a kuta tla
zawng zawng ei rengtu chuan a ei tam lutuk mai bakah
ngaihtuahna rimtui tak takte chu a \angkai tak takte nen a ei
zo vek ang a, a chungah rilru lama chaw ei lohna a thlen ang
a, chu chuan thlarau lam thihna a tikhawtlai ang

Thlarau lam leh philosophy ngaihdan hrang hrangte zir
chianna nasa lutuk leh chhunzawm zel, hriatthiamna emaw,
a dikzia hriat chian nâna mimal thiltawn hmanga tihhlum leh
zir chian tumna emaw awm lovin, a tâwpah chuan thlarau
lam thu bul leh dân zawng zawngah rinhlelhna, ngaihsak
lohna leh rin lohna a siam a ni
Passion leh obsession a ni

He natna vei te hian sum leh pai leh hun an neih tam
lutuk vang te, thil tum leh nun hriatthiamna mumal tak an
neih loh vang te hian nun khawhral, awmze nei loin an
hmang thin

Heng mite hi an duhzawngin a hruai a; an rilruah a lo
lang a, a ti lawm apiang an ti An nun chu novel man tlawm,
thil tenawm tak tak, film ngaihnawm tak tak, leh intihhlumna
langsar tak tak, awmze nei lo tak takte hmangin an luah
khat thin He natna hlauhawm tak hi an tuar tih an hre lo va,
chu chu mak tihna nasa tak emaw, nervous breakdown
emaw an tawn hma loh chuan—chu chu chhiatna a thlen
hnuah a ni
rilru lam a vawt

He dinhmun hian hming dang a nei leh a: beidawnna Mi
pakhat chuan engtikah nge a lo thlen ang a, a natna lan
chhuahna lungchhiatthlak tak tak, beiseina nei lo, tuar theih
lohna, lungkhamna, leh dawhtheihna nei lote chu a tuar

dawn tih a hre ngai lo A pawl zawk chu, a rei fo a, a tuarte
chuan awlsam takin an lo let leh fo thin a, an dam thuai an
ring a nih pawhin

Psychological catarrh tih hi a ni

He natna hi khawvel lungkhamna rei tak chhunga awm
reng avanga lo awm a ni a, a tuarte chuan an duhthlanna
ralthuam hman chu an ngaihthah tlangpui a, chutiang chuan
huaisen taka hmachhawn a, an naupan lai atanga tihbo ai
chuan an hlauhthawna awm rengte chu passive leh
submissive takin an intulût a ni
rilru lam inzawmna pangngai lo (abnormal psychological
.attachment)

He natna tuarte chu hlimna an zawn kawngah hian a
lam khata awm an lo ni ta a, hlimna chu hausakna
khawlkhawmnaah te, hmingthanna emaw, hriselna emaw,
thiltihtheihna emaw neihnaah a awm tih ringin, engkim—
hriselna te, hmingthatna te, rilru thlamuanna te,
chawimawina te, leh zahawmna te—an thil tum kang mek
maicham-ah an hlan a ni of nature leh Pathian thupekte, leh
thiltih leh thlamuanna a inmiltir a, hlimna dik tak a thlen thei
a, nun ropui tak tum chu a hlen chhuak thei baw
Hrisel lo taka inngahna (unhealthy attachment
disorders) vei te chu duhthusam thunun theih loh
ngaihtuahnain a ei zo vek a, nun thirna dik lo leh dik lo tak a
thlen thin Entirnan, sumdawng pakhat chuan hlawhtlinna
nasa tak a chang a, hausakna a khawlkhawm a, mahse a
hausakna a hlim theih hma chuan lungkhamna leh hlauhna
nasa tak avangin a rilru a buai a, thinlung na takin a thi ta a
ni

Mi dangte chuan thil tum tihhlawhtlin nan engkim phal a
ni tih an ring Heti buaina avang hian an thil tum dik tak chu
an hloh a, chu an duh em em thilte chu nei mah se,
lungawina tlemte pawh an nei thei lo, a chhan chu mihring
nihphung hi a zau a, kawng hrang hrang a awm a, level
zawng zawngah hmasawna inthlau tak a mamawh a ni

Mitdel thlarau lam innghahna

He rinna thenkhatte tana aberrant fanaticism hi zawhna

leh ngaihtuahna bikte zawhna leh zirchian loha vawn tlat

atanga lo chhuak a ni a, chutiang chuan he natna vei te

zingah hian thlarau lam ngaihdan dik tak emaw,

ngaihtuahna zau tak leh zalenna nei emaw chung a thinurna

leh hmêlma nihna a siam a He inhlath taka awm hian Pathian

dante dodalna a thlen a, chu chu rilru lama thawhrimna, thil

neih thatna, rilru leh taksa hriselna, leh hmangaihna leh mi

chi hrang hrang zahna

Thlarau lam thu bulte tuh

Taksa natna hi thil hmuh theih, hrehawm leh nuam lo

tak a nih avangin, chak taka do turin min fuih a, enkawl na

kawng hrang hrang hmanga hneh tum turin min hruai a,

exercise leh ei leh in hrisel atanga damdawi leh damdawi

hrang hrang thlengin Amaherawhchu, rilru lam natna hi

mihring natna leh hlauhna zawng zawng bulpui ber ni

mahse, hmanhmawh tawh taka ven emaw, enkawl emaw a

ni lo va, phalsak a ni kan nunah chhiahna leh chhiahna thlen

turin

Zirtirtu te, taksa lam zirtirtu te, thuhritute, siamthatna

siamtute, damdawi lam thiamte, leh dan siamtute chuan

hmasawna an zir hmasak ber hunah, anmahni atanga tan

in, mi dangte chu nun dan leh nunphung hrisel tak neih dan

tur thu bulte nena inmil takin, inthlau leh inrem taka

tihhmasawn dan dik tak chu an zirtir thei ang This is the truly

effective education and comprehensive human culture that

people everywhere in the world mamawh

Zirna hmunte chuan heng thu bulte leh sakhaw thurin

hrang hrangte inkâra inthlauhna nia an hriat avângin

vântlâng sikula thlarau lam thil bulpui zirtîr chu thil theih

lohah an ngai a, Amaherawhchu, heng zirtîrnate hian

khawvêl pum huap thu bulte, remna, hmangaihna,

Chutiang sikul chu huan leh park ang mai a ni ang a,
chutah chuan thalai rilru a lo thang lian a, a lo thanglian ang.
Zirtirtu te chu uluk taka thlan chhuah a ngai a, nu leh pa leh
khawtlang thawhhona an neih theih nan heng sikul te hian
mimalte chu tha zawka siam turin an pui ang
Tunlai sikul-a rilru leh taksa inzirtirna hmanraw hmante
hi rinhlelh rual lohvin a hlawkpui hle a, mahse thlarau lam
lungphum erawh a tlachham a, nungchang \ha siam chhuah
loh chuan \hanlenna chu a famkim lo ang
Taksa, rilru leh thlarau lama hmasawinna sciences chu
thalai rilru la hlim leh la inthlak danglam thei, an
thiltihtheihna chu kawng engemaw takah la channel lote
hnenah zirtir a ngai a ni
Training kimchang tak an neih hnuah chuan chu sikul
zirlaiten ngaihtuahna fim tak hmanga exam an neih
chhonzawm zel tur a ni a, certificate an neihte chu hriselna
tha, hmingthatna, hlawhtlinna, taksa leh thlarau lam
hausakna, hlimna, hlawhtlinna leh mahni inrintawkna te a ni
ang
He leilung zinkawng tawp lama exam hnunung ber
result chu dam chung zawnga sub-examination neih
chhunga rilru leh thlarau lama hlawhtlinna zawng zawng leh
certificate an hmuh zawng zawng zatve atanga chhut a ni
ang
He fiahna hnunung ber, ropui ber-a ti hlawhtlingte
chuan mahni inrintawkna certificate thianghlim leh chhia leh
tha hriatna zalen, thianghlim leh hlim tak an dawng ang
Tin, thlarau phek-ah chatuan atan malsawmna ziaak a ni
bawk
He lawmman hmuh tur awm lo tak hi moth-in a tichhe
dawn lo
Tin, rukru kut pawhin a thleng lovang
A nih loh leh hun chuan a thai bo mai ang
Passport angin a thawk dawn a ni
Righteous Group-a chawimawina member nih avangin

Khawiah nge hlimna chu a awm?

Pathian chuan a khawngaihna famkim hmangin a hlimna leh fuihna min pe a ni

Tin, nun tak tak min pe bawk

Finna dik tak

Tin, hlimna dik tak a ni bawk

Hriatthiamna dik tak chu kan nunah thil tawn hrang hrang zawng zawng a\angin a lo thleng \hin

Mahse Pathian ropuina chu thlarau lam thlamuanna thlarauin a tawn leh Amah nena inrem tura rilruin nasa taka a beihnaah chauh a lo lang chhuak thin Chutah chuan, thutak nen hmaichhanah kan ding a Pawnah chuan, inbumna (illusions) te hi thiltithei tak tak an ni a, pawn lam boruak nghawng atanga tlanchhuak thei tlemte chauh an awm Khawvel hian a buaithlakna tawp nei lo leh fiahna chhiar sen loh nen a chhunzawm zel a Pathian aw chu nunna lo langte hnung lamah a awm a, min ko reng a, pangpar a\angin, Pathian Lehkha Thu a\angin, kan chhia leh \ ha hriatna a\angin, nun nun hlutna siamtu thil mawi zawng zawng hmangin min bia \hin

Pawn lam thil kan ngaihtuah tam poh leh chhungril ropuina kan tawng thei lo; tin, chhungril lam kan hawi tam poh leh pawn lam harsatna kan tawk tlem zawk It's a constant equation Mahse mi tam zawk chuan khawvel ðhian nihna, an chenna khawtlang, leh nungchang hrisel lote nghawng avang hian he thudik hi an hre lo Society hian mi pakhat chu thil chungnung zawkah a thun lut a, a buaipui reng a, thudik thuk zawk ngaihtuah turin a veng a ni

Thlarau lam hmunte pawh hi mi ðhenkhatin an malsâwmna boruak a\anga hlâwkpuì duhna tak tak

**nei lovin an tlawh a, chuvângin, chu tlawhna aţangin
thil chhinchhiah tlâk tak tak an hlawh chhuak lo**

**Pathian hmuh duh apiang chuan hmun tinah
Amah chu a hmu ang Mihring tih dan chu a tichhe thei
a, a tichhe thei a, a ei zo lo bawk a; an tichhe a, an
tichhe a, an tichhe vek Mihringte hian kan neih ang
anga hlim leh lungawi dan kan zir a hun tawh Kan
hnena lo thleng ai chuan engmah kan duh tur a ni lo
Pathian chu a thilphal a ni; Kan mamawh chu a hria a,
a hun takah a pe chhuak thin Hei hian theihtawp
chhuah lovin Pathian kan rinchhan tur a ni tihna a ni
lo A ni Hauh lo Kan theihtawp chhuaha kan chanvo
kan hlen chhuah a, a bak chu Pathian kutah dah mai
tur a ni a, ani chuan kan mamawh leh phu tawk min
chhuhsak ngai lovang**

**Chatuan hlimna kan neih theihna kawng \ha ber
chu Pathian awmpuina hriat hi a ni Kan duhthusam
sang ber chu Pathian hriat leh a bula awm tura
thutlukna siam hi a ni tur a ni Pathian chu kan
ngaihtuahna leh rilru put hmangah a hmasa ber leh
pawimawh ber a ni tur a ni a, kan nuna lungphum
nghet ber leh nghet ber nia kan ngaih tur a ni**

**(Chuvangin Pathian hrui chu vawng tlat la,
Amahah inhumhimna zawng rawh)**

**Amah chu lungphum dang zawng zawngin an
tihchhiat che chuan lungphum a ni si a**

**Nunna thiltum awmchhun chu Pathian hriat hi a ni
tih ka hrechhuak ta Pathian hmuh hi nun tum ber a ni
tih ring tlat lo pawh an awm thei Mahse nun tum ber
chu hlimna hmuh a ni tih hi tumahin an hnial thei lo
Tin, Pathian chu hlimna tawp ber a ni tih rinna
famkim leh Chiang takin ka sawi Amah chu hlimna
sang ber a ni Amah hi a famkim, khawvel pum huap
hmangaihna Amah hi a chhunga awmte thlarau
chhuahsan ngai lo chatuan hlimna a ni harmony with**

Him Chuti a nih chuan engvangin nge chu hlimna famkim chu kan neih theih nan kan beih loh? Mi dangin min pe thei lo Kan chhungriah kan chin leh enkawl reng tur a ni Thilsiam chaknate hian mite hnenah khawvel nawmsakna pe turin hahchawlh lovin an bei a, mahse chutiang nawmna rei lo te chuan a tawpah chuan inchhirna, thinrimna leh inchhirna a thlen thin Mi vannei ber pawh, engkim nei ang maia lang pawh hi a la hlim tak tak lo mai thei, heng thilte hian rei tak chung chu lei lam thilah an lungawi lo mai thei an tuihalna dik tak chu tihreh emaw, an thlarau lam riltamna tihreh emaw

Thil neihte hian remna dik lo leh lungawina rei lo te chauh a pe Khawvel pum pui hi buaina leh buainaah a pil bo a, indona siamtu mahni hmasialna leh duhâmna duhnain a tichak a ni Engmahin indona a siam lo

Nunna indonaa pasaltha dik tak chu amah hneh a, a duhzawngte hnehtu hi a ni Sum leh pai, hmingthanna, duhâmna leh he thu bul kalh zawng zawng hian kan thlamuanna leh hlimna a tichhe vek a ni Mite hian nun hlutna dik tak ngaihtuah reng tura zir ta se, an zawn hlimna chu an hmu ang a, mahse an thil tum a\angin an kal bo a, chu chu leilung duhzawng ka hmuh tawhte tuifinriat chuan a nuai bo vek a ni thlemna reng reng hian ka tan kawng ka thlan leh zawh tawh atang hian min hruai bo thei lo

Pathianin thiltihtheihna min pek hmang hian mi sang tam tak ka hip thei a, mahse chu kawng chu ka tan chuan a chhiat phah dawn a ni Engpawh ni se, mi sang tam tak hip leh an rilru hneh ka duh lo Pathianah zirtîr rinawm tak takte hmuh chauh ka duh Pathian hmangaihtute chuan heng ngaihtuahnate hi an tem ang a, an thahnemngaihna chhunzawm zêlte

chuan heng zirtîrna hmang hian Pathian malsâwmna leh awmna chu an hre ang

Miin Pathian bum theih a ni lo, a awm reng a, an rilrua awm leh an duhzawng hre rengin Khawvel an phatsan a, thlarau lam inremna an duh hun chuan Pathian chu an hnenah a lo kal ang Chu duhna chu a zawngtu thinlungah zung a kaih hunah chuan Pathian chu chu thinlungah a lo kal a, thatna leh malsawmnain a luah khat a Nunna tlak awmchhun chu Pathian nena inrem leh a duhsakna hlawh chhuah hi a ni Chu inremna chu chatuan thuthlung leh thutiam bawhchhiat theih loh (Pathian thuthlung zawmtu leh bawhchhia lote) a ni tur a ni.

Mi zawng zawng hian mi dang aiin hausakna tam zawk an duh a, an neih pawhin lungawi lovin an awm reng a, midang hausa zawk tih an hmuchhuak Mite chu mahni inrintawkna hrehawmna hnim hring zingah an cheng a, an duhnain a tichak a Kan neihah kan lungawi tur a ni Thil neihte hian hlimna a thlen lo chu ai chuan, lungkhamna te, lungkhamna te, leh hlauhna te chu an tizual fo tîn

Pathian panna kawng chu kawng awlsam ber leh awlsam ber a ni a, chutih rualin sakhaw thil tih dan leh formalities tam tak awm chung pawhin kan kal tîm tê chauh a ni Kan thinlungte Pathian lam hawi a, kan tâna ṭha ber leh nghet ber dîl hi a ṭha zâwk Dik tak chuan Pathianin min nghâk reng a ni, a chhan chu sual leh hlauhawm laka min awmtîr duh avângin kan thinlung leh rilruah Amah dahin min duh a ni, a chhan chu he khawvêla thil man tlawm tak takte hian mihring duhzâwng a tihlawhtling thei lo va, a tikhat thei lo baw the spiritual void we feel deep inside God is always speaking to us, but few hear His voice Chu aw reh tak chu ngaihtuahna rileh duhna langsar tak takte au thawm chuan a pil bo fo thin Mahse

**ngaihtuahna a reh a, duhna a reh chuan Pathian aw
chu chiang takin kan hre thin, ngawi reng leh chau
mahse Dik tak chuan Pathian chuan mihringte tanpui
turin engkim a ti a, kan awmna hmun kan hmuh theih
nan kawngkhar a hawng a, kawng a ti eng a ni should
step, lest we stumble or slip Mahse mi tam zawk
chuan he thudik hi an hre lo**

**Mite chu mi dangte ngaihthlak mai mai emaw,
lehkhabu chhian emaw chauhvin hriatna an chang thei
ang tih ngaihtuah ka duh lo An chhian leh hriatte chu
an hmang tangkai tur a ni Pathian biakna hmuna kal
chu in lama awm a, thusawi uar lo ngaithla ai chuan a
tha zawk Mahse Pathian biakna hmunah pawh hian
Pathian awmna chu an thinlungah a hriat a ngai a,
chu chu tawn dan tur a hriat a ngai Emotional
outbursts and rational analyses cannot give us the
knowledge our souls yearn to nei**

**Pathian hnena kan inpek a, mahni hmasialna
duhnate kan thlah a, Pathian chu kan hnenah a awm
reng a, kan thlarauah a awm reng a, ngaihtuahna leh
rilru put hmang tha leh ropui tak takin min fuih a ni
tih kan chian hunah chuan hlimna leh zalenna kan nei
ang a, thlarau boruak zau takah finna ni chhuah chu
kan hmu ang**

**Suangtuah! Kum sawm tam tak hnuah chuan kan
awmna ngei pawh chu mumang a ni tawh ang a, tuna
kan thil tih zawng zawng hi chu mumang chhungah
chuan a tel ve vek dawn a ni Mihringte zinga mi ropui
ber berte pawh chu mihring hriatna atanga siam mai
mai an ni ang Mahse, chu mi ropui tak takte chuan an
thil tum ber chu an thleng ta a, a chhan chu a sang
ber an thleng a, thlarau lamah an nung reng a, thil
thleng zawng zawng chu an hre chiang hle a, an hre
reng bawk a, Pathian hriatnaah an inpumkhat avangin
Tu pawh an ngaihtuahna leh zirtîrna hmanga anmahni**

nêna inrem a tum chuan an awmna chu a hre ngei ang a, an malsâwmna a dawng ang a, anmahni nêna inpawlna dik tak an nei tih an thinlung chhungril takah a hre bawh ang

Nun hi mumang ropui tak a ni Mahse, tuna i taksa i en a, nunna nena a nung reng tih i hmuh hian he mumang tak tak hi i ring tlat a ni Hlim tur chuan he thil emaw, chu thil emaw chu i neih a ngai tih i ngaihtuah a Mahse, duhthusam engzat pawh tihlawhtling mah la, chuta tang chuan hlimna i hmu lovang Mi pakhatin a neih tam poh leh duhthusam tam zawh Duhthusam chu filter a ngai a, nun chu a awlsam phah a ni thlamuanna, thlamuanna, leh chhungril lungawina

Pathian Leikha Thu chuan a duhzawng chu chhungril lam (an thlarau lam hawia) luang chhuak rengtu chu chhungril thlamuanna sang tak nei mi a ni tih a sawi Hemiah hian tuifinriat ang an ni a, chu chu a danglam ngai lo va, a tlahniam ngai lo va, a chhunga tui luang chhuak chu a khat reng a ni Mahse, an thlamuanna tuihna hmuna duhna khur siamtu leh tui pawimawh tak takte chu a luang chhuak a, a boral tir thintu chuan thlarau lam thlamuanna engmah a hre lo leh chhungril hlimna te

Pathian hretute hnen a\angin kaihhruaina kan mamawh a, Amah nena inbiak theihna leh a awmna hriat rengna nei Zâwlneite chuan Pathian chu chhungril thlamuannaah, thlarau rinawm tak leh thlarau lam hlimna chungnung ber awmna thlarau mahni chauha awm turin min ngen a thlarau thuk tak takte

Thil awm zawng zawng hi Pathian rilru kaihhruaina thlipui ang maia vibration a ni He intelligent vibration hi Thlarau Thianghlim, a nih loh

**leh Thlarau rinawm a ni a, chu chu tawngtaina leh
ngaihtuahna hmanga inbiak pawh theih a ni**

**I thlarau muang leh i rilru ngaihtuahna huang
chhungah chuan, Absolute leh Infinite nena
inhmangaihna chu tawp chin a nei lo Mahse, sum kan
zawn hmasak chuan Pathian hmuh a harsa a ni
Pathian chu kan nunah a tel ve tur a ni a, chutah
chuan he nunah hian kan mamawh zawng zawng kan
nei vek ang Tupawh Pathian chu an thinlungah hmun
nghet takah siam se, Pathianin lei leh van malsawmna
chanvo tam tak a pe ang a, an hmaah a hawng ang
finna nite'n an êng a, an kawng a tiêng a, an
chhehvêla thim a ti bo a, Pathian chu chatuan
hmangaihtu a ni a, mihringte tân chuan hlimna a awm
lo va, an hmangaih tak takte an hmangaih ang—a
tlem berah—an hmangaih ang maia Pathian an
hmangaih hunah chauh lo chuan, Pathian tel lo chuan
hmangaihna thupui chu kan hre lo vang a, a thlum
pawh kan tem lo vang**

**Kan duhzawng hman kan zir a ngai a, kan rilru
chu kan thinlung zawng zawnga Pathian zawng turin
kan rilru kan dah pawimawh tur a ni Mihring thiltih hi
duhnain a thunun a, heng tih dante hian kan tih duh
loh thil ti turin min nawr reng a ni Dik tak chuan
mihring hi a hmelma ngei a ni a, a hre lo A thut dan a
hre lo va, Pathian tan pawh hun a hlan lo, chuti chung
pawh chuan hlimna leh Paradis-a luh theihna tur
guaranteed chu tihkhawtlai lohvin a duh a ni The
sacred experience cannot.. ..
.. .. be
attained merely by reading books, listening to
sermons, or performing good deeds Chûng zawng
zawng chu rinhlelh rual lohvin a hlawkpui a, mahse a
tling lo Pathian thlen theih nân ngaihtuahna fim tak
leh ngaihtuahna thuk tak a ngai a ni**

Pathian duhsakna kan zawng hmasa tur a ni Mi zawng zawng kan ti lawm thei lo, chu chu thil theih loh a nih avangin tumah tithinur lo turin ka bei thin Ka tih theih zawng zawng ka ti thin a, chu chu ka tih theih awmchhun a ni Ka thil tum ber chu Pathian tih lawm hi a ni Ka kut hmangin inngaitlawm takin a hmaah ka tawngtai a, ka ke hmangin hmun tinah Amah ka zawng a, ka rilru chu Amah ngaihtuah a, a thilmakte ngaihtuah turin ka hmang bawka, Pathianin kan thinlungah hmun hmasa ber a luah a ngai a, chutiang chuan kan tawng ve thei ang remna te, hmangaihna te, hriatthiamna te, ngilneihna te, lainatna te, finna te Hei hi, thil dang ni lovin, thuhretu tur leh in hnena thu sawi tura ka lo kal chu a ni

Ngaihtuahna bakah hian mi pakhat chuan pawl tha tak a vawng reng tur a ni Mite chu kan um zui tur a ni lo Mihring kan um tur a ni lo, Pathian kan zui zawk tur a ni Heng ngaihtuahnaah hian hlawkna i hmu a nih chuan Pathian malsawmna angin ngai rawh, chawimawina zawng zawng chu A ta a ni si a, midangte hnenah i hmuh ang an hmuh theih nan share ve rawh (And as for the favor of your Lord, speak of it) Tin, nitin mi pakhat tanpui theihnghilh suh I theihna ang zelin mi pakhat tanpui pawh theihnghilh suh Ka pocket-a pawisa ka neih chung chuan ka pek ka bansan lo vang, ka tan chuan tawp thei lo leh luang chhuak reng chu Pathian a ni

A tawp berah chuan mi ropuite tih angin Pathian kan hriat chian a ngai Hei hi ngaihtuahna leh mimal thawhrimna hmanga tih theih a ni

Vawikhat chu hermitage pawnah ka kal a, ka zirtirtu ropui, Sri Yuktiswar-a chu ka ngaihtuah a, a duhna nasa tak ka neih hma kum engemaw zat kalta khan a boral tawh a, hermitage mawina leh boruak nuam tak en turin ka bulah a awm loh avangin ka

lungngai hle a, Vawikhat chu van atang chuan min
rawn inlar a, "He hmun mawi tak hi nangmah
chauhvin nuam i ti hle niin i hria em? Nangmah ang
bawk hian nuam ka ti hle mai!"

Pathian nena inpumkhatna duhtu chuan nitin
ngaihtuahna leh Amah hmangaihna tih hmangin a bei
tur a ni a, chu hmangaihna chu mi zawng zawng
hnenah a zau zel tur a ni Hei hi inhnialna pumpelh
theihna kawng awmchhun a ni Thlarau lam
thawhhona a pawimawh Thlarau lam nun dik tak tel lo
chuan mimal emaw, khawvel pum huap emaw hlimna
a awm lo Inremna thianghlim hi taksa, sum leh pai,
nupa, nungchang, leh thlarau lama harsatna zawng
zawng chinfelna awmchhun a ni

Hlimna chu Pathian hnaih taka inhriatna a\anga lo
chhuak a ni Mihringte hian hriat lohna lungphun
hnuaiah an inkhung ta a, he lung in mualpho tak a\
anga chhuahsan hun a ni ta Rilru chu Pathian lam
hawi reng tur a ni, eng dinhmun pawh ni se, chumi
hnuah chuan thlamuanna leh lawmna nasa tak i
tawng ang

Pathian duhthusam a, a tana an nihna inhlan a,
infuih tawn leh in tivar tawn a, Pathian hre reng
thinte hi khawvela hlim leh A tawpa hlimna changtu
an ni

Remna awm rawh se

**Curtain chu a tho chhuak ang a, a clear chhuak
ang**

Kan zavaiin Pathian anpuia siam kan ni a, A Pathian
Thlarau atanga lo chhuak kan ni a, a nihna chu kan
chhungah a thianghlimna zawng zawng, ropuina leh hlimna
tluk zetin a awm a He rochan thianghlim hi kulhpui hneh

theih loh a ni Mi pakhat tan chuan mi sual anga thiam loh
chantir, sual kawnga tlu lut chu mi zawng zawng sual lian
ber zinga mi a ni A chhan chu chutianga an tih chuan
anmahni an inchhir thin a ni to helplessness, despair, and an
inability to rise and ascend Miin pianpui leh Pathian dan kalh
zawnga thiltih a ti thei tih chu a dik a, mahse kawng a thlak
nghal a ngai a, kawng dik a zawh nghal tur a ni An nihna
thianghlim takah chuan mi chu biak in thianghlim a ni a,
Pathian Thlarau chu an chhungah a cheng a ni
Pathianin thianghlim tak leh thutiam nei lovin min
hmangaih tih kan hre reng tur a ni Mahse Amah hnaih emaw,
amah hawisan emaw duhthlanna famkim min pek avangin
kan hnena a lo kal hmain A hmangaihna kan duhna kan
lantir hun min nghak reng a ni
Vawikhat chu ngaihtuahna senga a aw a bengchheng ka
hre ta: “I hnenah ka awm lo tih i sawi a, mahse chhungril
lam i hawi lo Hun khat pawh ka kalsan ngai lo che Thlarau
biak inah lut la, min hmu ang Ka awm reng a, lo
dawngsawng tur che leh Pathian hmangaihna chibai buk tur
”che ka ni
Thlarau lam kawngah hian rinawmna thuk tak a
pawimawh Thianghlimna leh thutakah chuan thlarau zing a
lo chhuak thin

Kan mihring finna hi Pathian nena khaikhin chuan
engmah a ni lo Amah kan hnaih theihna awmchhun chu
hmangaihna thianghlim min pek ang bawka Amah hnena
pek hi a ni
Mi zawng zawng hian a tawpah chhandamna an hmu
vek ang a, mahse kawngpuiah chuan tlu lutte chu ngaihsak
lohna khurah an tlu lut a, ngaihsak lohna chuan tunah ngei
hian Pathian hmuh a pawimawhzia pawimawhzia kan hre
thei lo va, he hun takah hian Kan planet ropui Lei, space-a
leng, leh kan mihring nihna hi hetah hian kum engemaw zat

awm a, chuta tang chuan engmah lovah bo vek turin min
pek a ni lo Rather, we are meant to reflect deeply and
understand
the.. . . .

. awmna thuruk Nun tum hrethiam lova
nun chu âtna, âtthlâk tak, hun khawhralna a ni Nunna
thurukte hian kil tinah min hual vel a, Pathianin an chinfelna
zawng turin finna min pe a ni
Hmangaihna nghet tak ka zawn lai hian Pathianin
ngaihtuah theih zawng zawngah min hmangaih tih ka
hrechhuak a, nu, pa leh ṭhian angin min hmangaih a ni
Chu chatuan ṭhian chu ṭhian zawng zawng aiin ka zawng
. ,a

Tin, chu hmangaihtu ropui tak, tuna ka hmuh thin chu
hmêl ngilnei leh hmangaihna nei tinrengah chuan Chu
Pathian ṭhian chuan min ti beidawng ngai lo va, min ti
beidawng ngai lo baw
Pathian chu thil awm zawng zawng hnuaiah a awm Kan
nu leh pate hi kan chawimawi tur a ni a, ngilnei takin kan
enkawl tur a ni a, mahse Pathian chu kan thinlung leh
thlarau zawng zawngin kan hmangaih tur a ni Amah nena
inzawmna pawimawh tak neih a pawimawhzia kan hriat a
ngai a, hun khawhral tawh lovin
Kan mut lai hian kan harh dawn nge dawn lo kan hre lo
He leilung hi pakhat hnu pakhatin kan chhuahsan a Mahse
he ngaihtuahna hian lungkhamna a thlen tur a ni lo Kan thih
hunah chuan leia piangthar tura koh kan ni a, he khawvela
kan chawlhsan tawhna atang hian nun thar kan tan a ni
Nunna hi tuifinriat chung a thlipui siam leh boralna angin
ka hmu Mihring thlipui chu a pian tirh atangin Pathian
tuifinriat chung atangin a lo chhuak a, a thih hunah chuan
Pathian thinlungah a chawl thin He thudik hi ka man a, ka thi
tak tak ngai lo tih ka hria a, taksa thihna karah pawh Pathian
thlarau tuifinriatah ka chawl emaw, taksa taksaah ka harh
emaw pawh nise, cosmic nen hian kan inpumkhat a ni

tuifinriat Chu hlimna sang ber chu khawvelah hmuh theih a
ni lo Chutih rual chuan thiltum zawnga ramngaw lama
tlanchhiat a ngai lo He nitin nun ramngaw-ah hian Pathian
kan hmu thei a ni—ngawi renga lungphun thuk takah hian
Mihringte hian tihsual tam tak kan ti thei a, mahse

Pathian thlarau anpuiah siam an ni a, Pathianin he leilung
hlimna khawvel lem tak hi thil tum pakhat chauh atan a siam
a ni: mihringte hian cosmic drama mai a nihzia an hriat theih
nan, suanguahnate chu kalsanin, Pathian chauh kan
hmangaih theih nan Hei hi thudik a ni a, chutiang lo chu a ni
thei lo Engvangin nge Pathianin kan chhungte chu pakhat
hnu pakhata kan hnen ata an chhuahsan lai chauh hmangaih
turin min

siam?.. ..

.. .. Heng thilthlengte hi kan
hmangaih zawng zawng aia nasa zawk, min hmangaih tak
taktu chu Pathian a ni tih kan hriat theih nan a thleng thin
Nun hi thlalak che thei inzawmkhawm a ni a, mahse he
thudik hi hriatthiam a harsa a, a chhan chu thil dik lo
(illusions) hi thil tak tak angin a lang a, thil tak tak pawh hi
thil dik lo ang maiin a lang Khawvel hi zan tin kan mut laiin
kan hriatna atangin a bo vek a, chuvang chuan taksa
khawvel hi a tak tak a ni lo tih kan hrethiam mai thei a ni
mai thei

He mut zirlai hi min tihlauthawng tur ni lovin, Pathian
thutak min duh em em turin a lo kal a ni Pathian leh a
hmangaihna tih loh chu engmahin thlarau a ti lungawi thei lo
Pathian Thlarau chu thutak tehkhin rual loh a ni A tak tak lo
tih hi a awm lo va, thil tak tak chu a tak tak lo a ni thei lo Mi
fingte chuan he thutak eng mawi tak hi an hrethiam a ni
Kan dam chhung kum tam tak a liam tawh a, kum, kar,
ni leh darkar chauh a la awm Engvangin nge hlawkna awm lo
thila hun kan khawhral? Chhun leh zan Pathian nena
inzawmna neih kan duh tur a ni a, nun hun ruat a tawp a, thil
chhinchhiah tlak tak tak hlen chhuak lovin he lei hi kan

chhuahsan hmain he duhnaah hian thinlung takin kan awm
tur a ni

Chutih lai tak chuan Pathian êng ropui tak chuan
thilsiam zawng zawng a khuh vek tih ka hmu a, Hlimna nasa
!tak chu a va ni em! Eng mak tak a va ni em
Ka Pathian, i awmna hriatna avanga malsawmna tam
tak i dawn avangin lawmthu ka sawi a, ka chibai baw k che a
ni

Mi zawng zawng chungah pawh malsawmna inang
tlangin, khawvel pum huapa thutak tawp ber Nang i nihzia
leh kan tum ber, chu piah lamah chuan tum dang a awm lo
tih kan hriat theih nan
Kan nun second tinah Amah chu kan hmangaih tur a ni
a, kan biak tur a ni—hnathawhna leh chawlh lai, che leh
muannaah—dilna thuk tak leh duhthusam kang tak nen
Chutah chuan inbumna puanzar chu a lo tho chhuak ang a, a
boral ang kan hmu ang Pathian chu kan nun chhung zawng
zawngah kan hnenah a awm a, Amah ngaihtuah leh
inremtute chuan pangpar mawi takah te, thlarau ngilneite
ropuinaah te, rilru natna ropui tak takah te, rilru put hmang
ropui takah te, leh mumang mawi tak takte A tawpah chuan,
Puanzar thuk tak hnung atang chuan a lo chhuak ang a, a
zawngtu thinlung tak tak zawng zawng hnenah heti hian a
:sawi ang

I hmangaihna chu duhsak taka min pek ka duh vangin"
hun rei tak kan inthen tawh a, ka hmelah ka siam che a, i
zalenna i hman a, i duhthusamin i hmangaihna min pek hma
."chu ka nghak a ni

Pathian hnenah a Pathian hmangaihna chatuan leh
chatuan atana thilpek min pe turin kan dil tur a ni Mahse, he
hmangaihna Pathian hi tunge thawhrimna tel lova hmu thei
ang? Za zela 25 i thawh chuan a bak chu Pathian leh i
thlarau lam kaihruaitu kutah a awm a, keimah tan engmah
ka dil lo, chawimawina zawng zawng hi Pathian ta a ni si a,
thatna leh khawngaihna zawng zawng bul a ni A

khawngaihnain a zui zel che u a, A hriatna chu i hnenah awm
rawh se, i chhung leh i chhehvel zawng zawngah A awmna
tamna chu i hrethiam rawh se
Pathian hian amah kan duh zia lantir kan hreh em
avangin min chhang nghal lo Amah hnaih hi hlau lo ila,
keimahni ta, kan Hmangaih takah kan ngai zawk tur a ni a,
kan ngaihtuahna te, kan thiltih te, kan thinlung leh kan rilru
te nen chawlhsan lovin kan zawng zawk tur a ni a, tichuan
he awmnaah hian himna leh thlamuanna inhumhimna ropui
ber chu kan hmu ang
Aw Lalpa, I awmna biak in an chei theih nan, he thlarau
tha pangpar hi ka hlan che a ni Hêng thlarau, I chhûngte leh
I hmangaih tak takte hi zui rawh I hming malsâwm tak kan
sa I êng thianghlimin Hriat lohna thim chu paih bo rawh I
nihna êng êng tak, tawp chin nei lo hmangin kan rilru a\
angin thim chu hnawt chhuak rawh I ta kan ni, kan dinhmun
eng pawh ni se Kan hnenah i inpuang rawh, Aw Lord of
Majesty and Bounty Kan pakhat zel malsawm rawh Kan
ngaihtuahna duhthusam ri leh kan hmangaihna thinlung na
tak takte chu pawm rawh I hnenah hmangaihna,
chawimawina leh duhthusam zawng zawng kan hlan a, Nang
hi kan Hmangaihtu leh he khawvel pum huapa kan neih
zawng zawng i ni si a
I khawngaihnain min malsawm rawh Nang atanga min
then duhna bangte hi tichhia rawh Kan duhthusam zawng
zawng chungalalthutphah Pathian Lal ni rawh I ropuina êng
chu khawvel zau takah hian lo darh zel rawh se Kan zain
malsawm rawh I awmna rimtuiin min tikhat la Tin, kan
hnenah i awm reng tawh tih hi i hre chiang lehzual ang u,
Tunah hian kan hnenah i awm a, kan hnenah i awm reng ang
I hnaih duh tak leh I awmna nghakhlel tak takte chungal
I zuitu inpe tak takte chungal khawngaihna leh hmangaihna I
pek avangin lawmthu kan sawi a che I zirtirte circle chu a lo
thang lian zel ang tih kan beisei a, chutiang chuan I awmna

malsawmna kan lawm theih nan leh I hnaihnaah kan lawm
thei ang

Kan thinlung kan inhawng tawn theih nan leh kan tumte

kan tithianghlim theih nan mal min sawm ang che, i
venhimna leh enkawl tlak kan nih theih nan I inpuang la,
chhungril leh pawn lamah min tipumkhat vek la, chu
inpumkhatna êngah chuan i awmna danglam bik chu i
hrechiang ang u

Kan thinlung inpumkhatna thinlung tak tak leh kan

thlarau inrem tak takte duhthusam nen, I hmaah kan
bawkkhup a, I tanpuina, kaihhruaina leh kan thlarauah I awm
tih hriat rengna zawngin kan bawkkhup a ni
Hmangaihna chatuan mei chu kan thinlungah eng takin
lo eng sela, tunah leh kumkhuain min hnaihzia i hre reng ang
!che, Aw kan Lalpa, Aw kan Duhtak

Duhna sang ber leh rilru lam capsules

**Pathian ropuina a ropui Amah hi thutak bulpui ber
a ni a, he nunah hian hmuh theih a ni Mite thinlungah
hian \awng\aina leh dilna tam tak a awm a: sum leh
pai, hmingthanna, hriselna—\awng\aina chi hrang
hrang Mahse thinlung tina \awng\aina hmasa ber leh
pawimawh ber tur chu Pathian awmna hriatna atan a
ni Ngawi reng leh chiang taka nun kawng kan zawh
rual hian Pathian chu thiltum tawp ber, lungawina
thlen theitu a ni tih kan hriat chian a ngai a ni
keimahni leh kan duhzawngte tihlawhtling rawh u,
thinlung duhzawng tin chhanna chu Pathianah a awm
si a**

**Mahni thawhrimna hmanga duhthusam i
tihlawhtlin theih loh chuan tawngtain Pathian i hawi
thin Chutiang chuan dilna i sawi apiang hian chhungril
lama duhthusam thup a pholang thin Mahse Pathian i
hmuh chuan duhna zawng zawng a bo vek a,
duhthusam zawng zawng a thleng famkim thin**

Khawvel duhzawngte hi nun tum chungchanga ngaihdan dik lo a\anga lo chhuak a ni He lei hi kan chenna dik tak a ni lo Pathian Lehkha Thu hian Pathian ta kan nih thu te, A anpuia siam kan nih thu te, a duhzawng chu kan Pathian bul tanna hmuna kan kir leh theih nan a ni tih min hrilh a Mihringin kan hriat theih loh chu a Pathian bul atanga kan kir leh loh chuan duhthusam chhiar sen loh hlen chhuah tumin beih a ngai dawn tih hi a ni sawmi! Mihringte hian duhzawng kan nei lo thei lo tih chu a dik a, chu chu neih chuan thil dik lo a awm lo Amaherawhchu, mihring duhthusam tam zawk hian Pathian hnena kir leh duhna hnahnung ber tihhlawhtlinna chu a tikhawlo a Chutiang chuan mihring hlimna atan a tichhe a ni Mihringte hian Pathian an duh a, Amah an hmuh loh chuan, hlimna a thlen tur nia a ngaih apiang chu duhnain a kang chhonzawm zel ang Mahse, duhthusam zawng zawng tihhlawhtlin nghalna chu a lo thleng ta a ni Pathian hmutute hnenah automatic-in a awm thin

Duhthusam hi chi hnih a awm a, chungte chu: Pathian kan hmuh theih nana min puitu te, leh Amah kan hmuh theih lohna tura min daltu te Entîr nân, miin thil dik lo a tihsak che chuan phuba lak duhna chu i hre mai thei Amaherawhchu, hmangaihna thiltihtheihna sâng zâwk leh pawm tlâk zâwk hmanga he duhna hi i hneh chuan, Pathian i hmuh theih nâna ãanpui theitu hmanrua ngei chu i hmang tawh ang Duhthusam zawng zawng chu kawng ropui takin tihhlawhtlin a ni tûr a ni, a chhan chu khawvêl thil hmanga tih famkim a nih hunah chuan duhzâwngte chu i hmang tawh ang multiply, along with troubles and suffering Kan duhzawng zawng zawng Pathian hnena hlan kan zir chuan Kan duhzawng tha hlen chhuah nan leh kan duhzawng tha lo leh tichhe theite

tihboral turin hna a thawk ang chhia leh tha hriatna
thianghlim aia venhimna lian zawk a awm lo va,
nunna vuakna laka invenna tha zawk chu duhthusam
ropui leh ropui tak neih ai chuan a awm lo

Pathian lem famkim chu kan chhungah a awm tih
kan hriat chian hunah chuan kan duh zawng zawngte
chu a lo thleng famkim ta a, chu hriatna thiaghlim,
lei ro hlu leh hausakna zawng zawng tluk phah chuan
khawvel pum pui pek pawh ni se, i nghing lo vang che
Fakna pawhin chhuanawmna a tuh lo vang che a,
mawhphurhna pawh a tichhe lo vang che, nangmah
chhungrilah Pathian lawmna chu i tem dawn si a, chu
chu i nunah ngaihtuah tur pawimawh ber a ni ang

Kan duhzawng dik tak tihhlawhtlin kan tumna
kawngah Pathian kaihhruaina kan dil hmasa tur a ni
a, chu chu kan tawngtaina zawng zawng chhanna kan
hmuh theihna kawng tha ber a ni Mahse dilna chu
tawngtai a\angin paih bo tur a ni \awng\ai dan hlui
chu a danglam tur a ni a, Pathian hnenah rinna
famkim leh rinna nghet tak nen kan hawi tur a ni, min
ngaithla a, kan dilnate chu min pe ang tih rinna nghet
tak nen Pathianin kan duhzawng kan bansan hi a duh
lo—kan tawngtai lai pawhin A hnenah—chu duhzawng
chu A kut khawngaihna a\anga thilpek hlu ber, kan
siam tirh a\anga kan tana a ruahman dikna thiaghlim
a nih avangin

A pianphungah chuan tawngtaina leh duhna dik
leh dik lo chu a thliar hrang tur a ni Duhthusam chu
thiltihtheihna a ni tih hre reng ang che; duhna pakhat
—a tha emaw, a tha lo emaw, a hlâwkpu emaw, a
chhiat emaw pawh ni se—i vawng tlat a, chu chu a
chhûn zânin i vawng reng a nih chuan, a tâwpah
chuan a lo thleng dâwn avângin, mi pakhat chu
fimkhur tûr a ni a, duhthusam tha lote vawn tlat chu
pumpelh tûr a ni, chu chu a hlen chhuak dâwn a,

chhiatna nasa tak leh inhuat theih loh hrehawmna a
rawn keng tel dâwn a ni

Hun a kal zel a, i duhzawngte chu hlen chhuak
mah se, i thinlung chu a ruak reng a, chhungril helna i
tawng ang l chaw ei khamna chu a chak lo hle ang tih
han ngaihtuah teh, chuti chung pawh chuan chaw
hmin (fried foods) chu i duh em em a ni Dik tak chuan,
i ei apiangin natna i nei ang, i inhmang lain nuam i
tih lai pawhin And so, you'll feel like you've made a
mistake Wisdom dictates using discernment to
distinguish duhna \ha leh \ha lo inkara, chu chu
tihhlawhtlin a nih hnuah chuan chu duhna dik lo chu
tihhlawhtlin a ni tur a ni lo Mihringte hian chhungril
lama hriatna thiltihtheihna chu kan nei a, chu chu kan
hmang fo tur a ni a, chu chu Pathian aw ni bawh chhia
leh tha hriatna thupek angin an nun kaihruai tur a ni

Duhthusam tihhlawhtlin lohte chu thinlungah a
awm reng a, chuta awm chu eng harsatna nge awm? A
chhanna chu hetiang hi a ni:

Duhthusam zawng zawng hi thiltihtheihna bik
atanga siam a ni: a tha emaw, a sual emaw, a pahni
emaw Mi a thih chuan—Pathianin khawngaih rawh se
—heng chaknate hi taksa chhe leh chhe tawh chung
pawhin an thi lo va, thlarau chu a kalna apiangah
thlarau lam capsule concentrated angin an zui a, chu
mi chu taksa thara piang thar a nih chuan, heng
capsule emaw, psychic tablet emaw te hi nungchang
angin an lang chhuak thin tendencies Chutiang chuan
zu ruih hmang thi tawh chuan a pianthar hunah zu
duhna chu a keng tel a, chu duhna chu zu duhna an
hneh hma loh chuan a awm reng a ni Hei hi thil
dangah pawh a hman theih a ni

Naupang tê ber berte pawhin nun hlui atanga an
neih mizia an lantîr Naupang thenkhat chuan
thinrimna nasa tak an tuar a Mi dangte chuan

thinrimna tha lo an nei Dik tak chuan Pathianin
hetiang hian a siam lo Nun hmasa atanga duhthusam
tihhlawhtlin lohte chuan heng rilru lam rilru put
hmangte hi a siam a, chu mi avang chuan thlarau chu
eng emaw chen mak takin a lang a, Pathian lem
thianghlina siam ni mah se Pathian lem chu a
chhunga tihdanglam a nih chuan a he nunah hian mi,
thinrimna emaw, hlahna emaw, duhamna emaw
pawh ni se, heng miziate hi tunah chuan hneh a ni lo
va, chutah chuan anmahni nen an piang leh ang (a nih
loh leh anmahni nen an piang leh ang), heng rilru
natna hrehawm tak takte phurrit chu he mi emaw,
nakin lawka tisaa lo chang emawa an hneh hma loh
chuan an laka tlanhhuahna a awm lo

Chuvangin, duhthusam zawng zawng chu tuna
hlen chhuah emaw, hneh emaw a tha zawk

Chutiang duhna chu vawi khat atana tihbo
theihna kawng tha ber chu Pathian hlimna chungnung
ber tawn hi a ni Chutiang a nih loh chuan heng duhna
thunun leh duhthusam tihhlawhtlin lohte hian thlarau
chu a tibuai ang a, a ti hrehawm ang

Mi chuan hriatthiamna leh finna hmangin Pathian
chauhvin hlimna thianghlim leh nghet tak a pe thei tih
a hriat a ngai a ni

A tam zawkah chuan duhna chu hriat lohnaah a
thup reng thin A bo tawh niin i ngai mai thei, mahse a
bo lo; hei hi nunna thuruk pakhat a ni a, chu chu
amah ngei pawh hi thuruk ropui tak a ni

Mahse nun hi kan zirchian a, a awmzia kan
ngaihtuah hian thuruk chu a bo thin Nitin hun rei vak
lo ngawi renga thu a, mahni inenfiah ta la, duhthusam
tihhlawhtlin loh tam tak i nei tih i hmu ang Heng
duhnate hi mi pakhatin a kalna apiangah, he nunah
leh a hnua a kalna apiangah a phurh chhuah hrik
thihpui ang mai a ni

Hmalam panna kawng tha ber chu—duhthlanna
fing tak hmangin—he nunah hian duhthusam
chhiatthlak tak takte hi hriat chian a, i duhzawng tha
hlen chhuahna kawngah i thawhrimna chu i dah
pawimawh ber a ni Mahni inti hhlum duhna emaw, thil
dik lo tih duhna emaw i neih chuan, chu fuihna chu
tunah hian i hnawtchhuak tur a ni I thlarau chhungah
Pathianna meialh i nei tih hi ngaihtuahna leh thiltih
hmangin nangmah leh nangmah inringtawk la,
Engkimtitheia anpuia siam i ni tih hre reng ang che,
leh chuvangin i taksa pianphung leh i tih dante
paltlang theihna thiltihtheihna i nei a ni

Luxuries-ah innghat lo la, duhthusam a\angin
inthiarfihlim zawk la, nun indonaah hnehna i chang
ang Hrehawmna chinfel theih loh i tuar a nih chuan
taksa hriatna atanga inthiarfihlim tum ang che

Miten thil hlui, chhe tawh leh tul lo tak takte chu
in kil khatah dahkhawm a, a hun hunah in tihfai leh
tihfai hi thil tih dan pangngai a ni Chutiang bawkin, i
subconscious mind kil khatah hian duhna tam tak chu
latent harm nen a awm a, chu chuan ni khat chu i
hmachhawn dik loh chuan harsatna nasa tak a thlen
thei che a ni

Mahni inhriatthiamna hi thlarau lam kawngah a
pawimawh hle I huat em em a, i thinrim a, i thinrim
thuai thei bawk ang Chutiang a nih chuan, heng i
hriatnaah hian heng miziate dahkhawmte hi i thiltih
tawhte rah chhuah a ni He furniture buaithlak tak,
chhe tawh tak tak atanga i rilru tihfai nan hian thil \
ha, siam\hatna tur thil \ha tak tak hmangin i \an tur a
ni a, midangte chungah hmangaihna i neih \an a ngai a,
mi i hmangaih tam poh leh an hmangaihna chu i hre
chiang ang a, mahse an hmangaihna chu i hre chiang
ang i sawisel chuan, nangmah ngei pawhin, chu

sawiselna chu an hrethiam ang a, amplified takin i hnenah an rawn thawn let leh ang!

Hmelma hlui a thi tawh ang u, chuti chung pawh chuan a chungah thinrimna leh huatna i la vawng reng ang He lungngaihna avang hian I tuar ang a, a chhiatna chu i taksa leh rilruah a lang chhuak ang Pathian tan ngaihdam a tha zawk, chutianga i tih chuan phuba lak duhna soal tak tak lakah i in chhuah zalen ang a, chu chuan i rilru thlamuanna a tichhe ang a, i thlamuanna chu i tichhe vek ang Heaping huatna chungah huatna, emaw, huatna hmanga hmêlma chhân lêtna chuan i hmêlma i chungah hmêlma chu a tizual mai ni lovin, a rah chhuah angin nangmah ngei pawh i taksa leh rilru natna a tichhe bawk Chuvangin ngaihdamna mawi tak nên ngaidam rawh

A hun hunah chuan mi pakhat chuan amah chauha awm turin engkim a kalsan a ngai a, chu chu nun tum ngaihtuah tur chuan Mi tam zawk chu hnam dan leh fashion hrang hranga luang chhuakah an pil bo thin A nihna takah chuan anmahni nun hi an hmang tak tak ngai lo va, khawvel nun an hmang zawk zawk Eng nge an tihhlawhtlin a, khawiah nge an tawp?

Chuvangin, mi pakhatin a rilru buaina tihreh nan leh a thupui hrethiam a, a tum tum chu ruat a tum theih nan nitin buaina leh "duties" atanga a chang chuan a inthiarfihlim hi a finthlak hle

Thu hriattîrna ropui ber i dawn theih chu i chhia leh tha hriatna a ni tih hre reng ang che: i thlarau aw tihsual theih loh leh tihsual theih loh I chhia leh tha hriatnain a hrih che chu i nihna dik tak a ni a, chei mawi leh inthuamna tel lovin

Isua Krista thiltihtheihna kha han ngaihtuah teh, “Ka Pa, ngaidam rawh, an hriat loh thil tih dan an hre lo,” a ti a.

Tin, Zawlnei ropui tak kha han ngaihtuah teh: “Mi dinhmun chawisangtu chu ka hrilh dawn lo che u em ni?” Anni chuan: “Ni e, Aw Pathian tirhkoh” an ti a: “I chungathil hre lo chu dawhthei la, i laka insumtu hnenah pe la, i nena inzawmna titawptu nen inzawmna vawng reng la, i chungathil tisualtu chu ngaidam rawh” a ti.

I chhia leh tha hriatna êng tak aw ngaihthlak hian i kawngah êng a thlen ang a, i nunah malsawmna a thlen ang I thinlungah duhthusam hlen chhuah duhna nasa tak i neih hunah, i hriatthiamna hmang la, heti hian inzawt rawh: "Tihpuitlin ka tum chu duhthusam tha nge tha lo a ni em?"

Thil tam tak chuan mihring duhzawng a tichak a Mi pakhatin model car thar a hmuh chuan a ang chi nei duhin style thar in a hmuh chuan a ang chi nei duh a ni Fashion trend thar chu a lar ta hle a, chu style chu lei leh ha turin miten an duh em em a ni!

Khawi atanga lo chhuak nge duhthusam? He thu hi darkar tam tak ka ngaihtuah a I duh zawng zawng chu i categorize thei em? I managed to sort through them all and keep only the good ones Tin, Pathian inpawlina ka neih chuan ka duhna tha zawng zawng chu vaw khatah a thleng famkim vek tih ka hmuchhuak Vawiin hian thil i duh a, naktuk hian i thlarau chuan thil dang a duh em em a I rilru, Pathian Engkimtitheia atanga lo chhuak chu khawvel thil tha hian a ti lungawi thei lo va, a ni ngai lo vang, a chhan chu, ka thian duh tak, hlu ber leh i thlarau ro hlu tak, i duhzawng tihlawhtling thei tur leh i duhzawng tihlawhtling theitu chauh chu Chu ro hlu bo chu Pathian a ni

Duhthusam \ha emaw, \ul emaw a awm tih chu a dik a, chu chu hlen chhuah tumin i thawk tur a ni Mahse, i duhzawng tenau zawkte hlen chhuah tumin i

beih lai hian Pathian lam hawia i duhna lian ber hlen
chhuah hmasak hi theihnghilh suh Duh duhna leh tih
tur tenau zawkte chu hlen hmasak tur a ni tih rinna hi
ka thlarau lam zinkawng bul tannaah pawh ka la hre
reng a, chu chu ka rilru tikhawtlaitu ka ni a, ka la hre
reng lo meditate regularly, even though I kept tolling
myself that I would make time for it ka thlarau lam
hnate hmasa ber Tin, chutiang chuan zirlai ropui tak
ka zir chhuak ta a ni: Pathian laka ka mawhphurhna
chu a hmasa ber a, chutah chauh chuan hna dang,
pawimawh lo zawkte chu ka ngaihtuah thei a ni

Mihringte hian Pathian aiin hna dang leh
ngaihtuahna dang kan dah pawimawh zawk a nih
chuan engvangin nge Pathianin chatuan kawngkhar
chu mihringte tan a hawn ang? Pathian chuan kan
chhungah thlarau lam thla a dah a, thlarau ramtea
thlawk turin min beisei a ni Heng thlate hi kan thlarau
lam duhthusam te, kan ngaihtuahna sang tak te, leh
kan Pathian bul kan duhna thinlung tak tak te hi a ni

Pathian i zawng hmasa phawt ang u Leia
hnathawh hi ngaih pawimawh ber hi a finthlak lo,
Azrael hian engtik lai pawhin thlarau a ko thei a,
chutah chuan tih tur, inpekna, ngaihtuahna leh tih tur
zawng zawng chu a tawp ang a, vawi khat atan a tawp
ang Chuti a nih chuan engvangin nge nunna hi nget
taka kan vawn tlat ang?

Miin himna leh thlamuanna a hmang niin a inngai
a, chutah chuan a hmangaih tak a hloh thut mai a, a
nih loh leh a hriselna emaw, a hna emaw a hloh a,
himna leh thlamuanna chu a boral ta!

Ka nu ka hmangaihna chu a va ropui tak em! Ka
bulah a awm reng ang tih ka ngaihtuah a, mahse rang
takin ka naupan lai atang khan min kalsan tawh tih ka
hrechhuak ta! Thihna kan hlau tur a ni lo va, chumi
atan chuan kan inpeih zawk tur a ni

Nun hi a lan dan ang a ni lo I rinna nghat suh, a inthlak danglam a, bumna a ni a, beidawnna leh beiseina tichhiain a khat a ni Famkimna hi hmuh theih a ni lo Hetah hian famkimna hmuh tur a awm lo Nunna lemziak tak tak ka pe duh lo che He khawvel hi paradis a ni lo Pathianin thlarau a fiahna hmun a ni a, chu chu Pathianin thlaraute chu thil \ha hmanga hnehin Amah an siam ang em tih en turin a fiah \hin a ni—chu chu, siam rawh Pathian—an duhzawng ber, A ram lama an kir leh theih nan

Nun hi lungngaihna leh nuihzatthlak chi hrang hrang, chhiatna leh hlimna chi hrang hrangin a khat a ni Tapestry zau tak, danglam reng leh nung tak, a chi hrang hrang chhiar sen loh Thil pahnih hi a inang chiah lo Mi tin nun hi a danglam bik Mimal tin hian pianphung hrang hrang, rilru put hmang hrang hrang, duhna hrang hrang kan nei a Nitin fiahna inang kan tawh a nih chuan, kan chau ang a, kan bo ang Paradis pawh, a inang reng ni ta se, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradis is entirely wrong A hahthlak tak zet a nih chuan Pathian mi thianghlim leh mi thianghlimte chuan Leiah hian kir leh turin an tawngtai ang a, intihhlimna an nei ang! Paradis hi a lawmawm berin a tharin a awm reng a, Leilung erawh chu a tharin a awm fo thin a, mahse a hahthlak leh nuam lo takin

Mahse, nun hi hahthlak leh hahthlak tak ni mah se, mi tam zawh chuan an hmang thiam ta hle a, nun dan dang a awm lo tih ringin He nun hi thlarau nun nen tehkhin theih lohvin, he khawvel fold chhunga hrehawmna leh hahna thup zau zia chu an hre thei lo

Dik tak chuan, nun hi a tak tak a ni lo It's merely entertainment, nothing more Film hlui te hi tihchhuah nawn leh a nih ang bawkin, chutiang bawkin thil

thleng hlui ang chiah chu chi hrang hrangin a insiam nawn leh thin Tin, nun chhunzawm zelna tawp nei lo mah se, film hmasa lama thupui tarlan ang chiah kha a hnungzuiin an play leh thin Dik tak chuan, history hian a repeat a, mite chu hun kal tawh museum-a thil hlui mai mai an ni

Nun hian a mak tihnate a chhuah tir theih nan, hlimna, thil tum nei tak leh inthiarfihlim tak nena pawm tur, rilru natnain nghawng nei lo, movie en ang maia thinlung taka nuih hi mihring natna zawng zawng damdawi mak tak a ni

Nun hi awlsam leh thlamuang takin i pan tur a ni
Hei hi ka zirtirtu hnen atanga ka zir chhuah chu a ni a
hermitage-a ka thlarau lam training tan tirh khan ka
hna chu hmel hlim lo tak nen ka thawk a, nui ngai
lovin Ni khat chu ka zirtirtu chuan hei hi a hmu a,
"Pathianin a duh chuan engkim a tha vek! Funeral-ah
i awm em? Pathian hmuh chu lungkhamna khuh bo a,
lungngaihna zawng zawng phum tihna a ni tih i hre lo
em ni? Nunna hi chutiang chuan la suh tihtakzetin"

Pathianah zalenna famkim a hmuh theih nan lei
lam thil tihbuai leh buaina zawng zawng aia a rilru
chawisang hi mihring tih tur a ni tih min zirtir a

Nun harsatnate huaisen leh mahni inrintawkna nena hmachhawn tur chuan hlimna leh lungngaihna, hlawkna leh hlohna, hnehna leh hlawhchhamnaah inthlauhna a vawng reng tur a ni

Thil thleng zawng zawng karah pawh chhungril remna vawn reng hi bum duhna hneh theihna kawng tha ber a ni Hei hi hun inthlak danglamnain a nghawng lo, mahse a tawp thlenga nghet leh danglam lova awm rengtu ropui tak takte hnen atanga ka zir chhuah chu a ni Zâwlneite pawhin an tihduhdah lai khan an hriatna thianghlim chu an hloh lo va, Thlarau lam thila Pathian hmangaihna chu tumah ruksak an

phal lo hlimna chu amah ngei pawh malsawmna
invenna leh mi zawng zawng kulhpui ropui ber a ni
Fiahna leh hrehawmna karah Pathianin malsawmna a
pek che kha hre reng ang che I thlarau chu Pathian
biak in thianghlim a ni I hriat lohna thim chuan chu
hmun thianghlim chu a tibawlhhlawh tir tur a ni lo
Thlarau lam hriatna, chawimawi, zahawm, him, leh
thlamuang taka awm chu a va ropui tak em! Engmah
hlau suh la, tumah huat suh I hmangaihna chu mi
zawng zawng hnenah pe rawh Pathian hmangaihna
chu hre la, mi zawng zawngah a awmna hmu la, i
duhthusam ber chu i thinlunga a awm rengna ni rawh
se Hei hi khawvelah hian thlamuang leh muanna neia
nun dan tur chu a ni Mahse, duhna thlipui na tak
chuan thinlung oasis a rawn nuai a, a thingte chu
nasa taka a tihnghing chhung chuan he mahni
inrintawkna hi tem a harsa hle

Duhthusam chu mi pakhat boruakin a siam a ni
Kan hriatna atanga lo piang a ni a, chu hriatnate
tihkhawtlai a nih avangin thingtlang fair-a tel hian
phurna engemaw zat neih duhna chu a tihlawhtling a,
mahse khawvel huapa exhibition kan tlawh hnu leh a
lantir hrang hrang zawng zawng kan hmuh hnuah
chuan fair tenau chuan a hlimthla leh a hipna chu a
hloh ta a Chutiang chuan, chu hlimna chu Pathian
nena inpawlina hlimna chu kan tawng hmasa tur a ni
lesser earthly pleasures Tichuan, duhna chu a sang
zawh ang Duhna chu a tawp thei lo; no sooner is one
desire fulfilled than another takes its place Mahse
Pathian i hmuh chuan i duh zawng zawng chu a
famkim vek a ni "Pathian ram leh a felna zawng
hmasa phawt la, heng zawng zawng hi pek i ni ang
(Tin, Pathian hnena awm chu a tha zawkin a awm
reng bawh ang)" Chuti a nih chuan engvangin nge chu
duhna ropui ber tihhlawhtlinna chu zawn hmasak a,

Pathian kut thilphal hnen atangin a tha ber leh tuar thei ber chu i dawn loh vang?

Pathianin amah hre tura zawngtu tawngtaina a chhan hunah chuan a duhzawng dang zawng zawng chu a thleng nghal vek ang a, chatuan atan a thleng nghal vek ang

Mi thenkhat chuan duhthusam nei loah an ngai Fine!

Mite market-a an kal hian thil thleng fo thin ka hmuchhuak tawh Lei duhna bik an nei lo mai thei a, mahse rang takin thil pakhatin an mit a la a, "Aw ni e, ka lei a ngai a ni!"

An lei nghal lo a nih pawhin a tawpah an lei hma loh chuan an ngaihtuahnaah a awm reng a, pawisa an loan a ngai a nih pawhin Hun engemaw chen chu an hlim a, mahse zawi zawiin a hipna chu a bo a, a neih hlimna chu a tlahniam a, chuvang chuan thil dang an duh a, chutiang chu a ni

A châng chuan: "Ah, hetiang leh hetiang zat pawisa (or special model car emaw swimming pool emaw or)" ka neih chuan" titu kan tawk a, chu duhthusam chu a thlen meuh chuan thil thar duhna dang a lo chhuak leh thin

Mihring duhzawng hi a pianphungah a famkim lo a, chuvangin a neitute tan hlimna famkim a thlen thei lo

Khawvel hian i rilru tihbuai a tum ang che duhthusam awmchhun chu Pathian zawn a ni tih hriat reng nan Mahse hei hi nitin i inhriat nawn tir tur a ni Miin meizuk bansan, ei tam lutuk bansan, dawt sawi, bumna bansan a tum hian a thutlukna siamah a tum tlat tur a ni a, a nghing lo tur a ni Environment tha lo chuan duhna chu a tichhe a, a tichak lo va, mi pakhat chhungah duhthusam dik lo a siam a, a tha ber a la a, a chhe ber a pe thin Those who live with thieves

**believe it's the only way to live Mahse mi tha nena
inpawlina hian rilru chu thil sang zawk lam hawiin a
kaihruai a, chutiang chuan duhna dik lo chuan mi a
thlem thei tawh lo He nunah hian engkim hi a
danglam thei a, a inthlak danglam thei a Mahse, hun
tlemte chhung ngaihtuahna thuk tak emaw, thlarau
lam thupui thianghlim zir leh ngaihtuahna seng emaw
chu rilru hnehtu a ni ang a, bumna leh illusion to
divine shores where "hahna reng rengin a khawih lo
vang a, chuta tang chuan hnawhchhuah an ni lo
vang".**

**(Chawlhna ropui ber chu thawkrimte tan buatsaih
a ni tawh a, thutak zawnga theihtawp chhuah lotu
chuan hnehna a chang ta a ni)**

**Hlimna dik tak chu Pathian duhna leh Amah
ngaihtuah rengnaah a awm a, chhelna nen, chu
ngaihtuahna chu a nghetin a nghet lo hle a, taksa,
rilru leh rilru lama hrehawmna engmahin Pathian
hnen atangin i hriatna chu a hruai bo thei lo va
Pathian hriatna nena nun, Amah ngaihtuah leh engtik
lai pawha Amah hriat reng, leh Amah beih theih lohna
hmun thianghlima awm reng chu thil mak a ni lo em ni
thihna emaw, thil dang emaw pawhin i chhungril
thlamuanna a rukbo theih lohna hmunah? (Pathian
hriatrengnaah ringtute leh an thinlungin chawlhna
hmutute Dik tak chuan Pathian hriatrengnaah chuan
thinlungin chawlhna a hmu thin)**

**Duh zawng zawng laka him lo i nih chuan chatuan
awmna i hlim a ni**

**Nun hi a mak tak zet a ni, engkim hi a danglam
thei a ni Chuvangin, he nun hnim hring hring chungah
hian hlimna lawng hi anchor tur a ni lo Kan hun hi a
liam ang a, tuna kan hmuh hi ni khat chu a bo tawh
ang Inthlak danglamna chu i tihnat phal loh chhung
chuan pawm theih a ni Tin, a tihnat che a nih chuan,**

chhungril buaina i tawn chu duhnain a tuar lo turin
thuchah a ni thlarau, innghahna leh innghahna nei
lovin engkim i hlim thin Chuvangin, Amah hriat tumna
hi ngaihsaktute tan chuan a pawimawh ber a; chuti lo
chuan nun chu beidawnna rapthlak tak a ni ang a,
beiseinate chu râpthlâk takin a tikehsawm ang

Kum 1935-a India rama ka lo haw khan ka naupan
laia ka hmangaihna hmunte tlawh ka beisei a, mahse
ka thlen chuan engkim a danglam tawh tih ka
hmuchhuak Nun stage chu kawng danglam takin a
inrem leh ta Beidawng leh mangang ber chu Aykapur-
a ka in hlui ka tlawh khan a lo thleng a, chutah chuan
ka inkhelh leh sava ka en thin Only one tree remained
of all that I remembered Such is life! Thil hriat lar leh
ngaihhlut tak takte chu kan mit a\angin pakhat hnu
pakhatin a bo vek a, ka naupan lai ang bawka kan in
chu hmuh theih turin eng thil pawh pe turin ka inpeih
reng a, chuti chung pawh chuan, Pathianin ka
duhthusam chu a hlen chhuak ta a, a hnuah chuan in
chu inlarnaah ka hmu a, chutah chuan tuikhuah-ah
kan inbual a, chutah chuan inchungah ka chho a,
khumah chuan ka mu a, kum tam tak kalta a ka lo tih
tawh ang khan mango ka ei ta a ni

Tunah chuan duhnate chu uluk takin enfiah leh
enfiah a ngai a, a thliar hrang tha a, a tha chauh vawn
reng a ngai a, chu duhna tha tak takte pawhin
Pathian duhna pawimawh ber chu a titawp phal a ni lo

Chu duhna chu a nung reng tur a ni a, a kang reng
tur a ni a, a bo emaw, a thi emaw phal loh tur a ni
Mihring chu Pathian hnenah a lei duhzawng hlen
chhuak turin a ngen a, mahse a hnena inpuan turin a
ngen lo a, naupang pakhatin a nu leh pate hnena a
dilna pe turin a phut reng a, chutiang ni lovin a
chungchang zawt lo emaw, ngaihtuah lo emaw chu
han ngaihtuah teh That is ingratitude and a deial of

their kindness, and ngaihtuahna hmangtute tan zirlai
a awm tihna a ni

He nunna bu hi hman a nih hunah chuan leia a
awm laia thlarau lam hriatna a neih chauhvin a zui
ang Chuvangin Pathian chu mi rilruah a awm reng tur
a ni a, Amah a ko reng tur a ni a, a theihnghilh ngai lo
tur a ni, mahni thlarau lam hmalam hun ngaihtuah tak
tak a nih chuan Pathian nena inpawlna kan neih hian
duhthusam zawng zawng chu thuruk takin a thleng
famkim tih kan hmu ang Mahse Pathian kan zawn a
ngai a ni hmasa berin A thilphal a, engkim min pe
tawh a, mahse a thilpektea lungawi lo mah ila a petu
lam kan hawi hunah chauh kan hmu ang Kan zawnna
kawngah thinlung takin, Amah hnaih kan duhna leh a
malsawmna a awmpuina kan tawn duhna thinlung kan
neih chhung chuan Amah chu kan hre chiang ang

Miin a hmachhawn tur daltu lian ber chu amah
ngei hi a ni Ngawi renga thut a, thlarau lam thil
ngaihtuah a tum hian khawvel ngaihtuahna a lo
chhuak nghal a, a ngaihtuahna a tibuai a, a thil tum a
tihlawhtling thei lo An ngaihtuahna leh taksa thunun
turin an inzirtir tur a ni a, chutianga an tih chuan an
thlarau chhungah paradis phur thei tak an phur ang
Nunna emaw thihna emaw, vanram emaw, hremhmun
emaw, chu hlimna sang ber chuan anmahni zui rawh

Pathian hnenah thuk takin kan tawngtai tur a ni
a, kan duhthusam nasa tak chu kan leihbuak a,
thinlung tawng, thlarau duhthusam leh chhia leh tha
hriatna tawngkam hmanga kan dil a ngai a, chutiang
chuan min lo ngaithla a, min chhang thei ang Mahse,
mi pakhatin thinlung chanve zeta tawngtai a, chutih
rual chuan thil dang a ngaihtuah chuan—Pathianin a
hriat thil chu chu mi ngaihtuah ber a ni lo—A chhang
lo vang

**Pathian kan neih hmasak a ngai A hun chu tunah
hian kan nghak tur a ni lo, suangtuahnate hi thiltithe
lutuk a nih avangin Nun hi a liam thuai a, nun tum hre
lova he khawvel chhuahsan hi a zahthlak hle Hun awl
kan neih apiangin kan ngaihtuah tur a ni I tawngtaina
a tir lamah chhan a ni lo a nih pawhin Pathian
khawngaihna chu beidawng suh la, dil chhunzawm zel
rawh Thinlung takin tawngtai la, i tawngtaina chu
chhan a ni ngei ang tih ring tlat ang che**

**Pathianin tawngtaina a chhân lêtzia finfiahna
ropui ber chu ka nunah ka hmu tawh a Mahse
chutiang chhân lêtna chuan thawhrimna a ngai a, beih
loh chuan thil pawimawh tak a lo thleng lo vang
Nunna thurukte pholan a, Pathian ram luh nân
ngaihtuahna hi a pawimawh hle**

**Thiltih \ha lo leh tihbuitu dangte chuan i
thawhrimna chu a tichhe thei ang a, i thutlukna chu a
tichak lo ang Mahse hlim taka awm i duh chuan i
ngaihtuahna chu Pathian lam hawiin vawng reng la, i
hnaih ber chu i hmu ang**

**Leilung nawmna duhna hian magnetic pull a siam
a, chu chuan mi chu he leiah hian a hip lut a, nun
hnua nunna Pathiana an duhzawng hmu tawhte tan
tisa lama kir leh chu thil tul lo a lo ni ta a, duhthusam
eng pawh tihhlawhtlin an duh apiangin an ngaihtuah
a, chu chu an hmaah a lo lang chhuak thin Ka nu chu
a thih hnua ka hnenah a inlar a, amah ka hmuh
avangin ka thlamuan a, a thatna avangin Pathian
hnenah lawmthu ka sawi tak zet a ni Dik tak chuan,
Amah hi a tam ber a ni Mi thilphal leh khawngaihthlak
ber chuan kan thinlunga hmun hmasa ber kan pek
hian min hmangaihna leh lawmthu sawina lantir turin
kan duhnate a tihlawhtling thin**

**Miin Pathian hnena a thlen chuan nunna leh
chanvo neitu an lo ni ta a ni Kan nunah Pathian**

**awmna chu ngheet taka a din hma loh chuan kan chaw
tur a ni lo Kan duhthusam zawng zawng min pe ang a,
min fiah ang**

**Thlarau lam kawnga fiahna leh daltu te chu a tam
a, a ropui hle a, mahse chu fiahnate kan paltlang a,
chu harsatnate chu kan hneh chhoh zel chuan heti
hian kan sawi tur a ni: “Aw Lalpa, ka tawngtainate i
chhang a, ka duhthusam ropui berte i tihlawhtling ta
a, chuvangin ka thinlung chu I awmnaah a hausa a, ka
thlarau chu I êngin a lo eng ta a ni” tih hi a ni.**

Remna awm rawh se

Zirtirtu Paramhansa Yogananda thusawi atang hian

Mite chuan nunah thil engemaw bânsan tumna
ngaihtuahnaah hian an phunnawi a, a takah chuan thil hlu
tam tak an bânsan a, chung zinga a tlem ber chu rilru
thlamuanna a ni a, a châng chuan sum leh pai atan pawh an
inhlan a, chu chu chhiatna leh hlohna a tawh thei a ni

Pathian hnenah inpe la, in nun chu rhythmic melody
mawi tak ang mai a lo ni tawh tih in hmu ang

He khawvel a\ang hian i chhungril lam pan la, i chhungril
Pathian ram zau tak lam hawi la

Thlamuanna lawngah chuan kan mumang piah lama chu
khawvelah chuan i kal thei a, chutah chuan thinlung leh
thlarau thuk tak atanga chawlhsan lovin Pathian tuikhuah a
luang chhuak thei a ni

Lalpa, Nangmah min hmangaih a, engtikah mah min
thlahthlam ngai lovang tih hre reng chungin, kei chu chak lo
emaw, chak emaw, damlo emaw, hrisel emaw, hmingthang
emaw, hriat loh emaw, hausa emaw, rethei emaw, I lawm

zawng zawnga nun inkhelhnaah ka chanvo hlen chhuak turin
min pui ang che

Hausakna hi mi pakhat hnen atangin laksak a ni thei a, a
nih loh leh laksak a ni thei baw, khawvel a\anga an
chhuahsan hunah, an keng tel thei lo A hlutna dik tak chu
thil \ha tihna atana hman leh Pathian leh mahni chhia leh \ha
hriatna tilawm zawnga mahni leh midangte tana hlimna
thlennaah a awm a ni

Mahni himna leh thlamuanna chauh ngaihtuah, midang
mamawh theihnghilh emaw ngaihsak lo emaw chuan a takah
chuan ni khat chu an chanvo tur rettheihna chu an courting a
ni an kalna apiangah an tam hle

A phutute hnena i pek hunah chuan Pathian chu i
hnenah a awm reng ang a, engtikah mah a kalsan ngai lo
vang che a, engmah i mamawh lo vang Kan nun hi Pathianin
direct-in a chhawm nung tih kan theihnghilh tur a ni lo va,
kan rilru, kan duhzawng leh kan thiltih zawng zawng hi
Pathianah a innghat vek tih kan hriat chian hunah leh a hnen
atanga chakna kan lak chhuah hunah chuan a hnen atangin
direct kaihhruaina kan dawng ang a, kan nun hi a nun tawp
nei lo nen a pumkhat a ni tih kan hrechhuak ang

Ngaihtuahna hian Pathian awm tih finfiahna a pe Rilru
tuikhuah a\angin hriatna thlipui chu a lo thianghlim tawh
chuan thlarau a\angin Pathian hlimna a lo chhuak \hin He
hlimna hi thlarau chhungah a awm tawh a, mahse a khuh bo
a ni

Aw, Lalpa Ka duhthlanna leh finna ka hmang ang Thil
tenau te hlen chhuah hmasak nan Tin, chutah chuan
hlawhtlinna lian zawkah ka kal leh ang
Thil tum zawng zawng chu tihhlawhtlin ni mah se,
hlimna famkim lo chauh a pe a ni — Pathian ka hmuh avang
chuan hlimna khawl khawm theih loh ka hmuchhuak ang Tin,

a luang leh tlan chu a tawp ngai lo Thlarau huan leh
evergreen meadows-ah te

In: Hnehna hmun

Miin a nun chu thrill pakhat hnu pakhat hnung zuiin a
hmang a nih chuan hlimna dik tak thlum chu a hre ngai lo
vang Mi pakhat chu awlsam taka nung tur a ni a, nun hi
awlsam takin a hnaih tur a ni Mi pakhat tan chuan mahni
chauha hun hman a tha a, a hun hunah mahni thiltih
ngaihtuah a, chhungril thlamuanna kalpui a tha a, chu chuan
damna, thalai tharna leh chakna thar a thlen a ni

Distractions a awm reng a, stimuli dangte chuan senses
a bombard a nih chuan, nerve te chuan a rah chhuah a tuar
ang a, vital energy tam tak a bo ang , thlarau pawhin a rilru
a buai ang a, a lungngai ang Chu bâkah, mi dangte siam\hat
chu ngaihtuah lutuk tur a ni lo chu ai chuan mi dang siam\
hat a tum hmain mahni insiamthat hmasak phawt tur a ni

In chu indona hmun ropui ber a ni tih hriat ni rawh se An
in chhunga vantirhkoh ni tawh chu khawi hmunah pawh
vantirhkoh a ni ang

Aw thlum leh nungchang ropui takin a rawn rawt
thlamuanna chu hmun dang zawng aiin in chhungah hian a
mamawh zawk a ni

Eng a engna hmunah thim a awm thei lo ang bawkin,
taksa cell-a Pathian êng a lo eng hunah natna thim pawh a
bo tur a ni , he thutak hretu hi an tlem hle
Mite chuan dam duhna nasa tak an neih chuan thinlung
buai takin A nih loh leh beidawanna rilru pu chungin an
tawngtai thin a, Pathianin an tawngtaina a ngaithla dawn lo
tih ringin an tawngtai a, mahse an nghak lo va, An
tawngtaina chu Pathian hnenah a thleng em tih an hriat
theih nan

Receiver dik lo hmanga boruak atanga music tihchhuah
a ngaihthlak theih loh ang bawkin, hlauhna, lungkhamna leh
lungkhamna, rinhlelhna leh rinhlelhna chi hrang hranga

thawk tha lo psychic apparatus hmangin Pathian atanga lo
chhuak hriselna, chakna leh finna vibration te chu a la thei lo

Lalpa, mamawh leh hausakna hun, natna leh hriselna,

thim leh êng, leh dinhmun tinrengah l hre reng ang u,

lawmthu i sawi ang u, l malsawmna êng, natna leh natna

zawng zawng tidamtu l êng malsawm tak kan hmuh theih

nan rinna mitte min hawn theih nan min pui ang che

Ka ngaihtuahna \ha, ka duhzawng \ha leh ka thiltih rah

chhuah, hlawkthlak tak lawng captain ka ni Ka nun lawng

chu ka kaihruai ang a, ka ngaihtuahna thuk tak van boruaka

remna planet eng mawi takah chuan ka mit ka nghat reng

ang

Ka thil tih zawng zawngah hlawhtlinna ka chan theih nan

ka creative thinking skills ka hmang ang Pathianin min pui

ang, keimah pawh ka in tanpui ka tum a nih chuan

Vawiin hian nunna huan hi theihtawp chhuah tharin ka

ching ang a, finna chi, hriselna, lungawina leh hlimna chi nen

ka tuh ang Rinna leh mahni inrintawkna nen chi chu ka tui

ang a, buh seng dik min pe turin Engkimtitheia thilpek ka

nghak ang, Buh seng beisei chu ka seng lo a nih pawhin, a lo

chhuak rilru thlamuanna avang hian lawmthu leh lawmthu

sawiin ka awm reng ang ka theihtawp chhuah tumin beih a

ni

Ka hlawhtlin hma loh chuan ka beih chhunzawm zel

theih avangin Pathian hnenah lawmthu ka sawi ang, A

khawngaihna Tin, ka thinlung duhthusam ber ka thlen

hunah lawmthu ka sawi ang Thil ropui leh tling chauh tih ka

tum ang, Pathian lawmna zawngin

Khawvel hi thilsiam leh mihring thlipuiin a khat a,

Pathian chu he khawvel thlipui, thlipui leh thil tha lo laka

invenna chak tak leh himna a ni Pathian awmna apiangah

hlauhna leh lungngaihna a awm lo Ringtu dik tak chu nunna

indonaah leh thil thleng inbeihnaah hian nghet tak leh

chhuang takin a ding a, Pathian chu a hnenah a awm tih a

chiang a, chhiatna laka a humhim a, hun khat pawh a

thlahthlam ngai lo Chutiang chuan hlauhna chu a thinlung a\
angin a bo a, rinhlelhna chuan a chelh a, humhimna chu a
nghah theih loh a ni

Hlauh loh tih awmzia chu Pathian leh a venhimna rinna
neih a, a dikna te, a finna te, a khawngaihna te, a
hmangaihna te, leh hmun tina a awmna te rinna neih a ni

Hlauhna chuan mi chu a rilru chakna a hloh a, a rilru a
khuh a, thinlung pianphung rhythm a tichhe bawk Chu
bâkah, hlauhna hian taksa tibuaite leh rilru lam natna a thlen
thei a, mi chu lungkhamna leh rilru lama inkhunghranna
hnuaia tluk ai chuan Pathian, Engkim hmutu, Engkim hmutu,
Engkim hmutu, A thunun theih lohnaah a him tih a
inringtawk tur a ni kulhpui, leh A khawngaihna leh
enkawlnain a hual vel a ni

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm zawng zawng aiin a chak zawk a, Amah hnena
inhumhimna zawngtute humhim thei a ni tih a inhriat chian a
ngai a ni Invenna hmanraw tangkai zawk a awm lo Dik tak
chuan, thil thlengte hmachhawn kawngah hian chhanna
hman a ngai a, chutih rual chuan Pathian tanpuina rinna
famkim neih a ngai a ni Rinna hian ngaihsak lo emaw, thiltih
emaw a ni ngai lo harsatna hmachhawn chung pawhin fing lo
takin Eng thil pawh thleng se, mahni thinlung, thlarau leh
hriatna zawng zawnga A hnena a hawi chuan Pathian
chauhvin dinhmun harsa leh harsa takah pawh a pui thei tih
a inhriat chian a ngai a ni

Harsatnate chu vur tla ang maia a lo chhuk chuan, kan
duhzawng chu a tichhe emaw, kan hmuh dan fing tak leh
fing tak, ngaihtuahna fim tak hmanga thil tih dan chu kan
khuh bo phal lo va, Pathian kan rinna leh kan pianpui thil dik
leh dik lo hriatna hi kan vawng reng tur a ni a, chhuahna tur
kawng zawn kan tum tur a ni Pathian tanpuinain, kan hmu

ang A tawpah chuan, thil a lo tha chho zel dawn a ni, a
chhan chu Pathian thiltihtheihna leh thilmakte chu mihring
nun inhnialna hnuaiah thup a ni dinhmun pumpelh theih loh
leh chu ai chuan an finna leh rinna hmanga puanzar piah
lama luh tum chuan an tan kawngkhar hawnsak an hmu ang
—ringtu kut zawng zawngin an kik theihna kawngkhar

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihrulaitu khawnvar ni turin kan
phal tur a ni Pathian chu hriat lohna leh thim zanah thla bial
a ni a, harhna darkarah ni eng a ni a, kaihhruaina êng a ni a,
leia tuifinriat kalte tan chuan kaihrulaitu arsi a ni bawk. rei lo
te chhunga awm

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

Rilru ngaihtuahna leh thlarau lam inhriatthiamna
inthlauhna

Miin theoretical hriatna hmanga a programme chuan kal
zel recorder ang mai a ni a, thufing leh thumal sang tak
takte a sawi nawn leh a, mi dangte chuan zir leh hriatna
neiah an ngai a Mahse chutiang hriatna chu thutak hriatna
dik tak chuan a tichak lo va, thlarau lam thil tihhlawhtlinna
nen pawh a inmil lo This kind of intellectualization or
intellectualization keeps the "self" tied to the sensory mind,
which is itself limited by the physical senses Theoretical
hriatna hian Pathian hriatna a nei thei lo va, thil tak takah

hman theih loh theory-ah hian hun hlu tak chu khawhral loh
a tha a, chuti lo chuan intellectual jungle zau takah bo,
theory ram paltlang thei lovin a awm ang

Hetiang kalphung hian thudik hriatna a thlen dawn lo a
ni, a chhan chu thudik chu ngaihdan leh ngaihdan piah
lamah a awm a, chutiang kalphung zawmtu tam tak chu
anmahni subjective conclusion-ah an inngnat ta a ni

Miin a rilru chakna chu sum leh pai leh thil neihte neihna
atan chauh a hmang a nih chuan a hriatna chu thiltihtheihna
khawvelah a hruai lut ang a, thil buaithlak tawp nei loah a
inhnamhnawih ang Chuvangin mi finge chuan mi finge
chuan Pathianin a pek rilru lama theihna zawng zawng chu
thil rei lo te chhunga thil awmte zawn nan a hlan vek tur a ni
lo, chuti lo chuan thil neih duhna labyrinth-ah a boral ang a,
a tul lo khawpa tikhawtlai a siam ang constraints for
themselves Chu ai chuan nunna atana thil tulte hmu turin an
rilru chakna chu an hmang tur a ni a, thil dik leh dik lo thliar
hrang turin an nungchang chakna tihmasawn tumin an bei
tur a ni a, thil tichhe thei leh hlawkna tur pawh an thliar
hrang thei ang mahni inhriatthiamna (introspection) a ni

Kan ngaihtuahna chu eng pawh ni se, kan nunah
Pathianin a hmasa ber reng tur a ni Thlarau lama thanlenna
atana thil pawimawh ber pakhat chu Pathian nena inzawmna
awm reng, thinlung taka tih hi a ni a, chuta tang chuan
nangmah ngeiin inthlâk danglamna mak tak, ṭha tak, i rilru
hneh tak chu i hmu ngei ang

Miin show en a duh chuan , emaw thawmhnaw thar
emaw car thar emaw lei a duh chuan an rilru a buai reng tih
hi a dik lo em ni? Chutiang thilte chungchangah chuan leh
engtin nge kan tihhlawhtlin theih ang emaw, kan hmuh theih
ang? A duhzâwng a hlen chhuah hma loh chuan a chawl lo
vang , chu duhzâwngte chu hlen chhuah tumin hahchawlh
lovin a thawk chhunzawm zêl ang

Chutiang chuan mihring rilru chu Pathian ngaihtuahin a
buaï tur a ni a, chutah chuan duhna tenau zawk, tenau zawk
zawng zawng chu Pathian hriat duhna leh Amah nena inbiak
duhna nasa takah a inthlak ang

Rilruin Pathian hnenah thinlung tak tak, rilru na tak
thusawi a sawi chhuah hian Thlarau duhthusam thuk tak
atanga lo chhuak

Thlarau kohna chuan cosmic thinlung a khawih ang , a
chhanna chu a lo thleng ang a, hlimna nasa tak a keng tel
ang

Intellectual whispering cultivates willpower , thil tum
duhthusam tihhlawhtlinna tur chakna tling i neih hma loh
chuan

Mi pakhat rilru leh duhzawng chu Pathian nen a inmil
chuan thiltihtheihna tawp nei loin an charge a, chutiang
chuan thil engemaw ngaihtuah mai mai chu a thlen theih
nan a tawk ta a ni , a chhan chu Pathian dan chuan
duhthlanna sang ber nena inmilte tan hna a thawk a ni

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

Hmasawнна thuruk

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

Fiahna nasa tak karah pawh, thir zungbun tithianghlimtu
mei ang mai an ni a, chu chu thir mawi tak, chak tak leh
hmanraw tangkai takah a chantir Experience meialh kang
tak kara finna kan siam chu thil mak tak a ni Nun hian min
tithianghlim a, kan base nature te chu thil hlu takah a
chantir a, thlarau te chu lunghlu ang maia thianghlim, thir
ang maia chak, chuti chung pawha insiamrem thei, a hnuai
lama chhe lo taka awm theihna turin min phalsak a ni
harsatna leh harsatnate nawrnate

Thinrimnain a tihdanglam, tihduhdahna avanga hliam
tuar hmêl kan hmuh hian, an mit hmuhna chuan kan thlarau
aṭanga thil tenawm tak takte chu hnawhchhuah kan duh hle
a ni—kan chhunga Pathian lem malsawm tak chu khuh botu
thil tum soal leh lungngaihna thuk tak tak tih loh chu
engmahin a khawih loh thlarau chu, meikhuin darthlalang a
tihchhiat ang bawkin Mi dangte thiltih hrehawm tak takte
chuan mahni nungchang siamṭhat leh thunun duhna chu
keimahniah a tiharh tur a ni keimahni ngei pawh, kan
duhzawng thunun theih lohte chungah hotu kan nih theih nan,
an bawih ni lovin

Thu ngilnei tak hi natna tam tak damdawi mak tak a ni
a, thiltihtheihna chak tak, thilmak ang maia lang, magnetic
force neiin an thusawi tu tan malsawmna leh hausakna tam
tak a thlen a ni Thusawi thlamuang leh nem tak hmangtute
chuan an chhungah chuan tuifinriat fiah lo tak chu tihtawp
lohvin a luang chhuak tih an hria a, an chhunga thlamuanna
tam takin a khat Hei hi chu current chu a source sang zawk
nen a inzawm tlat avangin a ni reaching souls in harmony
with it Chutah chuan he hlimna luang hi remna duhtu
thlaraute hnenah an thlen thei ang

Nitin hian mi pakhat chuan mi dangte hmaa a theihna
zawng zawnga inlan a duh avangin a hmel hmuh tumin
darthlalangah a en thin a, chuti a nih chuan, nitin mahni

nen a ding a, chhungril lam thlirletna dardhlalang atanga thlir
a, chu chu a êng chhuak hnuaia thil awmte hmuchhuak turin
a va pawimawh zawk em! Pawn lam atanga hmuhnawm
zawng zawng hian a hipna chu chhungril lam a\angin a hmu
si a Tin, engmahin thlarau dardhlalang thianghlim chu
thinrimna, thinrimna, inhuatna leh huatna ang chi rilru lam
tihdanglamna angin a tibawlhhlawh lo

Analysis hmangin mihring harsatna hi chi thum a ni tih
kan hmuchhuak a, chungte chu mihring taksa beitu harsatna
leh buaina a awm a, rilru beitu dang a awm a, thlarau kalna
kawng tikhawlotu category pathumna a awm baw

Natna te, tar chakna te, thihna te hi taksain harsatna leh
daltu a hmachhawn thinte hi Rilru lam natna te erawh chuan
lungngaihna te, hlauhna te, thinrimna te, duhna thunun,
thinrimna te, huatna te, rilru lama harsatna te, khawsik
nervous agitation te, leh rilru chakna tichhe thei rilru lam
cancer te hmangin rilru a rawn lut thin Natna hlauhawm ber
erawh chu a ni thlarau natna, hriat lohnaah a lang a, chuta
tang chuan natna dang zawng zawng a lo chhuak a, a darh
zel baw

Khawvelah hian thil tha lo aiin thil tha a tam zawk

Ringhlelna a lo luh hian mi ropui tak takte nun hi kan
hre reng tur a ni Mihring kan ni tih hi a dik a, mahse Pathian
chuan thiltihtheihna mak tak tak, kan hman tlem avangin
min pe a nih chuan engvangin nge tar, natna leh
lungngaihna hlauvin kan khur? Kan taksa enkawl nan
theihtawp kan chhuah tur a ni a, mahse hlauhnaah kan tlu
lut tur a ni lo va, hriat lohna pile hnuaiah kan in phum tur a
ni lo

Taksa hi mi pum pui a ni lo

Khawvelah hian thatna hian sual a hneh zawk a ni, a
chhan chu Pathian chu thiltihtheihna tawp ber a nih vang a
ni Mahse, sualna min lo thlen hian thunun theihna emaw, a
man atanga tlanchhuah emaw theihna kan nei lo niin kan
inngai thin

Thil tha lo thlipui a lo tleh ngei ang , mahse an nghawng
chu kan hneh thei a, an chungah kan kai chho thei a ni

Chumiin a tihchhiat theih nan nunna pek kan ni lo va,
chatuan hriatna min tuh turin nunna pek kan ni a, he thudik
hi kan hre reng tur a ni

Ngaihtuahna zalenna tel lo chuan mi pakhatin a rilru a
sawi chhuak thei lo va, a thianghlim, mahni inrintawkna leh
pianphung angin a sawi chhuak thei lo A bulpui berah chuan
zalenna i ni tih hre reng ang che Duhthusam thiltihtheihna
chu a zalen reng a ni

I duhthlanna dik taka i hman chuan i tan karma tha tak
a siam ang a, mahse mi tam zawk chuan inthlak an duh lo
va, theihtawp chhuah an duh lo va, chuvangin harsatna
karah pawh an tlu a, harsatna an tawk thei lo

Mi duhzawng tih chu zalenna a ni lo, a chhan chu
mihringte hi an duhzawngin a phuar a, chuvangin an thiltih
chu zalenna tia sawi theih a ni lo tak zet Zalenna dik tak chu
finna kaihhruaina hnuaia duhthlanna neia engkim tih tihna a
ni Mi pakhat chuan a thiltih tawhte rah chhuah chu a thunun
thei a, chu chuan a zui ngei ngei ang, a duhzawng chu a
tichak a, thil tha leh hlawkthlak tak atan a hmang a nih
chuan, i thiltih chu rilru leh duhna neia i kalpui chuan,
chaknate chu a ni i thiltih dik lo hmasate chu a chak lo ang a,
i thiltih \ha a\anga lo chhuak nungchangte chu a chak zawk
ang

Kan tlakchham chu kan duh reng a, thil pawimawh loah

kan innghat fo thin Thil pakhatin min luah tawh chuan kan
duhthlanna zalenna chu rei lo te chhung atan kan hloh thin
Khawthlang mite chu hmân lai nunphung saltan an nih ang
bawkin khawthlang mite pawh tunlai nunphung saltan an ni
Kan chanvo kan siam a, chu chuan a phuar ta a ni

Engvangin nge fa pakhat chu chhungkaw sualah a pian

laiin pakhat chu chhungkaw tha takah a piang? An zalenna
chu hun kal tawh (nun hmasaah) engemaw chen hmang
turin an hmang theuh va, chutiang chuan chu dinhmun chu
he nunah hian anmahni chungah an rawn thlen ta a ni

Pathian tel lo chuan zalenna dik tak a awm lo Amah hi

kan ngaihtuah reng tur a ni Kan ngaihtuahna leh
ngaihtuahna eng pawh ni se, Pathian hian kan thinlungah
hmun hmasa ber a luah tur a ni , Amah nena kan inzawm tak
tak hunah chuan kan tih tur chu, engtik lai pawhin, A Pathian
tanpuinain, tihhlawhtlin theihna min pe ang

Zirtîr tâna thurâwn

Zirlai pakhat chuan zirtirtu Paramhansa hnenah Mahni

insiamthatna tur thurawn engemaw zat pe turin a ngen a,
heti hian a sawi : Hmangaih nih i duh chuan I hmangaihna
mamawh midangte hmangaihna hmangin tan la rawh

Tin, midangte hnen atanga i beisei chuan an chungah
rinawmin rinawm takin awm la, chutiang chuan i chungah an
rinawm ang

Mi dangte chu thil tha lo leh fîng taka thil tih loh i duh
chuan , bumna chu nangmah ngeiin i ngaihtuahnaah a luh tir
suh , mi dangte tichhe thei zawngin thil ti suh

Midangte'n an lainat che i duh chuan An chungah
lainatna lantirin tan la rawh , a bik takin i chhehvela mite
chungah

Midangin an zah che i duh chuan , naupang leh
puitlingte zahna i lantir tur a ni

Midang hnen atanga remna i duh chuan , inremna nun i
hmang tur a ni

Mite chu sakhaw mi nih i duh chuan , thlarau lam mi ni
la, mi dangte chu entawn tûr tha tak i nihzia leh an rinchhan
thei che a, an ring thei che tih an hriattîr ang che

A tawi zawngin, midangte lantir i duh zawng zawng
Mizia tha pakhat chu i nunah lantir hmasak hi a ni , chutiang
bawkin miten an lo chhang ang che tih i hmu ang

I nunah hmasawnna mamawhna hmunte chu beidawng
lovin emaw, ingaihtlawmna rilru pu lovin emaw i hriat theih
a, nangmah ngei pawhin i mizia tihchangtlun tumin i thawk
reng a nih chuan, chutiang atana hun i hman chu midangte
insiamthat duhna i khawhral ai chuan a hlawk zawk daih ang

Aw Lalpa, Nang hi thatna zawng zawng bul leh
thiltihtheihna zawng zawng bul tanna i ni a, kan hriselnaah
te, kan finna duhthusamah te, leh kan thlarau lam
lanchhuahnaah te I malsawmna kan chung a kan lantir theih
nan Malsawmna min pe ang che Nang hi arsi zinga êng,
atom-a chakna, thinlunga ngilneihna, leh thutak mawina i ni I
thiltihtheihna sang ber, I finna tawp nei lo leh I tawp chin nei
lo hmanga khat turin min pui ang che dikna (authenticity) a
ni

Lalpa, Nang hi hriselna tuikhuah, nunna tuifinriat, leh
hriatthiamna leh hriatna zawng zawng bulpui i ni tih i
hrechiang ang u Hriat lohna leh a nghawngte, hlauhna leh
lungkhamna lak ata min chhuah zalen la, I finna tuilianin kan
nun a\anga thil chhe leh lunghlu zawng zawng chu a rawn
nuai bo vek ang u

Aw Lalpa, kan hnen atanga I hmel thuptu puan te chu
hlihsak rawh, êng êng tak, kan nun kawngkhar chung a ni
chhiar sen loh ang maiin i hmu ang che, Kan ngaihtuahna
tichaktu, kan thlarau chawmtu, kan taksa chhawm nungtu,
leh kan duhthusam tihlawhtlingtu thiltihtheihna thar reng
reng angin i hria ang che

Amen tih hi a ni

Mi tam zawk chuan a chhan an hre lo He leia an awm
atang hian , nun tum chu Duhzawng tihlawhtlinna a ni tih
an ring Nunna atana thil tulte hmuh nuam tihna leh mihring
hmangaihna zawng , a tawpah chuan kotu hnunung ber
hnena inpekna a ni

Mite chuan an nun hi Programmer-te chu tun hmaa
tihlawhtlin loh duhna leh duhna bik neiin an tan a Tin, an
tum a - duhthlanna tlemte an neih tawh nen - Midang duhna
leh thiltih entawnin , sumdawngte nen an inzawm chuan
anmahni ang nih an duh a, artist-te nen an inzawm chuan art
chu an tan chuan engkim a lo ni ta a ni

Pathianin he khawvelah hian practical turin min duh a,
chu chu riltamna tihlawhtling tura hnathawh ngai riltamna
min pe a, mahse ei leh in, chenna tur, sum leh pai leh thil
neihte chauh zawn hian mihringin a hlimna bul a theihnghilh
tihna a ni

Kan mamawh kan hmuh theih nan leh kan thil tum dik
tak tihlawhtlin tumin kan bei tur a ni tih hi a dik a, mahse a
hmasa ber leh pawimawh ber chu Pathian hnenah kan
thinlung kan hawn a ngai a, kan thil tih zawng zawngah a
kaihhruaina leh pawmpuina kan zawng tur a ni Chumi hnuah
chuan nun sikul-ah kan hlawhtling ngei ang, kan mamawh
leh kan tana tha ber hretu Supreme Manager leh Provider
hnen atangin kan kaihhruaina kan dawng dawn si a

Chuvangin kan rinna chu Amah leh A duhzawng fing hnuaiah
intulût rawh

Zirtirtu Paramahansa thusawi atang hian

Thlarau chhungril hlimna chu tisa hlimna rei lo te
chhunga hlimthla thim takin a khuh chuan thlarau
rangkachak êng chu a thim a, thlarau thiltihtheihna
langtlang tak takte chu thil density hnuaiah a thup a Mi rilru
chu inhuatna leh huatnain a hip a, hlauhna leh lungkhamna
chhumtein a khuh a, mi chu mi hrehawm, rethei tak, leh
hneh lohvin a lo awm ta a ni mi pakhatin hmangaihna,
remna leh inremna lam hawia chutiang bawka ngaihvenna a
hruai chuan hlimna thuk tak a tawng a ni

Thlarau chuan tisa duhna, hrehawm tawrhna leh
hrehawmna nena inzawm a\angin thlarau thil \ha langtlang
tak, hlimna ropui tak takte nena khata a inthlak hian hlimna
a nei \hin

Thlarau chu khawvêl nawmna râpthlâk takah a inhnim
pil vek chuan hlimna sâng zâwk zawn chu ngaihsak lo va,
thlarau lam hlimna pawh a tawng thei lo Mi tam tak chuan
he khawvêlah emaw, thil neih lam chauh ngaihtuahnaa
innghat mite zînga awm lai emaw hian thil neih nuam tihna
bânsan chu thil theih loh tluk a ni tih an sawi mai thei
Amaherawhchu, mi pangngai tân chuan khawvêl kalsan a,
hnungtawlh chu thil theih loh tluk a ni tih an sawi mai thei
tlang leh ramngawte chuan thlamuanna leh muanna an
hmuh theih nan Chu ai chuan he khawvelah hian a tui chak
tak takte chuan a nuai bo phal lovin he khawvelah hian an
awm reng tur a ni, chuti lo chuan he nun thlipui buai tak hian
a hneh ang

Mi chuan a chhehvêl thilte chu a ṭha lo zawngin a awm
tûr a ni lo va, chutih rual chuan thil neih duhnain a mit a tidel
tûr a ni lo va, chuti lo chuan a thlarau lam mizia nêna

inzawmna a hloh a, hlimna hlimnate chu a tem thei lo va,
Pathian êngte pawh a hmu thei lo vang
Life, with its essence, components, and goals , hi
hriatthiam harsa tak ni mahse chinfel theih loh puzzle a ni a,
kan hmasawmna ngaihtuahna hmang hian nitin a thuruk
thenkhat kan chinfel thin

The devices based on precise scientific principles in this
era are certainly impressive , and the discoveries that
science brings give us a clearer vision of the ways in which
life can be improved But despite all the equipment,
inventions, and strategies we have , kan la ni reng niin a
lang a, chu chu fate kutah puppet ang mai a ni , leh hmalam
panna kawng chu a la rei Before we are freed from the
control of nature

Tih tak zetin, thilsiam khawngaihna hnuaia nun hi
zalenna a ni lo Kan rilru thahnemngai tak chu tuilian, thlipui,
emaw lirnghing emaw tuar anga kan inhriat hian, emaw,
thilthlengin min laksak a nih chuan - chhan awmze nei lovin
- kan hmangaih tak takte chu kan thinlung hnaih takah kan
awm tih kan hrechhuak ta a, hnehna tam tak kan chang lo
tih kan hrechhuak ta a, kan la ni lo tih kan hrechhuak ta a ni
able to overcome adverse circumstances For despite all our
efforts to make life as we want it to be , certain
circumstances will always appear on this earthly stage , and
events directed by a mighty mind about which we know little
about which we knows and will

Buhfai kan chin a, chhangphut kan siam a , mahse tuin
nge chi hmasa ber siam? Chhangphut chu chhangphut
atanga siam kan ei a , mahse tuin nge kan taksa chu a ei
theihna pe? Tin, engtin nge ei tur chu chaw thaah kan
?chantir theih ang

In every corner of life There seems to be an
indispensable divine hand We cannot manage our affairs

without it , and all the certainties we possess Kan hriat loh
chuan engtikah nge thinlung hian hna a thawk tawh dawn lo
Hence the necessity of bold reliance On the supreme divine
power And relying on our higher self , emanating from that
omnipotence Which we are modeled after

Inchhuanna nei lo rinna kan nei tur a ni , nun kawngah
pawh inrintawkna nen kan kal tur a ni

Hlahna leh khur lovin , leh lungngaihna leh khung hran
lovin

Allergy chungchanga buaina

Sensitivity hneh hi art nalh tak a ni a, mi pakhatin thil a
tih chak dan thunun hi mize inthlau leh round tha tak neih
nan a pawimawh hle

Sensitivity hi hriatthiam lohna, inferiority complex,
inflated pride, leh ego exaggerated atanga lo chhuak a ni

Miin a rilru a tihnat nia a hriat chuan chu ngaihtuahna
chuan a rilruah zung a kai a, a nerve a tiharh a, chu chu a
rilru a buai a, a hel ta a ni. Amaherawhchu, mi thenkhat
chuan an rilru put hmang thunun theihna an nei a,
chuvangin an pawn lam chhinchhiahna chu an chhunga
thinrimna nasa tak awm chung pawhin a lang lo Midangte
chuan an thinrimna chu thil tih nghal mai hmangin an lantir
a, chu chu an mitah a lang Chiang Hle Taksa ruh leh hmêl lan
dân te, leh ẵwngkam chhâna nalh tak, coded hmanga
chhâna hmangin

Emotionality tam lutuk hian nghawng pawl tak a nei a;
thil awmdan a ti buai a, duh loh zawnga inngahna a siam a,
chu chuan midangte a nghawng \ha lo hle

Mahni inthununna leh rilru hahdamna lantir nan
theihtawp chhuah a ngai a, inhriatthiamna leh inremna

boruak siamin, inhnialna ai chuan remna tipungtu leh
lungkhamna meikhu tibotu chutianga titute chu anmahni
chanvo neitu an ni ang a, an chhehvela mite ngaihhlutna leh
zahnain lawmman an dawng ang

Sensitivity lutuk hi mi tam zawkte mizia a ni a, he rilru
dik lo rilru put hmang hi a lo chhuah chuan hriatna a tidel a,
finna mit a tichhe vek a, a pawl zawk chu, sensitive lutuk
chuan an ngaihtuah, an rilru a, an che tha famkim tih a ring
a, a nihna takah chuan an nungchang chu a dik lo vek thei a
!ni

Mi tam tak chuan sawisel an nih hunah mahni
inkhawngaih tur niin an ngai a, chu mahni inkhawngaihna
chuan hahdamna engemaw chen a pe a Mahse ruihhlo
ngaite ang bawkin an ei tam poh leh an ruihhlo ngawlvei chu
a chak zawk thin

Mi rilru na tak chuan a tul lovah a tuar fo thin A tam
zawkah chuan tumahin an lungngaihna chhan emaw, an
lungawi lohna awmzia emaw an hre lo va, chu chuan mahni
inhlat taka awmnaah lungngaihna a tipung a ni

Hetiang allergy hrisel lo chi hian nghawng na tak a nei
a; mei ang maiin thinlung a kangral a, remna tissue te a
tichhia Chuvangin fing tak, ngaihtuahna fim tak leh
duhthusam nghet tak nena hmachhawn a ngai a ni

. ***

Mi zawng zawng rawngbawl turin ka thawkrim hle a,
mahse ngaihtuahna senga ka awmna hmuna ka hnukkir hian
tumahin ka ngaihtuahna an tibuai ka phal lo Thil dang chuan
a nghak thei a, mahse Pathian nena nitin ka ruatna chu
ngaihthah emaw, ngaihthah emaw a ni tur a ni lo

Eng thiltih pawh i tih hmain, chawlhsan la, a rah chhuah
leh i rilru, taksa leh thlarau chung a nghawng a neih dan tur

chu uluk takin ngaihtuah la, nawr luihnain a hruai thiltih chu
zalenna a ni lo va, inremna leh hmasawinna dan kalh zawnga
thiltih chuan mimal chu a tihkhawtlai dawn avangin
Conversely, actions sanctioned by discernment and in
accordance with one's conscience are virtuous and bring
freedom

Thil tha tih i tum a, a nih loh leh thil tha lo tih loh i tum
a, chu thutlukna chu i vawng tlat a, chutiang chuan i che a,
zalenna i chanvo chu a tam hle tih hria ang che

Pathianin duhthlanna zalenna min pek tawh chu amah
zawngin amah zawn nan hmang turin min duh a, mahse kan
chungah a innghah duh lo

Pathian hnaih leh Amah hriat duhna hi amah chauhin a
lo thleng lo va, tihchak leh enkawl a ngai a ni Chu duhna tel
lo chuan nun hian hlutna leh duhzawng a nei lo

I thlarau lam hriatna chuan i ngaihtuahna kaihruai la,
hlawhtlinna chuan i kalna apiangah a zui zel ang che

Pathian hnenah ka aw, ka kut, ka ke, ka thinlung, ka
taksa, ka rilru put hmang, ka duhzawng leh engkim ka hlan a
ni

Hmangaihna hi indona zawng zawng titawptu thlarau
lam ralthuam a ni

He lei piah lamah hian khawvel tawp nei lo a awm a,
chutah chuan chatuan atana min kalsan tawh nia kan
ngaihte nen kan inhmu leh dawn a ni

He khawvel nun hi a danglam reng a lungngaihna hian
lungngaihna illusions upon illusions a zui He kan hriatna
thlalera lang hi mirage hi a bo vek tur a ni a, kan nihna dik
tak chu matter puan hrual hrual hnuai atang hian kan tiharh
a ngai a ni

He nunah hian i beiseina ngah tum suh Khawiah nge i
guarantee chu? Pathian hriatna i inhumhim hunah chauh i
him a ni

Thlarau thupui chu lei hnuaia rangkachak hlui phum ang
mai a ni Rangkachak atanga lei chu lakchhuah a nih a,
ngaihtuahna tui hmanga silfai a nih chuan thianghlim leh
chiang takin a eng thar leh thin

Lalpa, thil \ha chu i hmu ang u, ngaihtuahna \ha
ngaihtuahin, nungchang \ha neite nen kan pawlho ang u
Nangmah ngaihtuah tur leh ngaihtuah turin min pui ang che,
Aw felna zawng zawng bul leh \hatna zawng zawng bul tanna
I ni

Chak lohna laka zalenna

Chak lohna hneh dan tha ber chu ngaihtuah tawh loh hi
a ni; chutiang a nih loh chuan chak lohna ngaihtuahna chuan
i hriatna chu a hneh ang a, i chhungril lam chu a thunun ang
Keimahniah êng kan luhtir hunah chuan thim chu a awm
ngai lo ang maiin a bo ang

Chu ngaihtuahna chuan infuih tharna mak tak tak min
thlen a ni

Kum sang tam tak chung thimah khuh tawh lungpui
chhunga êng luh a nih chuan thim chu a bo nghal vek
Chutiang bawkin Pathian êng kan hriatnaah a luh kan phal
hian chak lohna leh tihsualte chu a bo vek a, hriat lohna thim
chu a awm reng thei lo Hei hi kan nunpui tur philosophy chu
a ni

Hun sawn hlat hi a tangkai lo Nun kekawrte hian a inher
a chawlhsan ngai lo va, kan nun ni te pawh a liam thuai thin
Minute tin ngaihtuahna fim tak leh fing taka che kan hman
apiang hi kan hlimna atana investment hlawhtling leh hlawk
tak a ni

Mi tam tak chuan an nun pum pui chu sum leh pai, sex
leh hmingthanna chungchang ngaihtuahin an hmang a, rilru
thlamuanna thlentu leh an hriatna sang zawka tisangtu thil
pawimawh tak takte chu an ngaihtuah tam lo hle

Miin a chanvo chu eng ang pawhin inngaitlawm mah se,
fing taka a hun hman dan leh a ngaihtuahna kawng dik
kawhbmuh thiam chuan Pathian mithmuhah hlawhtlingah
ngaih a ni

Mi chungah Pathian êng a ên hian engmah mamawh nia
a inhriat loh chhan chu amah hnehtu hlimna chuan a
duhthusam zawng zawng a tihlawhtling vek a, a thinlung
chhungril takah chuan mi hausa ber leh he nunah hlim berte
zinga hlim ber a ni tih a hriattîr a ni

Tunnel of Light a ni

Ngaihtuahna êng, thiltih \ha, rilru ngilneihna leh
ngaihtuahna thuk tak hmanga thlarau lam hriatna tiharhtute
chuan thlarau mit hmangin an chhuahna hun hnahnung
berah taksa a\anga an chhuahna chu an hre thei a, Leia an
awm chung hian yogi-te chuan thil leh thlarau inkar ramri-
ah thlarau mit kawngkhar (tunel) hmuin an ti a, Leilung êng
tak an chhuah lai hian he tunnel eng mawi takah hian an lut
thei a ni tin, he khawvel a\ang hian Pathian ram tawp nei lo
êng, hlimna, remna leh zalenna famkim-ah hian kal rawh

{Eng chungah eng}

Taksa khawnvar chu [thlarau lam] mit a ni

I mit chu single a nih chuan

Tichuan i taksa pum pui chu êngin a khat ang

{ Tin, êng chu thimah a eng a, thim chuan a hre lo }

Midangte lungngaihna hriat te, anmahni hnaih te,
anmahni nena inbiak te, thinlung taka an vanduaia
thlamuan tum te, an hlimnaah lawmna te, leh hlauhna,
mamawhna leh lungkhamna rilru natna te chu an hnen
atanga hlauhthawn tura theihtawp chhuah hi a ni

Altruism thlarau neitu chuan chhut leh beisei tlemte
angin a che lo va, a hriatna leh rorelna dik tak hmangin
amah leh midangte tanpui turin a kal zel a, hlawhtlinna a
chan avangin Pathian hnenah lawmthu a sawi Vawi khat
emaw, vawi tam tak emaw a hlawhchham chuan a beidawng
lo va, a tumruh zawk a, a thawhrimna chu a let hnih in a
tipung a, a beih nawn leh a, ngaihtuahna thar leh channel
thar a chhui chhuak thin. rilru êng kaihhruaina hnuaia awm,
leh a thil tum a hlen chhuah hma leh a thiltum ropui tak a
thlen hma loh chuan Pathian tanpuina zawng thin

Midangte hlimna tura thawktu chu Pathianin a chhungril
lama rilru hahdamna rilru puin a ti lawm a Tin, a tanpui
tumte tana thil a hloh chuan hlohnaah a ngai lo a ni, a chhan
chu a let leh nan Pathian lawmna leh rilru thlamuanna a
hlawh chhuah avangin Mihringte huana thil tha leh remna
chi chu hmangaih, hnathawh, pek leh tuh turin a nung a ni

Tu pawhin a ngaihtuahna leh rilruah a mimal khawvel a
paltlang a, a hriatna a tizau a, a lainatna a tipung a, khawvel
hi a chenna leh mihringte chu a chhungte a ni tih a hria He
leia a awm chhan chu midang siamthat a tum hmaa mahni
insiamthat a ni tih a hre chiang a, a chhan chu tu pawhin a
insiamthat chuan a nun entawn tur hmangin midangte chu
anmahni siamthat turin a pui thin Actions have a deeper
impact and a more profound effect on

the.. ..
.. .. tawngkam ni lovin midang thlarau

Short stops a ni

:Thinlung dikna ropui tak chu

Mi thenkhat chuan nui chungin an harsatnate pumpelh
an tum a, mahse he tlanchhuahna hian chhia leh tha hriatna
thianghlim, inbumna leh bumna laka fihlim a mamawh a ni
Miin mahni leh mi dangte chung a rinawm taka a cheibawl a,
ropuina leh rinawmna nêna thil a tih hian an mit a fiah a,
chuta tang chuan êng danglam tak a lo chhuak a ni—
chutiang taka êng êng, rinhlelh rual loh chu

:Rinawmna

Mi henkhatin rinawmna hmingin thu tam tak an sawi a,
mahse mi zawng zawng hnenah engkim i sawi thei lova
Thurawn leh kaihhruaina i pek hian mi henkhatin i thusawi
chu an hrethiam lo va, i thusawi a\angin engmah an
hlawkpui lo va; hei hi thawhrimna khawhralna leh ngaihhlut
loh thil a ni Chutiang thila ngawih chu rangkachak a ni a,
mahse hei hi engti kawng mahin thil dik lo chungchangah
ngawih rengna a ni lo

.Mahni inremna: 1.1

Mahni inlungualna hi a mak tak zet a ni Mi tam zawk
chuan midang nena inrem taka awm a harsat zia an hria a,
mahse nangmah nena inrem taka awm hi i ngaihtuah ngai
em? It's incredibly difficult, yet possible Nangmah i inhriat
chian chuan nangmah leh nangmah nen in inrem lo reng tih i
hmu ang I inhmangaih loh chuan midang i hmangaih lo ang
Tin, mi pakhat chu mahni inrem lo a nih chuan engtin nge
?midang nen an inrem theih ang

Khawvel nena inremna atan mahni inremna hi a
pawimawh hle Chuvangin, chu hmangaihna chu i hlut a, chu
hmangaihna chu Pathianin min siam a, theihna ropui tak min
pek avangin mahni inhmangaih a ngai a ni

:Literary compass calibrate dan tur chu

Mi pakhat chuan a chhia leh tha hriatna a bum thei lo
va, thil dik lo tih chu a dik lo tih a sawi thei lo va, thil dik lo
tihsual avanga a rah chhuah a pumpelh thei lo va, planet
dang pan pawh ni se A thiltih rah chhuah chuan a zui zel a, a
kalna tur siam\hat a ngai a, a moral compass chu a needle-in
kawng dik a kawhbmuh reng theih nan a calibrate tur a ni

Mi thenkhat chu dinhmun chhe ber laiah an khawsa a,
chuti chung pawh chuan anmahni nen inrem takin an awm a,
thenkhat erawh chuan hun remchang zawng zawng leh an
mamawh zawng zawng an nei a, chutih rualin anmahni nen
an inhnial reng thin Chuvangin, thil awmdan a inthlak hun
nghak tur a ni lo I chhehvel awm mahse i dam tha tih
inringtawk la, chu chu i duh dan nen a danglam thei a ni

Tupawh dinhmun khawngaihna hnuaia insiam chuan thil
danglam tur a nghak a, a nghah pawh a rei ang

Mi pakhat chu tawng sawm leh pariat thiam tak a ni an
ti a, chuti chung pawh chuan a rethei em em a, a chhiar
theih loh avangin khawnvar pakhat a kal a, kawngpui êng
hnuaiah a thu a, a chhiar Dik tak chuan, duhthlanna hian
kawng a siam a, hun remchang a siam a, beiseina a siam
thar a, hna a thawk a, duhthusam leh duhthusam a hlen
chhuak thin

Pathian hretute nena inbiakpawhna tak tak chu anmahni
nena inbiakpawhna hmang te, an thuziakte ngaihtuahna fim
tak chhiarna emaw, an chungchang thuk tak leh thian taka
ngaihtuah emaw hmangin tih theih a ni Hriat reng tur
pawimawh tak chu an hriatna nen a inmil a, chu chu Pathian
nen a inmil a ni

Pathian hmangaihtu thlarau ropui tak takte nena kan
hriatna kan inrem hian, he inremna hian zawi zawiin kan nun
chu mak tak maiin a thlak danglam a He inremna hian
duhthlanna chu salah a siam lo va, a huam chin a tizau zawk

a, a thiltihtheihna a tichak zawk Hei hi ego-a khat mite nena
inrem taka awm leh an thil hmuh theih tur ngaihtuah buai,
leh Pathian hmangaihtute leh mihringte nena inrem taka
awm, an thil tum pek leh pek leh anmahni nena inremte
thlarauah Pathian hmangaihna tiharh Hêng mi mal
malsâwmte magnetism hian Pathian magnetism nên min
inzawm tlat a ni

Mahni mamawh phuhruk kan tum rual hian midangte
pawhin an mamawh an hmuh theih nan kan puhi a ngai tih
kan hre reng tur a ni a, kan hmaa nunah thil tha lo thlengte
chu vannei lo zawkte hnenah kan hlan a ngai tih kan hre
reng tur a ni Khawvel pum huap chhungkaw pawimawh tak
kan ni tih leh he chhungkaw lian tak tel lo hian kan nung thei
lo tih i hre reng ang u

Thingrem siamtu te, thil siam chhuaktu te, loneitu te,
leh mi dangte tel lo chuan nun chu eng ang nge ni ang?
Thilpek leh dawng, leh rawngbawlina inthlengna hmang hian
Pathianin midangte ngaihtuah leh lainatna nei turin min duh
a Midang ngaihtuah lova mahni tana chauh nun hi thil tihsual
lian tak a ni Mahni hlimna kan ngaihtuah hian midangte
hlimna tur pawh kan ngaihtuah a ngai a ni Kan neih zawng
zawng hi khawvel pum huap chhungkaw hamthatna tur atan
kan pe tur a ni lo, chu chu thil theih loh a nih avangin Mi
dangte lainatna neiin, anmahni tanpui turin kan theih ang
ang kan ti tur a ni leh an phurrit tihziaawmna tur a ni

Hlawhtlinna leh thlarau lungawina inkara inzawmna a
awm a , mimal chenna boruak chhungah

Hlawhtlinna dik tak chu felna thu bulte nena inmil
nungchang a\anga lo chhuak a ni a, chu chuan mi dangte
hlimna leh \hatna chu mimal lungawina atana thil pawimawh
tak angin a huam tel a ni

Mite chuan an nun tum dan azirin hlawhtlinna hi kawng
hrang hrangin an ngaihtuah thin A chang chuan mi thenkhat
chuan rukruk nen an tehkhin a, "Rukru hlawhtling tak a ni!"
Hei hian hlawhtlinna zawng zawng hi duhthusam a ni lo tih a
tilang a; kan hlawhtlinna hian midang a tichhe tur a ni lo

Hlawhtlinna atana qualification dang chu inremna leh
rah tha tak thlen hi a ni , keimahni chauh ni lovin , chu
hlawkna chu midangte hnenah pawh kan share a ngai a ni

Sum leh pai lama hlawhtlinna neih chu kan phu tawk
hlim taka hlim mai mai a ni lo va; it also means having a
moral responsibility to help others create a better life for
themselves chu ai chuan, an neih angte chu mi dangte
hnênah an sawi chhuak zâwk ang

Sum hi mi rethei leh mi âte kutah chuan chibai bukna a
lo ni ta a, mahse kutphah leh thinlung ngilnei neitute tan
chuan malsawmna leh thilpek a ni

Thlarau \ha chuan thlarau \ha a hip a, a hip \hin

Kan ðhenawmte chu keimahni anga hmangaih kan zir a
ngai a, he nunah hian hun rei lote chhung kan awm tih kan
hre reng tur a ni a, chu mi hnuah chuan khawvel dang, a
level chu kan ngaihtuahna level leh he leia kan awm
chhunga kan thiltih that danah a innghat a ni

Kan chhungte dik tak chu tute nge ni? Mi fing tan chuan
mi zawng zawng hi chhungte kan ni a, mi tin hi "ðhenawm"
an ni Dik tak chuan, mi fing chu hriatthiamna nei thei a ni a,
ni chuan a êng chu lungalhthei leh diamond pakhateng
mah se, diamond chuan lungalhthei ang lo takin, êng chu
ropui taka dawng thei leh lantîr theihna danglam tak a nei
tih a hrethiam a ni should dedite time to finding sincere
friends Nun thianghlim leh rinawm taka nungte chuan
thianghlimna leh rinawmna ziarang nei thiante chu an hip

ang a, hriatthiamna nei lo base instinct hmanga nungte
erawh chuan chutiang bawh thiante chu an hip ang

Ideal sang tak tak leh principle sang tak tak i ngaih
pawimawh chuan, chutiang ideal leh principle ring lo leh
ngaihtuahna tibuaithu leh mood tibuaithu te nena inpawh loh a
tha a, chutiang chuan an vibrations chuan i vibration level a
tihhnam loh nan Chutih rual chuan i hmangaihna circle
atang hian tumah hnawtchhuak suh

Chu bâkah Mi pakhat chuan hmangaihna a pe mai tûr a
ni lo va, remna a siam tûr a ni, chutiang chuan a kalna
apiangah inremna leh muanna a siam a, a chhehvêla mite
chu a ngilnei taka awmna hmangin a tiharhtîr Tuman skunk
rimchhia hnaih chu an duh lo—excuse the expression—
everyone avoids it Chutiang bawkin, mi hlauthawng, rilru na
tak, leh inhnialna nei mi chuan mi dangte a tithinur a, a
hnawtchhuak We want to be like blooming roses that exude
a sweet fragrance that delights the heart Kan kalna
apiangah leh kan awmna apiangah remna rimmtui leh thatna
thlipui hi thehdarh i tum ang u

Pathian ram chu chhum zingah emaw, hmun bik emaw-
ah emaw a awm lo Kan mit kan chhing laia kan hmuh thim
piah lamah a awm a, kan ngaihtuahna leh kan tawngtai hian
kan hmaiah awm thlarau mit chu kan chhungah a inhawng a,
tichuan malsawmna êng kan hmu a, taksa cell tinah hlimna
kan hmu a, chu puanzar chu hlihsak a ni tawh tih leh Pathian
ram luhna kawngkhar thup a inhawng tih kan hre ta a ni

Pathian chu hlimna thar awm reng, engkim huapzo
hlimna a ni Kan chhunga awm leh tawp chin nei lo hual veltu
hlimna nen chuan pumkhat kan inhriat tur a ni

Dense matter vibrational boundaries piah lamah chuan
tawp chin nei lo, engkim huapzo consciousness a awm a, a
ropuina zawng zawng, a zau zawng zawng leh a ramri nei lo

zawng zawnga sawifiah theih loh Hei hi van ram a ni,
chatuan, ramri nei lo leh tawp nei lo hriatna hlimna a ni

Thlarau hriatna a zau chhoh chuan , hmun tinah a
awmna a hriat chuan , chutah chuan Pathian thlarau nen a
inzawm khawm ta a ni

Ropuina chu Absolute Infinite , horizon-a thut , van leh
tuifinriat inzawmna hmun leh ropuina chu Supreme Infinite ,
kan chhunga remna chung a thu by focusing on the Infinite
within , a thiltihtheihna tawp nei lo kan dawng thei a ni

Lehkhabu zir a\anga hriatna hmuh emaw, mi a\anga
hriatna hmuh chu hriatna tlemte a ni a, Pathian hnen a\anga
direct-a hriatna hmuh chuan finna thiltihtheihna te,
rinhlelhna ropuina te, thinlung thlamuanna te, leh thlarau
thlamuanna te a pe thung

Aw Lalpa, ngaihtuahna thuk tak nena tawngtai tur leh
ngaihtuahna leh thinlunga duhthusamte inzawm tir turin min
zirtir la, ka thinlung hi nitin I hmangaihna thianghlim tak hian
tithianghlim rawh se

Karma tihkhawtlai atanga chhuah

rilru emaw taksa emaw , hriatna emaw hriat lohna ,
emaw pawh ni se , hianmi nunah nghawng bik a nei A thiltih
tawhte chu ni, thla, kum tam tak kalta a tih tawh chauh ni
lovin, nun hlui atanga thiltih pawh a ni

I thi tawh a, Nunna a pe che a; tichuan A thih tir ang
che, tichuan nunna a pe leh ang che; tichuan A hnenah i kir
leh ang

Mi pakhat thiltih rah chhuah \ha leh \ha lo A tunlai nunah
hian heng hnuhma te hi hriat lohna emaw, hriat lohna emaw-
ah dah khawm a ni reng a, mi pakhatin mihring lo piang
hmasa a\anga a phurh (a nih loh leh a thlarauin a phurh)

nghawng chu hriat lohnaah chi ang maiin a muhil a, thil
awmdan dik tak nghakin To sprout and grow at a specific
karmic time The law of karma, which balances things ,
involves action and reaction , cause and effect , buh chi leh
buh seng

Mi tinte hian an ngaihtuahna leh thiltih hmangin mahni
 chanvo an siam a, an thil tih chhuah chaknate chu fing takin
 emaw, â takin emaw pawh ni se, an bul tanna atan an
 hnenah a lo kir leh ngei ang, chutiang bawkin circle pakhatin
 Chiang taka a insiamrem ang bawkin [Zawhna chu]
 duhthusam zawngtu chuan—an duhzawng kalh zawngin—an
 thiltih tawhte rah chhuah pumpelh theih loh, a nih loh leh
 predestination an tih chu a hmachhawn tur a ni
 em?...?...? The answer is no God is law and love ,
 duhthusam tak tak leh rinna famkim nen Amah lam hawi,
 Pathian dan nena an thiltih inmiltir a, Pathian hmangaihna
 thuhnuairawlh zawngtu chuan phurrit rit tak takte tizautu leh
 dinhmun siam\hattu Pathian malsawmna chu rinhlelh rual
 lohvin a dawng ang

Pathianin he khawvelah hian min dah a, kan tawrhate
leh kan tawrh tur fiahna leh hrehawmnate hi Mihringte hian
suala pil bo leh a thuk tak atanga tlanchhuah theihna nei lo
anga an inngaih hian Thlarau lam hriat lohna chhungril thim
chu a thuk zawk thin An tan chuan mahni insiamthat tum a,
Pathian khawngaihna thinlung atanga tanpuina leh lainatna
zawnga, hmangaihtute hnen atanga ngaihdamna beisei a,
lainatna nei, Pathian ngaihdam thiam

Pathian nena kan inzawmna nghet tak kan hriat chian
hian eng karma nge min phuar thei? I hrehawmna leh
harsatnate hi i karma rah chhuah a ni tih tumahin rin tir suh I
nihna takah chuan thlarau angin karma i nei lo Rather, he

thudik hi i hriat chian a ngai a ni, chu chu nunna, êng, leh
khawvel chakna bulpui nen chuan pumkhat i ni tih i inhriat
chian a ngai a ni He thudik hi i hriat chian chuan hlah tur i
nei lo , Pathianin kawngkhar tam tak a hawng ang che a, hun
remchang tam tak a pe ang che

I nun kal danah i lungawi lo a nih chuan i rilru put
hmang thlak la, i hriatnate chu positive energy hmangin
charge la, nangmah ngei pawhin a danglamna chu i hre mai
ang

Mite chuan an thil hloh avanga lungngaih leh lungngaih
a ngai lo va, an dinhmun hlim lo tak chu he nunah emaw,
hun kal tawh hla tak emawa an tihsual avanga an tihsual
vang nia sawi a ngai lo, hei hi thlarau lam ngaihsak lohna chi
khat a nih avangin Nunna huan atanga buhfai te chu an che
a, an paih chhuak tur a ni a, chutah chuan pangpar thlum
ber leh nung ber berte chu a par chhuak ang a, rah tui ber
leh duhthusam ber berte chu a par chhuak ang By His grace,
the Chungnung ber

Pathian hnuaia intukluh tih awmzia chu kan duhzawng
hmanga kan thil tih \ha lo leh keimahni lam a\anga
thawhrimna tel lova Pathianin kan dinhmun a chingfel hun
ngah tihna a ni lo, Pathianin mahni \anpuitute chu a \anpui \
hin a ni

A thupui ber chu kan duhzawng kaihruai tur leh kan
thawhrimna dikte malsawm leh tichak tura Pathian hnena kal
dan kan zir a, Inpek duh lohna daltu kan hneh hian khawvela
tumahin min pek theih loh venhimna chu Pathianah kan hmu
a, fiahna engmahin a hneh theih loh chakna pawh kan hmu
bawk

Mi tinin Pathian nena kan inlaichinna bik kan din thei a,
Pathian hnena kan thinlung hawn dan leh a Pathian awmna

an duh em em a, chu chuan hlimna leh rinhlelhna a thlen a
ni

Miin Pathian mamawhna thuk tak a neih chuan, Amah
tel lo chuan an ti thei lo tih hriain, Pathianin kawng khat
emaw kawng dangah a chhang let tih an hmu chhuak ang
Mahse chu rilru natna nghet tak chu an neih hmasak a ngai a
ni, a chhan chu chhanna chu a takin a lo thleng dawn lo

Kan nunah Pathian hi hmun hmasa ber kan pek loh
chuan kan hriatna dinhmun chu a lungkham ang a, a buai
hle ang a, nunna thil phut tawp nei lote chu a dik leh dik
takin kan hmachhawn thei dawn lo

Tin, chu duhna chu eng kawng nge ni ang? Vanduaina
emaw harsatna emaw kan tawh apiangin , leh kan thinlunga
rit kan hriat apiangin Pathian lam hawi a, a tanpuina kan dil
a ngai a, Pathian hmangaihtu leh a rilru leh thinlunga vawng
rengtu chuan A dinhmun a siam \ha ang tih hriain A dinhmun
chu a \ha zawngin a inthlak danglam zel a ni

Ether kan tiharh leh kan churn hian Kan thinlung taka
tawngtaina leh thinlung taka ngenna hmangin Pathian
chhanna thupui chu kan la chhuak ang a, Chu chuan ei tur,
tihdamna leh hlimna a nei a ni

Thlarau lam chawm duhtute tan chuan, hun kal tawha
lungngaihna leh hlawhchhamnate chu thil pawimawh lo tak a
ni An hnen atangin zirlai zir theih a ni a, mi pakhat chuan a
tum leh thei a, a tir atanga tih tumna chu tih nawn lehin
Hlawhtlinna chu a chiang ang, Pathian tanpuinain,
hlawhchhamna avanga beidawng lo zawng zawngte tan,
lungngaihnain an thutlukna a tihchak loh zawng zawngte
tan, leh chu chu rinna nghet tak nena ringtute tan..

. . . Pathian chuan chhelna neitute chu a thlawp Kawng dik

zawh mekte chu a thlawp a, beiseina, chakna, leh beiseina a
pe baw k a , an tum ber leh nun tum an thlen hma loh chuan

Ngaihtuahna hi electric ang chi chakna a ni , leh rilru
lam dinhmun (psychological states) Ngaihtuahna leh
ngaihtuahnaah a kir leh thin

Electric hi a hlawkthlak a, a tichhe baw k a ; whoever
uses it wisely puts it to their service A nih loh leh, a electric a
tichhe thei a, chutiang bawkin ngaihtuahna Kawng dik zawh
a nih chuan a neitu tan hlimna a thlen a, chuti lo chuan
harsatna a thlen thin

Ngaihtuahna hi sakawr ramngaw ang a ni a, chutih
rualin tihlum chu thil theih loh a ni lo va, ngaihtuahna tha tak
hi ngaihtuahna thunun theihna kawng khat a ni

Ngaihtuahna dik hi thian hnai tak a ni Tin, rilru natna
chu hmêlma awm reng a ni

Sound thinking attracts peace and safety , while
unhealthy thinking fires deadly arrows that rebound upon
their owner Hence the saying, "The reward is of the same
kind as the deed" Mi pakhatin tum tha a tirh chhuah chung
chuan a ngaihtuahna chu meialh ah a chang ang a, thlarau
pindan a ti eng ang a, thim bawmte chu a hnawtchhuak
ang , chutiang chuan a thuk hle ang thlamuanna , a mit chu
lungawina nuihzatthlak takin a eng chhuak baw k! I
mitmengah nuihzatna chu awm reng rawh se Tin,
thlamuanna chu i chungah awm rawh se

Nun hi mill ang mai a ni a rah chhuah fiahna leh
enchhinna chi , nunna chhang siam turin Kawngpui hrual ang
mai a ni a , a sir lehlamah pangpar mawi tak tak te chu hnim
hring hring leh thingte chu a hnah ah thei tui tak tak te nen ,
chuti chung pawh chuan kan ding tlem hle A hmuh chu
nuam i ti ila a thlum i tem ang u indeed, we are often on

tenterhooks To reach wider areas , we think there are more
pleasant views than what we saw Mahse, zawi zawiin kan kal
bo deuh deuh chuan Pangpar, rah chhuah kawngah chuan
thing kan hmu a, a thar aiin a thim zawk a, chutah chuan
pangpar chu a bo ta a, chuta tang chuan, hnim hring leh thei
pawh a bo ta a, chuta tang chuan, butterfly leh thei pawh a
bo ta a, chutah chuan thlaler hring takah kan inhmua ta
chauh a ni

Mihring nun hi tuifinriat tui ang mai a ni a, chu chu a
thianghlim a, a thar a lo ni ta chauh a ni Chhung lam i chhoh
veleh chauh Zing mumang ang mai a ni a, kum upat rualin a
eng zual zel a, a chhan chu thil chu chutih hunah chuan a
chiang zawkin a lang chiang zawkin a lang a, chu chu
zinkawng ang a ni a, chu chu hmun hla tak tak kan zawh
rualin a hmunhma a inthlak danglam thin a, chutah chuan
kan hnaih deuh deuh chuan a hmunhma ang chiah chu a
danglam thin a, chutiang chuan a ni

Nun hian mi fingte chu a ti beidawng lo , thiam takin an
hmachhawn a, nuam an ti em em a, anmahni thunun phal
lovin an zalenna a tichhe lo Entir nan, tui an hlim An in a, an
inbual a, mahse an tuiah an pil phal lo An duhzawng
thawmhnaaw chu nuam an ti hle Without excessive
adherence to formalities and formalities that are considered
superficial They enjoy eating without allowing gluttony to
consume them , because ei tam lutuk hian taksa a tichak lo
va, hriatnate a ei zo vek ang a, a tichhe vek ang Tin,
chutiang chuan, mi chuan nun chu nuam a ti tur a ni Mahse,
inhnim pilna hmangin hriatnate chu a tichak lo

mi dangte nena inremna Engkim maiah an inrem tihna a
ni lo va , emaw an tana duhthusamte inhlan tihna a ni lo , a
chhan chu he inmilna style hi duhthusam a ni lo va thutak
nen pawh a inmil lo Reformers leh mi ropui tak takte chu an
inrem lo An chhehvela mi tam tak nen chuan , chuti chung

pawh chuan an thil tum chu an vawng tlat a, an thil tih chu
chu chu a dik tak zet tih an hriat avangin

A hmasa ber leh pawimawh ber chu Pathian nen an
inrem tur a ni , chutah chuan a chhia leh tha hriatna nen,
chutah chuan mite nen an inrem tur a ni

The principle should not be compromised And not
resorting to ulterior motives to achieve a certain purpose ,
chu chu principle nei mite tan a inhmeh loh avangin

Tunge Pathian tilawm zawnga nung thei ang? Midangte
tichhe suh, hlahh tur an nei lo He approach hian midangte a
ti lungawi lo a nih chuan , mi pakhat chu a chhungril lama
hahdam taka awm a, mipui duhdan atanga inngat lo thei
chhungril thlamuanna a neih theih nan a tawh

Thlarau chakna leh duhna Pathian lam hawinaah Thlarau
lam magnetism an ti a Tin, he magnetism hmang hian
Thlarau chuan malsawmna a hip a, vibrations tha tak tak leh
mihring tawn tha zawng zawng a hip thin Chu chuan thatna
leh felna a hriat nawn tir thin

thlarau lam magnetism Chu chu mi chu amah a hipna
leh a hipna thiltihtheihna a ni Thian tha tak tak leh thil
pawimawh leh pawimawh tak tak Leh thil hriatthiamna
awlsam tak He thiltihtheihna hi Pathian magnetic force hipna
a\anga lo chhuak a ni

Remna Candle

Rilru bêl la rawh I thlamuannain luah khat rawh

Ka rilru natna bottle chu la rawh I khawngaihna khat
rawh

Ka thlarau bawm ruak chu la rawh I finna rah chuan khat
rawh

I hmangaihna tui chu ka thlarauah theh lut la, ka tuihal
noah ka leih ang

Ego bangte chu tichhia rawh I total presence-ah min
thun lut rawh

Hmangaihna zing khawvar êng

Ka thinlung inhawng atang hian peer out rawh se

I hmangaihna ni êng min hriatchhuah tir

Ka nun van boruakah a darh zau zel

I hmangaihna êng êng tak chu a lo eng chhuak ta

Ka chungah, a lo eng chhuak ta a ni

I êngin ka thlarau hmun chu a luah khat ta a ni

Ka taksa chhawm nungtu nunna chu nang hi i ni

Tin, ka ngaihtuahna tichaktu rilru pawh

Tin, ka hriat lohna tibotu finna pawh

Ka hmangaihna meipui sei tak chu ka hal a

Rangkachak lehkhabu chhiar turin

Hmanlai atang tawhin ka chungah vawnhim a ni

I hmangaihna kha a awm tawh a, a la awm reng bawh

Remna meialh hmuh theih loh chu

Chu chuan thim a ti bo a, i thuchah te min hmuhtir bawh

Blog hi thinlung pheh-ah a awm a

I ropuina chu lo lang rawh se, Aw Lalpa

I finna êng chuan ti bo rawh se

Hriat lohna, inrem lohna leh inhuatna
Lei kam atang chuan chatuan atan
Kan chak lohna chu chaknaah chantir rawh
Tin, thutlukna siam turin kan chak lo ta a ni
Kan taksa hi electric pawimawh tak hmangin charge
rawh

Tin, i damna êngin rilru leh thlarau kha khat rawh
I ngaihsak lohna tuiah kan pil loh nan kan kut la la, I
hmangaihna leh finnain kan nihna kha khat rawh I hnaih hle
tih leh I khawngaihna ni chuan min êng reng ang tih i hria
ang u
Ka ngaihtuahna rilru na tak tak, nung tak takte pangpar
chu ka dah a

Ngawi renga awm dan structure-ah chuan
A rimtui ngawi reng hian hla a sa a
Tin, i ropuinate a sa bawk
Tin, i êng thianghlim êng nen
I awmna mawina chu ka hmu a
Ka duhthusam hlim tak chu a lo thleng dik ta
I êng chu ka thlarauah a rawn eng chhuak a
Puanzar te chu finna meiin a kang a
I ropuina ka hmu a, ka lawmna a zual zel
Pathianin a eng hmangin ti eng che rawh se
Tin, thlarau lam atanga chibai bukna in hnenah

Khawvelin min phut leh thil phut tam tak min phut a, a
pawimawh ber ber leh a tel lova nun theih loh emaw, a tel
lova kan awm theih lohzia min rintirtu te hi a tam hle a
Mahse a mamawh bulpui ber chu Pathian thlamuanna neih hi
a ni tur a ni a, a bul a lo kang ngai lo va, a tuikhuah pawh a
lo vawt ngai lo va, nunah engkim thlum leh awmze nei tak a
pe a ni

Pathian chu kan nihna bulpui ber a ni tih i hre reng ang
u, hmangaihna chu a hmel ropui tak kan thlir theihna
kawngkhar a ni tih i hre reng ang u, Pathian awmna chu hriat
duh a, chu duhthusam ropui tak chu ngaihtuahna leh thiltiha
enkawl duhtu chuan Pathianin an dilna chu a pawm ang a,
malsawmna êng hmuh lohna puanzarte chu tichhia turin a
pui ang

Tupawh kawng zawh tura tumruhtu chu engmahin a
tibuai lo vang a, a tum a thlen a, a thinlung duhzawng a
thlen hma loh chuan eng daltu pawhin a dal lo vang

Thlarau lam Lughlu leh Lughlu

Mi dangte chak lohna pholang a, mualphona leh
thinrimna thlentu te hi finna leh rorelna dik tak a\angin an
hla hle Sual hi kan hmusit tur a ni, misual ni lovin, thlarau
lamah chuan kan unaupa a ni si a, hriat lohna thim chuan a
khuh a, a hual vel a nih pawhin The purpose of
condemnation should be healing, not gloating and wounding
Kan unau sual chu kan duh angin kan enkawl tur a ni a hmun
leh dinhmunah kan awm a nih chuan enkawl ni rawh se

Tupawh khawvela a unaupa dik lohna thup tlat chuan
Pathianin a tlin lohnate chu Akhirah a thup ang

Midangte kan rorel ang bawkin thlarau lam danin min
rorelsak ve ve Mi dangte lakah hian kan beisei lutuk tur a ni
lo va, tumah rah tha kan beisei reng tur a ni hek lo, an
theihtawp chhuah pawh nise

Mi chu a tlu a, a tlu thei a, mahse, nungchang tha leh
felna ladder lawn leh tura theihtawp a chhuah phawt chuan
a him reng ang

Nitin hian keimahni emaw, kan chhungte kan tanpui ang
bawkin damlo thlarau chu taksa lamah emaw, rilru lamah
emaw, thlarau lamah emaw chawisang kan tum tur a ni

Vawiin atanga Pathian dan anga nun tumtu chuan -
harsatna leh hrehawmna thlentu mahni hmasial nun hlui ai
chuan - nunah eng ang pawhin inngaitlawm takin chanvo
chang mahse, cosmic play director leh kan chanvo zawng
zawng hotu: Pathian Engkimtitheia thupek angin a
mawhphurhna chu a famkima a hlen chhuah phawt chuan
hmun pawimawh tak a ni reng tih a hmu ang

Thianghlim tak, hmangaihna dik tak, leh rilru put hmang
ngaihtuah chungang midangte nena kan inpawh hian mimal
ngaihvenna emaw, mahni hmasialna chhut dan emaw
ngaihtuah tlemte pawh nei lovin kan nunah ṭhian ṭha tak tak
kan rawn hruai lut ang chuti lo chuan kan ṭhian dik takte chu
kan hre thei lo vang

Inbumna leh inlanna lak bo a ngai a, tumruh taka
midangte tichhe lo zawnga thil tih a ngai a ni

Ṭhianta chu thinrim tur a ni lo va, kan hmuhsit tur a ni lo
va, kan dodal tur a ni lo va, kan chungang ṭhian ṭha lo rilru put
hmang vawn chhan tur engmah pek tur a ni hek lo Ṭhianta
chu tihduhdah, tihduhdah, leh thurawn dil loh pek an ni tur a
ni lo, thurawn dil a nih chuan, a rah chhuah hlau lovin,
thinlung tak leh ngilnei takin pek tur a ni

Nun tawn harsa tak takte hi kan duhzawng tibulaitu leh
min hneh turin a lo kal lo va, kan tumruhna tichaktu leh
Pathian kan rinna leh mahni inrintawkna tichak turin a lo kal
zawh thin Mi thenkhat chuan heng thil tawn leh harsatnate hi

hneh theih loh khawpa tihchhiatna chakna a ni tih an ring
sual a, chuvangin an bânsan A rilru hrisel tak chu nun leh a
fiahnate tha taka hmachhawn tûra kan chhungril chakna
tichak tûrin a pawimawh hle

Miin amah aia chak zawk nen an inel loh chuan a chak lo
ang Chutiang bawkin huaisenna leh rilru chakna nena kan
harsatnate kan hmachhawn hian kan chak zawk a, kan chhel
zawk bawk

Kan rilru hi Pathian hriatna engkim huapzo zinga
pawimawh tak a ni Kan hriatna thlipui hnuaiah hian A hriatna
tawp nei lo tuifinriat a awm a, Tuipui lian zawka tel a nih thu
thlipuiin a theihnghilh chuan chu tuifinriat thiltihtheihna a\
angin a in\hen a Chumi avang chuan mi rilru chu thil neih
theihna tikhawtlai a nih avangin a chak lo va, rah chhuah
hna leh thil tam tak siam chhuah theih a ni tawh lo When
rilrute chuan hriat lohna leivut chu an tikehsawm a, an
thiltihtheihna inzawmkhawmtu chain chu an tikehsawm a,
thil siam chhuah thiam leh nunna nena inzawmna tha tak nei
thei an ni ang

Ngaihtuahna pakhat chu i vawn tlat a, duhthusam chak
takin i imbue chuan chu ngaihtuahna chu chakna chak takah
a inthlak a Tin, ngaihtuahna chu chakna a lo nih chuan
hlawhtlinna tur boruak dik tak a siam thei a, chu chu rilruah
hmuh theih loh map siam angin a ni

Mite chu an hlawhchham a, a chhan chu nunphung khirh
tak takte chu dodal lova an inpek vang a ni a, inpe lova
dodal ai chuan

Willpower exercise leh activate a ngai a ni

Thlamuanna hmun thianghlma lutte chuan Pathian
hmangaihtu thlarau dangte nen thlarau lamah an inbiak

theih a, roses leh thil nung zawng zawng tawng an hrethiam
thei bawk

Aw Lalpa, ka hmangaihna leh ka duhthusam chung
lal̤thutthlenga ̤thu lal awmchhun ni rawh

Ngaihtuahtute chuan thlamuanna thuk tak an nei a, he
chhungril muanna hi midangte nena inkawp pawhin vawng
reng tur a ni Ngaihtuahnaa mi pakhatin a zir chu nitin thiltih
leh midang nena inpawh tawnaah hman tur a ni a, tumahin
a thlamuanna leh muanna tibuai phal lovin

Thil tih dan tha siam emaw, tih dan tha lo tihbo emaw i
duh chuan, tih dan hrang hrang mechanism awmna thluak
cell-ah hian rilru pe rawh

Thil tih dan tha din tur chuan ngawi reengin thu la,
ngaihtuahna seng hmasa la, Pathian tanpuina zawng rawh i
rilru chu duhthlanna lairil, i mitmeng inkar ah dah la, i
thluaka i tuh duh tih dan chu nghet takin nemnghet rawh
Thiltih \ha lo tihbo i duh hunah chuan, he duhthlanna
hmunpuiah hian i ngaihtuahna pawh dah la, chutiang thil tih
dante chu a zung kaih na hmun grooves zawng zawng chu
nghet takin nemnghet rawh are being erased Focus leh
willpower hmangin, deeply rooted, old habits grooves thuk
ber pawh i erase thei Thluak bial atanga thil tih dan hrisel lo
tak tak te hrual chhuak thei tur khawpa duhthlanna i nei
tawk tih inring reng ang che

Chutiang nemnghehna hun remchang ber chu zing hma
takah duhthusam leh ngaihvenna a fimkhur lai a ni

Thupek zawng zawng lakah i zalên tih hi i rilruah
nemnghet zel la, ni khat chu - Pathian tanpuinain - i tihbo
duh tih dân atangin i zalên tawh tih i hmu ang

Eng thil pawh hlauh la, chuta tang chuan i
ngaihtuahnate hnawhchhuah la, Pathian kutah dah rawh
Pathian i rinna tichak la, a pui thei che a ni tih ring rawh

Hrehawmna tam tak hi lungkhamna leh lungkhamna a\
anga lo chhuak a ni Engvangin nge i hlauh chu a la thleng lo
a nih chuan i tuar ang? Pathian venhimna êng chuan a sir
zawng zawngah a hual vel che tih han mitthla teh, a
venhimna mak tak chu i hre ang

Kan lungkhamna tam zawk hi hlauhna a\anga lo chhuak
a nih avangin kan nunah hlauhna kan tihbo chuan kan zalen
ang a, damna pawh a awm nghal ang Zan tin, mut hma lawk
hian Pathian chu i hnenah a awm a, a humhim che a, a
enkawl che tih i inhriat chian tir ang che

He cosmic drama-ah hian hnam hrang hrang mihringte
hian hun kal tawhah nun chanchin hi an enact a Kan chanvo
rei lo te chhunga buai lutuk emaw, buai lutuk emaw lovin
nun awmzia hi kan hrethiam tur a ni

Nun kan hmuh dan hi a dik lo va, a inthlak danglam fo
thin a, a chhan chu mahni hmasialna mit leh ngaihtuahna
tlemte hmanga kan en vang a ni Thlarau mit hmanga en ila
chuan thil hi thlirna danglam tak a\angin kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni

Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkhar a kik a, thim ai chuan êng hmu turin min fuih a,
hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna

thlenna kawngah thawhhona tha tak nei turin min fuih a
Chutianga kan tih hunah chuan hriat lohna chu a bo ang a,
dinhmun inang lote chu a bo ang, inpumkhatna chu kan hmu
ang census-ah chuan Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inzawmna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara chutiang chu A chhungte kan ni a, min
enkawl dan chu a awm reng a, min ngaithla reng bawk A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawk

Min Siamtu chuan hmangaihna, hriatthiamna,
hriatthiamna, duhsakna leh thlarau lam chakna hausakna
tawp thei lo min pe a, chuti chung pawh chuan a tam zawk
chuan he hausakna hi Pathianin himna, remna leh inpawh
taka thawhhona nei tura min duh loh zawng zawngah kan
khawhral a, chu chu chhungkaw ropui leh hmangaihna nei
tak tan chuan duhâmna leh mahni hmasialna chhut dan
chuan kan thinlungah zung a kai a, kan zingah inrem lohna a
lo chhuak ta a ni

Pathianin lal ni turin min duh a, mahse bawih nih kan
thlang zawk a ni

Mihring chu a van in ata hla takah a kal bo a, Pathian
hnaih leh Pathian hnaih nia inhriatna chhungril paradis chu a
hloh ta a, chu paradis chu mimal thawhrimna tel lo chuan a
chang leh thei tawh dawn lo

Pathianin A anpuin min siam a, mahse he thutak hi kan
rilruah a tlanchnuak ta Kan chanvo chu harsatna a ni a, kan
chanvo chu tihboralna a ni tih ngaihdan dik loah kan tlu ta a,
a hnung lama thutak eng mawi tak chu hmuh theih nan finna
dagger hmangin illusion puan kan phelh a ngai a ni

?Tute nge kan nih a, kan nihna dik tak chu eng nge ni

Mihringte hian danglamna chiang tak kan nei a, chu chu
an rilru lam emaw, an rilru lam emaw, nunah an chanvo
emaw, an hnathawh leh thiltih te emaw, an duhzawngte
emaw pawh ni se, mahse heng danglamna zawng zawng
hnuaiah hian thil pahni a awm a, chu chu mihring tinte duh
leh mamawh tih loh chu Pakhat chu hrehawmna leh duhna
chi hrang hrang laka zalenna a ni A dang chu hlimna famkim
leh nghet tak a ni—lungawina famkim, chutah chuan remna,
hmangaihna, finna leh hlimna a awm a ni

Dik tak chuan mihringte'n kan thlen tum chu Pathian a
ni a, chu hming chu hmang emaw hmang lo emaw Mi fingte
chuan Pathian chu hlimna leh hlimna thlarau a ni an ti a, mi
pakhat chuan cosmic source a\anga direct-a a lak loh chuan
lungawina famkim a tawng lo vang Hei hi mihring dinhmun
hriatthiamna atana thil pawimawh tak a ni

?Mahse, khawiah nge miten an thil zawn chu an zawn

Khawvel thilah chauh an zawng a: thil neihah te, pawn
lam dinhmunah te, leh mi dangte nena inlaichinnaah te
Mahse, thil siam nihna tak tak ngaihtuah chuan khawvelah
hian eng thilah emaw, tu emaw, eng dinhmunah pawh hmuh
theih a ni lo

Thilsiam hi duality principle-ah a inngat a, a kalh
zawng tel lo chuan tih theih a awm loh avangin rawng
pakhat chauha thlalak neih theih a ni lo Chutiang bawkin,
awmna lam hawi eng pawh hi pahniha atanga inhlat taka
awm theih a ni lo Amaherawhchu, mihringte chêtîrtu
duhnate kan zir chian chuan, kan zînga thil ̣ha, nuam, mawi,
leh thil \ha chauh kan duh tih kan hmu chhuak a, thil
duhawm lo tak tak hmachhawn duhna tlemte pawh kan nei
lo or undesirable Mahse chu chu thil theih a ni lo

He dualistic khawvelah hian hrehawmna tel lo chuan
nuam tihna a awm lo va, thim tel loin eng a awm lo va,
sualna tel lo chuan êng a awm lo va, thihna tel lovin nunna a
awm lo Tangka lehlam pahnih hi inthen theih loh a ni Hei
hian kan chhungril thuk taka kan duhthusam chu he khawvel
a\ang hian kan hmu thei lo tihna a ni

Mite chuan an zawng a—ni e, an theihtawp chhuahin an
zawng a—mahse an thil zawn chu an hmu thei lo va, chu
chuan beidawnna leh beiseina a hring chhuak a Hei hian
beidawnna mai ni lovin thinrimna nasa tak leh thinrimna
nasa tak a thlen a, chu chuan tharum thawhna thiltih a thlen
bawk a ni Heng zawng zawng hi an thil zawn chu hmun dik
takah an zawn loh vang a ni a, chuvang chuan an thinlung
duhzawng chu an hmu lo

Kan hun laia mite hian nun awmzia leh thiltum hi an hre
vak lo va, chuvangin buaina leh buaina an tuar a ni

Mihringte hi thiltum neia awm kan ni A, nun tum nei lo
kan nih a, kan rilru, chakna, duhna leh rilru put hmangte chu
a \ha leh siam\hatna kawnga kaihhruai a nih loh chuan, zu
leh ruihhlo hmansualna, tharum thawhna lama inrawlh te,
leh a dangte ang chi tichhe thei kawngte kan pan ang thiltih
te, ngaihdan dik tak te, rilru put hmang \ha te, leh an rilru
put hmang \angkai taka channeling te

Hêng kan nihna pêng pahnih—chhûng lam emaw,
thlarau lam emaw leh pâwn lam lam—hi hriatthiam dik a nih
chuan a inhnial lo va, kan inthlunzawm a, kan taksa, rilru,
rilru leh thlarau lam theihna leh theihnate tihhmasawn leh
tihpunna kawngah min ãanpui a ni

Mite chu hmun ruak ropui takah an cheng a, rilru lama
tihchakna emaw, rilru lama tihchakna emaw nei lovin Tum
an neih loh vang leh an nunna hlutna leh awmzia pe thei tur
thil engmah awm loh avangin an bo niin an hria Mi pangngai

[illegible]

Nun tum ber chu tu nge kan nih tih leh kan nihna dik tak
chu eng nge ni tih hriat hi a ni Nun kawng thuk zawkte chu
an phu tawk ngaihsakna kan pek chuan hlimna kan nei ngei
ang, a chhan chu mihring hlimna hi mahni thlarau lam nihna
nena inzawmna nen a inzawm tlat a, chu mi tel lo chuan
awmna leh awm lohna a nei lo

Hlawhchhamna emaw, natna emaw hlauhna chu
ngaihtuah rengna hian a chawm a, chu chu hlawhchhamna
ngaihtuahna chu conscious mind a\angin subconscious-ah a
luang lut a, a tawpah chuan consciousness sang zawk a
thlen hma loh chuan, hlauhna chu subconscious leh higher
consciousness-a zung kai chu a lo pung zel a, a lo thang lian
a, chu chu conscious mind chu chutiang awlsam taka tihbo
theih loh hlauhna hnim hringin a luah khat ta a ni as the
initial thought when it sprouts Hêng hnim hringte hian a
tâwpah chuan rah rimchhia leh thihna thlen thei tak tak an
chhuah a Vanneihthlak takin, huaisenna lam nasa taka
ngaihtuah a, Pathiana rinna famkim leh mahni intanpui
duhtute leh harsatna laka humhim duhtute chu a tanpui thei
tih hriatna tuh a, a bul a\angin tihbo theih a ni

Vawi khat chu tuifinriat chungah chuan bubble te tak te
pakhat a lo leng a , thlipui leh êng laka fimkhur takin a rawn
inher a, chutih lai chuan aw pakhatin a rawn beng a : “Nunna
”?bubble te tak te, eng nge i tihsual

Nunna tuipuiah hian i tel ve tih i hre lo em ni? Bubble te
tak te chuan a hawi kual a, chu thudik chu a hrechhuak ta a
ni

Mihring hriatna chu bubble te tak te ang maiin a floats
On the surface of the sea of cosmic consciousness , thinking
it a temporary bubble , natna, rettheihna, leh thihna hlauhna
avanga khur chhuak Aw bubble, tuifinriat i hlau em ? Look
around you observe carefully Shift your perspective from
your immediate surroundings to God's infinite realm Delve
deeper, broaden your understanding , chutiang chuan i hriat
leh i chian theih nan A tuifinriat zau tak nen hian pumkhat i
ni tih i hre thei ang , leh Pathian chu i hnenah a awm tih A
humhim che , a chhawm nung che , tunah leh chatuan atan

Trap leh thangte pumpelh

I thinlungah duhna nasa takin tihlawhtling tura a fuih
che i hriat apiangin, hriatthiamna hmang la, "Hei hi
duhthusam tha tak tihhlawhtlin theih a ni em, chawimawi loh
tur duhna tha lo a ni em?" Thil neih duhna hrisel lo chuan
beiseina dik lo leh hlimna lem min pein kan nungchang \ha
lote chu a fuih \hin Chutiang hunah chuan thudik pholan nân
hriatthiamna thiltihtheihna chu hman a ngai a ni Thiltih \ha
lote chuan a tâwpah chuan hlim lohna a thlen \hin A nihna
dik tak a lan chhuah chuan mi chu hrehawm tawrhna thang
leh hrehawm tawrhna thangah hruai luh tumin thiltihtheihna
nei lo an lo ni ta a ni

Ngaihtuahna leh thawnthu te

Nunnaah leh thihnaah, lungngaihna leh vanduaainaah,
Aw Lalpa, Nangmah ka rinna hi a nghetin a nghing lo, nghet
leh nghing lovin a awm reng a ni

Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin

Mipui tamna ber hmuna ni a êng ang hian ka nun leh
nitin hnathawhna kawng tinrengah Pathian hmangaihna êng
chu ka hmu ang

Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che

Musk deer chanchin

Musk hi thil hlu tak, rimtui tak nei a ni a, Himalaya tlang
sang takah awm musk deer navel-ah a awm a ni

Deer chu kum engemaw zat a tlin chuan, musk hip thei
tak chu a navel atang chuan a ruvin a rawn luang chhuak tan
a, chu deer chu chu rimtui hmuhnawm tak chuan a ti buai a,
chu rimtui nuam tak lo chhuahna hmun chu a zai tan a, a
zawng ta a ni

Hmun hrang hrangah a kal kual a, lungpui inkar leh
thing hnuaiah a rimtui a, chu rimtui hlimawm tak lo
chhuahna hmun chu hmun tinah a zawng chhuak thin

A tawpah chuan thu sawi tur a hloh a, duhthusam leh
duhthusam nena a thil zawn chu a hmuh theih loh chuan a
thinrim a, a buai leh a lungkham zawk thin

Musk lo chhuahna hmun thlen tumna hnahnung berah
chuan lungpui sang tak tak atang chuan a chanvo
hmachhawn tur leh a thihna tawk turin ruam thuk takah a
zuang lut a, chutih lai chuan ramsa mantute chuan an man
thei a, chuta tang chuan musk bawm emaw gland emaw chu
an la chhuak thei a ni

Hemi chungchangah hian hla phuah thiam zinga pakhat
:chuan hetiang thil hi a sawi chhuak a

!Aw musk deer, nang â

?Engvangin nge i tuar? Engvangin nge i mut theih loh

He musk hi a awm a

!I pum bawm nen, nang â

I hnar hmanga khawih pawh nise

Nangmah atang hian rimtui thup chu a lo chhuak thin

I beisei ang kha i hneh ngei ang

Tin, sum sen ngai lovin i nung bawk

Ka thiante u, mi tam zawk hi musk deer ang maia awm

an ni tih in ngaihtuah lo em ni? Anmahni pawn lam hmun
tinah hlimna an zawng reng a, chatuanin an awm reng a ni

Ni e, inkhelhnaah hlimna an zawng a, duhna leh
duhthusamnaah pawh hahdamnaah an inhnamnawih
Hausakna kawng hnim hringte chu an chho a, a tawpah
chuan beiseina sang tak lungpui atanga lungngaihna leh
hlawhchhamna lungpuiah an zuang thla a, an thlarau
chhungril thuk ber berte a hlimna dik tak dahkhawm chu an
hmu thei lo

Kan ngaihtuahnate hi chhungril lamah kan hawitir a,
thuk taka kan ngaihtuah chuan thlarau thlamuannaah hian
hlimna dik leh nget tak kan zawn chu kan hmu ang

Musk deer ang kan ni tur a ni lo va, hmun dik lovah
hlimna zawngin kan boral tur a ni Chu ai chuan kan fimkhur
tur a ni a, kan pawn lam ni lovin kan chungah hlimna hmuh
kan tum tur a ni

Thuziak chu Button a ni

Vawikhat chu mi pakhat hian ka hnenah a rawn kal a,
thinlung natna khirh tak a vei tih a sawi a, a sawi belh bawk

:a

Thil tam tak ka lo ti tawh a, mahse ka thinlung natna"
."chu ka paih chhuak thei lo

Muangchangin ka ngaihtuah hnu chuan scissors min
:rawn kensak turin ka ngen a Khur zet hian min en a, a ti a

"?Ka thinlung hi cut hawn i tum em ni, ka pu"

Ka nui suk a, ka chhang a, "Doctor ka ni lo Mi pakhatin
"!scissors hmanga surgery a tih thu i hre tawh em

A tawpah chuan duh lo chungin scissors arawn keng a,
chuvang chuan a coat-a button pakhat chu ka tan a, a
hmunah button dang sew lo turin ka hrilh a, button awm
lohna hmunah chuan a kut dah lo turin ka hrilh bawka, kar
hnih hnuah ka hnenah lo kal leh turin ka hrilh bawka, chutih
chhung chuan a dam leh ngei ka beisei bawka

Chu pa chu a nui suk a, "Ka rin vang che a i dil ang khan
ka ti ang, mahse damdawi min pek tawh zawng zawng
"!zingah chuan a mak ber niin ka hria

Kar hnih hnuah ka bulah arawn tlan phei a, mak ti zet
:hian arawn ti a

Specialist te chuan thinlung natna ka dam tawh tih min"
tiam a Chuti a nih chuan Pathian tan eng ngei tih? Button
"?atang hian genie i la chhuak em

Nui chungin ka chhang a: "Ni e! I kut chu button chu a
."play reng a, button chu thinlung nen a inmil bawka

Chu button chu i thinlung natna thlentu genie a nih
avangin button chu ka cut a, thlak lo turin ka hrilh che a, i
thinlungah i kut dah lo turin ka hrilh che a Chutiang chuan i
thinlung chu pressure a\angin a chhuak a, a tihnat che chu a
!titawp ta a ni

Engkim a kal chak a, mite chu thil tam takah an buai hle
A nihna takah chuan, hun khawhral ai chuan khawvel thilpek
seng hi a tha zawk a, hun khawhral tir che a, kut ruak
chauha tawp mai mai a tha zawk Mahse mi pakhatin a seng
tur chu nunah buh seng hautak ber a ni: Pathian hnaih leh
amah hriat chian Hlimna dik tak neih theihna awmchhun chu
he khawvelah hian thil engemaw tihhlawhtlin hi a ni a,
chubakah thlarau lam hlawhtlinna pawh a ni

Pathian hretute chuan Pathian ngaihtuah hmasak a,
Pathian chakna malsawmna hmanga an rilru leh taksa an
charge hmain an nitin hna an thawk tan ngai lo

Khawvel thil phut tam tak hian an thlarau lam thiltum
zawngtute chu a tibuaiin, an kawng thlan a\angin a hruai bo
thei a Mahse, tumruhna nghet tak neitute chuan engmahin
kawng a zawhtir an phal lo va dinhmun harsa emaw, ṭha lo
emaw pawh ni se, tumruhna nên an tuar chhuak ṭhîn

Khawvel hian eng ang pawhin min pe se, khawvel ro hlu
leh hausakna zawng zawng aiin thil nghet zawk, pawimawh
zawk leh hlu zawk duhtu kan thinlung duhthusam chu a
tihlawhtling lovang

Mi a thih hunah—dam rei rawh se—leia thiltihtheihna
engmahin an tan engmah a ti thei lo He khawvel kan
chhuahsan hnuah Tuin nge min pui thei ang? Pathian
Chuvangin, Khawngaihtu ber hmaa chatuana kan chenna tur
vanram kan panna kawngah hian he khawvel hi hun eng
emaw chen chawlhna mai a ni tih hi kan hre reng tur a ni

Hausakna tam lutuk hian hriselna, remna leh
hlawhtlinna a tichiang lo va, mahse remna leh hlawhtlinna
neih chuan thlarau lam leh tisa lam level-ah hlawhtlinna
inthlau tak a thlen ang

Mi tam zawk chuan taksa lama hlawhtlinna an neih theih
nan chauh rilru lama thiamna an nei thin Mahse mi pakhat
chu amah leh amah a hotu a nih a, a rilru lama
thiltihtheihnate a enkawl a, Pathian ruahmanna anga a thiltih
a nih chuan a nun chu malsawmna a dawng ang a, he leia a
awm chhung hian thlarau tuikhuah a tem ang Amah chu
nungchang leh duhzawngte tang a ni tawh lo vang a, mahse
a hriatna chu Pathian awmna thinlungah a lo chang ang a,
ani sawifiahna dodal thei hlimna tharte hlim takin chutah
chuan a awm ang

Taksa hi damdawi dawr ropui ber a ni

Damdawi lam zirchiangtute chuan hlimna nasa tak kan
tawn hian taksain antidepressant leh stress tihziaawmna thil
dang, doctor-te'n an tih ang bawka chak leh tangkai tak tak
a siam chhuak tih an hmuchhuak a, Taksa hi Khawvela
damdawi dawr ropui ber a ni a, Pathianin kan chhunga
thlarau lam inthlauhna a dah nen kan inmil laiin a hun takah
thil dik tak a siam chhuak thei a ni

Stress zawng zawng hi a hlauhawm vek lo; stress hian
kan taksaa chakna pawimawh tak luang chhuak chu a tiharh
a, hnathawh leh chetna a tichak Zirna hrang hrangah chuan
stress tam lutuk hi a hlawkthlak hle tih hmuhchhuah a ni

Mahse buaina chu stress hian healthy level a pelh chuan
a lo chhuak thin

Mimal tinin stress kan neih theihna tur bituk kan nei
theuh va, chu chu kan pelh chuan kan lungkham tur aia
nasain kan lungkham a, taksa, rilru leh rilruah harsatna a lo
lang tan hma loh chuan kan hre lo mai thei

Pathian nena nun chu hlimna leh hlimna a ni a, Pathian
tel lo chuan lungkhamna, buaina, harsatna, leh chhiatna
thleng pawh a awm a nih chuan engtin nge chhiatna leh

lungngaihna a thunun nunah hian thlamuanna leh muanna
kan hmuh theih ang a, he leiah hian hlimna engemaw zat
?kan thlen theih ang

A phût hmasa ber chu nun nawrna hnuaia kan awm laia
kan hriat chian hi a ni

Pathian chu Engkim Mi fing leh Engkim hretu a ni a, kan
taksa hi thlamuanna, nuam lo, thlamuanna, leh lungkhamna
ang chi signal a pe a, heng signal te hi kan ngaihven a ngai a
ni Kan taksa chhungah hian thil engemaw hrilh tumtu
Pathian finna a awm a, chu thuchahte chu kan ngaihthlak a
ngai a, chu chu stress emaw chawlh hahdam hun lai hian !
rilru hahna i neih chuan i taksa lam a ni stress i tawh a,
chutah thawk thûk tak la la, chutih rual chuan chu hmun chu
a vibrate thlengin zawi zawiin tense la Chumi hnua huan
chawlh hahdam la, tension chu thlah rawh Hei hian taksa
chakna leh pawimawh tak balance vawng reng turin a pui
ang a, stress-in a tihchhiat laka a humhim bawh ang

Thâwk hmangin emotional stress pawh kan enkawl thei
Hlahna emaw, rilru natna dang emaw i hriat hunah, zawi
zawiin, thuk takin, leh rhythmic takin vawi tam tak thawk
chhuak leh chhuak la, i taksa chu thawk chhuah apiangin a
hahdam theih phah ang Hei hian i racing heartbeat a ti
hniam ang a, thisen kal dan pangngai a siam leh ang a, i
nerve kaltlangin vital energy a kal awlsam ang a, i rilru a ti
thlamuang ang a, i ngaihtuahna a tifa ang

Nun hi emergency thil a ni lo va; Pathian sawina mawi
tak a ni a, nuam kan ti tur a ni Nuih hi thiltihtheihna a ni tih i
hre reng ang u; kan hman loh chuan nun kawng pawimawh
tak kan hloh a ni

Mihringte hi rilru natna leh rilru put hmang nei thlarau
kan ni a, puan emaw pawn lam kawr ang maia kan hak taksa
kan nei a Mahse taksa leh rilru natna level chauh kan nun

chhung chuan stress leh tension-in nghawng tha lo tak
hnuaiah kan tla ang

Kan nihna pawimawh tak, thlarau lam nena kan inrem
chuan thlarau hlimna chu thinlungah a luang lut a,
hmangaihnaah a inthlak danglam thin He hmangaihna hi
hriat hi, thlarau thlamuanna leh muanna nena inzawm, a
nghawng inrem tak hnuaia thil tih leh inpawh tawna hi
inrem lohna leh inhnialna tam tak awmna khawvelah hian
pianphung anga nun dan remchang ber a ni He hlimna nena
inmil hi nun harsatna chinfelna a ni

Note: Thusawi chungchangah: "Taksa hian
antidepressant leh thil dang, stress leh tension tihziaawmna
a siam chhuak a, doctor-te'n an pek aia chak leh tangkai lo
zawk a ni lo," tih hi damdawi lam thurawn leh damdawi pek
chhuah loh tura thurawn a ni lo va, chuvangin chiang zawka
sawi a ngai a ni

Magnetic equation hmanga siam a ni

Mihring awmna chak tak leh sual duhna nei + thinlung
ngilnei tak mahse mi chak lo = magnetism sual chuan
ngilneihna a hneh zawk

Mi chak lo, sual duhna nei + mi chak tak, rilru tha =
magnetism tha chuan sual chu a hneh

Thlarau lam magnetism chak lo + biomagnetism sual =
magnetism sual chak tak

Nungchang chakna chak + nungchang chakna chak lo =
nungchang chakna nasa zawk

Mi thinrim leh tharum thawh + mi ngilnei leh ngilnei =
thinrimna magnetism chuan ngilneihna a hneh zawk

Mize chak, inthlau tak, leh rilru hahdam tak + mizia, a
chang chuan lungawi lohna lam hawi = rilru hahdamna
magnetism a lal ber

Chronic ingrained failure + less ingrained failure =
hlawhchhamna magnetism chak tak

Hlawhtlinna tha chak tak + hlawhtlinna tha lo zawk =
hlawhtlinna tihpun

Hlawhchhamna vibration chak + hlawhtlinna vibration
chak = hlawhchhamna magnetism chak tak emaw,
hlawhtlinna magnetism chak tak emaw, boruak leh dinhmun
a zirin

Rilru chak leh fel tak + hriat lohna famkim = fing leh
thiamna emaw, hriat lohna leh âtna emaw

Thlarau thiltihtheihna langsar tak + thil tih theihna ropui
tak = Thlarau lam magnetism - thiltihtheihna langsar tak tak

Mite chuan an chhehvel ether-a planet-a thil nung tam
tak awmte hi hmu thei ta se, thenkhat chuan an hmangaih
kal tawhte chu zawn chhuah an tum mai thei Pathianin ka
thlarau mit a hawng a, chutiang thlarau tam tak chu ka hmu
a, leilung ram chhuahsan tawh Thlarau mit (hma lam lairil)-a
thuk taka ngaihtuah hian, mi pakhat chuan chhungril mit
hmuhna hmangin thlarau tha zawn zawngte chenna
khawvel êng tak chu a hmu thei a ni Khawngaihna neitu
awmna lam panna etheric plane chu

Mihringah chuan thinlung hian wireless receiver angin a
thawk a, thlarau mit chu transmitter angin a thawk bawk l
hmangaih boral tawhte i hmu thei lo a nih pawhin,
muangchangin i rilru put hmang chu thinlungah i dah a nih
chuan, tuna ethereal taksaa cheng, Pathian thlamuanna leh
muanna hlim taka hmang a, taksa tihkhawtlai a\anga an
zalenna avanga lawm taka awm, i duh tak takte awmna chu i

hre thei a, chuvangin an thlamuanna leh i thinlung chu
thlamuanna i hmu thei a ni an chungchâng chu a ti
thlamuang ta a ni

Pathian hming ka sawi hian ka nihna zawng zawng chu
hlimna sang ber-ah a hmin vek Mahse he dinhmun hi ka
thawhrimna nasa tak hnuah chauh ka hnenah a lo thleng a A
tir lamah chuan duhthusam tur pakhat ka ni lo, chutih lai
chuan ka rilru chu a lo inthlak danglam ta a Mahse tunah
chuan, ka ngaihtuahna leh hriatna chu thlarau lam
hmunpuiah ka dah meuh chuan—mitmeng inkar hmun chu—
ngaihtuahna zawng zawng chu a bo vek a, thawk pawh a
duhthusamin a tawp ta a, thinlung chu a beng chhuak ta lo
va, mite buaina chu a tawp ta a ni rilru a reh a, nihna
dinhmunte chu thlarau chungah a lo chhuk a, chutiang
chuan thlarau lam hlimna ka tawng a, Pathian hlimnain ka
khuh ta a ni

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup a ni Ka chhungrilah lalte mumang aia ro hlu zawng
turin min kaihruai ang che
* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni
* * *

Aw Hmangaihtu Ropui ber, Nunna I ni Ka thil tum leh ka
duhthusam i ni
* * *

I van huana rose par hring min siam la, emaw, i
hmangaihna kawrfual eng takah chuan zungbun eng mawi
tak min siam la, chawimawina ropui ber min pe rawh: i
thinlunga hmun tenau ber
* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni
* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hrual ang u
* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni
* * *

Hripui, chhiatna, leh thilsiamte tharum thawhna inthlak
danglamna, chhiatna, chhiatna leh chhiatna nasa tak thlentu
hi "Pathian thupek" a ni lo Heng chhiatnate hi mihring
ngaihtuahna leh thiltih atanga lo chhuak a ni Khawi hmunah
pawh khawvela thil tha leh tha lo inthlauhna nalh tak chu
mihringte thil tum tha lo leh thil tihsual avanga chhiatna
thlen thei thlipui leh vibrations awmkhawmna avanga tihbuai
a nih chuan chaos reigns and chhiatna nasa tak a chhuak a
ni
* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang
* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni
* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a

source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm

* * *

Kan tawn apiangah kan thang lian a, chuta tang chuan
zirlai hlu tak tak kan zir thei tih kan hriat phawt chuan kan
tawn hrehawmna leh hrehawmna tinreng hian awmzia leh
tum a nei vek a ni

* * *

Experiment-te chu a khauh hle chung pawhin, thir
zungbun chu thir mawi tak, chhe thei lo leh hmanraw chi
hrang hranga chantirtu mei ang an ni

* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni

* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni

* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a

chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni

* * *

Mi pakhat chuan Pathianin a pek finna zawng zawng chu
thil rei lo te chauh zawn nan a hlan vek tur a ni lo , chuti lo
chuan thil neih duhna (materialism) labyrinth-ah an boral
ang a, anmahni tan a tul lo taka tikhawtlai leh tikhawtlai
an siam ang Chu ai chuan, an rilru chakna hmangin nunna
atana thil tulte chu an nei tur a ni a, dik leh dik lo, leh eng
nge an thliar hrang theih nan an nungchang chakna
tihhmasawn tumin an bei tur a ni a tichhe thei a, eng nge a
hlawkpui bawk

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an inngnat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la I lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo va,
a tak takah hman theih loh theory-ah hian hun hlu tak hman
loh a tha a, chuti lo chuan intellectual jungle zau tak karah a
inhmu ang a, theory ram pawh a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni

ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur
chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh
hriselnaah te, hriat lohna leh finna kawngah te ka hre reng
ang che, i êng malsawm tak, damna leh damna chu rei lo te
chhunga pe theitu chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna hmuna thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw thlamuang leh thlum
tak chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimin a khuh a, a chang chuan kan tlu a,
hmalam pan kan hreh thin Nun kawng thim tak kan zawh lai
hian Pathian êng chu min kaihruaitu khawnvar ni turin kan
phal tur a ni Amah chu hriat lohna leh thim zanah thla bial a
ni a, harh hun laia êng ni a ni a, kaihruaitu êng a ni a, lei
tuifinriat paltlangtute tan kaihruaitu arsi a ni bawk. rei lo te
chhunga awm

* * *

Mihringin a hriatna chu theihnghilh muthilh atanga thlarau
harhna thlenga a tiharh a hun tawh

* * *

Lalpa, hriat lohna thuk tak leh ngaihtuahna zim, tlemte
a\angin remna, êng, hmangaihna leh khawvel pum huap
mihring lainatna hmun thlenga kan hriatna tihsan turin kan
ngen a che

* * *

Pathian thiltihtheihna leh thilmakte chu mihring nun
inhnialna hnung lamah thup a nih avangin thil a lo tha chho
zel dawn a, chu dinhmun chu pumpelth theih loh a nihzia ring
tlat lo a, puanzar piah lama awm chu a rilru leh rinna nena
luhchilh tum chuan a tan kawngkhar chu [ringtu kut zawng
.zawngin a kik] tan a inhawng ang

* * *

Rinna tih awmzia chu ngaihsak lo emaw, thil awmdan
fing taka hmachhawn loh emaw tihna a ni ngai lo Chu ai
chuan, eng thil pawh thleng se, mi chuan a thinlung zawng
zawng, a thlarau zawng zawng leh a rilru zawng zawng nena
Amah a pan chuan dinhmun harsa leh lungkham takah pawh
Pathian chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen chuan
Leilung hi electron lui angin kan hmu ang a, leivut chi hrang
hrang chu êng rolling mass angin kan hmu ang

* * *

Matter atanga thlarau danga an hriatna hmanga luhchilh
thinte chuan illusion awmzia an hrethiam a, thutak awmzia
an hre bawk
* * *

Mi chu Africa ramngaw-ah emaw, indona hmunah emaw,
natna emaw, retheihna emaw tuar emaw, Pathian kut chu
hlauhawm aiin a chak zawk a, Amaha inhumhimna
zawngtute a humhim thei tih a inhriat tir a ngai a ni

Mahni invenna kawng \ha zawk a awm lo Dik tak chuan
thil thlengte hmachhawn kawngah hian logic a hmang tur a
ni a, chutih rual chuan Pathian tanpuina rinna famkim a nei
tur a ni
* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni
* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrih a ni
* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang
* * *

Zirtirtu Paramahansa chuan a zirtirte zinga pakhat
hnenah: "I hmangaihna circle atang hian tumah

hnawhchhuah suh Mi zawng zawng i thinlungah vawng la,
.anmahni thinlungah an vawng reng ang che" a ti a

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che
Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che
Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a

* * *

Chu thlarau lam mize huaissen leh inngaitlawm tak chu
harh rawh - sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu

* * *

Sawiselna nasa tak, dik lo takin min tibuai lo vang a,
fakna leh fakna nasa tak pawhin min tibuai lo vang Ka
duhthusam awmchhun chu I duhzawng tih hi a ni, Aw Lalpa, I
duhsakna chan hi a ni

* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu chutah chuan
Pathian hmangaihna tawp nei loin a ruih ang Mihring
hmangaihna eng pawh a let maktaduai tam takin a phak lo
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni

* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang

* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni

* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nghet tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaissen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin

Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Pathian
hmangaihnaa inhmang reng mi thianghlim pakhat ka hriat
hlimna nen chuan nunah thil tawn dang reng reng chu
tekhin theih a ni lo va, a hmelah hmangaihna thianghlim a
chhuak Pathian mit chu Amah hmangaihtute chungah a awm
reng a, vawi khat mah a kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem
hle

* * *

Thil tikhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni

* * *

Thiltih \ha lo leh duhthusam hrisel lo thupek laka
zalenna chuan thil neih hlawhtlinna aiin hlimna nasa zawk a
thlen a ni

Literary hlawhtlinna hian pawn lam thilin a laksak theih
loh rilru lam hlimna a thlen a ni

* * *

I hun zawng zawng chu sum khawlkhawm nan i hmang
thei a, mahse chu pawisa chuan i zawn thlamuanna leh
muanna nghet tak chu a pe dawn lo che a ni Chu ai chuan
hlimna leh muanna chu thil chhungah ni lovin rilruah a awm
avangin hlim lohna a thlen zawk ang che

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawk a ni

* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan titawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn loh chuan kan hna
engmah kan hlen chhuak thei dawn lo tih kan hriat reng a
ngai Hei hi A laka kan mawhphurhna lian ber a ni

* * *

Thiltih dan leh nunphung tehna leh rorel dan a awm A tir
lamah chuan thurin tin hian dikna a la nei tih kan hmu a nih
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak
lo Dik chu kan hriat a ngai a, chu chu kan zawm a ngai a,
hlimna min thlen thei tur chu kan hrethiam a, chu chu kan
nunpui a ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni
* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih Chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni
* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni
* * *

Thil thar lei hi thil nuam tak a ni tih rinhlelh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil
man chu theihnghilh a ni lo vang, a bik takin installment-a i
!lei chuan
* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang
* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte thian nihnaah
chuan, I hmangaihna ka hria a, ka thiante hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan
hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu
a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu
chhungril hlimna tel lo chuan mawhphurhna phurrit phurrit
ka chungah dah chuan ka thlamuanna min chhuhsak ang a,
ka hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh

ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuaitsu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhatat
ve kan ni

* * *

Beram rual i hmu ngai em? An zingakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiangkhatin a Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has
persisted for generations Every nation has its customs and
traditions, and we can claim that all of them are correct or
sound But who knows? Chutiangkhatin nunphung leh thurin
thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna
ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi
tak emaw, thil tawn hlimawm leh lawmawm tak emaw
ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih
hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna
tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah
chuan i la hlim lo tih i hmu mai thei Hausakna i nei thei a,—
Pathianin a phal lo—i hriselna i hloh mai thei A nih loh leh
hriselna tha tak i nei thei a, i sum pawh i hloh mai thei A nih
loh leh hausakna leh hriselna i nei ve ve mai thei a, mahse
midangte nen harsatna tam tak i tawka, ngilneihna i hlan a,
chu chu thinrimna leh huatna nena inhma leh tur chauhvinn

Pathian tel lovin, he thilah hian engmah a awm lo nun hian a
ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan
hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i
zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik
tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil
tawnte chu lungawina leh hlimna nghet tak panna kawngah
chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm
leh thil siam loh engmah lo piah lamah chuan chatuan thil
awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna
leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fîng tlemte
chauhvin cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawk chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka inngahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni

* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo

* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni

* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang

* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawk

* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawn
mek emaw hi hriatthiamna nei zawk tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nunna nen pawh tluang zawk leh him zawkin kan inpawh
thei ang

* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihhmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a, khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlauhna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlauhna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chhungte
hnai berte nena inrem taka a awm hi a ni

* * *

Mite chuan thil tam tak tihlawhtling lovin hmanhmawh takin
hun an khawhral a, nunnain a pek theihte ngaihtuah leh
hriatthiam tum turin an chawlhsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhiar sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawk

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo
thin a, eizawna tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen
atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawn lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh

* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna,
chu chu an thlarau lam thil tawn leh hriatna sang zawk,
hriatna thianghlim an neih theih nana an tanpuina hmanga

mi dangte hnena an chantir loh chuan chhandamna famkim
an chang lo

* * *

Hemi avang hian chutiang dinhmun thleng thei leh
chutiang dinhmun thleng thei te chuan hriatthiamna
mamawhtute hnenah hlan an duh hle Hlawhtlinna dik tak i
neih duh chuan nangmah mimal hlimna chauh ni lovin
midangte hlimna pawh i tichiang ang

* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduaia a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni

* * *

Mi tu emaw chuan hun rei tak ngawi renga awm a
thlang thei a, chutih chhung chuan an chhungte hnenah thu
sawi duh lovin He mi hian chhungril muanna engemaw zat a
neih theih laiin, an nungchang chu mahni hmasialna leh an
chhungkaw hlimna tichhe thei tak a ni An hmangaih tak
takte pawhin an hlawhtlinna an hlawkpui loh chuan
hlawhtling tak takah ngaih theih an ni lo

* * *

Chutiang bawkin, tisa lama hlawhtlinna neih hi mahni
chauha hamthatna kan neih theihna tur dikna chauh a ni lo
va, midangte chung a taksa dinhmun leh nunphung siam\
hatna tura \anpuina kawngah pawh nungchang lama kan
mawhphurhna a ni

* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber êng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitate tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihdan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo

* * *

Hlawhtlinna tehfung dang a awm baw a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

* * *

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kaw a ni
Hlawhtlinna dik tak chu felna thu bulte chungah inngat thiltih
atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hmang, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu

level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihzia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Hmun hring leh ruak ang maia langah hian universe
chhunga thil nung leh nung lo zawng zawngte nena min
inzawmkhawmtu cosmic connection leh chatuan nunna a
awm a, nunna ropui tak thlipui chu thil awm zawng zawngah
a luang chhuak a ni

* * *

Chatuan hi kan chenna dik tak leh kan chenna nghet tak
a ni a, heng taksaa kan awmna hi thlaler kal tlanga caravan
kalte tan chawlh rei vak lo ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inngaihtlawmna leh inzhah
tawinna boruakah a lo thang lian a, a lo thanglian bawk

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihte hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn a, an tih tur hlen chhuah a, an nungchang
hlutna siam a, zir chianna thuk zawka inhmang a, mahni
hmasialna pumpelh a\anga ropui an nih dan zir chianna a\
angin kan hria Mahse an rah chhuah leh an thil tihhlawhtlin
chu an thawhrimna aiin teh theih loh khawpin a nasa zawk a
ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna chu duhthusamin an
thlang lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur
daltu a ni Hriat lohna hi hnim tha lo, zung thuk tak nei,
mihringte huana lo thang leh thlai tha leh hlawkthlak tak
takte hnawhchhuahtu a ni

* * *

Hriat lohna chu duhthlanna nghet lo leh tumruhna nghet
takin a hneh tur a ni Rilru leilung chu ngaihtuahna fim tak [a
tha lam] nen chin a ngai a, chi tha chu rinna tuiin tui pek a
ngai Hmangaihna êng pawimawh leh lum tak takte a eng
hunah chuan, thatna chi chu a lo thang lian ang a, buh chi
leh parasitic thingte chu a hneh ang a, êng awmnaah chuan
thim a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifiah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh Chiang taka focus lens hmang
hian malsawmna thlalak chu Chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat Chian a ni

* * *

Lungawina dik tak chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n an zawn
che a, chuvangin Hmangaihna leh \hian nihna chu a thlawna
pek tur a ni a, beisei leh phut tel lovin Beiseina hian
hrehawmna leh hlim lohna chauh a hring chhuak Mahni
insiamthat tumna kawngah pawh mahni chauhva, him tak

leh thlamuang takin mahni nungchang \ha leh mahni hlutna
kulhpui chhungah a ding tur a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawng zawngte chu khawih vek rawh se

* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni

* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlarauten an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni

* * *

Total consciousness hi absolute, infinite consciousness a
ni a, a insiam thar reng a, a creativity pawh a tawp ngai lo
va, nangmah kaltlangin a thil danglam bik tak chu a lantir
tum a ni

* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni

* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -
Pathian khawngaihna leh tanpuinain - an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni

* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell-ah thup
vek a ni a, ngaihtuahnaah chuan thil \ha emaw \ha lo emaw,
rilru put hmang emaw angin a lang \hin
* * *

Mi pakhatin a thluak cell-te chu chutiang tih dan
thiltihtheihnaa charge a nih avanga thil tih dan hrisel lo tak
tak tuar chuan duhthlanna, ngaihtuahna, tawngtaina
thinlung tak tak leh positive affirmation chhunzawm zel
hmangin a zalen thei a, chu chu a duh loh zawng zawng chu
remna leh muanna tih dan tha takah a chantir thei a, hei hi a
thleng thin chu dik taka kaihhruai nunna chakna chuan
thluak cell-te nihphung pangngai lo tak chu thlak danglam
turin hna a thawk a, chutiang chuan chutiang cell-te chu thil
ṭha, ṭha leh mawi zawng zawngin a khat ta vek a ni
* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahna a ni
* * *

Nitin scene hrang hrang kan hmu a, nitin hian zir tur
thar a rawn keng tel Miin a awm chhan ber: a nihna bul leh a
nun lungphum hriat chian a, a rilru a pe a, chu chu a zir
chhuah ngei beisei a ni
* * *

Hun kal tawh lungngaihnaate theihnghilh a, chu chu awm
reng lo turin i thawk ang u, tumruhna nghet tak leh
duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnaate
tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
tak takte i chawm ang u
* * *

Mite chak lohna phawrh chhuak a, mualphona leh
thinrimna thlentu apiang chu finna leh rorelna dik a\angin a
hla hle
* * *

Hun leh hmun zawng zawng tana thusawi

Pathian nena inremte chuan thaw chhuak thei mawina
an hmu a, kawng danga tawn theih loh thlum sang ber an
tem a ni

Ka thlarauin a au che chuan, Aw Pathian, I ngawih
rengna chhum chu a rawn puak darh a, I khawngaihna tuilian
lian tak a nih thlengin I khawngaihna tuilianin a luang
chhuak ta a, I lui malsawmna chuan ka nihna kam chu a
rawn khuh a, ka thlarau chu chatuan tuiah a pil ta a, ka
nunna te tak te bubble chu I engkim awmna tuifinriatah
chuan a lo hmin ta a ni awmna

Ka zirtirtu chuan finna chisel hmanga Pathian awmna
tling biak in siam dan min zirtir a
Tum ropui tak i tihhlawhtlin duh chuan chu chu rilru lam
model siamin tan la rawh Tunah chuan i rilruah ngaihtuahna
nghet tak i phun chuan i hriatnaah eng kawng pawh nghet
takin i din thei tawh ang tichuan i nihna zawng zawng chu
chu ngaihtuahna nêh a inmil ang a, i thiltih chu chu
ngaihtuahna nêh a inmil ang

Pathian thinlung i khawih chuan i harsatnate a reh ang
a, hmangaihna in i thinlung a luah khat ang a, thlarau lam thil
tawn mak tak takte chu i rilru huana tuikhuah thianghlim ang
maiin a zai ang

Chhum tam tak chuan thup che a, ka lakah thup che an
tum a, mahse duhthusam mittui tla karah chuan i hming
malsawm tak chu puanzar leh puanzar zawng zawng hnung
atang chuan rangkachak lem eng mawi tak takin a rawn eng
chhuak ta a ni

Thianghlimna thianghlimna tih awmzia chu thutak chu
langtlang taka hmachhawn tihna a ni
Mamawh pawimawh tak tak a awm a, mi thenkhatin
"necessities" tia an ngaih tak tak, a tul lo leh tul lo tak tak te
chu Nun hi mamawh bulpui ngaihtuah a, thil tul lo tak tak
luxury tihbo a, tih awlsam tur a ni

Aw ʈhian nihna, i sâng êm êm êm a, i leilung hi a va
ʈhain a thianghlim êm! Hmangaihna chu i chawmna leh
rinawmna i in tur a ni

Mi pahnih chu an inrem lo chung pawha inrem leh
inremna anga an kal chuan thil tum pakhatin an inpumkhat
a, chu chu hmangaihna thianghlim leh inrintawknaah thlarau
thlamuanna leh thlamuanna hmuh leh hmangaihtuin
hmangaih tak man avanga nawmna a zawn lohna hmunah
chuan chutih hunah chuan, midangte tana thilpek huanah
chuan, inʈhianʈhatna pangpar rimtui tak takte chu a par
chhuak a, an rimtui tak chu an theh darh ʈhin
Khawvel hian kan rilru chu kawng dangin a zirtir a, thil
tam tak min zirtir a, chutiang tel lo chuan hlimna chu hmuh
theih loh niin kan ngai tan a Mahse nun, a bik takin naupang
nun chu tih awlsam a ngai a chuti lo chuan nun hian
beidawnna khirh tak hmangin a zirtir ang
Ngaihtuahna emaw, suangtuahna mai emaw aiin thudik
chu a dik zawkin a tak tak zawk a, mahse kan ngaihtuah
emaw, kan suangtuahna emaw chu a chang chuan a thleng
dik thei a ni

Thil siam chhuah ngaihtuahna kawngah hian
suangtuahna hi thil pawimawh tak a ni Mahse, suangtuahna
hi a puitlin a ngai a, rinna nghet takah a inthlak a ngai a, hei
hi duhthlanna chak tak tel lo chuan thil theih a ni lo
I duhthlanna zawng zawng nen thil pakhat i mitthla a nih
chuan i suangtuahna chu mimal rinnaah a chang ang a, chu
rinna chu i vawng reng thei hunah chuan
Ngaihdan inthlau zawng zawng awm mah se, i rinna chu
a takah a takin a thleng ang

Mi pakhat chuan mahni chauha ding a zir tur a ni a,
mahni nungchang tha leh mahni hlutnain a thlawp a ngai a
ni

Thlarau lam hlimna hi hlimna thar a ni a, Pathian thuk
taka ngaihtuahtute zingah a lang nasa hle

Min Siamtu Engkimtitheia chuan nunna te, chakna te,
finna te min pe a, kan ngaihsakna pe a, hmangaihna,
lawmthu sawina leh a duhsakna leh ngilneihna hriatpuina
nena kan thinlung chawisan hi kan mawhphurhna a ni
Aw Pathian, thinurna mei tichhe lo turin min pui ang
che, chutilochuan thinrimna meialh chuan keimah leh
midangte chhunga remna oases green te chu ka hal ang Ka
hmangaihna ruah sur reng reng hmanga thinrimna mei
tihmit turin min pui ang che
Ka ngilneihna leh ka thlamuanna lui chu muang leh
muang takin awm reng rawh se, lungawi lohna thlipuiin
hrehawmna tih loh chu engmah a thlen lo
Duty tih hriatna avanga thiltih tih emaw, mi dang
rawngbawlina leh hmangaihna atana mimal duhzawng hlan
emaw chu hlauhna avanga tih ai chuan a tha zawk daih
Miin Pathian dan a bawhchhiat a bansan pawhin Pathian
a hmangaih vangin a ti tur a ni a, a hremna hlauh vangin a ti
tur a ni lo
Eng thil pawh hlauh la, i ngaihtuahna chu hawisan la,
Pathian kutah dah la, Amah i rinna chu tichak rawh
Hlauhna hi mihringah a awm reng a, chu chu paih bo
chu Pathian ngaihtuah leh a awmna hriatna hmangin a theih
a ni
Thil \ha kawng zawh chu a tirah chuan a harsa mai thei,
mahse rilru thlamuanna leh himna dik tak thlentu kawng
malsawmna an ni
Kan nun kil tinah Pathian ropuina lo eng sela, a
hmangaihna chu kan thinlungah cheng sela, A êngin kan
hriatna chu luah khat rawh se
Aw ka Pathian hmangaih, pangpar a par a, hunbi a
inthlak a, an vai hian an sawi chhuak che Thla bial chuan i
nuihzatna hmel a pholang a, ni chuan i van lam khawnvar a
phur a Mittui tuipuiah ka inbual a, nangmah duhnain a khat
Thing hnah leh mihringte thisenah chuan i nunna leh chakna

a luang a, i cosmic thinlung beat chu a rawn thawk chhuak
ta a ni ka chhungril chhungah

I awmna ka hriat hian khawvel dangah harh ang maiin
ka inhria a, a chang chuan he leilung leh he taksa te tak te hi
ka mumang a ni—keimah ngei pawh hi hlimna tawp nei lovin
ka harh a, nangmah nena kan harh hun hlimawm tak takte
hriatrengna hlim tak chuan ka mumang huana mumang
chhiate chu ka hrual a, an hmunah ka roses te chu ka phun
ta a ni infuih tharna, chutah chuan ka duhthusam rimtui
chuan a hip lut ang che a, chatuan hlimna boruak zau takah
min hruai turin i lo kal ang

Aw Pathian, ka chhunga I damna êng ka rawn chhuah
theih nan thianghlimna leh thianghlimna nen min ti langsar
ang

I hmel tawp nei lo a lantir theih nan ka rilru darthlalang
khur chu thlamuang rawh

I thlamuanna rimtui ka thaw chhuah theih nan rinna
tukverhte chu hawng zau rawh

Aw Nangmah chauha eng chhuak, Aw Majesty,
sawifiahna dodaltu, Nangmah chauh lo awm reng reng ka
hmuh loh nan nangmah duhtu ka mitmeng nen en rawh
Nunna thil thleng leh lan dan zawng zawng hnuaiah hian

Pathian aw ngawi reengin a awm a, ani hian pangpar te,
lehkhabu thianghlim te, kan chhia leh tha hriatna te leh nun
hlutna siamtu thil mawi zawng zawng hmangin min ko fo
thin

Thlarau lam sang ber thleng tura zawngtuin theihtawp a
chhuah apiang chu Pathianin a tan a chhiar a, chu chu
lawmman tha tak a dawng a ni

Aw Lalpa, i thutak êng hmanga kan rilru ti eng turin kan
ngen a che, i hmangaihna kan thinlung a tikehsawm a, i
lawmna leh i khawngaihna tamnain kan thlarau tikhat turin
kan ngen che a ni

Chu rilruin a luh theih loh horizon langtlang tak atang
chuan Pathian chuan a chatuan êng chu a leih chhuak a,

cosmic rilru atang chuan infuih tharna ropui tak tak leh
thiltihtheihna malsawmna a lo chhuak a, thil siam chhuah
hnathawh chu rilru inhawng leh inrem takah a luang lut a ni
I thlarau, i thinlung, infuih tharna meialh tinreng, van
dum, arsi eng mawi tak takte, tlangte, leilung, savate, leh
pangpar te chu cosmic rhythm, thlarau lam himna leh
khawvel pum huap inpumkhatna thread pakhatin a inzawm
khawm vek tih i hmuh hunah chuan an vai hian tuipui kam
nei lo Pathian tuifinriat hnute chung thread pakhat an ni tih
i hrechhuak ang

Kan Siamtu kan theihnghilh chuan hrehawm kan phu a
ni Pathian chu kan hmangaih leh min hmangaih a ni tih kan
hriat chian a ngai a, chu hriatna chuan kan harsatna leh
tuarna ata min chhuah zalen ang

Pathian hmangaihtu dik tak chuan Amah a zawn chu a
titawp ngai lo, vawi tam tak a beih hnuah pawh a hmu thei lo
a nih pawhin Thlipui a reh hnua tuifinriat chhungril lama
thlipui a kir leh a ngai ang bawkin, taima taka zawngtu pawh
chutiang bawk chu a ni; a daltute chu a chhe vek ang tih
rinna thup tak a nei a, a hma emaw a hnu emaw chuan
cosmic tuifinriat nen chuan a inzawm khawm ngei ang tih
rinna thup tak a nei a ni—chu tuifinriat tawp nei lo chu a lo
chhuahna leh a lo kir lehna chu a ni

Rilruin Pathian hmangaihte a ngaihtuah reng hian
thinlungin himna leh himna hla a sa thin
Thlarau lam emanation chu mihring chu tuna a nihna
atanga nakin lawka a nih tur anga a lo chhuah hi a ni
Miin a nihna dik tak chu midang lakah a thup thei lo a
ngaihtuahna vibrations chu engtin emaw takin a
nungchangah a lang ang a, a thiltih hmangin a lang ang
Zalenna chungchangah ngaihdan dik lo nei tam tak an
awm a; zalenna chu mi pakhatin a tih duh apiang tih angin
an ngai a, chu zalenna chu duhthusam zalenna ka ti a ni
Zalenna awmzia dik tak an hriatthiam loh avangin nu
leh pa thenkhat chuan an duhzawng tihhlawhtlin nghalin an

fate chu hnam dan bawiah an siam a, chutah chuan naupang
chu an duhzawng tihpuitlin a nih chhung chuan an hlim a,
nun tum ber chu duhthusam zawng zawng tihhlawhtlin a ni
ti ringin a lo seilian a Mahse, a hnuah chuan an tihsual tih
an hmuchhuak duh zawng zawng hlen chhuah chu thil
awlsam a ni lo! Mi dangte chuan anmahni duhzawng
zawngin an hnawtchhuak thei a, an ngaihthah mai thei
Chumi avang chuan naupang chu mahni duhzawng hlen
chhuah duhna nasa tak avang chuan a khauh a, a rilru a ti
na hle a, chuvangin, nu leh pate chuan an fate chu an
duhzawng leh hriatthiamna tihhmasawn nan an puih a ngai
a, chutiang chuan khawvel hi a thang leh thangah tlu lut
lovin an awm thei ang
Nu chuan, "Hmangaihna nen zirtir rawh" a ti a. Dik tak
chuan naupangte hmangaihna nena enkawl hi a tlangpuiin a
tha a, mahse a thlum lutuk hian ha a tichhe a, chutiang
bawkin pampering tam lutuk hian naupang a tichhe thin A
degree of firmness and resolve is needed, mahse naupang
chu tihsual avanga tihduhdah leh hrem nasat tak a nih
chuan a rah chhuah chu a rapthlak hle ang Naupangte
enkawl dan leh enkawl danah balance a awm tur a ni pa tin
hian hmangaihna leh ngilneihna hmangin an mizia chu a
tithianghlim tur a ni a, nu tin pawhin a hmangaihna chu finna
leh ngaihtuahna fim tak hmangin a tithianghlim tur a ni
Mi chuan Pathian hmangaihna leh duhsakna rilru
dinhmun nget tak a vawng reng tur a ni Hna tam tak ka lo ti
tawh a, mahse ka hnathawh chu eng ang pawh ni se, ka
ngaihtuahna chu Pathian hnenah a awm reng a ni
He thil siam hi nuam kan ti tur a ni a, mahse sal min
siam phal lovin Tin, thil tawn hian Pathian hmuh hlimna chu
tekhin rual a ni lo tih min zirtir a ni
Hna lian tham a thawh hmain, thlarau lam kaihhruaina
leh kaihhruaina dik tak a hmuh theih nan ngawi rengin a thu
a, hriatna leh ngaihtuahnate a ti thlamuang tur a ni a, ngun

takin a ngaihtuah tur a ni a, Pathian tanpuina a zawng tur a
ni

Zing hmaa, pangpar hmui, mipa leh hmeichhe ropui
hmela nuihzatna hi i nuihzatthlakna a ni tih ka hrethiam ang
Cosmic consciousness nena inzawm tlat disciplined
consciousness chuan implicit-in hlawhchhamna leh thinrimna
a tuar lo tih ka hriat avangin vanduai, vanduai, natna, emaw,
beisei loh thil dang emaw thlalak inzawmkhawm hian min
nghawng dawn lo

Zalenna tih awmzia chu duhthusam, tih dan leh
duhthusam ang ni lovin, finna anga thil tih theihna tihna a ni
Ego thu awih chuan sal nihna a thlen a, thlarau fuihna
hnuaia inpek erawh chuan tihkhawtlai atanga zalenna a
thlen thung

Lal in ropui takah emaw, in inngaitlawm takah emaw ka
awm pawhin ka tan danglamna a awm lo, Pathian ka hnena
a awm chung chuan

Rinawm taka ka sum hmuh chu nun awlsam tak nân ka
hmang ang a, nun hlimawm tak chu ka bânsan ang
Pathian rinna leh duhthlanna hmanna hmang hian mi
chuan natna te, hlawhchhamna te leh hriat lohna te chu a
hneh thei a, chu chu duhzawng vibration te chu taksa emaw
rilru lam natna vibrations aiin a chak zawk phawt chuan
Natna chu a rei zawk poh leh duhna chu a chak zawk leh a
tumruh zawk a ngai a, rinna chu a thuk zawk leh nghet
zawkin a awm a ngai a, chu chu a duh ang result a thlen
theih nan a ni

Mihring venhimna hmanruaah ni lovin, Nangmah chauh
ring turin min fuih rawh, Hlahna leh lungkhamna hian nun
fiahna eng pawh hmachhawn turin ka chakna tawp nei lo
chu tichhe lo turin ka phal suh ang che, ngaihtuahna leh
suangtuahna hmanga an lan chhuah tak tak hlahna avang
hian accident, chhiatna leh vanduai te hi ka ngaihtuah suh
ang u Tin, Aw Lalpa, ka harh emaw, ka muhil emaw, ka harh
emaw, ka bo emaw tih hi ka hrethiam ang daydreams, alive

or dying, I humhimtu awmna chuan min la hual reng a, min
la veng reng bawk

Mi finge chuan heti hian an sawi: Pathian hmangaihna

leh nungchang \ha avanga chêtât thil \ha rah chu inremna
leh thianghlamna a ni Mahni hmasial duhna leh duhthusam-in
a chêtât thiltih rah chu hrehawmna leh hrehawmna a ni Thil \
ha lo rah chu hriat lohna leh âtna a ni
Thiltih \ha chuan hlimna a thlen a, mahni

inhmangaihna a hruai khawvêl thiltih chuan hrehawmna
leh hrehawmna a thlen \hîn

Remna leh inrem taka awm i duh chuan i thil tum chu a
tha tur a ni a, ngilneihna ngaihtuahna leh hmangaihna rilru i
theh darh tur a ni Nun tha tak i neih chuan i entawn tur leh i
nungchang tha hmangin midangte i tanpui ang
Ka lungkhamna leh rilru buai tak ka neih lai hian ka rilru
hahdamna ka neih leh hma loh chuan ngawi reng leh
ngaihtuahnaah ka inhnukdawk ang a, Pathian chungchang
ngaihtuah a, A tanpuina leh kaihhruaina dilna hmangin nitin
ka tan ang

Huatna hnim hring hringte chu lo thang lianin i nun

huanah chuan luhtir lo turin thutlukna siam rawh, thlarau
ropui tak thil \ha tihna huanah chuan heng miziate rimtui tak
tak, rose ang maia i lo neih tam poh leh Pathianin i chhunga
awm thuruk ropui ber chu a rawn pholang ang che
Nunna thiltum chu remna, lungawina, thi thei lo, himna
leh thutak hriatna neih hi a ni a, kan chhungril lama tibuaitu
heng duhnate bulpuiah hian kan chhungril thuk takah
Pathian thil awmzia chu a awm a ni

Aw Lalpa, Nangmah ah hian ka zalenna ka hmu ang a,

ka chenna dik tak chu I awmna zawng zawng a ni tih leh I
cosmic consciousness-a tel ve ka nihzia ka hrethiam ang che

Aw tuifinriat zau tak, Pathian lam, ka duhzawng luite,
daltu leh daltu thlaler kal tlanga luangte chu a tawpah chuan
i thuk tak takah chuan inzawm khawm rawh se

Pathian kulhpuiah chauh hian venhimna leh himna kan
hmu a, Pathian hnaih taka inhriatna leh a awmna khawih ai
chuan inhumhimna him zawk a awm lo

Mihringte hi kan duhzawng, kan rilru put hmang, kan
nungchang, leh kan duhzawngte siamtu tih danin a thunun a
nih avangin, chutiang tih dan chu a tha lo a nih chuan,
nungchang chu a tichhe thei a, thiltih te chu a sual ta a nih
avangin, tih dan tha te hi dah pawimawh hmasak a tha a,
chu chu chu chuan kan thiltih leh ngaihtuahnate chu thil tum
ropui tak lam pan turin a kaihruai a, hriselna leh hlimna min
thlen a ni

Thlarau lungngai leh hrehawm tuar awmna apiangah an
rawngbawlina leh thlamuannaah ka thlamuanna ka hmu a,
midangte hlimna thlen turin theihtawp ka chhuah ang a, an
rilru put hmang chu keimah ang maiin ka lainat ang

Rilru lama theihna hi mihringah a awm a, mahse mi tam
zawkah chuan a la hmasawn lo hle a, heng theihnate hi kan
tihhmasawn loh chuan thil pawitak a thlen thin Taksa ang
bawkin rilru hian hriselna leh chakna atan ei leh in tha leh
exercise a mamawh a ni

Diamond chuan êng a dawng a, a lantir bawka,
chutiang bawkin Pathian hretu leh A awmna nena eng
chhuak thlarau thianghlim, langtlang tak takte pawhin an ti
ve bawka

Aw Lalpa, Nang hi nunah hausakna dik tak i ni a,
Nangmah ka hmuh hmasakna hian Nangmahah ka mamawh
zawng zawng ka hmu vek ang

Mite chuan hriselna tha neih theih nan ei leh in, boruak
leh ni êng chauh an ngaihtuah tlangpui a, mahse heng pawn
lam nunna tam tak awm mah se hriselna a chhe hun a lo
thleng thei a, chutih hunah chuan taksa chakna awmte chu
chhungril atanga tihchak leh a ngai ta a ni

Ka rilru lawng chuan hlauhawm leh hlauhawmna
kaihnawih duhâmna lungpui, hriat lohna thlipui nasa takin a

khalh hnaih a nih chuan, Aw ka Pathian, ka êng ni la, I felna
leh I thatna tuipui kamah min hruai fo ang che

Ngaihtuahna chu meialh ang a ni a, a thiltihtheihna
concentrated hmangin hlawhtlinna daltu daltute chu halral
vek tur a ni

Pathian chu Pathian hmangaihna reng reng hmanga
hmuh theih a ni A thilpek aiin Pathian kan hmangaih zawk
hian kan hnenah a lo kal dawn a, khawvel thilpek rei lo te leh
pawimawh lo tak tak te leh Amah hnaih theihna thilpek leh a
malsawmna hmuna lawmna kan thliar hrang theih nan
duhthlanna zalen leh duhthlanna chakna min pe a ni
A tawpah chuan thil tha ber: Pathian kan hriatreng theih
hma loh chuan thil tha hriatrengna kan practice theih nan
hriatrengna pek kan ni

I hmangaihna thlipui chu ka chhungah a luang chhuak a,
Aw Lalpa! Tin, ka nun hnahte chu I lo kalnaah lawm takin an
zai a An ri duhawm tak chu boruakah a luang chhuak a,
Chau tawhte chu Ka thlarau lam thlamuanna hlimthlaah
chawlh hahdam turin a sawm a ni

Nun harsatnate hi min tichhe tur a ni lo; chu ai chuan,
buaina leh natnate chuan zir tûr min pe a ni Kan thil tawn
hrehawm takte hi min tihchhiat tumna a ni lo va, min
tithianghlim a, kan bul thianghlim—Pathian—a min tanpui tûr
leh kan vâna kan in lama min hruai kîr leh tûra kawng
tinrênga thawktuah kan kîr leh thuai tûr a ni
Infinity hi kan chenna dik tak a ni a, he lei leh heng
taksa taksaa kan zinna hi hun rei lote chhunga visa zin ang
mai a ni

Lalpa, faknain min chawisang lo tih ka hria a, sawiselna
pawhin min ti tlem lo tih ka hria Ka chhia leh tha hriatna
hmaa ka awm ang leh Nangmah hmaa ka awm ang hian he
kawng hi ka zawh zel ang a, mi zawng zawng rawngbawl
turin theihtawp ka chhuah ang a, I duhsakna hlawh chhuah
tumin ka bei ang—chutah chuan ka hlimna chu a awm a ni

Thilsiam danglam bik i ni a, i essence pawh a mak hle a,
chuvangin i nihna dik tak chu hre rawh
I lo thlen zing takah chuan ka duhthusam hnah chu
pangpar rimtui tak, nung takah a lo par chhuak ang
Aw Lalpa, chu ni chu lo thleng thuai rawh, chu pangpar
hnim hring hring kawrfual ka hrual ang a, I malsawmna
kawngka bulah ka dah ang
Mahni chauh tihlim tum reng ai chuan, mi dangte tana
hlimna thlentir a tum bawk tur a ni Thlarau lam, finna lam
emaw, tisa lam emaw mi dangte hnena tanpuina hlan a tum
hunah chuan a mamawh phuhruk a ni tih leh a nun no chu
hlimnain a khat tih a hmu ang
Leia thim chung a hnehna ropui tak changtute chuan
ropuina êng chu an chanvo atan an nei ang a, chhungril
thlamuanna leh hlimna an nei ang
Aw Lalpa, I malsawmna chi chu ka thinlung leiah hian
theh darh fo la, dilnain a lo ching a, chutiang chuan thing
hlimthla, a hnahte chuan mahni inhriatthiamna rah tui ber
leh thlum ber berte a chhuah theih nan
Inthlâk danglam tum lovin hrehawmah kan awm fo thîn
a, chuvângin remna leh lungawina nghet tak kan hmu lo va,
beidawng leh beih kan tum chuan harsatna zawng zawng
chu kan hneh thei ngei ang Hrehawmna a\anga hlimna lama
kal kan tum a ngai a, beidawnna a\anga huaisenna lam pan
turin kan beih a ngai bawk
Aw Pathian Hmangaihna, ka hmangaihna chu I
hmangaihna nen inzawm tir la, ka nun chu I hlimna nen
inzawm tir la, ka rilru chu I cosmic consciousness nen
inzawm tir la, I chatuan hlimna tuikhuah atang chuan ka
tuihalna chu tireh rawh
Mi thinlung tak tak zawngtu thinlung chuan heti hian a
sawi chhuak fo thin: "Aw ka Pathian leh ka Hmangaih, he
khawvel suangtuahna karah hian inhnim pil ka duh lo va, ka
duh ber chu mi thinlunga I hmangaihna tiharh hi a ni Ka
thinlung, ka thlarau, ka taksa, ka rilru leh ka neih zawng

zawng hi I ta a ni, Aw Lalpa" Chu zawngtu chuan Pathian a
thleng a, Amah chu a hre ta a ni

Lalpa, unau nihna hriatthiamna thar leh dik tak min pe
rawh Indona kalsanin Hnamte hliamte chu hmangaihna balm
leh lainatna inhriatthiamna thlamuanna nghet tak hmangin i
tidam ang u

Duhamna thununna te, bumna thununna te, leh thil dik
lo thununna atanga kan chhuah theih nan mal min sawm la,
natna te, hriat lohna te, riltamna te hi hun kal tawh thim leh
lungchhiatthlak tak mumang mai mai a nih lohna khawvel
thar din turin min pui ang che

Harsatna zawng zawng hi ramngaw logic hmang lovin,
hriatthiamna, thutak leh Nang leh I Pathian dikna rinna
nghet tak hmangin i chinfel ang u

Nun hian hun engemaw chen chu hetah hian min hruai
khawm a, chu mi hnuah chuan kan kawng hrang hrangin kan
kal ang Mahse Pathian hmangaihna chu keimahniah a cheng
a nih chuan khawi hmunah pawh kal ila a pawimawh lo, a
chhan chu eng ang pawhin kal bo mah ila, Pathian
hmangaihna zungbun chhungah kan awm reng dawn a, kan
inthen tak tak ngai lo vang

Lalpa, rilru zau tak leh extremism kawngpui chung
sang taka thlawk thlarau lam hmasawna eagle min siam
rawh

Leilung nghing nasa tak leh ni êng tikhawlotu chhumte
piah lamah, hmun sang zawk leh sang zawkah min ko rawh
Dik taka nung turin balance thla ka la ang a, thlipui leh
thlipui zawng zawng chung van sang tak, boruak zau tak
leh hriatna sang tak awmna hmunah chuan ka thlawk
chhuak ang

Hmangaihna leh ngilneihnaa kan thinlung kan hawn
hian remna a lo thleng thin Hmangaihna thinlung nei leh thil
tha ti thinte chuan an chhunga a awm avangin remna an
tawng thin Remna chu van hmun thianghlim leh nun hlim tak
dinna lungphum a ni

Pangpar hnung lama Pathian mawina te, ni hnung lama
cosmic light te, mit tinah nunna ropui tak rawn lang chhuak
te hi kan ngaihtuah fo tur a ni

Mi pakhat chu ngilnei tak a nih a, mi dangte zahna a
lantîr a, fakna chu thil ṭha tak anga a kîr leh chuan,
ngaihhlutna leh zah takin an enkawl reng ang

Pathian hmangaihna ka hnena lo kal a, ka thinlunga
cheng turin kawngkhar ka hawn theih nan ka hmangaihna
chu midangte hnenah ka theh darh ang

Lalpa, lungngaihna thuk taka tuiah pil mekte tan chuan

êng min pe ang che, Thlarau lam hlimna min pek avangin
lawmthu sawiin midangte hlimna thlen turin min pui ang che

Ka hmangaihna meiah huatna ka hmin ang a, midangte
ka ngaidam ang a, thinlung tuihal zawng zawng hnenah
hmangaihna ka pe ang

Hmangaihna dik tak chu hmangaihte thlamuanna

lawmna hmangaihna a ni

I êng chu min eng rawh se, Aw Lalpa, i hmangaihna

chuan kan thinlung hi chatuanin luah khat rawh se

Thil tih theihna rilru neih tih awmzia chu thil siam

chhuah theihna thiltihtheihna neih tihna a ni a, chu chuan mi
pakhatin a hmaa tumahin an la tih ngai loh thil a siam
chhuak thei a ni

Hmangaihna ropui ber chu Pathian hmangaihna a ni a,
chu chuan tawngkam piah lama nun a ti mawi a, Pathianin a
awmpui che tih i hriat hian, i awmna apiangah i hnenah a lo
kal a, i ke a kaihruai a, Pathian hmangaihna chu a intan ta a
ni

Thutak thiltihtheihna chu thli kalh zawngin a kal a ni

Lalpa, hun eng emaw chen harsatna ka tawh hunah, I

tanpuinain min kalsan ngai lo tih leh I ngaihsakna chu ka

hnenah a awm reng tih hriain, hun kal tawha ka chung a I

malsawmna tam tak i dawnte kha ka hre reng ang che I

hnenah I kut thahnemngai tak atanga malsawmna ka hnena

lo thleng apiang chungah thinlung takin lawmthu ka sawi a
ni

Thlarau \haah hmangaihna tlate a eng a, Pathian chu
hmangaihna tuifinriatah chauh hmuh theih a ni

Hriatthiamna chu mi pakhat kawng tiengtu leh
hlawhtlinna thlentu khawnvar a ni

Thlasik lai chuan Pathian chuan nature chu roses leh
pangpar mawi ber ber hmangin a chei mawi a, incheina
mawi tak tak leh rawng eng tak tak hmangin a chei mawi
thin

Remna hi Pathian Hmasawanna hnaih dan puangtu
hmasa ber a ni Chumi hnuah chuan remna chu hlimna tawp
nei lo aiin êng eng zawkah a chang ta a ni

Meditation tuifinriat thuk takah ka luhchilh hian ka nihna
chhungah malsawmna flutter ka nei a, "I am near" tih aw ri
.bengchheng tak mai ka hre bawh

Mi pakhat chu chhungril lam hawi a ngai a, thlarauin a
inpuanna hmunah Thlarau thuk tak atang hian chhungril nun
tawn zawng zawng a lo chhuak vek a ni

Thlarau chuan Pathian hriatna nena a inhriatchhuah
chuan hlimna nasa tak leh ramri nei lo hmuna inzarpahna
nasa tak a nei a ni

I pianpui theihna bakah, i kawng daltu zawng zawng
hneh theihna tura pawn lam thil leh thil neih zawng zawng i
hman chuan, Pathianin a pek che thiltihtheihnate chu i siam
chhuak ang: chu chu i nihna thuk ber atanga lo chhuak
thiltihtheihna tawp nei lote chu

Hmangaihna chuan Pathian panna rangkachak kawng a
zawh a

Inhriatthiam lohna thim a rawn luhchilhna apiangah
duhsakna leh tum tha ni êng chu ka theh darh ang
Harsatnain a rawn beih che a, chuti chung pawha i beih
leh theihtawp chhuah chu i bansan duh lo a nih chuan,
harsatna leh daltu zawng zawng karah pawh, Pathianin a

chhang let ang che a, i thawhrimna chu hlawhtlinna
lallukhum a khum ang
Aw Lalpa, ka thinlung huan ata duhthusam pangpar chu
ka la chhuak ang a, I kawtthler thianghlimah hmangaihna
thilhlán atan ka dah ang
Kan ngaihtuahna leh thusawi hi nakin lawka buh seng
min thlentu chi a nih avangin ka hriatna chu ngaihtuahna tha
leh tha tak tak hmanga luah khat turin vawiin hian ka tan
dawn a ni
Ka hriatna plane-ah chuan ka thlawk a, ka thlawk chho
a, chung leh hnuai, hmar leh ding, chhung leh pawn leh
hmun tinah chuan space kil tinah Pathian hmaah ka awm a,
ka la awm reng tih ka hmu chhuak thin
Absolute tawp nei lo nena in inzawmna hre reng chungin
hun tin nung rawh I hriatna tawp a nei lo va, thil zawng
zawng chu i nihna vanah arsi ang maiin a eng vek a, a eng
vek bawk
Detachment, a nih loh leh innghahna awm lohna chu
zawngtuin kawng fing tak a zawh a, mi ropui zawkte tana thil
tenawm tak takte chungah duhthusamin a tho chhuak
Chhungril hlimna thar zawn nan tisa hlimna rei lo teah a
inbuntir lo Detachment hi a takin tawpna a ni lo va, thlarau
nun \ha leh thlarau thiltihtheihna lo chhuahna kawng a
hawng zawk a ni
Thlarau lama hnehtu chuan nun kawng hrang hrangah
huaisen takin hma a sawn thin
Mi chuan tuna a nun hi a hmang tangkai tur a ni a, a
thinlung kawngkhar hawn a, a thlarau thiltihtheihna muhil
tawhte chu a tiharh tur a ni a, a tiharh tur a ni
Hrilhfiáhna leh inthlak danglamna mask hnung lamah
chuan Pathian awmna a awm a Tin, tu pawhin an rilru
darthlalang chu a ti nghet thei a, a nghing loh nan a veng
thei a, chu darthlalang Chiang takah chuan cosmic beloved
hmel chu a hmu ang

Hmangaihna hi thihna leh hun tichhe zawng aiin a chak

zawk

Mahni inhriatthiamna hi hlawhtlinna kawngkhar a ni a,
ngaihtuahna (reflection) hi chu chutiang ni lo se chuan kan
ngaihdan atanga thup reng tur chhungril kil kan hmuhna
darthlalang a ni Kan tlin lohnate kan enfiah a ngai a, rilru tha
leh tha lo kan thliar hrang a ngai a, hmasawanna leh
hlawhtlinna daltu te kan hriatchhuah a ngai baw
Aw thianho, i va ropui tak em! Nangni, thinlung tak tak,
thian anga ngaihsakna tui atanga tui chhuak, thinlung dik
leh rinawm thuk tak atanga lo chhuak chhungril leh pawn
lam thlum ruahtui tlain a hnah a hnim hrual thin
Vawikhat chu rulhut te tak te pakhat, leilung hnim hring
hring lawn tum ka hmu a, ka rilruah chuan: rulhut hian
Himalaya tlang lawn niin a ngai ngei ang! Chu hnim hring
chu rulhut tan chuan a lian hlein a lang mai thei a, mahse ka
mit lamah erawh chuan a lian lo hle ang Chutiang bawkin
kan ni kum maktaduai tam tak hi Pathian rilruah minute khat
pawh a tling lo mai thei

Chatuan leh tawp chin nei lo ang chi thil ropui tak tak

ngaihtuah turin kan inzirtir tur a ni

Khawvel tawp nei lo ka fang kual a, êng ram chhunga
vur êng tak chu ka hmu a, chu eng eng nung takah chuan
hun phek-a thuruk zia awmzia chu ka chhiar a ni
I mut lai hian ngaihtuahna leh rilru put hmang chu
passive takin i ngawih ngawih a Mahse, ngaihtuahna leh rilru
put hmang chu ngaihtuahna hmanga i tihreh hian i tawn
hmasak ber chu thlamuanna dinhmun a ni a, i hmai ruhte
chuan a pianphungah chhungril thlamuanna lantir thei
nuihzatna a siam a Mahse, i thlarau thianghlimna hriat theih
nan he thlamuanna dinhmun piah lam hi i thliar a ngai a ni—a
thianghlimna chu sensory stimuli emaw automatic reactions
to thoughts associated with the senses Chumi hnua i tawn
dinhmun chu hlimna chatuan, siam thar zelna a ni

Thla êng hnuaia tui bawm pakhat i dah a, chutah i hnim
hrual chuan thla lem dik lo tak i siam ang Tui chu bawm
chhunga a awm chuan, a êng chu a Chiang ta Bowl chhunga
tui chu a reh reng a, thla hmel chu Chiang takin a lantir lai te
chu ngaihtuahna remna leh muanna thuk tak dinhmun nen
tehkhin theih a ni In the peace of contemplation, all waves of
sensations and ngaihtuahnate chu rilru a\angin a luang
chhuak tawh lo Tin, he remna dinhmun thuk zawkah hian,
ngaihtuahna sengtu chuan, chu thlamuannaah chuan,
thlarau dilah chuan Pathian awmna thla bial chu a hmu a ni
Mi pangngaiin a hriat chian state pali a awm a, chungte
chu: duhthusam tihhlawhtlin a nih hunah hlimna, hnial a nih
hunah hlim lohna, hlim leh lungngaihna nei lo huna bo, leh
heng rilru natna emaw, rilru lam dinhmun hlimna,
hrehawmna leh borehnate hneh hunah thlamuanna
Remna chu dinhmun duhthusam tak a ni a, lungngaihna
leh nuam tihna awm lohna atanga lo chhuak a ni a, boredom
awm lohna a\angin a lo chhuak a ni Heng dinhmunte hi
thlarau chung lamah an inthlak danglam reng a, an ripple
reng bawk a, hrehawmna leh nuam tihna thlipui buai tak
takte chu an chuang hnua, hahna thuk takah chuan a pil
nawn fo pawh a tel a, remna tuipui reh takah chuan hlimna a
awm a Mahse, remna aiin a ropui zawk chu thlarau lam thil a
ni ecstasy—thlarau hlimna—hlimna tawp ber Hlimna
chatuan, a bo ngai lo va, chatuan atan thlarau nena awm
reng a ni He hlimna sang ber hi Pathian awmna hriatna
hmang chauhvin a thleng thei a ni
Nui tak tak chu Pathian ngaihtuah leh ngaihtuah leh a
awmna hriatna atanga thlarau lam hlimna hmuh chhuah
nuihzatna a ni
Ka nuih hi ka chhunga hlimna thuk tak a\anga lo chhuak
a ni—mi zawng zawngin an thlen theih hlimna Rose par
rimtui tak tak thinlung atanga lo chhuak ang mai a ni He
hlimna ropui tak hian midangte chu hlimna tui thianghlina
inhnim pil turin a sawm a ni

Ngaihdamna malsawmna êngah chuan kum tam tak
chhunga huatna thim lo khawlkhawm chu a bo vek a ni
Pathian chuan a betute mamawh eng pawh chu a hlen
chhuak thuai a, a chhan chu thawhrimna tichhetu leh
beiseina ti beidawngtu mahni hmasialna rilru put hmang ata
an chhuah zalen a ni

Pathianin a venghimtu chu engmahin a tichhe thei lo
He khawvelah hian keimahni chauh kan ni lo, Pathian
chu kan hnenah a awm a, inlaichîнна nghet tak, inpawh tak
leh ṭhian ṭha tak a awm a, chuta ṭang chuan ṭanpuina leh
hlimna kan hmu a ni

Aw finna vanah kaihhruaina arsi eng mawi tak, i eng
mawi tak chuan i malsawmna hmunte chhui turin min sawm
a, ka sava duhthusam chu chak takin a tlan a, boruak zau
tak, thim tak chu a rawn chhui chhuak a, nangmah
duhthusam leh i êng thianghlim ber berte a inbual turin a
hruai a ni

Mihring mizia chu a lo thanglian a, a par tan a, chu chu -
chhungril, hriatna hmanga hriatna hmangin - taksa taksa
nghet tak ni lovin taksa chhunga chatuan thlarau lam luang
chhuak a ni tih a hriat theih chuan a ni

Zirtir thinlung chu Pathian hmangaihna a luah khat
hunah chuan a hmel chu thlamuanna leh finna nuihzatthlak
takin a eng ang a, a thlarau khuh tu hriat lohna layer te chu
a chhe vek ang a, a bo vek ang

Pangpar emaw, thing emaw i en hian heng nunna chi
hrang hrang mawi tak takte hi anmahni chauhva lo awm lo
Pathian hi a ni tih i hria a, chu chu anmahni siamtu leh rimtui
leh mawina mawi tak tak petu a ni

Pathianin i ke pen a kaihruai a, i duhthusam ropui tak
tihlawhtling tura i thawhrimna a tichak tih hre reng chungin,
i hna te, a lian te pawh ngaihvenna thuk tak nen thawk fo
ang che

Miin a thlarau lam thil awmzia, hun rei tak chhunga
theihnghilh tawh, hun kal tawhte nena a inzawm a, thlarau

thiltihtheihna thi thei lote chu a hriatnaah a lo kir leh chuan
Ngaihtuahnaah chuan thlarau thi thei lo an ni tih a hre reng
a, thi thei taksa a ni lo

Khawi hmunah pawh mi \ha leh \ha lo, mahni duh dan
anga hlimna zawng chhuaktu kan hmu a Tumahin mahni
intihchhiat an duh lo Chuti a nih chuan engvangin nge mi \
henkhatin hrehawmna leh lungngaihna thlen thei lo khawpa
thil an tih? Chu thiltih chu hriat lohna leh inbumnain a hrui
a nih avangin

Aw Lalpa, i finna êngin min êng turin kan ngen a che a,
hriat lohna leh bumna thim chu min laksak turin kan ngen a
che

Mi hriatna nei chuan hlauhna ai chuan fimkhur tur a ni a,
hlauhna leh lungkhamna thlen thei dinhmunte a hmachhawn
loh nan ngaihtuahna fim tak leh hmanhmawhthlakna tel
lovin a chungah huaisenna a nei tur a ni
Finna chu pawn lam atanga thu hriatna injection-ah a
innghat lo va, chhungleil lama pawm theihna thiltihtheihnaah
a innghat a, chu chuan hriatna dik tak neih theih zat leh chu
hriatna chu a thlen chak dan tur a hril a ni

He khawvel hi Divine Director kaihhraina hnuaia kan
chanvo kan thawhna stage mai a ni Kan hnathawh tur ruatte
chu eng ang pawh ni se, kan nihna pawimawh tak chu
hlimna chatuan a ni tih hre reng chungin kan thawk tha tur a
ni

Mi fing zinga fing ber chu Pathian hriat tumtu a ni a,
hlawhtling zinga hlawhtling ber chu Pathian hmutu a ni
Aw Pathian Hmangaih, kan nunah hmun khatna luah
rawh se, i damna hmangaihna chuan kan thinlung luah khat
rawh se, i êng malsawmna chuan kan thlarau ata
lungkhamna thim chu tibo rawh se
Zalenna tih awmzia chu tih dan leh duhna thupek angin
ni lovin, chhia leh tha hriatna anga thil tih tihna a ni
Rilru thlamuanna chu hriatna leh tumruh taka mize \ha
tihhmasawn a\angin a awm thei a, chu chu a lo puitlin chuan

a neituin a duhthlanna a\anga hlan a thlan loh chuan laksak
theih a ni lo

Mi tam zawk chuan kawng dik lo hmangin hlimna an
zawng thin Thenkhat chuan hlimna nasa tak leh awm reng
tur thutiam eng mawi tak tak pe thei ang maia nungchang
dik lo leh thiltih hrisel lo tak takte hmangin an hlimna chu a
let hnih zetin an hmang thei niin an ngai a, chu thutiam dik
lote chuan an bum a, hlimna dik tak thlum chu thil dik lo leh
thiltih dik lo hremhmunah chuan an ei thei lo ang bawkin
Minute tin hi chatuan a ni a, a chhan chu chu minute
chhungah chuan chatuan kan tawng thei a ni Ni te, minute
te leh darkar te hi chatuan kan hmuh theihna tur kawngkhar
a ni Nun hi a tawi a, chutih rualin tawp chin nei lo leh tawp
chin nei lo Thlarau chu thi thei lo a ni a, mihring nun bung
tawi tak chhung hian theihna leh remchang awm zawng
zawng hi kan hmang tangkai tur a ni
Thlarau lam thute chu thlai chi, a lo hring chhuak tur, a
lo thang lian a, a par chhuah theih nan leh a rah tur chuan
lei tha mamawh ang chi a ni
Thlarau lama thanlenna chuan mahni inngaihtuah a ngai
a, nun ngaih pawimawh berte siam thar a ngai a, thil
tihsualte hriatchhuah leh tihbo a ngai a, thlarau lam
hriatthiamna lo thang zel leh rilru chakna lo pung zel nena
inmil hriselna dan leh dante zawm a ngai bawk
Zirtîr chuan Pathian hlimna a tem hunah chuan Pathian
chu thil dang zawng aiin a tân a tak tak a lo ni ta tih a hmu
ang a, Pathian awmna khawih chu hriatna lama hlimna
engmahin a tluk loh hlimna a ni tih a hre chhuak ang
Pathian chuan mihring thlarau lam hriatna tiharh a, a
duhzawng kawng dik kaihruai turin hna a thawk a, chu chu
thil \ha mawina te, dawhtheihna ropuina te, finna ropuina te,
leh thlarau lam hlimna ropuina te hmangin a ni
Midangte hi mikhualah ka ngai lovang a chhan chu mi
zawng zawng hi ka unaupa emaw ka unaunu emaw an ni tih
ka hriat avangin ka nun hi hlawhtling leh tihlawhtling takin

ka siam ang a, chutiang chuan midangte hlawhtlinna leh
hlawhtlinna ka puih theih nan midangte ka lainat ang a,
zawlneite leh mi thianghlimte'n Pathian an hmangaih angin
Pathian ka hmangaih ang tih ka lantir ang hian midangte ka
lainat ang a, midangte ka hmangaihna tuikhuah chhungah
mahni hmasialna ka paih ang

He hun rei lo te, leia nunna, thihna hnuaia awm,
chatuan nunna, danglam ngai lo tak tak piah lamah hian
chatuan nunna a awm a Taksa hi chemical element chhe leh
boral thin atanga siam a ni a, mahse he hun rei lote awmna
piah lamah hian Pathian hmaah chatuan, van lam nun a
awm a Chuvangin, kan ngaihtuahna zawng zawng hi he
taksa chatuan nei loah hian kan khung vek tur a ni lo va, a
duhtute chuan a fiahnate tuar chhuakin a pu an ni tur a ni
Vawiin hian tanpui ngaite tanpui ka tum ang a, riltamte

hnenah ka theih ang ang ka pe ang
Pathian venhimnaah ka him a, ka him a, ka chhia leh tha
hriatna thianghlim kulh hnuaiah chuan buaina leh
lungkhamna tuipuiah lungngaihna thlipuiin a rawn vawrh
chhuah thlarau lawngte kaihruaitu \hatna êng nen chuan
pumkhat ka ni

Vawiin hian ka chhungril lama khur leh ka thinlung hrui
tiche thei thlamuanna hlimthlaah hian Pathian ka hre ta
Midangte hlimna turin ka theihtawp ka chhuah ang,
keimah leh keimah tihlim ka tum ang bawkin, ka thlarau
hlimna hmang hian Pathian hmangaihna inah mi zawng
zawng rawng ka bawl ang a, ka chhia leh tha hriatna bum ka
tum chuan keimah chauh lo chu engmah ka hlau lo vang

Thlarau huan a\angin

Khawi emaw laiah kal i tum a, chu hmun thlen thuai
turin i tlan nghal vat I thlen chuan i hriat duhna, lungkhamna
leh buaina pawh a nih avangin chu hmun chu nuam i ti lo tih
i hmu a, chu ai chuan, rilru hahdam zawk, rilru hahdam
zawk, leh inthlau zawk nih tum ang che I ngaihtuahna chu

lungkhamna leh buaina lam a hawi a nih chuan, an rilru
hahdam leh hma loh chuan tharum hmangin thunun rawh
Excitement hian nervous system balance a nghawng tha
lo hle a, a chhan chu taksa peng thenkhatah chakna tam tak
a thawn a, midangte chu an natural share a hloh avangin He
energy distribution inthlauhna hi nervousness thlentu a ni
Taksa muang leh hahdam tak hian nerve a ti thlamuang a,
rilru lam hriselna a tichak bawk
Pathian nêna inrem takin chhûngril lam inlârna chu a
inhawng zauh zauh ãan a, Pathianin thinlung taka ãawngãaina
tinrêng chu a chhâng ang tih rinna famkim a neih a ngai a,
êng zawnga A lam hawi apiang chu an hmuhna a inhawng
ang a, an rilru leh thinlung chu a eng ang
Hriatthiamna a inhawng chuan thinlung atanga lo
chhuak ang maia hriatna angin a lang a, Chiang tak leh
chiang taka hriatna angin a lang He hriatna hmang hian
zawngtu chuan kawng dik zawh turin rinna nget tak leh
kaihhruaina dik tak a nei a, zawi zawiin he hriatna hi a
hrechhuak a, a ring ta a ni
Hei hian ngaihtuahna kalsan vek tihna a ni lo; rilru
muang tak, bias lo ngaihtuahna hian hriatthiamna a thlen
bawk Emotional thinking, vanity leh self-importance-in a
hruai hian inhriatthiam lohna leh thutlukna dik lo a siam thin
Tichhe thei rinhlelhna leh rinna dik lote chu thinlung
zawng zawngin hnawl la, i thinlung leh thlarau chu rinna ram
leh Pathian rinchhanna famkim lamah hawitir rawh
Ngaihtuahna muang takah chuan i hriatna chuan thutak leh
hriatthiamna dik chu a ngaihtuah thei ang He thil tawnah
hian rinna chu a par chhuak a, a lo inhawng chhuak a,
hriatna hmangin mit tumahin a hmuh loh, bengin a hriat ngai
loh, mihring rilruin a hriat loh chu i tawng ang
Ka duhthusam leh dilna thaw tinreng hian ka thlarauah
kawngkhar leh tukverh a hawng a, chuta tang chuan Pathian
hlimna ka paltlang thin

Kawngpui buai ber berteah ni a êng ang bawkin, ka nitin
hnathawhna hmuna mipui tamna hmun zawng zawngah
Pathian hmangaihna êng chu ka hmu ang
Ka thlarau chu zing khawvar nen ka tiharh theih nan leh
I malsawmna kawngka ka thlen theih nan Lalpa mal min
sawm ang che
Aw Lalpa, ka thil neihte midangte hnena hlan turin
thlarau thilpek min pe la, ka rilru lui reh takah chuan I
awmna ênga ka thlarau thla eng chhuak chu ka hmu thei
turin min pui ang che
Vawiin hian finna lunghlu leh Pathian lawmna lunghlu ka
hmuh hma loh chuan Pathian ngaihtuahna leh ngaihtuahna
tuipuiah thuk takah ka pil dawn a ni
Lalpa, thil dang zawng aiin ka hmangaih zawk ang che,
a chhan chu i tel lo chuan mihring leh thil dang reng reng ka
hmangaih thei lo
Tlâng thuk tak leh van boruak reh takah te, ka thlarau
thuk tak leh ngawi renga lungpuiah te chuan Pathian awmna
ka hre a, a hlimna reng reng chu ka hre bawk a, chatuan
atâna tawp ngai lo leh vawt ngai lo A tuikhuah thianghlim
tak takte chu ka in a ni
Aw Lalpa, thinlung ngilnei leh hmangaihna nei zawng
zawngah i hmangaihna lal bertu che hi ka hmangaih a, ka
chibai che a ni
Mi pakhatin zirtirtu Paramahansa hnenah magnetic leh
attractive personality neih theihna tur kawng kawhhmuh
turin a ngen a, ani chuan: Midang nena inpawh hunah rilru
lamah i awm ngei tur a ni a chhan chu ngaihtuahna fim lo
hian thil dang zawng aiin mi mizia a tichhe zawk a ni Dik tak
chuan mi ropui tak takte ngaihtuahna fim lo tak tak, thil thuk
takah an inhmang tlangpui thinte ngaihtuahna fim lo hi ka
sawina a ni lo
Fimkhur leh fimkhur reng la, magnet hmuhnawm tak i ni
ang

Tuman ngaihsak loh hi kan duh lo Kan rilru put hmang hi
ngaihtuah leh ngaihtuah a nih kan duh vek a, chutiang
bawkin inremna leh inhriatthiamna kan neih theih nan
midangte rilru put hmang ngaihtuah a, ngaihsakna kan lantir
a ngai a, chutiang ti tur chuan i chhehvela mi zawng zawng
chungah fimkhur, hriatthiamna leh ngaihsakna i neih a ngai
a ni

Mitthite hian mi dang sawichhiat theihna an nei lo va,
ngaihsak lotu erawh chuan a nei ve tho
Mi dangte nêna in awm laiin, ngun takin, chak takin, leh
ngaihven takin inpawh la, mahse nangmah chungchâng sawi
chu pumpelh rawh

Mi zawng zawng hian mahni chanchin sawi kan duh a,
mahse kalphung chak lo tak a ni Midangin an duh chuan
mahni chanchin sawi rawh se; an sawi tur ngaithla rawh An
harsatna te, an hlawhtlinna te, leh an ngaihdan te sawi rawh
se, mahse i magnetism hian i tan thu sawi rawh se Khawnvar
êng hian Chiang takin a sawi a i silent vibrations te hian
Chiang takin thu sawi rawh se

Indonaa thite hian thihna mumang rapthlak tak an nei
thin tih Pathianin inlarnaah min hmuhtir a, mahse mi tha tak
takte chu taksa atanga an tho leh meuh chuan mumang
tibuaitu ang maiin an harh a, chuta tang chuan an zalen ta
chu an lawm hle

Kan nun tawn zawng zawng hi cosmic dream Mihringin
indona mumang chhia kan siamah hian a tel vek a, mahse
he mumang chhia tuarte hian an taksa an chhuahsan hnuah
chuan mumang rapthlak tak a ni tih an hrechhuak a, chuta
tang chuan an harh chhuak ta a, an thi lo tih an hrethiam ta
a ni Hei hi metaphysical thudik thuk tak a ni

Mi pakhatin mumang a neih tih hria se chuan mumang
thil tawn tibuai thei tak tak a tuar lo vang Mahse mumang
chhunga mahni inhriatchhuahna an neih theih a, mi pakhatin
thihna thlen thei khawpa vuakna a thlen chuan, chu
mumang thihna chu an harh a, a tak tak a ni lo tih an hriat

hma loh chuan harsatna tak tak leh hlauhawm tak ang maiin
a lang

Hei hi thih hnua dinhmunah pawh a hman theih Kan
taksa kan chhuahsan meuh chuan kan hriatna chu a thi lo
va, taksa leh a thiltihtheihna leh a tikhawtlai a\angin kan
chhuah zalen tawh tih kan hre ta zawk a, chutah chuan
zalenna ropui tak a awm a ni

Thihna hi kan dil ngai lo tur a ni a, Pathian nena inrem
taka awm a, Amah ngaihtuah chungin kan hriatna kan
buatsaih zawk tur a ni a, chutiang chuan thihna a hun takah
a lo thlen hunah mumang mai ni lovin engmah lovah kan en
thei ang

Nunna leh thihna mumang ang hi ka duh hun hunah ka
hmu thei Chuvangin he taksa hi ka ngai pawimawh vak lo
Nervous system hnuaiah hian thlarau lam taksa
(spiritual physiology) a awm a, chu chuan mihringte chu a
danglam bik takin hriatna hmasawnna dinhmun sang ber
thleng thei turin a phalsak a ni

Mihring thluak, whale leh elephant tih loh rannung tam
zawk thluak aiin a lian zawk a, a buaithlak zawk a,
ngaihtuahna siam theihna a nei sang zawk Hei hian mihring
thluak hi mihringte tan hmanraw tha takah a siam a, thilsiam
dangte aiin hriatna hmasawn zawk neiin thluak
inzawmkhawm (convolutions) inzawmkhawm leh buaithlak
tak takte hian mihringte chu thuk tak leh thuk takin a
ngaihtuah thei a ni Chuvangin, mihringte chauh hian
hriatthiamna sang tak tak an thleng thei a, chuvang chuan a
Siamtu pawh kan hre thei a ni Mi fing chu mihringte
rawngbawlina leh hlawkna tur atana an finna theihnate chu
thil, finna leh thlarau lam level-a hmangtu a ni
Thlasik chu a puan lum, var, lily ang maia ha chungin a
lo thleng ta a

Thlasik hlimna ka duhna chu a reh ta
I thinlung ngilnei tak lumna zawng turin min ti a

Tin, thlasik a lo chhuah rual chuan, pangpar chi hrang
hranga chei mawi tak takte chu an zai a
Lo leh tlang rimtui rimtui tak hian hmangaih turin min ti
a, ka Pathian
Tin, thlasik chu a lo thleng ta a, a hnah hring hring,
poplar thing ri leh pine thing ri ri te chu a sa a
I hnenah ka recite turin a insist a
Lei nê̄m leh nê̄m tak pawh chuan ka ke hmanhmawh tak
chu a rawn fawp a
Tin, i hmun thianghlim awm zawng zawng chu hnaih
turin a ngen bawk
Chu rimtui nem tak chuan a kawng zawh turin min ti a
Rose leh basil inthlak danglam tak tak thinlunga i biak in
thianghlim hnenah
Tin, savate chuan anmahni ang bawka hla sa turin min ti
bawk
Tin, lui leh luipui chungah thli tleh nasa tak pawh
Ka hmangaihna che bubble chu ka tiharh a, i rilru lian
tak chungah chuan an infiam tan ta a
Tin, thlai fiber curved tak takte nen chuan bend dan ka
zir bawk
Aw Lalpa, ka chibai a che
Tin, rimtui chuan i rimtui rimtui mak tak chu min hrilh
bawk
Tin, engtin nge ka thinlung chu i lal̄thutphah tawp nei lo
?hmaah i rimtui thianghlimin ka tihkhah ang
Tin, lung te te, ngawi reng, dawhthei tak takte chuan ka
hlimna ruk tumtute zingah pawh ka hmuh theih nan min
hrilh bawk
Kum theihnghilh tawhte chuan ka mihringpuite hnenah
minute leh second tin chhunga hmangaihna leh hmangaihna
thuchah inkhuh vek turin min ti a
Tin, ngaihtuahna zawng zawng chuan a thinlungah
zawng turin min ti bawk

Ka hmangaihna chuan nangmah hmanga thil awm
zawng zawng hmangaih turin min fuih a ni
Tin, ka hmangaihna chuan, "Aw ka Pathian, chakna ka
neih zawng zawngin min hmangaih rawh" tiin min rawn beng
.a

Vawikhat chu thlai leh pangpar khum chungah ka mu a,
thil awm zawng zawng hi a mawiin a hlimawm vek tih ka
mumang a ni

Ka lu chu thlai sang tak, green leh thim tak chungah a
innghat a, chu chuan rimtui rimtui tak phur thli chuan min ti
fan a

Tichuan ka kut leh ka taksa khawih turin min nawr a, a
Siamtu ropuizia chuan mak ka ti hle A ni, kei, ka taksa tak
takna Chiang tak hian ni khat chu leiah hian chawhlan turin
ka kalsan ang, he taksa hi thih hunah a vawt, a hring, leh
che thei lo ang maia lo awm tur hi, tunah chuan nunna nena
nung leh hriatna za tam tak, ngaihtuahna maktaduai tam
tak, leh maktaduai tam tak awmna ang maia lang hi a ni
fantasy leh perception te a ni

He taksa hi nunna bung hrang hrangte inher chhuahna
stage a ni a, chutah chuan nuihzatna hnah te chu a par
chhuak a, chu chu thihna lo thleng thei loin a zui chauh a ni
Hetah hian tisa, ruh leh thisen karah leh vun khuhna mawi
tak hnuaiah hian natna savawm leh duhthusam sakawhte
chu an lo inkhuar a ni Tin, hetah pawh hian tisa hnuaiah hian
êng lalram panna kawng thup a awm a He taksa hi a pu—
thlarau—chuan tihdanglam theih lohvin a chhuahsan hunah
a vuai ang a, a bo ang a, engvangin nge ni lo ang? Taksa
chenna hmuna hotu êng tak chuan thil awmna khum
hruihruah, chim chhe tak, enkawl reng ngai nerve hru
hmanga phuar, awm chu a chau chuan, Pathian leilung kil
khata in dangah thlamuanna a hmu si a—chu chu hmun
tinah hlimna rimtui rimtui takin a luah khatna hmun dangah
leh a tawp lo va

Thlarau thi thei lo chuan nuihzatthlak takin nunna leh
thihna chanvo a chang a, chutah chuan a chatuan chenna
hmunah a chhuak ta a ni

Movie entu te hi show zawh hnuah pawh cinema-ah
chatuan atan an awm reng tur a ni em? Certainly not Mite
chu an in lamah an kir leh tur a ni Chutiang bawkin, thlarau
te hi nunna cinematic spectacle en turin hetah hian an lo kal
a, chutah chuan an chhuak a, an lo kir leh thin Film leh play
en an ngaina hle a, an mumang anga performance an neihte
an chau a, Pathianin an zir duh zirlai an thiam tawh chuan
chatuan hlimna chenna hmunah vawi khat atan an kir leh
thin

Thil hlute chu diknaah a innghat lo a nih chuan,
hrehawmna leh hrehawm tawrhna a luang chhuak a, chu
chuan hlutnate chu mahni hmasialna, thihna thlen thei
buaina, leh inelna nasa takah a innghat a nih chuan, a rah
chhuah chu a chhan chu a thianghlim loh avangin a
bawlhhlawh ang a, chutiang hunah chuan sum chu malsawm
a ni lo vang

Mi chuan a chhia leh tha hriatna chu mahni hmasialna a
tithianghlim tur a ni a, midangte tihchhiat a tum loh tur a ni
Lungawina dik tak chu thlarau lam a ni a, taksa lam a ni lo
va, nunah hlawkna tak tak chu finna, hriatna leh Pathian
hmangaihna ro hlu neih hi a ni

Mimal taka nun kan tum tur a ni a, midangte tanpui leh
a theih ang anga an dinhmun siam\hat kan tum reng tur a ni
Mahse he thiltum ropui tak hi midang ngaihsak lova mahni
hmasialna leh duhâmna nen a inmil lo

Khawvel mite chu an inthlau lo va, chuvangin
hlawhtlingah an ngai lo Nun awlsam, inthlau tak chu art mak
tak leh hlawhtlinna chhinchhiahna a ni Sum leh pai neih
tumna awmchhun neitute chuan Pathian duhsakna an hmu
lovang

Pathianin kan taksa kan thawh theih nan leh kan
mamawh kan pek theih nan riltamna rilru min tuh tih chu a

dik a, mahse taksa mamawhna pek hi nun tum ber a ni lo A
tum chu thil emaw, tisa lam emaw ngaihtuah zawng zawng
aiin a ropui zawk daih a, eng ang pawhin mak, ropui tak, leh
mit tideltu angin lang mah se

Zirtir pakhat chuan Master Paramahansa hnenah

Pathian awmna tawn dan tur a zawt a Ani chuan heti hian a
chhang a, "Zan tin, mut tura i inpek hmain, i hriatnain
ngaihtuahna khawvel a rawn luhchilh a, dimension dang a
luhchilh tih i hriat hma loh chuan ngaihtuahna seng la
Amaherawhchu, hei hi a ni vek lo Rilru chhungril lam hawitir
hnuah chuan duhthusam chu a lo chhuak tur a ni a, duhnate
chu tuilian ang maiin Pathian lam hawiin a tlan chhuak tur a
ni Zirtir chuan Pathian hnenah a inpe vek ang a malsawmna
awmna chu a khawih a, a hre ta tih a hre nghal a, eng ropui
tak êng tak a hmu ang a, vantirhko leh thlarau mi \ha tak
takte a hmu ang A nih loh leh van rimmtui ruihtlak tak a rim
pawh a hre thei a, chutah chuan Pathianin a chhang tawh tih
a hre ang a, a hriatna chu a inhawng ang a, Pathianin nun
thurukte chu a rawn puang chhuak ang A nih loh leh ropui
takin a khuh ang peace during meditation A ngaihtuah
chhonzawm zel a, Pathianin a hmangaihna ropui tak a pe a
nih chuan sawifiah phak loh Pathian hlimna a nei ang, he
. "hlimna tawn hi a dawngtu chu a eng a thawl e

Pathian hmangaihna chuan vanram kawngkhar a hawng
a, chuta tang chuan zawngtu chu Pathian hmaah a lut a ni
Miin Pathian, khawngaihthlak leh mi finge hnenah
chatuan nunna chhang a dil chuan, Tisa lam hriat lohna lung
chu a pe lovang Pathian chibai buktuin finna chaw a zawn
chuan Pathianin bumna rul a hlan lovang Pathian biaktuin
Pathian hnenah tuihalna zawng zawng tireh thei Pathian
hlimna thupui chu a dil a nih chuan, lungkhamna leh rilru
lama harsatna rulhut chu a pe lo vang If bum mihringte hian
an fate hnena thilpek tha pek dan an thiam a, Lalpa—thatna
leh lawmna zawng zawng bulpui ber—chuan Amah
!hmangaihtute hnenah thlarau lam hriatna leh êng a pe ang

Pathian chuan finna sang ber leh hriatna ropui ber chu a
zawngtute hnenah a pe a, a aiawhtu nei lo zawngtu taima
tak hnenah a pe baw a, a thinlung leh thlarau zawng
zawnga Pathian zawngtu chu mi fing ber a ni a, Pathian duh
ber a ni Tin, chibai buku duhthusam a zual chuan Pathian
hnen atangin chhanna hmuh tur awm lo leh duhthusam tak a
dawng a, chu chuan hlimna danglam tak chu a tawng ta a ni
Hmangaih hmangaihtute tawn hmangaihna
He cosmic dream-a thlarau lam hriatna leh Pathian
duhthusam lo pung zel nena a chanvo changtu mi fing chu
Pathian hnaih tak leh Amah duh tak a ni Hmangaihna
thianghlim a nei a, mahni hmasialna engmah nei lovin
Pathian a hmangaih a, chu chu, entirnan, "Aw Lalpa,
hriselna, sum leh pai, leh nun nuam tak min pek theihna tur
.condition-in ka chibai ang che" tih ang chi hi a ni
Mi fing leh Pathian inkarah hian inhmangaihna thuk tak,
inhmangaihna tawp nei lo leh tawp nei lo a awm Mi tu emaw
chuan Pathian hnenah thil Chiang tak a dil a nih chuan
Pathian chuan chu mi chuan Amah aiin a thilpekte a
ngaihven zawk tih a hre Chiang hle
Miin a mamawh phuhrukna tura tawngtai chu thil dik lo
a ni lo va, Pathian hre tura a ngen a, a hmêl ropui tak êng
chu a hmuh chuan, chuta tang chuan mimal hlawkna
engmah a duh lo tur a ni lo va, a ngaihtuahna chu thilpekte
ngeiah chauh a inngat tur a ni lo va, a petu ngeiah a
inngat zawk tur a ni tuifinriat thilpek (bounty) a ni
Zirtîr pakhat chuan zirtîrtu Paramahansa hnênah
dinhmun thenkhata awm dân tûr leh mi dangte hmachhawn
:dân tûr thurâwn a dil a, ani chuan
Thutak chu zui la, chuta tang chuan kal bo suh la,
nangmah emaw, mi dangte emaw tichhe thei thil engmah
sawi lo la, thudik pawh ni se, thutak thlarau a\anga i kal bo
loh chung chuan Chutih rual chuan, a kalh zawng zawngah
kal suh la, thudik hrehawm tak tak sawi loh nan dawt sawina
i hmang tur a ni lo

Mahni leh midangte lakah rinawm takin awm la, a tul lo
zawnga awm reng lovin Thudik sawi la, Tumah tihnat leh ti
na thei thil sawi loh la, Rinawmna leh langtlangna hmingin i
thuruk zawng zawng puang chhuak suh, a chhan chu i chak
lohnate i pholang chuan an duh hun apiangah tihnat emaw,
nuihzat emaw an tum ang Engvengin nge i laka an hman
?theih tur ralthuam i pek ang
Nangmah leh midangte tan hlimna leh thlamuanna thlen
thei zawngin thu sawi la, che rawh

Thil \ha thlentu thutak leh thudik sawi nawn lehna
inthlauhna hriat nan thlarau lam hriatthiamna neih a ngai a,
chuta tang chuan a rah chhuah theih dan tur ngaihtuah lovin
thilte chu a tawp danin a rel a ni I hriat zawng zawng sawi hi
a \ha lo va, midangte'n anmahni \hatna tura an hriat tur
thilte chu pumpelh leh thuruk taka awm chu a \ha lo baw
Hriatthiamna famkim i neih loh hunah, mi zawng zawng
tâna rah chhuah dik tak neia thutak hriatthiamna dik tak i
neih hma loh chuan thusawiah insûm tlat a ðha ber
Pathian chungchang ngaihtuah zel la, A tanpuina leh
kaihhruaina dil la, i hriatna chu a inhawng ang a, chutiang
chuan thil Chiang takin i hmu ang a, chutah chuan i thliar
hrang thei zawk ang

Taksa cell te chu thalai chakna hmanga charge

Cosmic energy hi taksaah hian a luang lut reng a,
tihtawp lohvin a luang lut a, mahse mi tam zawk chuan he
chakna tam tak hi an hre lo a ni tih hretute chuan an cell-ah
chakna nasa tak leh chakna thar pe thei tur current thar an
nei thin

Thilsiam zawng zawng hian Khawvel Lalpa zahna lantir
nan an kun a, A thiltihtheihna chu mihringte kaltlangin a
luang chhuak Buaina chu mihringte leh thiltihtheihna zawng
zawng bulpui inzawmna nghet tak siam lohah a awm Pathian
thiltihtheihna hmangin direct-in kan nung a, thiltihtheihna
dang zawng zawng hi Pathian chakna chhawmdawlina tel lo
chuan a tangkai lo

Chaw, oxygen, leh ni êng—heng element-te hian
hriselna engemaw chen min pe thei a, mahse Infinite Source
a\anga hriselna famkim kan hmuh theih dan tur kan
hriatthiam a ngai a ni Material source-te chu battery te tak
te, a tawpah charge tlakchham ang mai an ni a, Infinite
Source erawh chu generator chak tak a ni a, a thiltihtheihna
chu a tlahniam ngai lo va, thlarau chu chakna, hlimna leh
chakna pe chhunzawm zel a ni Chuvangin, Infinite Source-a
rinchhan hi a pawimawh ber a ni a theih ang angin
Duhtu chuan chu thil pawimawh tak supply a\anga
hlawkna hmuh theihna kawng dik tak chu a bul a\angin
direct-in a zir tur a ni a, ngaihtuahna chu thil tak tak a ni tih
a hriat a ngai a ni, a chhan chu Pathianin he lei hi a siam
hmain Pathianin a ngaihtuah a nih avangin thilsiam zawng
zawng hi Pathian ngaihtuahna lantir a ni

Mi tam tak chuan ngaihtuahna hi taksa atanga lo
chhuak niin an ngai a, mahse taksa siam dan dik tak, leh a
peng leh taksa peng hrang hrangte inzawmna mak tak mai
hian taksa chu supremely sublime cosmic mind siam a nihzia
a tilang Chiang Hle

Rilru hi taksa thununtu ber a ni a, mihring tan chuan
mihring tlakchhamna, natna, chak lohna, tar leh lungngaihna
te rilru lama rawtnate pumpelh a, a chhungah thiltih tawp
thei lo a luang chhuak tih a inhriat chian a pawimawh hle a,
he hnathawh hi finna nena pek a ni a, taksa cell-te chu
hriselna leh thalai chaknain a charge thei a ni
Ngaihtuahna chu cell nung tin thluak, rilru natna leh
hriatna a ni a; taksa chu active leh alert emaw lethargic leh
sluggish emaw pawh ni se, a awm reng theihna a nei a ni
Ngaihtuahna chu a hotu a ni a, taksa cell-te chu a
thuhnuaiah an ni a, an pu chungnung ber: ngaihtuahna
thupek leh khapnate zawmtu an ni
Nitin kan ei tur quality hi kan ngaihven hle a, chutiang
bawkin nitin kan rilru hnena kan pek thin intellectual leh
psychological food quality pawh kan ngaihven tur a ni

Metaphysical scientist chuan taksa chu electromagnetic
wave ni lovin Pathian hriatna tuifinriatah hian hriatna thlipui
a ni a ti

Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,
leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Ka dam chhung kum rei tak chhung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhonzawm zel a, ka nun huan tui pe
tu tuikhuah malsawmna angin a puak chhuak thin

Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo

Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle

Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm
nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin

Ka duhthusam awm chhun chu i rawngbawl hi a ni a,
chuvang chuan hetah hian ka awm a ni
Pathian thiltihtheihna chu in nunah pawh a thawk reng
a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen
atanga lo chhuak a ni tih in hriat hunah he thutak hi
nangmahni ngeiin in tawng ang

Nun hi sawi lawk theih loh, duhthusam, leh thuruk,
rinhlelhna leh harsatna leh buaina chi hrang hranga khat
angin lang mah se, Pathian venhimna hnuaiah kan awm reng
a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo
va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan
chu hlahna hian min hneh kan phal chuan sualna chu
thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlahna leh hlahthawna

Nun harsatnaah hian hlimna leh thlamuanna nghet tak
hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh
paltlang ila, movie-a mi dang thil tawn, nuam emaw,
hrehawm emaw kan en ang bawkin kan hmachhawn ang
Miin a thil tawn zawng zawng chu a rilruin a phal chuan
fiahna hrehawm, hlim lo takah a chantir thei Hriselna tha tak
neiin a hlutna pawh a hrethiam lo mai thei Mahse, a damloh
chuan chutih hunah chuan a inngaitlawm ang a, damna
malsawmna chu a ngaihlu ang Pathian duhsakna kan pawm
tur a ni a, lawmthu sawi tur a ni a, kan chung a malsawmna
min pek avangin lawmthu kan sawi tur a ni A khawngaihna
chu pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur
a ni Miin a rilru inthlahna a hloh chuan lungkhamna,
lungngaihna chhum leh hrehawmna nasa tak karah a
hlahhawm ta a, hriselna, hausakna leh finna dan bawhchhiat
a tum chuan natna, retheihna leh hriat lohna te a tuar ngei
ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan
thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min
thlen thei zawnga kan che tur a ni a, nun dinhmunin kan
thlamuanna a tibuai a, kan hlimna a tichhe thei lo
also strengthen our intellect and reject the burden of
intellectual and moral weakness inherited from years and
generation Heng bawlhhlawhte hi thutlukna thar leh thil siam
chhuah theihna meipuah hian halral vek tur a ni He thil

siam\hatna hmang hian mimal inpekna dik tak chuan
zalenna leh zalenna hmun a thleng thei a ni

Hlimna chatuan dante

India ram roreltu fel tak pakhat rangkachak hun lai khan
a lalram remna leh muanna famkim tibuitu thil thleng
emaw, a hun hmaa thihna emaw, thilsiam chhiatna emaw a
thleng lo niin an sawi

Chhungkaw member-te dikna nasa zawka an nun chuan
in tinah inremna, hriselna leh hmangaihna tam zawk an
tawng ang Mahse chhungkaw member-te'n mahni hmasialna
tenawm tak nena an in enkawl hunah chuan in chu inrem
lohna leh inhuatnain a khat nghal mai ang Hei hi hnamte tan
pawh a hman theih Mihringte rinawmna leh rinawmna nena
an nun hian Leiah hian Pathian Ram chu an hmu ang
Hun a tawi Vawiin hian hetah hian kan awm a, naktuk
hian kan chhuak ang Pathian zawn hi mihringte chanvo sang
ber a ni Pathianin zalenna min pek hi he nunah hian kan
hmang tangkai tur a ni a, fing taka kan hman a ngai a, chu
chu mimal takin chatuan thlarau thutak kan tawn theih nan
Sual hi mi tan hrehawmna leh hrehawmna thlentu

engkim hi Virtue hi chatuan atana hlimna a ni Miin a
ngaihtuahnaah thlarau lam inremna leh mahni chhungril
muanna a neih loh chuan in thar emaw, motor thar emaw,
thil thar emaw chuan an thlarau tan hlimna leh thlamuanna
a thlen thei lo vang; chu ai chuan, chu thil thar leh thil dang
tam tak an neih hnuah pawh an chhungril hrehawmna chu a
awm reng ang

Hlimna dik tak chu thil awmdan dodal theihna leh pawn
lam fiahna zawng zawng tuar thiamnaah a awm a ni Mi
dangte ngaihdan dik lo leh thil tha lo taka tihnat leh thang
che an tumna avanga hrehawmna hrehawm tak leh harsatna
nasa tak i tuar theih hunah a awm a, an bawhchhiatnate chu
hmangaihna leh ngaihdamna nen i chhang let thei a, chu
chu i rilru thlamuanna chu hrehawm tak tuar chung pawhin i
vawng reng thei a

ni..
 pawn lam dinhmunah chuan hlimna i
tem ang

Pathian Lehkha Thu Thianghlim chuan Pathian thupêk
ngaihthah a, an duhzâwng leh duhthusam âthlâk tak takte
chu hlimna an hmu lo vang a, an thil tum ber pawh an hlen
chhuak lo vang tih a sawi Thutak zawngtu chu Pathian
Lehkha Thu Thianghlim chu an kaihruaitu êng siam tûrin an
fuih a, tih tûr leh pumpelh tûrte tihfelnaah rorel tûrin an fuih
a, thilte hrethiam tûr leh finna ang zêla thil ti tûrin an fuih a
ni

Mahni inrintawkna nei te chu rinawm taka che thinte an
ni Hlimna chu ngaihtuahna thianghlim leh thiltih dik a\ang
chauhvin a lo chhuak \hin Tuna i hlim chuan nakin lawkah,
hetah leh khawvel lo awm turah pawh i hlim ang
Hun remchang awmte ni a eng laiin finna rah kan
khawlkhawm a, vanneihna buh seng kan khawlkhawm tur a
ni Phên dangin sawi ila, hun remchangte chu a tlai hmain
kan hmang tangkai tur a ni

hun Hun remchang chu hmang tangkai rawh,)
(remchang i hman loh chuan inchhirna a lo ni dawn si a
Pathianin thlarau lam dan thupek an tihte min pe a
Mahse heng thupekte hi nitin leh hmun tinah ngaihthah leh
bawhchhiat a ni Miten an thlarau lam awmzia an hriatthiam
loh chuan an phunnawi reng ang a, an hawisan fo ang Heng
thupekte hi Abrahama sakhaw zawng zawngin an pawmpui,
hun kal tawha nungchang dan (codes of conduct codes) hun
kal tawha awm lo a ni a, mahse, thuziak te hian heng
thupekte rilru lam hawi zawng zawng leh a zawmna nena
inzawm hlawknate hi an sawifah thei lo fo thin Miten heng
thupekte hi biakna hmunah an pawm a, mahse an
hlawhchham thin an pawn lama zui tur, heng dante hi
hmantlak loh, awmze nei lo, leh hun nena inmil lo a ni tih
sawiin hei hi dikna lantirin Mahse, heng thupekte

bawhchhiatna hi khawvela hrehawmna zawng zawng bulpui
ber a ni

Mahse, chûng thupêkte chuan eng hlâwkna nge a neih

?a, khawiah nge an ðhatna chu

Lehkhabu thianghlimte chuan mihring chu Pathian

ngaihtuah turin a fuih a, a rilru chu Amahah thunluh turin a

fuih a, thil zawng zawng a hnena hlan turin a fuih a, Pathian

biakna dik tak nena chibai buk turin a fuih a, inngaihluhna

nena inhmeh lo leh inlannain a tihbawlhhlawh lo

Pathian hriat hi nun tum ber a ni tur a ni Khawvel hnate

hi Pathianin mihringte hnena thiltihtheihna a pek tel lo chuan

hlen chhuah theih a ni lo Pathian theihnghilh chung a hna

pangngai thawh chu tihsual leh sual a ni

Sual tih awmzia chu hriat lohna a ni: mihring ðhatna

ropui ber kalh zawnga thil tih

Engvângin nge miten lungngaihna leh inchhir an neih?

An thinlunga Pathian hmasa ber a nih loh avangin dik taka

an che loh vang a ni

Mihring nunah engmah hi Pathian aia pawimawh zawka

ngaih tur a ni lo Miin Pathian a ngaihsak tak zet a, a laka

thlarau lam mawhphurhna a hlen chhuah chuan kawng

engkimah an dinhmun a lo tha chho zel ang a, a chhehvel

thil awmdan zawng zawng karah pawh him leh him takin an

inhria ang

Miin thil neih emaw, sum leh pai emaw, hmingthanna

emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan

hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna

zawng zawng dahtute chu a takah chuan chibai bûk an ni a,

chuvângin Pathian chu an hnaih lo va, Amah chu an

inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an

ngaihtuah a, an thinlunga Amah nêan an inbiak ðhinte chuan

Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni

Amah nena ngawi renga an inpawlnaah hlimna

Pathian chauh hian mihring duhthusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni
A zawngtuin Pathian a hriat reng theihna tur leh a hnaih
theihna tura pui thei chhinchhiahna thianghlim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo
Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a
inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nêan an ngaihtuah a ni
Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Tih tak zeta hmangaihtu leh amah nena inrem taka awm
apiangah Pathian a inlan thin tih sawi theih a ni a, a chhan
chu khawi hmunah pawh a awm a, chuvangin mi zawng
zawngah a awm reng a ni Amaherawhchu, mi zawng zawng
hian Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah te pawh inang tlangin a eng a,
mahse diamond chuan ni êng a dawng a, a lantir thei lo va,
chutih laiin lungalhthei erawh chuan Chutiang bawkin, mi
zawng zawng chu Pathian êngah an inhnim pil a, mahse chu
chauhvin mi tlemte chuan chu êng chu an dawng thei a, an
ngaihtuahna leh thiltihah an lantir thei a, chutiang ti tur
chuan ngaihtuahna hmangin leh Pathian zirtirna leh
thupekte zawmin an inthiarfihlim a ngai a ni

Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai
pawhin! Chutiang tawngtaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang
lo tih hi mak a ti lo! A "tawngtaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu
thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah, duhthusam leh Pathian hmangaihna
rosary-ah chuan Pathian hming kan hril tur a ni; hei hi
Pathian thinlung khawihtu biakna dik tak a ni Pathian hming
chu chilh leh rilru vakvai nen sawi chhuah chu Pathian
sawichhiatna leh zah lohna a ni Mi pakhatin a tawngtai hian
a thinlung leh rilru chu Pathian hmangaihna a khat tur a ni
Yogic exercise sang zawk hmanga rilru lam ngaihtuahna tih
hian Pathian, ropuina leh ropuina bulpui ber Pathian hnaih
zawk turin min pui a, amah ngaihtuah leh inpawh tawna
kawngah pawh min pui bawh

Pathian ngaihtuah nâna thlarau lam inhnukdawk (a theih chuan) atân kar khatah ni khat inpek a pawimawh a, thlamuanna, remna leh chhûngril thlamuanna tawn hi a pawimawh hle Chutianga hun hman chu kar khat chhûnga i hmachhawn tur harsatna leh lungkhamnate tân chuan a thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihdam nan kar tin ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawkna" emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang Mahni chauhna hi ropuina man a ni He thlarau lam inhnukdawkna leh i thlarau leh Pathian nena inzawmna hmang hian i rilru, taksa leh thlarau tana rah chhuah mak tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan zingkar hma takah i harh veleh Pathian remna tuifinriatah i inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur a ni bawk

India rama mi fingte chuan ni khat chauh inthiarfihlim ni lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna hman a tulzia an sawi uar a, zing khawvar hmain, tho leh tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a hmang leh tur a ni A tawp berah chuan zan lama mut hmain vawi khat chu thlamuanna dinhmunah a lut tur a ni belh Mahni chauha awm leh heng nitin hun pali chung zawnga ngawi renga taima taka enkawltute chuan Pathian nen inrem takin an inhria ngei ang Heng hun zawng zawng zawm thei lote hian zing leh tlai darkar tal chu an hlan tur a ni Chutianga an tih chuan an nun chu a tha zawngin a inthlak ang a, hlimna an tawng ang experience hi a finfiahna tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i ziak chhunzawm zel a, i sign zel chuan i sum a tlakchham ang I nunah pawh chutiang bawk chu a ni I nun account-a

remna dahkhawm fo loh chuan i chakna a bo ang a, i
thlamuanna chu a bo ang a, i hlimna chu a bo vek ang A tawi
zawngin, a tawpah chuan emotional, mental, physical, and
spiritual bankruptcy i tuar ang Mahse deep daily meditation
on God

will.. ..
..... i thlarau lama tlakchhamnate chu rul
rawh

A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a
Pathian hmangaihtu i nih a, A awmna tawn duh i nih chuan i
rilru leh taksa chu A thlamuannaah i thun lut tur a ni a, nun
chu i chungah a nuihzat ang a, i thil tih chu kawng tam takin
a lo \ha ang Mi rilru hahdam tak chuan tihsual a nei tlem hle
a, khawiah nge a hlawhtlinpui ber ang sang tam tak an
hlawhchham

Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chhung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngin a khuh
ang

Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni baw
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring pa leh nute hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak lantîrtu a ni a, hmangaihna
nei nu chuan mi dang duh lohna hmunah a ngaidam si a Pa
chu Pathian finna lantîrna leh a fate vênhimna a ni

Miin Pathian a\anga in\henin a pa leh a nu a hmangaih
tur a ni lo va, chu hmangaihna lantir nan chuan Vênghimtu
leh mi fing Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a, chuvangin nu leh pate
zingah chawimawi a ngai a ni
Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih bawk a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a
hmangaih tak takte chu vau an nih chuan Pathianin an
hna a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna
lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian
an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga zia, lemzia, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang
Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu

khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni
Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, ngaihtuahna sâng tak, leh thlarau lam thil
tumte lantîr nâna a chakna chu thiltum sâng zâwk lam hawia
kalpui a ni Miin mipat hmeichhiatna ngaihtuahna a\angin
hlimna a hmu tûr a ni lo va, khap thil chu a duh tûr a ni lo
Hetiang ang mahni inthununna hi a thlen hunah chuan mipat
hmeichhiatna leh a thiltum sâng zâwk chungchângah ngaih
dân dik tak a nei ang

Mipat hmeichhiatna lama bawih nih chu hriselna, mahni
inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni

Lehkhabu thianghlimte pawhin rukbo lo turin min fuih
bawh Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,
hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious
desires must be disrooted from the mind Thlarau lam thila
innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriat loh leh a hriat loh atanga malsawmna
a luang chhuak ang It is an infallible divine law As for thieves
and selfish people , they spend their lifes chasing after
material thil neihte, an mit chu mi dangte neihah an en reng
a , anmahni sum bawm chu rangkachakin a khat pawh ni se
Tisa lama mahni hmasialna hi kalsan a nih loh chuan
khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thuhretu dik lo sawi loh hi
a ni Thutak tihdanglam hmanga tu pawh tihnat hi khawtlang
inremna tihchhiatna kawng dang a ni Mi pakhatin tha taka
cheibâwl a duh a nih chuan chutiang chuan mi dangte
cheibâwl tûr a ni

Thudik chu sawi reng tur a ni a, mahse thudik sawi leh
thudik sawi mai mai hi thliar hran a ngai a ni Mi pakhat chu
kebai emaw, mitdel emaw tia sawi chu a rilru a ti na a, a
ṭangkai lo va mi pakhatin mi dangte rilru put hmang a
ngaihtuah a, mualpho loh tur a ni Chutiang bawkin, thiltum
ropui tak nei lo mi pakhat phatsan thei thutak puan chhuah
pawh hi thil dik lo a ni Kawng lehlamah chuan thudik sawi
loh nan dawt sawi loh tur a ni chu ai chuan, mi dangte
tihmualpho emaw, tihchhiat emaw pumpelh nân dinhmun
ṭhenkhatah chuan a ngawi reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu
thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, Pathian
neih a duh zawng zawng aiin a ropui zawk daih a, mihring
tinah hian mihring dangah a lang lo angin a lang chhuak thin
An hmel chu mi dang hmel ang lo tak a ni a, an thlarau pawh
mi dang zawng zawng ang lo tak a ni a, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Hun kal tawhin min phuar lo

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan
rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni

Mihringte hian—a duh angin—universe-a thil awm
zawng zawng tawp nei lote chu an thunun thei lo va, an siam
danglam thei lo va, an tiboral thei lo bawh Heng thil awmte
hi mihring nunna puan nen hian inzawm tlat an ni a,
mihringte hian anmahni a\anga inhlat takin hna an thawk
thei lo a, Amaherawhchu, heng thil awmte nena inmil turin
an rilru chu an thunun thei a ni

Amah chu tichhe suh

Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an tawh
tleh vang emaw ni lovin, thlamuanna, thlamuanna,
lungawina leh a tawh zawngin hlimna pe theitu rilru lam
inthlauhna an neih vang a ni zawh

An hlimna atan pawn lam dinhmunah an inngat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nghet tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo
Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan tih dan kal tawh hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhunzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo bawh Kan tuh
tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan buh
seng quality tihchangtlun kan duh a, kan beih chuan Thiltih

chi, a rah chhuah hrehawm tak takte chu kan tiboral a, a
aiah thlarau nihna nena inmil zawk chi kan phun chuan, chu
thlarau leia tuh chi tha tak takte atang chuan hlimna rah chu
kan seng ngei ang Kan duhthlanna zalen chu tunah hian,
tunah ni lovin, naktuk ni lovin, hlimna nasa zawk kan neih
emaw, hrehawmna leh hrehawmna tihziaawm emaw kan
duh chuan kan duhthlanna zalen kan hmang tur a ni
Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang Mahse
duhthlanna nghet tak neitu chu Pathian nen a inrem a ni

Thinlung chakna (concentrated mind energy) a ni

When you concentrate sunlight By focusing a
magnifying lens on a tiny point , it produces heat , and that
heat can ignite wood Fabric, paper, and so on Chutiang
bawkin, i rilru ngun taka i focus chuan A concentrated
energy Rinhlelhna sualna leh zung, hlawhchhamna zawng
zawng thlentu halral vek tur leh finna êng chu eng leh eng
mawi tak nena eng tir turin

Ngaihtuahna chu Pathian nena a inmil chuan Thil \ha
zawng zawng bul leh thiltihtheihna zawng zawng bul tanna
chu Pathian awmna a hre Chiang a, hlawhtlinna thil zawng
zawng a nei vek a ni Heng thilte hi Pathian thiltihtheihna
nasa tak nen hian inzawm tlat a ni a, eng kawngah pawh
hlawhtlinna chhan thar siam thei a ni

Hnathawh \ha leh \angkai taka thawhrimnate chu

Pathianin hlawhtlinna lallukhum khum rawh se
Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni

Khawvel hmuna mel maktaduai tam tak hlaa ni i en
chuan, chu arsi lian tak chu kan Lei aiin a te zawkin a lang
Mahse, Leilung zau zawng chu mel 7,900 vel a ni a, ni sei
erawh chu a let za zetin a lian zawk Kan planet Earth hi ni
hmaah direct-in i dah thei a nih chuan, a nena khaikhin
chuan dot tenau tak angin a lang ang Niin a zau zawng zau
tak chu a mass lian tak a chim hma loh chuan a zau zel ang
tih han ngaihtuah teh the entire blue sky Van kan hmuh hi
universe chhunga awm, hmun tawp nei lo hmun tlemte, a
speck mai mai a ni, Ni chuan tawp nei loah a zau zel a nih
pawhin, tawp nei lo chu a la huam thei lo He cosmic illusion
of smallness and finitude hian rilruin universe zau tak , a bul
tanna, leh a ramri a hriatthiam theihna chu a tikhawtlai a ni
Dimension leh tehna hnuaia awm lo, tawp chin nei lo leh
bul tanna nei lo chu Pathian a ni a, hmun tina awm leh hmun
hla ber ber a awm A ni chu arsi hla tak tak, hla tak takah a
awm a , nangmah leh kei chhungah a awm ang bawkin , a
luah zawng zawng chu eng ang pawhin te emaw lian emaw
pawh ni se, a hre chiang hle a ni From the book " Man's
." Ultimate Goal

Dilna te

Aw, Lalpa

Ka kut chu thim ata êng lamah la rawh

Aw cosmic ngawi renga awm

Tuipui mur ri leh nightingales warbling-ah i aw ka hre

thin

Thlipui au thawm, thlipui ri leh vibrations ri riah chuan

Aw Lalpa duh tak

Thu hmanga chibai ka buk lo che, nangmah duhthusam

avanga kang thinlung duhnain ka bia che a ni

I zau zawng hi ka hmu ang

Engkim hnung lama i awm rengna

Chatuan atan i nihna danglam lo takah hian ka tel ve tih

ka hrechhuak mai thei

Aw tuifinriat luang chhuak

Ka duhzawng luipui hrual hrualte hian harsatna leh daltu
thlalerte chu a luang chhuak thei a nih chuan
A tawpah chuan i buaina lian ber chu a rawn inzawm ta
a ni

I aw ngaithla turin min pui ang che Lalpa
Universe vibration lo chhuahna cosmic sound chu
I awmna chu malsawmna aw (Om - Amen) hmangin ka
.hrechhuak ang
melody Malsawmna dawng zawng zawng tan a
thianghlim

Existence symphony ka ngaihthlak lai hian ka hriatna
tizau rawh

Cosmic ocean ang maiin ka awm ang
Tin, taksa rippling movement te chu a rilruah a zai bawk
Aw thianghlim ber chu ka chhungah hian ri chhuak rawh

se

Taksa atanga universe thlenga ka hriatna tihzauh
Chatuan, engkim huapzo hlimna ka nei thei ang
Eng tuifinriat atanga puak chhuak
Aw thiltihtheihna tawp nei lo
Aw chatuan finna

Ka thlarau chu i thlarau lam vibration hmangin charge
rawh

Aw malsawmna cosmic thumal aw
Ka tihsualte siam\hat rawh
Ka mamawh

Ka kut chu thim ata êng lamah la rawh

Nang ka ngaihtuah apiangin, Aw Lalpa, ka chhungah
hian duhthusam kang tuilian a lo piang a, ka rilru put hmang
chu a ti nghing a, ka thinlung a\angin ka taksa cell tinah a
luang chhuak a, Pathian hmangaihna a charge a ni
Ka duhthusam ber chu i nihna bulpui ber thleng a, i

hmaa hlim taka awm hi a ni

Tin, rang takin thlarau kawngkhar chu a inhawng a, i

!êng êng tak ka hmuh chuan lawmnain min tuam ta

Hun kal tawh chu mihring tam zawkin an hre lo va,
mimal êng nei tlemte thlan bikte tih loh chu Mahse, hun kal
tawh kan hriat lohna pawh hi kan hlawkpui a ni A chhan chu
he nunah leh nun hmasa lama kan thil tih zawng zawng hi
hre vek ila chuan kan thiltih tam lutuk hian min hneh vek
ang a, kan buai vek ang Indeed, our will might even be
paralyzed by the shock, rendering us incapable of continuing
our.. ..

.. .. pursuits and leaving us prey to
despair He lei nunah pawh hian theihnghilh hi Pathian
malsawmna a ni a, hun kal tawh hriatrengna, a bik takin a
hrehawm leh hrehawm tak takte chuan kan ngaihtuahna leh
rilru put hmangte a hneh loh nan a veng a ni
Mahse lawmawm takin kan chhunga Pathian meialh chu
beiseina leh nun kawng tawp nei lo chhonzawm duhna nen a
eng fo thin Heng malsawmna pahni: hun kal tawh
theihnghilh leh hmalam hun beiseina avang hian Pathian
hnenah lawmthu kan sawi tur a ni
Fate hian duhthlanna zalenna kawngah daltu a siam tih
hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih
phawt chuan, chutiang a nih loh chuan mi chuan hlimna dik
tak a tem thei lo vang

Hna kan thawh hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a theih ang anga beiseina nei zawk tur a ni
a, kan duhzawng tihhlawhtlinna leh kan duhthlanna zalenna
nunpui kawngah engmah a ding thei lo tih rinna famkim nen
Kan thil tum kan hlen chhuah loh chuan, kan thlen theih
lohna tura kan siam daltu a awm tih hi implicit-a pawm a ni
Kan thil tum tihhlawhtlin nan hian kan beih chhonzawm zel
tur a ni a, kan thawhrimna hi a let hnih zetin kan tipung tur a
ni Kan inhriat chian a ngai bawk a, eng ang pawhin harsatna

leh harsatnate chu eng ang pawhin chak leh hlauhawm tak
ni mahse, chu chu paih chhuak thei tur leh hneh thei tur
chakna kan la nei tling tih kan inhriat chian a ngai baw
despite all our attempts, there is no need for desair and
frustration, as long as we understand that human will is
stronger than destiny, which is of our own making

Chuvangin, vawi engzat pawh hlawhchham mah ila, beih hi
kan bansan tur a ni lo, a chhan chu kawngkhar inhawng a
awm reng avangin Hlawhtlinna min pek hma loh chuan kan
beih chhunzawm zel a ngai a, kan beih nawn leh zel a ngai
mai a ni Pathianin Amah kan chhân lêt phawt chuan
tanpuina min pe ang leh theihtawp chhuah rawh Kawngpui
zawhtu chuan a tum a thleng ang a, Pathian ringtu chu a
beidawng lo vang

Miin thil a duh a, chu duhna chu a chak leh
hmanhmawhthlak a nih chuan, chu duhna chuan an hriatna
chu a chhuahsan ngai lo va, khawi hmunah pawh kal se,
khawi hmunah pawh a hawi kual ngai lo va, an buaina leh
ngaihtuahna chu eng pawh ni se A hnathawh reng leh nghet
tak hmangin, chu duhna chuan tumruhna leh chakna nasa
tak a nei a He intellectual whisper is stronger and more
effective than mechanical supplication , which does not go
beyond
moving..

. hmui Hei hi Pathian hmangaihtute
tih dan a ni ; Pathian an hmangaihna chu chawhsan lovin an
sawi chhuak a , an thusawi chu thinlung tak leh hriat theih
loh a ni a , an nitin hnathawh zawng zawngah He thinlung
taka thusawi hian an ngaihtuahna a tibuai lo va , an tih tur
dangte nen pawh a inkalh lo Pathian an duhna a lo lian zel
a , Amah an hmangaihna chu a tichak a, a thuk zual zel a , A
awmna an khawih a, thlarau mit hmanga A êng an hmuh
hma loh chuan , hlimna nasa tak leh hriatna nasa tak an tem
hma loh chuan sawifiah theih loh remna a ni

Pathianin nunah kan mamawh zirlai min thawh a, chu
chu kan hlawkpui theih nan leh hriatthiamna leh tawnhriat
kan neih theih nan Chu zirlai pumpelh apiang chu eng chen
pawh ni se, zir tura nawr luih an ni ang

Test tin hi kan zir chhuah chuan thian kan ni a, hun
remchang kan tihral a, phunnawi , thinrimna , leh rorelna \ha
lo hmanga kan hman dik loh chuan tyrannical despot a ni
Hriatthiamna dik leh nun chungchanga rilru dik tak kan
neih hian a mawi thin Tin, harsatna awm lo

rilru lam thil thlengte

Mi chu hlimna thlipuiah chuan chatuanin a awm thei lo
va, lungngaihna tui buai tak hnuaia tuiah a pil thei lo va,
boredom thuk takah pawh a pil thei lo bawh In this world
characterized by conflicting dualities, The average person is
subject to ups and downs He rises on a wave of joy and
plunges into the depths of indifference
Miin nun hlawhtling leh hlawhtling tak a neih theih nan a
mamawh chu rilru inthlauhna hi a ni
Hei hi rilru ngaihtuahna (mind) Controlling psychological
faculties-a inngat chauhvinn a thleng thei ang
Lungngaihna thuk ber pawh hun kal zelah a dam ,
chuvangin lungngaihnaa awm reng hian awmzia a nei lo Kan
dam chhung ni tin Hmangaih tawhte chung a hun rei tak
lungngaihna chuan amah emaw, keini emaw a pui lo va, a
takah chuan engmah a tidanglam lo Developing an
inferiority complex or self-punishment Tun hmaa tihsual
emaw, hlawhchhamna emaw ngaihtuah reng hi a tangkai lo
Nun hi a ti hrehawm lo a, rilru lama theihna a titawp mai a ni
Boring routine khurah kan tlu lut kan phal tur a ni lo , a
chhan chu chu chu rilru lam dinhmun a ni a, a nuam lo hle ,
rilru a ti buai a, apathy furnace-ah theihna thup a halral vek
avangin

Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
\anpuinain buh seng tam tak seng tur chuan nunna lote chu

taima leh tumruh taka lo laih a ngai a, \hatna chi tuh a ngai
bawk

Silver Jubilee-a thir

Vawikhat chu nupa hlim ber pawl anga lang nupa tan
silver jubilee lawmnaah min sawm a , mahse an in ka luh
meuh chuan thil dik lo a awm tih ka hrechhuak ta a, ka zirlai
pahnih chu zan lama an in enkawl dan enfiah turin ka ngen
a, a hnuah chuan The husband and wife smile at each other
in front of others and address each other with the sweetest
words like "Yes, my dear" tiin min hrilh a. leh "A dik e, ka
hmangaih," leh chutiang tawngkam hlimawm dangte Mahse,
anmahni chauha an inhriat meuh chuan an inhnial a, thu
tihnatthlak tak tak an inhrilh tawn a ni

Ka bia a, ka ti a : In party-a tel turin min sawm a, mahse
boruak a buai em em a, he in chhungah hian inrem lohna
nasa tak a awm niin ka hria a, he tangkarua jubilee-ah hian
thir tam tak a awm niin ka hria
A tir chuan an thinrim hle a , mahse a hnuah ka dik tih
an pawm a, ngaihdam an dil bawk She continued, saying :
Eng nge i hlawkpui ber chu inhnial leh inhnial reng reng
?hian

Nupa famkim anga in hmingthanna vawng reng turin in
khawsa dun niin a lang a, mahse chutiang chuan in awm dun
a ngai a, nangmahni hlimna leh rilru thlamuanna atan chuan
thlamuang tak leh muanna nen in awm a ngai a ni

Magnetic chaw ei tur

Miten ei leh in emaw, ei leh in emaw an sawi hian taksa
chhawmdawlina atana taksa chaw ei an sawina a ni tlangpui
Amaherawhchu, chaw chi dang, taksa chaw aia pawimawh
lo, a pawimawh zawk fo bawk , chu chu rilru lam emaw
thlarau lam chawm emaw Rilru lama thawhrimna emaw,
rilru, finna leh thlarau lam hriatna (concentration of mind),
finna leh thlarau lam hriatthiamna (concentration of mind) te
hi a ni

Taksa chaw hian taksa cell-te a chhawm nung a, finna
chaw chuan rilru chu ngaihtuahna hrisel takin a khat a, finna
chaw chuan thlarau a tiharh a, a theihna a tipung baw
Intellectual nourishment chu mi pakhatin a ngaihtuah
leh midangte nena inzawmna leh inpawhna hmanga a dawn
ngaihtuahnate a ni tlangpui

Mi rilru hahdam tak leh rilru ropui tak nei mite chuan
kan ngaihtuahna chu magnetic leh hrisel taka siam turin an
pui thin

Mi pakhatin a rilru lam chawmna chu boruak muanawm
emaw, buaina emaw a\anga a lak leh lak loh hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, thiante emaw, chhungte emaw nena inzawmna
a\anga lo chhuak vek a ni Hei hian lungkhamna ngaihtuahna
leh rilru chhe tak a siam thin

Taksa hian taksa chaw atanga chakna leh chakna a hmu
a, magnetic foods hian taksa leh rilru pahnih tan chakna
charge a pe a, chu chu solid leh liquid food aiin awlsam
zawkin a ei theih a, chu chu awlsam taka chakna nungah a
chantir thei lo

Hriat lohna chu finnaah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a,
inrintawkna leh huaisen takin - nangmah chauh pawhin -
nun kawng i zawh theih hunah , leh chhia leh tha hriatna
nung leh fimkhur tak neihnaah chhungril hlimna i tawn theih
hunah , leh Pathian diknaah rinna nghet tak leh diknain thil
dik lo a hnehna leh thutak chu thil dik lo chungah hnehna i
chang thei a ni

Tin, nitin i ngaihtuahnate chu level sang zawk leh
thianghlim zawk lam pan tura i chhuah tum a, hmangaihna
leh lawmthu sawina thinlung , leh midangte chungah thil tum
tha i neih chuan, i finna chawmna chu magnetic a ni ang a,
chutah chuan thil mawi leh tangkai zawng zawng , thil, mi
leh dinhmun atanga , himna leh tuipui kama zinkawng

chhonzawm zelnâ atana mamawh zawng zawng chu
nangmah ah i hip lut ang sahimna
I mamawh chu i hmuh theih nâna theihtâwp i chhuah
chuan , Pathianin a pête i lungawi chuan, khawvêl thil
neihte ngaihven leh a hlimna rei lo têtê duhâmtute aiin
thlarau lamah i hausa zâwk ang a, i lungawi zâwk ang
Miin Pathian , ðhian dik tak awmchhun , ðhian zawng
zawng aia tam a zawn chuan mihring inlaichinna zawng
zawngah : chhungkaw, unau, nupa inkar, leh thlarau lam
inlaichinna zawng zawngah ðhian dik tak din theih a lo ni ta a
ni

Nupa inzawmnaah chuan ðhian nihna hi thil pawimawh
tak a ni a, finna leh rilru lama inhnaih , nungchang lama
inhmangaihna , leh hmangaihna leh ðhian nihna dik tak chu
ngaih pawimawh hmasak tur a ni
Hmangaihna dik tak leh tisa lam hipna thliar hrang thei
lote chu an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawnaah a
innghat a nih chuan, thlarau hmangaihna nei pahnih inkara
inzawmna hlim leh hlawhtling tak a lo ni ta a, an thawhhona
chuan nun phurrit tihziaawmna atan an thawk ho a, lainatna
Leh inhriatthiam tawna leh inhriatthiam tawna hmanga
nun lungkhamnate chu an ti bo a ni

Tuman min thunun thei lo va, ka duhzawng pawh min
laksak thei lo , midang ngaihtuahna leh thiltihin min
nghawng ka phal loh chuan
Lalpa , ka hmaah hun remchang tawp nei lo ka nei tih ka
hre Chiang Ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin , thil neih inzawmnate chu
duhthusam sang zawkin ka thlak ang Tin, thlarau rinawm
chu ka hnenah a awm reng tih ka hrechhuak ang
Vawiin hian ka ngaihtuahna chu beiseina dose khatin ka
khat ang , thil tawn nuam lo tak tak a\angin ka inhlat ang ,
taksa, rilru leh thlarau chawmtu tur chu inthlau tak leh inmil
takin ka practice ang

Nunna leh thihna lam chu a awm reng a , mahse ka
thlarau lam nihna humhimin chatuan atan ka in zalen ang
Tin, fiahna leh hrehawmna thlipuiin min hmachhawn hunah
chuan , Ka thlarau bungruaah chuan ka lawng chhuak ang
Nunna tuifinriat kal tlangin Pathian tuipui kamah chuan
Ka hnathawh leh ka siam hunah Pathianin keimah
hmangin hna a thawk tih ka hre reng ang ; Khawvel pum
huap Lalpa a ni a, amah hi ngun taka ngaihtuah chungin ka
inzawm thei bawk

Ka Pathian duh tak , ka ngaihtuahna hian
hlawhchhamna emaw hlawhtlinna emaw min thlen dawn tih
ka hre chiang hle , chu chu ka nunah eng ngaihtuahna nge
chak ber tih a zirin Chuvangin, ka tanpuitu kut i phar tih hriat
reng ka tum ang Tin, hlawhtlinna chhan atan min buatsaih
bawk

Chhiatna leh vanduaina min lo thlen hunah chuan ka
thlarau ka chawisang ang a, chu chu hneh tumin ka
thutlukna ka tichak ang Mi zawng zawng nena ka inbiak dan
leh inpawhnaah hian thinlung tak leh rinawmna ka la ang ,
hmangaihna leh duhsakna tha ngaihtuahna ka chhuah ang
Tichuan Pathian chuan a thiltihtheihna leh finna hmangin
min thlawp ang
Lalpa , ka duhthlanna leh finna hmangin thil tenawm tak
tak ka tihlawhtling hmasa ang , chutah chuan hlawhtlinna
lian zawkah ka kal leh ang

Thil tum zawng zawng tihlawhtlin ni mah se , hlimna
famkim lo chauh an la thlen tho a , Pathian hmuh chu hlimna
dik tak awmchhun a ni a, hlimna khawl khawhral theih loh ka
hmuchhuak ang Tin, a luang chhuak leh tlan a tawp ngai lo ,
thlarau huan leh a ramngaw hring dupteah

Rangkachak thusawi

Hlimna hi ka dikna a ni a, ka rochan a ni a, ka Pathian ro
hlu thup hi min kaihruai rawh, Aw Lalpa, ka chhungrilah lalte
mumang aia ro hlute ka hmuh theih nan

* * *

Thinlung luahtu Pathian chuan a zirtirte zingah - a
khawngaihna leh lainatna a\angin - hriat lohna thim tibotu
finna êng eng tak takte chu a ti eng a ni
* * *

Nun hi thil nung lo takah a insiam a, a nih loh leh thil
nung leh che thei angin a insiam Nun hi engkim huapzo leh
engkim huapzo a ni
* * *

Aw Hmangaihtu Ropui ber, Nang hi nunna ngei i ni Ka
thil tum leh ka duhthusam i ni I van huana rose par hring
min siam la, emaw, I hmangaihna êng tak kawrfual
chhungah chuan zungbun eng mawi tak min siam la, a nih
loh leh chawimawina ropui ber min pe rawh: I thinlunga
hmun tenau ber
* * *

Midangte'n thil \ha tihna kawnga ka thawhrimna an
ngaihluna apiangah, chutah chuan rawngbawlina ropui ber ka
pe thei a ni
* * *

Hriatrengna thlum tak tak leh ngaihtuahna thianghlim
tak tak silken thread hmanga mumang carpet rangkachak i
hrual ang u
* * *

Rilru ruak [ngaihtuahna \ha, siam\hatna nei lo] chu
buaina, lungkhamna, beidawnna leh beiseina nei lote factory
a ni
. ***

Khawvel pum huap hmangaihna chu i thinlungah a lo
awm reng a nih chuan, engmahin a pek theih loh che hlimna
nghet leh siam tharna a thlen ang che
. ***

Leilung awmna huana nunna pangpar par chhuak chu
mawi tak leh hmuhnawm tak a ni Mahse, chu aia ropui leh
ropui zawk chu khawi emaw lai hmuna awm mawina leh
finna tuikhuah hi a ni a, chuta tang chuan kan lo chhuak a,

chutah chuan kan kir leh ang a, vawi khat chu kan inhmeh
leh ang

. ***

Zirtîr chu zîng lama a harh chuan a rilruah heti hian a
nemnghet a: “Kei hi taksa ka ni lo, hmuh theih loh thlarau ka
ni... hlimna ka ni... êng ka ni... Finna ka ni... Hmangaihna ka
ni Tin, he taksaah hian awm mah ila, ka thlarau chu thi thei
.lo leh boralnain a khawih loh a ni” tiin a sawi

. ***

Dewdrops hian pangpar par leh seilian a pui ang bawkin,
ngilneihna chuan inṭhianṭhatna a chawm a, a ṭhanlenna a
tipung bawk

* * *

Tuipui chung lamah tuifinriat lo lang leh a thuk lama
thlipui bo a awm a; in both cases, they are within the ocean
and one with it Chutiang bawkin, mihring, cosmic ocean
chunglama "nunna" laia tui chung a leng emaw, "thihna"-a a
chhunga bo emaw chu chatuan tuifinriat chhungah inang
tlangin an awm a ni

* * *

Thla êng chu tui buai takah chuan Chiang takin a lang lo
va, mahse tui chunglam chu a reh chuan thla êng chu a
Chiang famkim ta a ni Chutiang bawkin chu rilruah pawh a ni:
a reh hunah chuan i thlarau hmel chu Chiang tak leh Chiang
takin i hmu thei a ni

. ***

Aw Lalpa, ka hlawhtlinna ni hlim takah min kaihruai turin
I finna ni engrawn tir la, lungngaihna zan thim tak ka zawh
lai hian I khawngaihna thla bial êng churawn tir rawh

. ***

Meditation hi khawvel pum huap rilru nena ininzawmna
hmanrua a ni a, chu hriatna tawp nei lo nen chuan i inrem
chuan thil siam thuruk zawng zawng chu i hre thei vek ang

. ***

Pathian hnaih duhna leh amah hriat duhna hi amah
chauhin a lo thleng lo va, chin a ngai a, chu duhna tel lo
chuan nun hian hlutna a nei lo

. ***

Lei nun hi hun rei lote chhunga chawlhna a ni a,
mihringte tih tur ber chu he zinkawng tum leh tum
hriatthiam hi a ni Chu thiltum chu Pathian hriat hi a ni a, thil
dang a ni thei lo

. ***

I thlamuanna chu i ro hlu tak a nih avangin chu ro hlu
chu tumahin an laksak che phal suh

* * *

I nungchang tha leh mahni hlutna kulhpuiah chuan
mahni chauha ding tur, him tak leh him taka ding turin zir
rawh

* * *

Engkim hi Pathian a awm vangin a awm a, A awm
avangin nang pawh i awm ve bawh a, A awm vangin, nun
hahdamna leh hlimna i hlim thin a, chuvangin Pathian
chungah i lawmthu sawina chu a thuk tur a ni

. ***

Lehkhabu \ha chu \hian ngawi reng, zahawm leh
zahawm tak a ni thei I hun harsahte hian heng lehkhabu te
hi kalsan suh, tisa \hianta ang lo takin an kalsan ngai lo vang
che

. ***

Mi tupawh hriselna tha, nun nuam tak, leh rilru lama
theihna ropui tak nei, mahse hlimna tlachham chuan nunah
a la hlawhtling lo "Ka hlim a, ka hlimna hi tumahin an la bo
thei lo," tih dik tak i sawi theih hunah chuan nangmah
chhungah Pathian lem i hmu ta a ni

. ***

Thlamuanna leh muanna chu ngaih pawimawh la,
Remna leh muanna nena nun i duh chuan hmangaihna
ngaihtuahna leh tum \ha chauh thawn rawh Felna leh

Pathian ngaihsaknaah innghat nun nei la, i nun nena inzawm
zawng zawngte chuan i bula awm mai maiin hlawkna an hmu
ang

. ***

Ṭhian i neih loh chuan, emaw, i ṭhiantē'n i hun an
khawhral a nih chuan, emaw, i inrem lo a nih chuan, finna
kengtu lehkhabu [leh thil siamte] chu i ṭhian ni rawh se, an
phek kawngka aṭangin ngaihtuahna mak leh ngaihnawm tak
tak awmna khawvelah i lut thei ang

. ***

Pathian hmuh tih awmzia chu thinlungin a duh zawng
zawng neih a ni a, thlarau mi nih chu hriselna, hlimna leh
hlawhtlinna kawngkhar hawn a ni

. ***

Kan chhungah hian nunna zawng zawng siamtu leh
chhawm nungtu Pathian thiltihtheihna meialh a awm a, chu
chuan hal a nghak reng a ni

. ***

Lehkhabu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhabu hlu
tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhabu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh

. ***

Khawtlang nun duhna neitute chuan lehkhabu hlu tak
takah hian mipa leh hmeichhe ropui tak tak, mi thiam tak
takte ziah lehkhabu-a zirlai awmte hmangin mihringte tanpui
turin chakna thar an hmu ang

* * *

Lehkhabu chhiar hi rilru lam thil \angkai tak a ni a; it
exercises the mind and keeps it flexible Nitin darkar khat
emaw darkar hnih emaw chhiar hian kum tlemte chhungin tu
pawhin hriatna hrang hrang a pe ang, chu chu lehkhabu hlu

tak tak an thlan phawt chuan Novel man tlawm tak tak
emaw, thil tum leh awmzia nei lo lehkhabu tenawm tak tak
emaw chhiarin hun khawhral suh la, i rilru theihna tichhe suh

* * *

Mahni hmasialna leh chapon a hi thlarau lam hriatna
daltu lian ber a nih avangin tihbo a ngai a ni

* * *

Pathian hriatna nei lo chuan he khawvel hi buaina,
tharum thawhna, leh beidawnna nasa takin a khat niin a lang
Hlimna chu Pathian hnaih taka inhriatnaah a awm a ni

* * *

Pathian hretute chuan an thinlungah hlimna leh hlimna
an nei reng a, Malsawmna dawnga himna leh muanna an
neih avangin thinurna thlipui chuan a tithinur thei lo va,
hlauhna pawh an thinlungah a lut thei lo

* * *

Lehkhabu tha te hi i thian tha ber an ni a; anmahni
hmang hian rilru ropui tak takte'n zawi zawiin an sawi che a,
an thlamuan che a, thurawn tha ber ber an pe che tih i hre
thei Lehkhabu tha chhiar duhna dik tak neih loh chuan thlah
kal zelte ro hlu hloh tihna a ni

* * *

Pathian tanpuina tel lo chuan mite chu an hlawhchham
ngei ang, nunna indonaa hlawhtlinna atana chakna leh finna
mamawh chu a tawp chin nei lo a\angin a lo chhuak a ni Miin

Pathian a ngaihthah hian hlawhtlinna atana \anpuina leh \
anpuina mamawh petu nunna kawng chu a titawp \hin
Thlarau lam chanvo kawngkhar kiktu zawngtute chuan

Pathianin mahni \anpuitute a \anpui avangin an tan
kawngkhar hawn a ni tih an hmu ang

Pathian nena in inrem chuan thilsiam zawng zawng hi
nangmah nen a inmil vek a ni

* * *

Hmangaihna hi rilru tithianghlimtu leh mizia atanga
roughness paih chhuaktu sandpaper ang a ni

* * *

Khawi hmunah pawh Pathian i hmu thut a, i hnena a lo
kal a, a fuih che a, a kaihruai che chuan Pathian hmangaihna
chanchin chu a intan ta a ni

* * *

Hmangaihna chu thinlungah eng chhuakin midangte
hnenah damna êng thawh rawh se

* * *

I naupan lai leh i chak laiin Pathian hriat tum rawh, tar
leh natnaah chuan Amah chu i zawng thei tawh lo mai thei
Miten nun awmzia dik tak an hriatthiam tan hunlai hian taksa
chu a chak lo va, an dam chhung zawng chu thutak zawng ai
chuan an taksa chakna chak lo tak enkawl nan an hmang
thin

* * *

Mi tin a\angin a \ha ber ka la ang a, hnam tin mizia \ha
chu an tlin lohna lam ngaihtuah lovin ka lawmpui ang

* * *

Nitin kan ei leh in nutritional value kan ngaih pawimawh
ang bawkin, nitin kan rilrua kan pek thin psychological
nutrients te pawh hi kan ngaihven tur a ni

* * *

Thu ngilnei tak takte hi natna tam tak damdawi mak tak
a ni a, thiltihtheihna chak tak, thilmak ang maia awm,
magnetic force neiin an thusawi tu tan malsawmna leh
hausakna tam tak a thlen a ni Thusawi thlamuang leh nem
tak hmangtute chuan an chhungah hian tui luang chhuak
fiah lo tak chu tihtawp lohvin a luang chhuak tih an hria a, an
chhunga thlamuanna thuk takin a khat Hei hi he current hi a
source sang zawk nena inzawm a nih vang a ni, a luang
chhuak reng a ni thlaraute chu chu source nêna inrem takin,
remna duhtute hnêna hlimna an thlentîr thei a ni

* * *

Thinlung a\anga thu ngilnei tam takin lungngaihna tam
tak a tibo a, aw fing tam takin kawng thimte chu hlimna leh
!thlamuanna khâwnvâr hmangin a ti eng êm
* * *

Kan tawn tawh zawng zawng hmangin kan thang lian a,
chuta tang chuan zirlai hlu tak tak kan zir thei tih kan hriat
phawt chuan Natna leh hrehawmna kan tawn apiang hian
awmzia leh tum a nei vek a, heng thil tawn te hi a khauh hle
chung pawhin, thir zungbun a hmin a, thir mawi tak, chak
tak leh hmanraw tangkai takah a chantir thin mei ang an ni
* * *

Ka nunah hlawhtlinna mak tak tak zawng zawng chu
Pathian nena inmil rilru thiltihtheihna hmanga tihhlawhtlin a
ni Pathian generator a kal lai hian ka duh zawng zawng chu a
danglam bik lo va, a hmasa berah chuan hmuh theih loh,
ethereal design angin a lo piang a, chutah chuan a takah
chuan chakna do theih loh nen a inlan chhuak ta a ni
* * *

Thlarau duhthusam thuk tak a\anga Pathian hnena
thinlung taka thusawi, rilru na tak tak a sawi chhuah chuan,
thlarau kohna chuan khawvel pum thinlung chu a khawih
ang a, a chhanna chu a lo thleng ang a, hlimna nasa tak a
keng tel ang He finna thusawi hian thil tum duhthusam
tihhlawhtlinna atana chakna mamawh a neih hma loh chuan
duhna chu a tipung a ni
* * *

Mi pakhat rilru leh duhzawng chu Pathian nena a inmil
chuan thiltihtheihna tawp nei loin a phur a, chuvangin thil
pakhat ngaihtuah mai mai chu a tihlawhtling thei a ni, a
chhan chu Pathian dan chuan duhthlanna sang ber nena
inmilte tan hna a thawk a ni
* * *

Kan ngaihtuahna chu eng pawh ni se, Pathianin kan
nunah hmun hmasa ber a luah tur a ni Thlarau lama
thanlenna atana thil pawimawh ber pakhat chu thinlung taka

Pathian hnena thusawi chhunzawm zel hi a ni a, chutah
chuan nangmah ngeiin inthlak danglamna \ha mak tak mai,
nasa taka i rilru hneh thei tur i tawng ang

* * *

Mihring hian Pathianin a pek rilru lama theihna zawng
zawng chu thil rei lo te chhunga thil awm zawng zawng zawn
nan a hmang vek tur a ni lo, chuti lo chuan thil neih duhna
(materialism) labyrinth-ah a bo ang a, a mamawh loh khapna
leh tihkhawtlai a siam ang a, chu ai chuan a rilru chakna
hmangin nunna atana thil tulte chu a hmu chhuak tur a ni a,
thil dik leh dik lo, leh thil \ha lo leh \ha lo thliar hrang turin a
thlarau lam thiltihtheihna tihhmasawn tumin a bei tur a ni

* * *

Thudik chu ngaihdan leh theory piah lamah a awm a,
chutiang ngaihdan hmangtu tam tak chu anmahni subjective
conclusion-ah an innghat ta a ni

* * *

Aw Lalpa, thlamuanna kawngkharte hawng la, ka thlarau
lam ngaihtuahna hmun thianghlim chu thusawi sual rawn
beihna lakah veng la I lo kal lehna zing ka nghah lai hian ka
duhthusam roses chu ka thinlung huanah par rawh se

* * *

Theoretical hriatna hian Pathian hriatna a nei thei lo *
va, a tak takah hman theih loh theory-ah hian hun hlu tak
khawhral loh a tha a, chuti lo chuan intellectual jungle zau
tak karah a inhmu ang a, theory ram a paltlang thei lo ang

* * *

Hlimna hi nun boruak danglam tak chung a rilru lam
hnehna rah a ni

* * *

Pathianin a hriat chian chu khawvel hriat loh a ni thei

* * *

Miin theoretical knowledge [test tak tak nei lovin] a
programme chuan, thufing sawi nawn leh thumal sang tak
takte sawi nawn lehtu recording device portable ang mai a ni

ang a, mi dangte chuan mi thiam takah an ngai ang a,
mahse chutiang hriatna chu thutak hriatna dik tak chuan a
tichak lo va, thlarau lam thil tihhlawhtlinna nen pawh a inmil
lo

* * *

Khawvelah hian harsatna a awm reng dawn a, chuti a
nih chuan khawiah nge kaihhruaina leh kaihhruaina zawngin
mi pakhat chu a pan theih ang? Mi pakhat ngaihtuahna, tih
dan, ngaihdan dik lo, bias leh fanaticism-in a nghawng chu
engmah a awm lo va, a chhehvel, chhungkua, ram,
khawvelin nghawng a neihte hian kaihhruaina dik tak a pe
thei lo Chuvangin Pathian lam hawi a ngai a, thlarau thuk tak
atanga lo chhuak aw muang tak, thlamuang tak, thutak nena
inmil aw chu a ngaithla tur a ni

* * *

Pathian luang chhuak chu nangmahni a luang chhuak
thei tur leh thlarau lam malsawmna leh thatnain in nun a
luah khat theih nan in thinlungte chu hawng rawh u

* * *

Eng hna pawh thawk la, eng hlawhtlinna pawh i hlen
chhuak thei a, hnathawh tur leh i tihhlawhtlin theihna tur
chakna zawng zawng petu che chu Pathian a ni tih hre reng
ang che

* * *

Lalpa, retheihna leh hausaknaah te, natna leh *
hriselnaah te, hriat lohnaah te leh finna kawngah te ka hre
reng ang che, i êng malsawm tak, chutih laia hriselna leh
damna pe thei chu ka hmu ang che

* * *

Ka ngaihtuahna hmun khata awmah chuan i malsawmna
aw hriat ka duh hle Ka hriatrengna fold-a thup, leilung aw
khauh tak takte chu ka hnen atangin hnawtchhuak rawh Ka
thlarau thlamuang takah chuan i aw muang tak, thlum tak
chu chatuan atan ngaihthlak ka duh a ni

* * *

Nun hi thimah khuh a ni a, a kawng thim tak kan zawh
lai hian Pathian êng chu min kaihruaitu êng ni turin kan phal
tur a ni Amah chu hriat lohna leh thim zanah thla bial a ni a,
harh hun darkar-a êng ni a ni a, kaihhruaina êng a ni a, leia
nun, tlanhhiatna tuifinriat paltlangtute tan chuan North Star
a ni

* * *

Mihringte hi theihnghilh muthilh atanga thlarau lam
harhnaah kan harh chhuah hun a ni tawh Aw Lalpa, ngaihsak
lohna thuk tak a\angin remna, êng, hmangaihna leh khawvel
pum huap mihring lainatna hmun thlenga kan hriatna chu
chawisang turin kan ngen che a ni

* * *

Mihring nun inhnialna hnuaiah Pathian thiltihtheihna leh
thilmakte chu a inthup tlat avangin thil a lo tha chho zel
dawn a, chu dinhmun chu pumpelh theih loh a nihzia ring lo
a, puanzar piah lama thil awm chu a rilru leh rinna nena
luhchilh tumtu chuan kawngkhar chu a tan hawnsak ang

* * *

Rinna tih awmzia chu fimkhur lo emaw, thil awmdan fing
taka hmachhawn loh emaw tihna a ni ngai lo Chu ai chuan,
eng thil pawh thleng se, mi chuan a thinlung zawng zawng, a
thlarau zawng zawng leh a rilru zawng zawng nen Amah a
pan chuan dinhmun harsa leh harsa takah pawh Pathian
chauhvin a thlawp thei tih a inringtawk tur a ni

* * *

Kan hriatnate hian thudik zawng zawng min thlen thei a
nih chuan leilung hi electron lui angin kan hmu ang a, leivut
chi hrang hrang chu êng zungbun angin kan hmu ang
Thlarau lam thila thil awmte ram chhunga lutte chuan
illusion awmzia an hrethiam a, thutak awmzia an hre baw
ang

* * *

Africa ramngaw-ah emaw, indona hmunah emaw, natna
emaw, retheihna emaw tuar emaw, Pathian kut chu

hlauhawm zawng zawng aiin a chak zawk a, Amah hnena
inhumhimna zawngtute humhim thei a ni tih hi a inhriat
chian a ngai a ni Invenna hmanraw tangkai zawk a awm lo
Dik tak chuan, thil thlengte hmachhawn kawngah
ngaihtuahna hmang a ngai a, chutih rual chuan Pathian
tanpuina chu rinna famkim a nei tur a ni

* * *

Thilsiam zawng zawng thinlunga awm hmangaihna—nu
zawng zawng, pa zawng zawng, thiante leh hmangaih zawng
zawngte hmangaihna—chu Pathian hmangaihna a\anga lo
chhuak a ni

* * *

Hnathawh lian leh te chu thliar hnan a ngai a, a
pawimawh ber chu a pawimawh ber aiin a pawimawh ber a
ni Chu bâkah, mawhphurhna engmahin hna dang a kalh tûr
a ni lo Pathian Lehkha Thu chuan hna pakhat leh tih tûr dang
a inhnial chuan tih tûr dik tak a nih lohzia finfiahna a ni tih
min hrilh a ni

* * *

Ni êng pawimawh tak takte a darh zêl rualin, mi rethei
leh kalsan tawhte [khawtlangin a kalsan tawhte] thinlungah
beiseina êng ka theh darh ang a, hlawhchham nia inngaite
thinlungah chuan tumruhna thar ka tuh ang

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah

:chuan

I hmangaihna circle atang hian tumah hnawhchhuah"
suh Mi zawng zawng hi i thinlungah vawng reng la, anmahni
."thinlungah an dah ang che

* * *

Lalpa, thil \angkai leh \ha tihlawhtling tura ka duhzawng
hmang reng turin min pui ang che
Ka ngaihtuahna zawng zawngin I thiltumte a chhanlet
theih nan leh I duhzawng nen a inmil theih nan I duhzawng
nena inmil turin min pui ang che

Harsatna leh fiahna zawng zawng ka hneh theih nan ka
chhungril lama thiltihtheihna thup, malsawmna dawngtu chu
ka harh tir a
* * *

Chu thlarau lam mize huaisen leh inngaitlawm tak chu
harh rawh – sakeibaknei chakna leh sakeibaknei ngilneihna
inzawmkhawmtu
* * *

Sawiselna nasa tak, dik lo, fakna leh fakna nasa tak
pawh ka ngaihtuah lo vang Ka duhthusam awmchhun chu I
duhzawng tih hi a ni, Aw Lalpa, I duhsakna chan hi a ni
* * *

Pathian awmna i hriat huna hlimna nasa tak luah khat
tur che chu i ngaihtuah thei lo I thlarau chu Pathian
hmangaihna tawp nei loin a ruih tawh ang Mihring
hmangaihna zawng zawng aiin a let maktaduai tam takin
hmangaihna a ni—i duh zawng zawng tihlawhtlingtu leh i
thinlung hlimna leh lungawinain a khat hmangaihna a ni
* * *

Inner focus hmangin i chhungril leh i chhehvela thlarau
lam hlimna chu direct-in i tawng thei ang He hriatna hi i
tihpun chuan i mizia chu inrem takin a lo thang lian ang a,
mihring leh thilsiam dangte tan magnetism hmuhnawm tak i
nei ang
* * *

Aw Vênghimtu Ropui, ka chanvo, keimah ngeiin ka siam
avângin engkim ka hloh pawh ka ngaihtuah lo, mahse, ka
inhumhimna awmchhun, nangmah ka hmangaihna meialh
chu ngaihsak lohna leh theihnghilh thlipui lakah humhim
turin ka ngen che a ni
* * *

Thil \ha ngaihtuah leh beiseina nei tha tak nei tura kan
tumruhna nghet tak a\anga lo luang chhuak, dinhmun \ha
tuikhuah a\anga lo luang chhuak remna tui thianghlim leh
hahdam tak chu kan tuiin i in ang u

* * *

Chhia leh tha hriatna chu mi nihna dik tak leh thiltumte
pholangtu hriatna (intuitive sense) a ni I chhia leh tha
hriatna a fiah a, thil dik i tih tih i hriat chuan hlah tur i nei lo
Chhia leh tha hriatna thianghlim chu Pathian hnen atanga
nungchang tha a nihna hriattirna a ni Chhia leh tha hriatna
court-a thiam loh chantir chu hlimna neih leh Pathian
malsawmna dawng tihna a ni

* * *

Mi tam zawkin an tih loh thil huaissen leh lawmawm tak
tak tih tum la, midangte ngaihthah mite hnenah hmangaihna
leh thlamuanna pe bawh ang che

* * *

Zirtirtu Paramahansa chuan a zirtir pakhat hnenah
:chuan

Rilru tihhmasawn nan hun i hmang lo a nih chuan thil"
neih hausakna engzat pawhin a ti lungawi lo ang He chin hi
hrehawm tawrhna ni lovin hlimna thlentu ngaihtuahna leh
."thiltih chawm turin hriatna zirtirna a ni zawk
."***

I hlimna hi i hlawhtlinna a ni a, chuvangin tumahin an
ruksak che suh ang che I tibuai tumtute lakah inveng rawh
Tlangval ka nih lai khan mi thenkhatin ka chungchang thu
dik lo an thehdarh apiangin ka dawhtheihna ka hloh thin
Nakinah chuan ka rilru thlamuanna hi mi duhsakna emaw,
ngaihsan emaw aiin a pawimawh zawk tih ka hrechhuak ta a
ni

* * *

Pathian hmangaihtu thenkhatin Pathian nena an tawn
thin Pathian hmangaihna chanchin hi hre ta la! Nun chhunga
thil tawn dang reng reng chu Pathian hmangaihnaa inhmang
reng mi thianghlim ka hriat hlimna nen chuan tehkhin theih
a ni lo va, a hmelah hmangaihna thianghlim a chhuak
Pathian mit chu Amah hmangaihtute chungah a awm reng a,
vawh khat mah A kalsan ngai lo

* * *

Rilru leh thlarau lam chakna tihhmasawn duhtu an tlem

hle

* * *

Thil tihkhawtlai hnuai lam thlenga pil phal suh Boring
ordinary reality muthilh atang chuan tho la, hlawhtlinna,
hlimna leh remna awmna nun thianghlim tak thlirna lam pan
rawh

* * *

I chhungah hian investment nghaktu potential ropui tak
a awm a, chu chu activate thei leh hlawkna hmu thei chu
nangmah chauh i ni

* * *

Thiltih \ha lo leh duhna hrisel lo thupek laka zalenna
chuan thil neih hlawhtlinna aiin hlimna nasa zawk a thlen \
hin Thinrimna hlawhtlinnaah hian pawn lam thilin a laksak
theih loh rilru lam hamthatna a awm I hun zawng zawng chu
hausakna khawlkhawmnaah i hmang thei a, mahse chu
hausakna chuan i zawn thlamuanna leh muanna nghet tak
chu a pe lo vang che a, a lehlamah chuan hlimna leh
muanna dik tak a awm avangin lungawi lohna tam zawk a
thlen ang che rilruah, thil neihah ni lovin
I nihna dik takah nghet taka i din chuan hna zawng
zawng i hlen chhuak a, thil tha zawng zawng chu Pathian
lawmna nen i hlim vek a ni

* * *

I rilruah chak lohna a luang lut phal suh la, ngaihtuahna
tha lo leh beidawng tak nei mite nena in inpawh hunah
fimkhur rawh, chutilochuan an ngaihtuahna chak lote chu i
rilruah a luang lut ang a, chuti lo chuan i rilru chuan
midangte ngaihtuahnain a tichak lo thei lo khawpa chakna a
thlen loh chuan, chu ai chuan, a lehlamah chuan mi dangte
ngaihtuahna a tichak thei a, mahni inrintawkna a tipung thei
zawk a ni

* * *

Pathian chu a hmasa ber a, Amah ngaihtuah lovin kan ni
hi kan tan tur a ni lo va, kan tawp tur a ni lo Pathian hnen
atanga chakna leh chakna kan dawn tel lo chuan engmah
kan hlen chhuak thei dawn lo tih kan hriat reng a ngai
Chuvangin kan mawhphurhna lian ber chu Amah lam a ni

* * *

Thiltih dan leh nunphung tehna leh rorel dan a awm A
tirah chuan thurin tin hian dikna a la awm tih kan hmuh
chuan, chu thurin chuan awmzia leh hlawkna a nei a ni
Amaherawhchu, mitdel anga hnam dan zawm chu a finthlak
lo Thudik chu kan hriat a, kan zawm a ngai a, hlimna min
thlen thei tur chu kan hre chiang a, chu chu kan nunpui a
ngai a ni

* * *

Mi tam takin hlimna emaw hlawhtlinna emaw an
tlachham tih i hmuh hian chu chu an chanvo a ni tih
ngaihtuah suh I duh duh i siam thei I chhungril hlawhtlinna hi
hlawhtlinna siamtu tak tak che a ni

* * *

I chhungrilah engmah i neih loh chuan i hlim lo vang
Mahse i chhehvela engmah i neih loh a, i chhungrilah i hlim
chuan rinhlelh rual lohvin i hlawhtling tihna a ni Chutiang
chuan mite chu an pawn lam dinhmun a\angin rorel theih a
ni lo

* * *

Mipui tam tak zîngah chuan thlarau lama chawimawina
dinhmun thleng tawh, chhûngril thlamuanna leh thlarau lam
hlimna sâng ber nei mi a awm thei a ni

* * *

Ka mamawh zawng zawng chu ka hnenah a lo thleng
vek dawn tih chiang takin ka hria a, chuvangin hmalam hun
tur chu ka ngaihtuah lo Hei hi inchhuanna leh inlanna a ni lo,
chu thiltihtheihna malsawmna hnathawh leh hlawhtlinna chu
ka nunah vawi tam tak ka tawng tawh a ni

* * *

Nunna leihnuaiah emaw, tuifinriat thuk takah ka pil
emaw pawh nise, Pathian hnenah ka awm a, ka hnenah a
awm tih ka hria a, engmahin min tichhe thei lo tih ka hria
Chu hriatna chuan sawifiah theih loh leh thuk tak hlimna min
pe a ni

* * *

Thil thar lei hi thil nuam tak a ni tih rinhleleh rual a ni lo
Mahse hun engemaw chen hnuah chuan chu hlimna chu a bo
zauh zauh a, chu chu i ngaihvenna pawh i hloh vek mai thei
a, chu chu theihnghilhin thil dang i duh a ni Mahse, chu thil
man chu theihnghilh a ni lo vang, a bik takin installment-a i
!lei chuan

* * *

Mi pakhatin a nun a thunun tur a ni a, a theih ang anga
a awlsam zawk tur a ni A tul ang leh emergency atan sum
engemaw zat a khawlkhawm tur a ni a, luxuries atana sum
hman ai chuan sum khawlkhawm hi a dah pawimawh zawk
tur a ni a, midangte chu a theih ang anga tanpui tur a ni
Midang i tanpui hian kawng khat emaw kawng dangah
tanpuina i hnenah a lo thleng ang a, engmah i tlachham lo
vang a, engmah i hloh lo vang

* * *

Thinlung zawng zawng lawmnaah chuan, Aw Lalpa, I
hlimna ri ka hria a, mi rinawm zawng zawngte thian nihnaah
chuan, I hmangaihna ka hria a, ka thiante hlawhtlinna leh
hausakna avang hian ka thinlung a lawm a, keimah leh
keimahni damna leh hahdamnaah ka lawm ang bawkin
Midangte hnena finna ka infuih ang hian, ka finna ro hlute
chu ka tipung a, mi zawng zawng hlimnaah ka tipung bawk.
Ka ta ka hmu thin

* * *

Hlimna hmêlma lian ber chu thil man to lei nâna pawisa
loan lak hi a ni Mite chuan thil chiang tak an neih loh chuan
an hlim thei lo tih an ring sual a, mahse chu thil chu an neih
hnuah pawh hlimna dik tak chu an tawng lo vang, chu chuan

hun eng emaw chen atana hlimna a thlen chung pawhin Eng
nge a awmzia chu leilung hlimna mirage, chhe mai mai
tiamtu chu zui chu eng nge a awmzia? Mite chu ngaihsak
reng ngai thil neih tam tak mamawh lovin, awlsam takin an
nung tur a ni

* * *

Ka paradis chu ka chhungah a awm Pathian malsawmna
ka hlim lai hian lawmthu ka sawi a, ka chhungril lawmna chu
a lo thang lian zel a, chu chhungril lungawina tel lo chuan
leia nawmna leh lawmna te pawh hremhmun a lo ni ta a, chu
chhungril hlimna awm lo se chuan ka chungah mawhphurhna
phurrit phurrit chuan ka thlamuanna min chhuhsak ang a, ka
hlimna pawh min chhuhsak ang tih ka hrechhuak ta a ni

* * *

Hausakna hi natna leh harsatna nen a inzawm chuan a
rah chhuah chu a tam hle ang Faina leh hriselna enkawlina hi
khawthlang ramte chakna zinga mi a ni Ram changkangah
chuan rulhut tha lo leh hrik thihna thlen thei te chu a taka
thunun theih a ni a, ram changkangah erawh chuan a tam
hle a, mahse heng rulhut te hi tihbo hi hlawhtlinna sang ber
a ni lo, a chhan chu ram changkang zawkah hian hrehawmna
chi dang a awm a, chu chu bill pek harsa leh pek theih loh
ang chi te hi a ni installment buying system avânga sum leh
pai lama harsatnate rilru ti na thei—mut tibuitu leh rilru
thlamuanna tichhe thei hrehawmnate

* * *

He universe ropui tak lo chhuahna hriatna pakhata tel
ve kan ni

* * *

Beram rual i hmu ngai em? An zinga pakhatin a zuang a
nih chuan, berâm rual dangte chuan inhnialna awm lovin an
entawn a Mi tam zawk chu chutiang chu Mi pakhatin
ngaihtuahna a rawn siam emaw, trend thar a rawn luhtir
emaw mai thei a, mi dangte chuan bandwagon-ah an zuang
lut nghal ang a, an copy nghal mai ang This pattern has

persisted for generations Every nation has its customs and traditions, and we can claim that all of them are correct or sound But who knows? Chutiang nunphung leh thurin thenkhat chu awmze nei lo leh awmze nei lo a ni mai thei

* * *

Ngaihtuahna thlipui buai tak chu a reh chuan remna ramah kan lut a, Pathian awmna chu kan khawih a ni

* * *

Pathian ngaihtuah la, emaw, remna siamtu ram mawi tak emaw, thil tawn hlimawm leh lawmawm tak emaw ngaihtuah rawh Rilru lama thil \ha leh muang taka thiltih hian a tichak a, a tiharh \hin

* * *

Khawvel buai leh buai takah kan cheng Sum hi hlimna tihna a ni tih i ngaihtuah mai thei a, mahse i neih hunah chuan i la hlim lo tih i hmu mai thei Hausakna i nei a, i hriselna i hloh mai thei (Pathianin a phal lo) A nih loh leh hriselna tha i nei thei a, i sum i hloh mai thei A nih loh leh hausakna leh hriselna i nei ve ve a, mahse midangte nen harsatna tam tak i tawk a, ngilneihna i hlan a, chu chu huatna leh thinrimna nena inhmuhna tur chauhvinn i hlan thei a, chu chu Pathian tel lo chuan, he thilah hian engmah a awm lo nun hian a ti lungawi thei tak zet che a ni

* * *

Leilung hi Pathian ruahmanna hre lova khawsate tan hrehawm tawrhna hmun a lo ni ta a Mahse, nun tawnte chu i zirtirtu anga i ngaih a, an hnen atanga he khawvel nihna dik tak leh cosmic drama-a i chanvo ruat dan i zir hian, chu thil tawnte chu lungawina leh hlimna nghet tak panna kawngah chuan êng hlu tak a lo ni ta a ni

* * *

Chutah chuan thim thim lo, ri nei lo ngawi renga awm leh thil siam loh engmah lo piah lamah chuan chatuan thil awmzia chu a awm a, chu chu awmna bul leh thiltihtheihna

leh thilsiam zawng zawng, hmuh theih leh hmuh theih loh
bulpui ber a ni

* * *

Pathianin he lei hi kan tan ei tur, mut tur leh thih mai
mai atan a siam lo va, a duhzawng kan hriat theih nan leh
kan awm chhan kan hriatthiam theih nan Mi fing tlemte
chauhvin cosmic plan awmzia chu an hrethiam tawh a,
mahse mi tam zawk chu mitdel an ni a, chu thiltum chu an
hre lo

* * *

Sum hi ka nunah ka tum ber a ni ngai lo; ka tum ber chu
mihringah ka unaute rawngbawl a ni Chuvangin Pathianin
keimah leh keimah ka inngahna tur leh ka mission hlen
chhuah theihna tur kawngkhar tam tak min hawnsak a ni

* * *

Pathianin he universe hi dan mumal leh danglam ngai lo
anga thawk turin a siam a, heng universal laws zinga pakhat
tal kan bawhchhiat chuan keimahni kan hrem a nih chuan
Building sang tak chung atanga zuang chhuak chuan an ruh
a tikehsawm ang Chuvangin, gravity dan hi a rah chhuah
tuar lovin kan ngaihthah thei lo

* * *

Khawvel civilization te ngun taka kan thlir a, hmân lai
civilization thuruk thup kan chhui hian thlalak lian tak a lo
chhuak a, line inzawmkhawm, bung hrang hrang leh
chipchiar tak tak te nen, mihring hi a rualin mimal leh
khawtlang nun a nihzia kan hmu chhuak a ni

* * *

Pathianin tisa lam hriatna chauha nung turin min duh
chuan thil neihah kan lungawi kim vek ang a, khawvel nun
kawngah pawh kan lungawi ang

* * *

Mumang piah lama thianghlimna, remna leh hlimna êng
chu kan thuk tak takah chuan a eng chhuak a, a zai bawh

* * *

He lei kan zinkawng chhunga kan nun van boruaka thil
tawn apiang lo lang apiang hian kan hriatna zau zawk siam
dan tur leh kan chhehvela thil awm dan emaw, kan tawrh
dan emaw hriatthiamna nei zawk dan tur kan zir a ngai a,
chumi hnuah chuan inrem zawkin kan khawsa thei ang a, mi
leh nun nen pawh tluang zawkin kan khawsa thei ang

* * *

Mi tam zawk chuan midang an entawn Mihring chu
original leh creative a ni tur a ni a, a thil tih zawng zawng
pawh a thiam tur a ni

Khawchhak lamah chuan thlarau lam hlimna
tihmasawn hi ngaih pawimawh ber a ni a, nunah thil neih
lam erawh chu ngaihthah a ni fo thin a, khawthlang lamah
chuan thil lama hahdamna engemaw zat awm mahse rilru
lam hlimna erawh a tlem hle A mamawh chu an pahnih
inkara inthlauhna a ni a, a chhan chu nun kawng khat chauh
ngaihtuah hian inthlauhna leh nun thil phut chu ngaihtuahna
fim tak nena hmachhawn theih lohna a thlen thin a ni

* * *

Hlimna ropui ber - Pathian hlimna hnuah - chu mi
pakhatin kum khat chhunga ni tin a awmpui tur a chungte
hnai berte nena inrem taka a awm hi a ni
Mite chuan thil tam tak tihlawhtling lovin hmanhmawh
takin hun an khawhral a, nun hian eng nge a pek tih
ngaihtuah leh hriatthiam tum turin an chawlsan tlem hle

* * *

Thlarau lam thil \ha mak tak tak pangpar chhiar sen loh
nena lo thanglian leh eng chhuak remna huana finna
chhungril in sakna tur kan thawk tur a ni

* * *

Inner harmony hi chakna hautak tak a ni a, renewable
energy a siam chhuak bawh

* * *

Nun thlir chuan hlawhtlinna hi thil awlsam a ni lo tih a
hmuchhuak Nun hi a khauh leh ngaihdam theih loh a ni fo

thin a, eizawнна tur kan beih a ngai I taksa chhawm nung tur
leh hrisel leh natna laka fihlim taka awm reng tura theihtawp
chhuah tur chu ngaihtuah teh! Hemi kawngah hian
hlawhtling mah la, chu hlawhtlinna chu hun eng emaw chen
atan chauh a ni Taksa—i dam rei rawh se—a tawpah chuan
chawlh hahdam a ni ang A tulna chuan hlawhtlinna
duhthusam chu hmu turin chakna tam tak, chhungril leh
pawh lam pawh beih turin a dictates Heng chaknate hian
hlawhtlinna pawimawh tak tak i neihte chu rukbo tumin
hahchawlh lovin an thawk a ni

* * *

Thil awm dan zawng zawngah thlamuang taka awm tum
la, i remna chi chu hlimna leh lungawina nuihzatthlak takin
par rawh

* * *

Mi thianghlim ropui ber berte pawhin an hlawhtlinna—an
thlarau lam thil tawn leh hriatna sang zawkte—thlarau lam
hriatthiamna an neih theih nana mi dangte hnena an insem
loh chuan chhandamna famkim an chang lo Hemi avang hian
chutiang dinhmun thleng tawh leh chutiang dinhmun thleng
tawhte chuan a mamawhtute hnena hriatthiamna pek an
duh em em a ni Hlawhtlinna dik tak i duh chuan nangmah
hlimna chauh ni lovin midangte hlimna pawh i humhim ang

* * *

Finna nei apiangin sum an lalut thei Mahse an
thinlungah hmangaihna an neih chuan chu pawisa chu
mahni hmasialna atan an hmang ngai lovang; chu ai chuan
midangte hnenah an sem chhuak zawk ang Sum hi mahni
hmasial leh mi retheite kuta ânchhia leh vanduinah a ni a,
thinlung ngilnei leh thlarau thilphalte kuta malsawmna leh
thilpek a ni

* * *

Mi tu emaw chuan hun rei tak chung ngawi renga awm
a thlang thei a, an chungte hnenah thu sawi duh lovin He
mi hian chungril thlamuanna engemaw chen a nei thei a,

mahse an nungchang chu mahni hmasialna leh an
chhungkaw hlimna tichhe thei a ni An hmangaih tak takte
pawhin an thil tihhlawhtlin a\anga hlawkna an hmuh loh
chuan hlawhtling tak takah ngaih theih an ni lo chu chuan mi
dangte sum leh pai leh nunphung siam tha tura tanpui tura
nungchang lama kan mawhphurhna a keng tel bawk

* * *

Ka chhia leh tha hriatna thianghlim kulh hnuaiah venhim
ka ni Hun kal tawh thim tak ka halral tawh a, vawiin chauh hi
ka ngaihtuah a ni

* * *

Vawiin hian thil \ha ber eng nen pumkhat ka ni tih leh
lungngaihna tuifinriat thlipui laka beitate tan meialh ka ni tih
ka hrechhuak ta

* * *

Mite chuan hlawhtlinna chungchangah ngaihdan leh
theory hrang hrang an nei a, chu chu nunah an thil tum a
zirin Mi thenkhatin hlawhtlinna chu rukruk nen an tehkhin a,
"Rukru hlawhtling tak a ni!" Hei hian hlawhtlinna chu a chi
hrang hrang leh a chi hrang hrangah duhthusam leh zawn
chhuah a nih thu a tarlang a Amaherawhchu, kan
hlawhtlinna hian midang a tichhe tur a ni lo
Hlawhtlinna tehfung dang a awm bawk a, chu chu
keimahni tana rah chhuah inrem leh hlawkthlak tak kan
thlen theih hunah chuan midangte pawh kan hlawhtlinnaah
hian kan telh telh a, a rahte chu an hnenah kan sem chhuak
tur a ni

Hlawhtlinna tih awmzia chu mi pakhatin a chhehvel
chhunga a lungawina leh a lungawina a kawka ni
Hlawhtlinna dik tak chu felna thu bulte chungga inngat thiltih
atanga lo chhuak a ni a, chu chuan mahni hlimna atana thil
pawimawh tak angin midangte hlimna leh \hatna a huam a,
he thu bul hi kan taksa, finna, nungchang leh thlarau nunah
kan hman chuan hlawhtlinna sawifiahna kimchang leh
kimchang tak kan nei ang

* * *

Hetah hian he khawvel tlemteah hian a sei zawng, a zau
zawng leh a density kan hmu a, mahse dimension awm
lohna level dang a awm a; engkim hi a chiang a, a langtlang
vek a—engkim hi hriatna leh hriatna a ni Taste hriatna chu
hriatna a ni a, chutiang bawkin rim hriatna pawh Kan rilru
put hman, ngaihtuahna leh taksa hi hriatna dinhmun a ni
Mumangah kan hmu thei, kan hre thei, kan rim thei, kan ei
thei a, kan khawih theih ang bawkin, chutiang bawkin, chu
level sang zawkah chuan, heng hriatna zawng zawng hi
hriatna thianghlim hmangin kan tawng vek em

* * *

Aw Lalpa, I hnaihia hriain min hlim tir la, duhna kawr
ata min chhuah zalen la, nun tawn leh a thil thleng danglam
zelin a nghawng loh chhungril hlimna min pe ang che

* * *

Kan rilru chu hriatna sang zawk nena a inmil chuan kan
chhungah thlarau lam hriatna a lo harh a, Pathian finna leh
hmangaihna mak tak tak kan tawng thin

* * *

Pathian kan hmangaih famkim a, kan ngaihtuahna leh
thinlung zawng zawng nen a lam kan pan chuan Amah hnaih
berin kan inhriat ang a, nunah himna hmun ropui ber a ni tih
kan hmu chhuak ang

* * *

Khawvel hmun zau tak, hmun ruak ang maia lang, zau
takah hian khawvel pum huap inzawmna leh chatuan nunna
a awm a, chu chuan khawvela thil nung leh nung lo zawng
zawngte nen min inzawm khawm a ni—nunna chungnung
ber thlipui, awm zawng zawnga luang chhuak Chatuan chu
kan chenna dik tak leh kan chenna nghet tak a ni a, heng
taksaa kan awmna hi hun eng emaw chen atan chauh a ni a,
thlaler kal tlanga caravan-te tan chawlh hahdamna rei lo te
ang mai a ni

* * *

Thlarau thil siam chaknate nena kan inrem hunah chuan
min kaihruai thei leh kan harsatna sutkian thei rilru khawvel
pum huap leh tawp nei lo nen kan inzawm ang Creative
power chu kan nihna bulpui ber a\angin tihtawp lohvin kan
hnenah a luang ang a, kan hnathawhna kawng eng pawhah
thil siam chhuahna lama hlawhtlinna kan chang thei ang

* * *

Hmangaihna chu inrintawkna, inggaihtlawmna leh inzah
tawmna boruakah a lo thang lian a, a lo thanglian baw

* * *

Aw Lalpa, ngaihtuahna thianghlim leh nungchang \ha
êngin min malsawm ang che, chutiang chuan nungchang \ha
lo leh ngaihtuahna dik lo thim chuan min rawn hnaih chuan a
bo nghal ang a, thiltihtheihna thuk tak emaw, khawvel
thlemna emaw pawhin min man thei lo va, kan rilru leh
thinlung a man thei lo khawpa hmangaihna thuk tak nena
hmangaih turin min pui ang che

* * *

Thil awlsam taka hmuh theihthe hi hlutna a tlem hle tih hi
mipa leh hmeichhia ropui tak takte nun leh an thiamna
tihhmasawn te, an tih tur hlen chhuah te, an nungchang
hlutna siam te, an zirna thuk tak te, leh mahni hmasialna an
pumpelh avanga an ropui chhoh dan zir chianna a\angin kan
hria An rah chhuah leh an hlawhtlinnate chu an thawhrimna
aiin teh theih loh khawpin a ropui zawk a ni

* * *

Zalenna dik tak chu finna kaihhruaina leh hriatthiamna,
dikna leh duhthlanna nghet takin a thlawp duhthlanna
zalennaah a awm a ni

* * *

I duhzawng, tumruhna leh hriatna hriatna i tiharh chuan,
hriat theih loh chaknate chu hriatna sang zawk a\angin—
thlarau hriatna hmangin—an chhuak a, chu chu i tanpui tur
leh rilru lam thlamuanna leh hlimna kawngte ti eng turin,
Pathian \anpuinain a ni

* * *

Mi chuan mahni thawhrimna hmangin thlarau kawngte
chu a hawng tur a ni Tuman remna leh hlimna ai chuan
hrehawm tawrhna leh hrehawmna hi duhthusamin an thlang
lo Hriat lohna hi hrehawm tawrhna bul leh tihbo tur daltu a ni
Hriat lohna hi hnim tha lo, zung thuk tak nei, mihringte
huana lo thang, thing tha leh hlawkthlak tak takte
hnawhchhuahtu a ni Hriat lohna hi hneh a ngai a ni
duhthlanna nghet tak leh tumruhna nghet tak Rilru leilung
chu rilru lam ngaihtuahna dik tak [a tha lam] nêna loneih a
ngai a, chi thate chu rinna tuiin a tuih a ngai Hmangaihna
êng pawimawh leh lum tak takte a lo eng hunah chuan
thatna chi chu a lo thang lian ang a, parasitic hnim leh thlai
chi hrang hrangte chu a hneh ang a, êng awmnaah chuan
thim chu a awm thei lo vang

* * *

Thilsiamte hlimna chu a bo a, a bo a, mahse Pathian
hlimna erawh a thim ngai lo Pathian hlimna tawp nei lo leh
sawifiah theih loh a ni

* * *

Hlimna kan neih theih nân kawng dik lo kan hmang ngai
lo vang a, kan chhûnga kan neih remna leh thlarau lam
hausaknate pawh hi kan kalsan tûr a ni lo va, kan hmaa
hremhmun thiltih leh nungchang tichhe thei thilte'n kan
hmaa a inngah theih nun êng tak chu kan zawngin kan
kalsan tûr a ni lo

* * *

Serenity hi Pathian awmna thlalakna atana camera tha
ber a ni Remna thianghlim leh Chiang taka focus lens hmang
hian malsawmna thlalak chu Chiang takin a lang ang

* * *

Dik tak chuan finna zawng zawng hi nangmah chhungah
a awm a, i mamawh chu hriatna neia hriat chian a ni

* * *

Lungawina chu mahni insiamthatnaah a awm a,
chuvangin nangmah i zawn ai chuan midangte'n nangmah
an zawn ai chuan Hmangaihna leh inṭhianṭhatna chu beisei
leh phut let lovin pek tur a ni a, beiseina hian thinrimna leh
thinrimna a hring si a, Mahni insiamthat tumna kawngah
pawh mahni chauhva, him tak leh thlamuang takin mahni
nungchang ṭha leh mahni hlutna kulhpui chhungah a ding tur
a ni

* * *

Ka thinlung atang hian hlimna leh beiseina tui tlate chu
lo luang chhuak reng rawh se, an spray tiharhtu chuan ka
tawn zawnzawngte chu khawih vek rawh se

* * *

Thlarau lam hlimna chuan thlarauah kawng engkimah
midangte tanpui duhna a siam a, hlimna thlentu nungchang
lama hlimna thianghlim tak takte ngaihhlut theihna a siam a,
chu chuan hlimna rapthlak tak lam duhna chu a ti tlem a ni

* * *

I chanvo chu eng ang pawhin tlem mah se, nunna stage-
a thlarauten an tih cosmic play hlawhtlinna tura thawhpui
kawngah chuan chanvo ropui ber berte ang bawkin a
pawimawh reng a ni

* * *

Universal consciousness hi absolute, infinite
consciousness a ni a, a thil siam chhuahnaah pawh a insiam
thar reng a, a tawp thei lo va, nangmah kaltlangin a thil
danglam bik tak chu pholan a tum a ni

* * *

Pathian hmangaihna vawi khat lek pawh i tem chuan i
bânsan ngai lovang, a chhan chu khawvel pum puiah hian
chutiang thil dang a awm loh vang a ni

* * *

Pathian hretute chuan thlarau lam dinhmun sang tak tak
an thleng tawh a, chutiang chuan mi sualte hnena thlarau
lam thurawn pek mai maiah an lungawi lo va, mahse -

Pathian khawngaihna leh tanpuinain – an sual thiltih rah
chhuah ata chhuah zalentu thlarau lam thiltihtheihna chu an
charge thei a ni

* * *

Thil \ha leh \ha lo zawng zawng hi thluak cell chhungah
a awm a, ngaihtuahnaah chuan nungchang \ha emaw, thil \
ha lo emaw, rilru put hmang angin a lang chhuak \hin Mi
pakhatin a thluak cell-te chu chutiang tih dan thiltihtheihnaa
charge a nih avanga tih dan hrisel lo tuar chuan duhthlanna,
ngaihtuahna, thinlung taka tawngtaina, leh \ha taka
nemngheh chhunzawm zel hmangin an thil tih duh loh
zawng zawng chu remna nun \ha takah a chantir hma loh
chuan a zalen thei a ni leh thlamuanna Hei hi a dik taka
kaihhruai nunna chakna chuan thluak cell-te nihna danglam
tak chu thlak danglam tura hna a thawh hian a thleng a,
chutiang chuan chu cell-te chu thil \ha, thil \ha leh mawi
zawng zawngin a khat ta a ni

* * *

Hriatthiamna chu chhungril mit, thlarau hmuhna leh
thinlung telescope a ni Rilru muanna leh chhia leh tha
hriatna thianghlimna inkara inthlahna a ni

* * *

Nitin scene hrang hrang kan hmu a, nitin hian zir tur
thar a rawn keng tel Miin a awm chhan ber: a nihna bul leh a
nun lungphum hriat chian a, a rilru a pe a, chu chu a zir
chhuah ngei beisei a ni
Hun kal tawh lungngaihnaate theihnghilh a, chu chu awm
reng lo turin i thawk ang u, tumruhna nghet tak leh
duhthusam tak nen, kan nun siam tharin, kan hlawhtlinnate
tipung ila, kan chhungrilah nungchang \ha leh mizia ropui
tak takte i chawm ang u

Pathian hi ka chakna a ni a, chakna dang ka ring lo
Nun indona do la, a tawp thlengin beidawng la,
beidawng ngai suh, "Kawng ka hmu thei lo va, chuvangin ka
beih ka bansan ang" Ti ngai suh, I tihsual a nih chuan

kaihhruaina dil la, mahse beih kha titawp ngai suh Mi tam
takin harsatna an tawh hunah hnehna an pawm a
Hlawhchhamtute chuan mi hlawhtlingte nen an inzawm tur a
ni, hlawhchhamna ni lovin Hlawhtlin tum tlat rawh; chu chu
nunah i philosophy ni rawh se
Nitin hian kan taksa chakna kan tichak tur a ni a, kan
rilru chakna kan tipung tur a ni a, kan nihna dik tak kan hriat
chian a ngai a, chu chu ngaihtuahna, ngaihtuahna fim tak,
leh taksa, rilru leh thlarau tana hlawkna awm thei
hnathawh \ha, rahbi thar chhuahna hmangin kan ni
Thiltih \ha tak din i duh emaw, thil \ha lo i tihchhiat duh
emaw chuan, tih dan hrang hrangte mechanism awmna
thluak cell-te chu ngaihtuah la, tih dan \ha din tur chuan,
ngawi rengin thu la, ngaihtuahna seng hmasa la, Pathian
kaihhruaina zawng rawh
I rilru chu i hmai chhunga, i mitmeng inkar, duhthusam
center-ah dah la, i thluaka i tuh duh tih dan chu nget takin
nemngget rawh Thiltih \ha lo tihbo i duh hunah pawh i
ngaihtuahna chu duhthlanna hmunpuiah dah la, chutiang tih
dan phung ngetna groove zawng zawng chu tihbo vek a ni
ti nget takin nemngget rawh
Focus leh willpower hmang hian thil hlui nget tak takte
furrow thuk tak pawh i ti bo thei a ni

I thluak a\anga thil \ha lo hrisel lote hrual chhuah duhna
i nei tih hi inhriat nawn leh rawh He nemnghehna hun \ha
ber chu zing hma takah i duhthlanna leh i ngaihtuahna a san
ber lai a ni tih hi inhriat chian chhonzawm zel la, ni khat chu i
hmu ang—Pathian \anpuinain—i tihchhiat duhna tih dan a\
angin i zalen tak zet a ni

I hlauh apiang chu i ngaihtuahna ata hnawhchhuah la,
Pathian kutah dah rawh Pathian i rinna tichak la, a pui thei
che a ni tih ring la, hrehawm tawrhna tam tak chu

lungkhamna leh lungkhamna a\anga lo chhuak a ni tih hria
ang che

I hlauh ber thil chu a la thleng lo a, engvangin nge tunah
hian i tuar ang? Kan buaina tam zawk hi hlauhna atanga lo
chhuak a nih avangin kan nun atanga hlauhna kan paih
chhuah chuan zalenna kan nei ang a, damna a awm nghal
ang

Zan tin, i mut hma lawk hian Pathian chu i hnenah a
awm a, a venghim che a, a enkawl che tih chu nangmah
ngeiin nemnghet la, a venhimna êng chuan a sir zawng
zawng atanga a hual vel che chu mitthla la, a humhimna
mak tak chu i hre ang

He cosmic play-ah hian mihring chi hrang hrangin hun
kal tawh stage-ah nunna drama an enact a
Kan chanvo hun eng emaw chen atana buai lutuk emaw,
ngaihtuah lutuk emaw lovin nun awmzia hi kan hrethiam tur
a ni Nun kan hriatthiam dan hi mahni hmasialna leh thlirna
tlemte atanga kan thlir avangin a dik lo va, a dik lo fo thin a;
thlarau mit hmanga kan en chuan thil danglam tak a\angin
kan hmu ang

Finna mit kan han hawn hian Pathian engkim huaptu
êng chu kan hmu a, chu êngah chuan kan thlarau lam nihna
kan hmu a, chu chu khawvel pum huap hriatna (universal
consciousness) nihna, khawvel pum huap thil chi hrang
hrang leh a peng zawng zawng huap vektu nihna lantir a ni
Thlarau lam thutakte chuan min hual vel a, kan mit khap
kawngkharte an kik a, thim ai chuan êng hmu turin min fuih
a, hriat lohna aiin finna nena che turin min fuih a, huatna aiin
kan thinlung hi hmangaihna tikhat turin min fuih a, kan
khawvelah remna siamin remna leh tamna leh muanna
thlenna kawngah thawhhona tha tak nei turin min fuih a,
chutianga kan tih hunah chuan hriat lohna a bo ang a,
khawvel inthliarna a bo ang, inpumkhatna kan hmu ang chi

hrang hrang a awm a, Pathian duhzawng nen kan inrem
lehzual ang

Pathian nena kan inlaichinna hi a vawt emaw,
hmangaihna nei lo emaw a ni lo va, hnathawhna hmun leh
hnathawk inkara kan inlaichinna ang hi A fate kan ni a, min
ngaihsakna pawh a awm reng a; Min ngaithla fo thin A
nihnaah hian kan tel ve a, Amah nena kan inzawmna chu a
nung a, a nung reng bawh Hmangaihna, hriatthiamna,
hriatthiamna, duhsakna tha leh thlarau lam chakna
hausakna tawp thei lo min pe a, mahse a tam zawk chuan he
hausakna hi engmah lovah kan khawhral a ni
Chhungkaw ropui leh hmangaihna nei tak member-te
tlin angin himna, muanna leh \hian \ha taka \anhona nei
turin Pathianin min duh a, mahse duhâmna leh mahni
hmasialna chhut dan chuan mite thlarauah a lo chhuak a,
zung a kai a, chhungkaw inkarah inthenna a siam ta a ni
Pathianin hotu ni turin min duh a, mahse bawih ni turin
kan thlang ta a ni Mihringte hian kan van hmun a\angin hla
takah kan kal bo a, Pathian hnaih leh Pathian hnaih ber nia
inhriatna chhungril paradis chu kan hloh ta a, chu paradis
chu mimal thawhrimna tel lo chuan Pathianin a anpuia min
siam chu a la let leh thei dawn lo a, mahse he thutak hi kan
rilruah a tlan chhuak ta a ni
Kan chanvo chu harsatna a ni a, kan chanvo chu boralna
a ni tih ngaihdan dik loah kan inpe tawh a, puan hnung lama
thudik êng tak chu hmuh theih nan finna dagger hmangin
inbumna puan chu kan phelh a ngai a ni
Ka dam chung kum rei tak chung zawng hian
Pathianin hlimnain min malsawm a Miten ka hmelah
lungawina nuihzatthlak an hmu emaw hmu lo emaw pawh
nise, Pathian lawmna chu ka hnenah a awm reng a, min
kalsan ngai lo Ka hriatna hnim hring hnuaiah chuan hlimna
lui lian tak chu a luang chhunzawm zel a, ka nun huante tui
pe tu tuikhuah malsawmna angin a puak chhuak thin

Nunna buaina rapthlak tak takte pawhin ka thlamuanna
a tibuai thei lo va, thihna ramhuai chuan thlarau lam hlimna
ka neih chu a la bo thei hek lo
Chu dinhmun chu awm reng leh danglam thei lo tura
siam chu thil harsa tak a ni a, mahse tuna ka hlim leh
midangte hnena ka sem chhuah thlarau rah chu ka
thawhrimna zawng zawng chu a hlu hle
Pathian thlarau kaihhruainain ka ngaihtuah a, ka che
Sum hi ka nunah hian ka tum ber a ni ngai lo va, mihringah
ka unaute rawngbawl ai chuan Pathianin ka tan ka chhawm
nung tur leh ka mission hlen chhuah nan thatna kawngkhar
tam tak min hawnsak a Tin, tanpuina ka mamawh apiangin
Pathianin min pe nghal thin
Ka duhthusam awm chhun chu i rawngbawl hi a ni a,
chuvang chuan hetah hian ka awm a ni
Pathian thiltihtheihna chu in nunah pawh a thawk reng
a, in rinna a lo nghet a, hausakna dik tak chu tisa lama
hlawhtlinna atanga lo chhuak ni lovin Engkimtitheia hnen
atanga lo chhuak a ni tih in hriat hunah he thutak hi
nangmahni ngeiin in tawng ang
Pathian nena hun i hman apiang hi i hlawkna tawp ber
tur a ni ang a, hmangaihna avanga i tihhlawhtlin zawng
zawng leh Pathian ti lawm tura i tih zawng zawng chu
chatuan record-ah i tan ziah a ni ang
I ngaihtuahna thuk tak awmna hmunah chuan
hningtawlh la, ngawi renga tuikhuah atanga thlamuanna
luang chhuak chu hlim takin hmang rawh
Thil tha kan tuh chuan lawmna leh malsawmna kan seng
a, thil tha lo kan tuh chuan harsatna leh harsatna chi hrang
hrang leh degree hrang hrang kan seng thin
Thil tha tih apiang hi Pathian hlimna tuikhuah
phochhuah tumin hriatna leilung kan lai chhuak pickaxe ang
a ni
Lehkhabu tha emaw, rinna emaw, harsatna emaw,
philosophy emaw, chhungril hlimna emaw nena inzawm

pawh ni se, mahni inhriatthiamna leh chhui chhuahna
tuipuah chuan pil zir rawh, mi pangngai [ngaihtuahna]
mahni chauha awm chu hlimna dik tak man a ni tih hre reng
ang che

Nun hi sawi lawk theih loh, duhthusam, leh thuruk,
rinhlelhna leh harsatna leh buaina chi hrang hranga khat
angin lang mah se, Pathian venhimna hnuaiah kan awm reng
a ni Thil thlengte hmachhawnin thil kan ti uar lutuk tur a ni lo
va, kan rilru hahdamna pawh kan hloh tur a ni lo, a chhan
chu hlauhna hian min hneh kan phal chuan sualna chu
thiltihtheihna kan pe a, a zung kan thuk zawk a, chu chu
hlauhna leh hlauhthawnna

Zan tin heti hian inzawt rawh: Pathian nena hun engzat
nge i hman tawh, engzat nge i ngaihtuah a, engzat nge i
tihlawhtlin tawh, engzat nge midangte tana i thawh tawh,
?engzat nge i duhzawng i thunun

Nun harsatnaah hian hlimna leh thlamuanna nghet tak
hmuh kan beisei tur a ni lo; rather, we must seek and
discover them within ourselves Tichuan, eng thil tawn pawh
paltlang ila, movie-a mi dang thil tawn, nuam emaw,
hrehawm emaw kan en ang bawkin kan hmachhawn ang
Mi pakhat chuan a thil tawn zawng zawng chu a rilruin a
phalsak chuan hrehawm, hrehawm takah a chantir thei
Hriselna tha tak neiin a hlutna pawh a hrethiam lo mai thei
Mahse, a damloh chuan chutih hunah chuan an inngaitlawm
ang a, damna malsawmna chu an ngaisang ang Pathian
duhsakna kan pawm tur a ni a, lawmthu sawi tur a ni a, kan
chungah malsawmna min pekte chungah lawmthu kan sawi
tur a ni a, lawmthu kan sawi tur a ni tin, A khawngaihna chu
pawm rawh

Nun hi ngaihtuahna leh thiltih inzawmkhawmna a ni tur
a ni Miin a rilru inthlauhna a hloh chuan lungkhamna,
lungngaihna chhum leh hrehawmna nasa tak karah a
hlauhawm ta a, hriselna, hausakna leh finna dan bawhchhiat

a tum chuan natna, retheihna leh hriat lohna te a tuar ngei
ang

Kan thil tumte chu kan vawn thianghlim tur a ni a, kan
thil tumte chu kan vawn fai tur a ni a, rilru thlamuanna min
thlen thei zawnga kan che tur a ni a, nun dinhmunin kan
thlamuanna a tibuai a, kan hlimna a tichhe thei lo

Thinlung lungngai leh ngaihtuahna kehchhia te hian min
hip a, eng anga hla pawh nise
I hmangaihna lalram êng tak ramri chu zawi zawiin i
chhungte, i ðhenawmte, i khawtlang, i ram, leh ram leh
thilsiam hriatna nei zawng zawngte pawh huam vek turin
tizau rawh

Kan finna pawh kan tichak tur a ni a, kum tam tak leh
thlah kal zel atanga kan rochun finna leh nungchang lama
chak lohna phurrit chu kan hnawl tur a ni Heng
bawlhhlawhte hi thutlukna thar leh thil siam chhuah theihna
meipuah hian halral vek tur a ni Hetiang ngaihtuahna siam\
hatna hmang hian mimal inpekna dik tak chuan zalenna leh
zalenna hmun a thleng thei a ni
Nunna stage-a i chanvo ropui tak i chan theih nan i
chhunga thiltihtheihna tawp nei lo chu activate rawh
Miin thil neih emaw, sum leh pai emaw, hmingthanna
emaw, Pathian tih loh thil dang emaw a biak tan meuh chuan
hlim lohna chu a chanvo a lo ni ta Hêng thila an ngaihtuahna
zawng zawng dahtute chu a takah chuan chibai bûk an ni a,
chuvângin Pathian chu an hnaih lo va, Amah chu an
inhnukdawk zâwk a ni Mahse Pathian ngaihtuah a, Amah an
ngaihtuah a, an thinlunga Amah nên an inbiak ðhinte chuan
Amah chu an hnaih a, an chhûngril lam chu an tawng ta a ni
Amah nena ngawi renga an inpawlnaah hlimna
Pathian chauh hian mihring duhthusam leh hlimna
chatuan atana beiseina a tihlawhtling thei a, chuvangin
thinlungah Pathian hmun luah tur engmah phal loh tur a ni

A zawngtuin Pathian a hriat reng theihna tur leh a hnaih
theihna tura pui thei chhinchhiahna thianglim a awm
Amaherawhchu, miin heng chhinchhiahnate hi a biak tan a
nih chuan, an chhiatnain a hlawkna a tluk phah ang Pathian
lam chauh biakna hi Pathian lam chauh a ni tur a ni, thil
dang reng reng hi biak tlak a ni lo

Ritualistic worship hi eng ang pawh ni se, Pathian
biaktuin thlarau lam hriatna leh Amah duhna nena a tih
chhung chuan Pathian pawm tlak a ni Amaherawhchu, mi
tam tak chuan biakna thupui chu an hrethiam lo va, an
ngaihtuahna leh thinlung chu Pathian a\angin ritual-ah a
inthlak a, chutiang chuan an biakna a\angin hlawkna tam tak
an hmu lo

Pathian chibai bûktu dikte chuan an hriatna chu eng lem
emaw, pianphung emaw-ah chauh dah an phal lo va, milem
leh chi tinrêng hnuaia Pathian thlarau chu hmangaihna thuk
ber leh ngaihvenna famkim nêan an ngaihtuah a ni
Pathian chu a famkim a, a tawp chin nei lo a ni a, eng
lem emaw, milem emaw pawhin Amah chu a keng tel thei lo
Pathian chu thinlung taka hmangaihtu leh amah nena
inrem zawng zawngah a inlan thin tih theih a ni, a chhan chu
khawi hmunah pawh a awm a, chuvangin mi zawng zawngah
a awm reng a ni Amaherawhchu, mi zawng zawng hian
Pathian awmna lantir theihna an nei vek lo Ni chu
lungalhthei leh diamond-ah pawh inang tlangin a eng a,
mahse diamond hian ni eng a dawng a, a lantir thei lo
Chutiang bawkin mi zawng zawng hi Pathian êngah an
inhnim pil vek a, mahse mi tlemte chauhvîn chu êng chu an
dawng thei a, an ngaihtuahna leh thiltihah an lantir thei a,
chutiang ti tur chuan ngaihtuahna hmangin leh Pathian
zirtirna leh thupekte zawmin an inthiarfihlim a ngai a ni
Pathian hming kan lam hian kan thusawi hi thuk tak leh
thinlung takin kan hriat a ngai a ni Tawngtai laiin mi rilruah i
hmu thei a nih chuan a tam zawk chuan Pathian tih loh chu
engkim an ngaihtuah tih i hmu ang, A hming an sawi lai

pawhin! Chutiang tawngtaina chu rah chhuah nei lo leh
hlutna nei lo a ni

Kan tawngtai hian kan rilru zawng zawng chu Pathian
chungah dah kan tum tur a ni a, kan ngaihtuahnate chu a
vak kual tir chungin a hming malsawm tak sawi nawn mai
mai ai chuan Ka pi pakhat chuan a tawngtaina chu
tawngtaina beads-ah a sawi thin a, chu chu a kut atanga
chhuak tam tak a ni lo Mahse ni khat chu ka hnenah a
inpuang a, kum sawmli chhung zet he tawngtai dan hi a lo
hmang tawh chung pawhin Pathianin a tawngtaina a chhang
lo tih hi mak a ti lo! A "tawngtaina" chu nervous habit tih loh
chu engmah a ni lo

Kan tawngtai hian Pathian tih loh chu engmah kan
ngaihtuah tur a ni lo Kan biaknaah thinlung tak tak leh kan
dilnaah inpekna nei turin kan bei tur a ni Tawngtai beads
hman leh Pathian hming lam reng hi chu thil tih dan chu
thinlung atanga lo chhuak a nih a, thinlung tak tak leh rilru
ngaihtuahna fim tak hmanga thlawp a nih chuan pawm tlak
tak a ni Amaherawhchu, he thil tih hi hun kal zelah
automatic a lo ni thei a ni

Kan thinlungah Pathian hming kan hril tur a ni a,
duhthusam leh Pathian hmangaihna nen; hei hi Pathian
thinlung khawihtu biakna dik a ni Thianghlim tak leh rilru
vakvai taka Pathian hming sawi chu Pathian sawichhiatna
leh zah lohna a ni Mi pakhatin a tawngtai hian a thinlung leh
rilru chu Pathian hmangaihna a khat a ngai a ni
Aw Lalpa, Nang hi fiahna leh hrehawmna tuipei buai
takah ka ngaihtuahna vakvai kaihruaitu Pathian Hmarchhak
Arsi chu i ni

Yogic exercise sang zawk hmanga rilru concentration tih
hian Pathian ngaihtuah leh Amah nena inbiak pawhna a pui
ang bawkin Pathian, ropuina leh ropuina bulpui ber chu
hnaih zawk turin a pui a ni
Pathian ngaihtuah nâna thlarau lam inhnukdaw (a theih
chuan) atân kar khatah ni khat inpek a pawimawh a,

thlamuanna, remna leh chhûngril thlamuanna tawn hi a
pawimawh hle Chutianga hun hman chu kar khat chhûnga i
hmachhawn tur harsatna leh lungkhamnate tân chuan a
thlamuanthlâk hle ang

Mi tinin an rilru hliam leh hrehawmna tihdam nan kar tin
ni khat chu inthiarfihlim emaw, "thlarau lam inhnukdawkna"
emaw-ah hun hman a ngai a, Chu ni chu remna, hlimna leh
lungawina ni a nih chuan kar tin nghakhlel takin i nghak ang
Mahni chauhna hi ropuina man a ni He thlarau lam
inhnukdawkna leh i thlarau leh Pathian nena inzawmna
hmang hian i rilru, taksa leh thlarau tana rah chhuah mak
tak takte chu mak i ti hle ang Hlimna dik tak i duh chuan
zingkar hma takah i harh veleh Pathian remna tuifinriatah i
inhnim pil tur a ni a, zanah pawh i mut hmain i inhnim pil tur
a ni bawk

India rama mi fingte chuan ni khat chauh inthiarfihlim ni
lovin, nitin hun bik pali chhunga ngawi renga ngaihtuahna
hman a tulzia an sawi uar a, zing khawvar hmain, tho leh
tumah hmuh hmain, thlamuanna leh thlamuanna hriatna chu
a hlim tur a ni Chawhnu lamah chuan chaw ei hmain rilru a ti
thlamuang tur a ni a, zanriah ei hmain thlamuanna hun a
hmang leh tur a ni A tawp berah chuan zan lama mut hmain
vawi khat chu thlamuanna dinhmunah a lut tur a ni belh
Mahni chauha awm leh heng nitin hun li chhung zawnga
taima taka ngawi renga awmte hian Pathian nena inremna
an tawng ngei ang Heng hun zawng zawng zawm thei lote
hian zing leh tlai darkar tal chu hemi atan hian an hlan tur a
ni Chutianga an tih chuan an nun chu a tha zawngin a
inthlak ang a, hlimna dik tak an tawng ang experience hi a
finfiahna tha ber a ni

I bank account khuh tur sum dahkhawm lovin check i
ziak chhunzawm zel a, i sign zel chuan i sum a tawp ang I
nunah pawh chutiang bawk chu a ni I nun account-a remna
dah reng loh chuan i chakna a tlahniam ang a, i thlamuanna
chu a bo ang a, i hlimna chu a bo vek ang A tawi zawngin, a

tawpah chuan rilru, rilru, taksa leh thlarau lam bankruptcy i
tuar ang Mahse Pathian chungchang ngaihtuah thuk tak
chuan a tipung leh ang i emotional account a ni
A zawngtu rinawm tak chuan nitin a ngaihtuah a, a
thinlunga hmangaihna leh duhthusam zawng zawng nen
Pathian nen an inbiak a, Amah inpuang turin a ngen a,
Pathian hmangaihtu i nih a, a awmna tawn duh i nih chuan, i
rilru leh taksa chu a thlamuannaah i thun lut tur a ni a, nun
hian a nuihzat ang che a, i thil tih chu kawng tam takin a lo
tha chho ang

Mi rilru hahdam chuan tihsual a nei tlem hle a, mi sang
tam tak hlawhchhamna hmunah pawh a hlawhtling thin
Pathian ngaihtuah lo leh Amah ngaihsak lote chu an
lungngai a, an lungngai hle thin An thinrim a, kalna machine-
ah an chang ta a ni

Thlarau lam i beih a, i thinlunga Pathian hmun hmasa
ber i pek chhung chuan finna leh remna ni chu thlamuanna
vanah a lo chhuak ang a, i nihna chu a damna êngah a silfai
ang

Thla pakhat chauh hi arsi zawng zawng inzawmkhawm
aiin a eng zawk a ni Ni, a te tak te anga lang chuan a aia a
let maktaduai tam takin a lian zawk hmun atang chuan thim
a ti bo thin Chutiang bawkin, mi tha chuan khawvela a awm
mai mai avang hian mi sualte tihchhuah vibration tam tak
dodaltu leh neutralize thei vibrations a pe chhuak thin
Inngaihtuahna ni chu rilru leh taksa chawlhna ni a ni tur
a ni a, chhungril thlamuanna chin ni tur a ni bawh
Nu leh pate chawimawi chungchângah chuan, lehkhabu
thianghlimte chuan tha taka enkawl tûrin a rawt a ni: “I pa
leh i nu chawimawi rawh” tih leh “Nu leh pate chungah
.ngilnei rawh” tih te hi a ni

Mihring nu leh pate hi Pathian aiawhtu, mihring siamna
thilpek petu anga chawimawi tur a ni Nu chu Pathian
hmangaihna thianghlim tak tak a ni a, hmangaihna nei nu

chuan midang duh lohna hmunah a ngaidam si a Pa chu
Pathian finna lanchhuahna leh a fate humhimtu a ni
Mi pakhat chuan Pathian a\anga in\henin a pa leh a nu a
hmangaih tur a ni lo va, a hmangaihna humhimtu leh fing
tak lantir nan Pathian thlarau chungnung ber chu naupang \
anpui turin pa leh nu a lo ni \hin a; chuvangin nu leh paah
chawimawi tur a ni

Pathian Lehkha Thu pawhin thah duhna avanga thah lo
turin min fuih bawk a, chutih hunah chuan mi pakhat chu
tualthattu a lo ni ta si a Mi pakhat chu rilru natna nasa tak
karah mi dang nunna a la tur a ni lo Amaherawhchu, a
hmangaih tak takte chu vau an nih chuan Pathianin an
hnenah a hlante humhim turin a beih a ngai a, mahni
chhungte leh ram humhim hi tih tur thianghlim a nih avangin
Uire khapna chungchangah chuan, mipat hmeichhiatna
lama inpumkhatna tum ber chu Pathian anpuia siam fate
siam chhuah leh Pathian inhmuh tawinna nei nupa
inhmangaihna thianghlim tak lantir hi a ni tur a ni Taksa
level chauha nung, hmangaihna dik tak emaw, mipat
hmeichhiatna lama duhna siam chhan sang zawk emaw
ngaihtuah lovin, he thupek ang hian uire an ti He thu-ah hian
an satisfy thei rannungte nen hian an danglam lo sexual
urges a awm a, chutah chuan an kal ta a ni
Pathianin he thil siam chhuah duhna hi hmeichhia leh
mipaah hian nupa nunah inhmangaihna dik tak siam leh
lantir turin a siam a, chu chu a dangin hman dik loh tur a ni
lo va, thiltih thianghlim leh hriatnaah chantir zawk tur a ni
I nihna chhungah hian sexual power i thunun thei a, i
sem darh thei a nih chuan, kawng dang chhiar sen loh
hmanga ziaak, lemziaak, emaw, talent thup pholanna kawngah
rilru lama thiamna ropui tak tak i nei thei ang
Tin, a tawpah chuan thil siam chhuahna hnathawh i
thunun thei a, thlarau lamah i thlak danglam thei hunah
chuan remna nasa tak, hmangaihna nasa tak leh thlarau lam
hlimna nasa tak i nei ang

Mithianghlim leh thlarau lam hruaitute chu thlarau lama
an mipat hmeichhiatna lama inthlak danglamna neitute chu
khawvelah leh thutak zawn chhuahna thuruk zawnga thil
mak leh mak tak tak ti thei mi lian tak an ni

Chutiang chuan, mipat hmeichhiatna lama rilru put
hmang hmanna sang ber chu a thiltihtheihna tihsan a ni a,
chu chu finna, thil tum sang zawk, leh thlarau lam thu bulte
lantîr nâna a chakna chu thiltum sâng zâwk lam hawia kalpui
a ni Miin mipat hmeichhiatna ngaihtuahna a\angin hlimna a
hmu tûr a ni lo va, khap thil chu a duh tûr a ni lo Hetiang ang
mahni inthununna hi a thlen hunah chuan mipat
hmeichhiatna leh a thiltum sâng zâwk chungchânga ngaih
dân dik tak a nei ang

Mipat hmeichhiatna lama bawih nih chu hriselna, mahni
inthununna leh rilru lama thlamuanna hloh tihna a ni a, a
tawi zawngin, mi pakhatin a mamawh hlimna element zawng
zawng a hloh tihna a ni

Lehkhabu thianghlimte pawhin rukbo lo turin min fuih
bawh Mi sangkhat pawl pakhatin rukbo ta se, hmelma 999 ve
ve an nei ang Chuvangin, mi pakhatin mi dangte dikna
chanvo a bawhchhia tur a ni lo va, an ram, remna,
hmangaihna, zahawmna, emaw an thil neih emaw, an
thlarau lam thil emaw engmah laksak tur a ni lo l ta ni lo lak
duhna i neih loh chuan i mamawh emaw, i duhzawng emaw
chu i hnenah a lo thleng ang Ruk originates first in the mind
when a person begins to envy others The seeds of malicious
desires must be disrooted from the mind Thlarau lam thila
innkaitlawmna chu kawng a ni Tichuan, mi chuan a
pianphungah chuan tamna a hip ang a, malsawmna a luang
chhuak ang a, a hriatna leh a hriat loh hmun a\angin
malsawmna a luang chhuak ang Hei hi Pathian dan dik lo
thei lo a ni Rukru leh mahni hmasialtute chungchang erawh
chuan thil neih zawngin an nun an hmang \hin thil neihte,
anmahni sum bawm chu rangkachakin a khat pawh ni se, mi
dangte thil neihte chu an en reng a ni

Tisa lama mahni hmasialna hi kalsan a nih loh chuan

khawvelin hlimna a hre thei lo

Thlarau lama thawhhona hmang chauhvin hlimna a lo
thleng Miin midang mamawh chu mahni ta ang maia a hriat
a, mahni tana hna a thawh ang bawka midangte tana hna a
thawh hian a lo thleng thin

Thupek pawimawh dang chu thudik dik lo sawi chhuah

loh hi a ni Thutak tihdanglamna hmanga mi tihnat chu
khawtlang inremna tihchhiatna kawng dang a ni Miin enkawl
that a duh chuan chutiang chuan midangte a enkawl tur a ni

Thudik chu sawi fo tur a ni a, mahse thudik sawi leh thudik
sawi mai mai inkara thliar hnan tur a ni Mi pakhat kebai
emaw mitdel emaw tia sawi chu a ti na a, a tichhe thei a; mi
pakhatin mi dangte rilru put hmang ngaihtuah a, mualpho
loh tur chu ai chuan, mi dangte tihmualpho emaw, tihchhiat
emaw pumpelh nân dinhmun thenkhatah chuan a ngawi
reng thei a ni

Mi pakhat chu inhuatna lakah fimkhur a ngai a, chu chu

thlarau thlamuanna hrualtu natna tichhe thei tak a ni Mi
dangte ta a duh chuan a hlim lohna leh hrehawmna a nasa
zual zel a ni

Mi pakhat zahawmna leh a chhungril hlutna chu Pathian

neih a duh emaw, a duh zawng emaw aiin a ropui zawk daih
a, Pathian chu mihring tinah a lang chhuak a, chu chu
mihring dangah a lang lo An hmel chu midang hmel ang a ni
lo va, an thlarau pawh midang ang a ni lo, an chhungah hian
thilsiam zawng zawng zinga ro hlu ber chu a awm si a—chu
ro hlu ber chu Pathian a ni

Kan nun hi thil \ha tihin eng leh \hang lian se, lawmna

leh lawmna rimtui, min ngaihlutute hriatrengnaah chatuan
atana nung turin kan duh a ni

Miin rinna dik a neih a, chu mi ang zela thil a tih chuan

rinna tlachham leh nun indonaa an tih tur hlen lote aiin a
hlim zawk thin

Rinna dik leh thiltih dik (thil tum ropui tak leh tum \hain
a thlawp) chu hlimna awmna apiangah a awm reng a, hlimna
awm lohna hmun apiangah a bo vek a ni Hemi atang hian
hlimna atana thil pawimawh pahnih, chutiang tel lo chuan tih
theih loh Hlimna duhtute chuan heng thil bulpui pahnih, a
lungphum leh lungphumte chauh hi an neih a ngai a ni, tiin
kan thutlukna siam thei a ni
Mihringte hian universe-a thil awm zawng zawng tawp
nei lote chu an duh angin an thunun thei lo va, an tidanglam
thei lo va, an thai bo thei lo Heng thil awmte hi mihring
nunna puan nen hian inzawm tlat an ni a, mihringte hian
anmahni atanga inhlat takin hna an thawk thei lo a,
Amaherawhchu, mihringte hian an rilru chu heng thil chi
hrang hrangte nena insiamrem turin an thunun thei a, an
tihchhiat loh nan
Kan pi leh pute kha tuna kan neih aia khawvel thil leh
nawmsakna an neih tam vang emaw, nun harsatna an tawk
tlem vang emaw ni lovin, thlamuanna, thlamuanna,
lungawina leh a tawi zawngin hlimna pe theitu rilru lam
inthlauhna an neih vang a ni zawk

An hlimna atan pawn lam dinhmunah an innghat lo va,
chu chu an laksak thei tur pawn lam dinhmunah pawh an tlu
lo An thlamuanna, thlamuanna, hlimna leh lungawina te chu
a pianphung, thil pangngai, hrisel, leh nghet tak a ni Keini
pawhin hlimna neih kan duh chuan heng rilru put hmangte hi
?kan tuar chhuak tur a ni Tin, kan zingah hian tu nge nei lo

Fate hi duhthlanna zalenna emaw, duhthlanna zalenna
emaw hman tawhna rah chhuah a ni Kan duhthlanna zalenna
kan hman tawhna hmang hian kan chungah chanvo leh
chanvo kan rawn keng tel a, kan rawn thlen chhunzawm zel
a ni Mahse, hun kal tawhin min phuar lo va, kan thiltih rah
chhuah pawhin chatuan atan min tihbuai lo bawk Kan tuh

tawhte chu kan hlihsak thei a, kan thuziak chu kan thai bo
thei a, chutiang taka kan kalna tur siam\hat leh kan quality
tihchangtlun kan tum a nih chuan sengkhawm
Thiltih chi, a rah chhuah hrehawm tak takte chu kan
tiboral a, a aiah thlarau nihna nena inmil zawk chi kan phun
chuan, chu thlarau leia tuh chi tha tak takte atang chuan
hlimna rah chu kan seng ngei ang Kan duhthlanna zalen chu
tunah hian, tunah ni lovin, naktuk ni lovin, hlimna nasa zawk
kan neih emaw, hrehawmna leh hrehawmna tihziaawm
emaw kan duh chuan kan duhthlanna zalen kan hmang tur a
ni

Chuvangin hlimna tur dinhmun chu mihring chhungah a
awm a, a tih tur awm chhun chu chu equation dik lo tak chu
uluk taka hmachhawn mai a ni a, a rah chhuah chu a tha
berin a tehna leh a hmachhawn chuan a tan a tha ang
Aw Lalpa, ka nihna chu I chaknain khat rawh se, ka
thinlung hi I awmna thlamuanthlak leh lainatnain khat rawh
se, ka rilru chu I finnain khat rawh se, ka thlarau chu I
Pathian hriatnain khat rawh se
In thinlung leiah chuan hmangaihna chi chu a lo thang
lian a, chu chi chu khawvel pum huap hmangaihna leh
khawvel pum huap lainatna tuiin Tui rawh
Rilru thiltihtheihna hi a tawp lo va, chumi ang chuan eng
thupui pawh ngun taka i ngaihtuah chuan chu thupui nena
inzawm zawhna eng pawh chhanna i hmu ang
Miin a hnathawh leh thiltih zawng zawng chu mi dangte
rawngbâwlina atân a hlan a, rilru hlim tak pu chungin a hlen
chhuak a nih chuan ngaihtuah leh lâwmthu sawi a phu tak
zet a ni
Kawng khata awm tur kan ni lo va, kan hnathawh hi kan
inthlau tur a ni a, kan hnathawh leh kan tih tur te hi kan dah
pawimawh ber tur a ni, pakhat zel pawimawhna azirin
Duty chu miin taksa lama hlawkna tur ni lovin hlim taka
a tih thiltih a ni a, thlarau lam leh nungchang lama tih tur
chu nunah a hmasa ber tur a ni

Mihring tin hian theihna hman loh (untapped potential)
kan nei a Chakna tul zawng zawng an nei Rilru ngei pawh hi
thiltihtheihna sang ber a ni a, thil tih dan leh ngaihdan
hmanlai leh khap tlat a\angin a chhuah zalen a ngai a ni
Planet leh arsi te hian mihring nunna a nghawng dan hi
planet leh mihring taksa inkara inrawlh leh hnawhchhuahna
chakna (intervening forces of attraction and repulsion) vang
a ni

Ngaihtuahna sual chuan mi chu a duh dan ang zela a
inpuan chhuahna hmun chhiatna hmunah a hruai a
Amaherawhchu, mi pakhat chuan duhthlanna hmangin a
ngaihtuahna leh hriatna chu a thlak danglam thei a, chumi
avang chuan a chhehvel Mi pakhat chu boruak tha lo takah
hun rei tak a awm chuan chu boruak chuan a hriat lohvin a
nghawng tan a Hun kal zelah chuan boruak hrisel leh hrisel
thlan theihna zalenna chu a hloh vek a, chu boruak
chhiatthlak tak chuan nghawng tha lo tak hnuaiah a awm ta
a ni Duhthlanna chak tak neite erawh chu Pathian nen an
inrem a ni

Thinlung chakna (concentrated mind energy) a ni
Magnifying glass hmanga ni êng chu hmun tenau takah i
dah chuan lumna a siam a, chu lumna chuan thing, puan,
lehkha leh thil dang tam tak a tiharh thei Chutiang bawkin, i
rilru dik taka i dah chuan a chakna inzawmkhawm chuan
hlawhchhamna zawng zawng hnuaia rinhlelhna zung chu a
kang bo thei a, finna êng chu a eng chhuak thei a ni
Rilru chu thil \ha zawng zawng bul leh thiltihtheihna
zawng zawng lo chhuahna Pathian nêna a inzawm chuan
Pathian awmna a hre chiang a, hlawhtlinna thil zawng zawng
a nei vek a ni Heng thilte hi Pathian thiltihtheihna nasa tak
nên a inzawm tlat a, eng kawngah pawh hlawhtlinna hun
remchâng thar a siam thei a ni

Buaina leh harsatna chu mi pakhatin a hmaa a thiltih
tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a,
Tuna an hrehawm tawrhna hi an hriatna leia zung kai, thing
leh mauah lo piang chhuakin, chu ngaihtuahna leh thiltih
ziarang tak tak lantir thei rah chhuah a\anga lo chhuak a ni
Fiahna leh hrehawmnate hi mi tihchhiat emaw, a
duhzawng tihbuai emaw tur a lo thleng lo va, Pathian
ropuizia ngaihlu turin leh a dante zah tir turin a lo thleng
zawh a, chuta tang chuan hlimna dik tak an neih theih nan
Pathianin heng fiahna khirh tak takte hi a tir lo a ni, a chhan
chu a bul berah chuan mihring siam a nih avangin Mihringte
hnen atanga thil phut zawng zawng chu ngaihsak lohna
muthilh atanga a hriatna tiharh a, hriat lohna thim atanga
chhuah chhuah hi a ni hriatna êng chu
A tam zawkah chuan kan hriatnate hian hlimna rei lo te
min tiam a, a tawpah chuan hun rei tak chhung hrehawmna
leh hrehawmna min thlen thin Nungchang tha leh hlimna dik
tak erawh chu a tiam tlem hle a, mahse a tawpah chuan
hlimna thianghlim leh nghet tak min pe thin Hei vang hian
chhungril, hlimna rei tak chu hlimna dik takah ka ngai a, hun
rei lote chhunga tisa hlimna chu hlimna mai maiah ka ngai a
ni

Van boruak atanga mel maktaduai tam tak atanga ni i
en chuan chu arsi lian tak chu kan Leilung aiin a te zawkin a
lang a ni
Mahse, Leilung hi mel 7,900 vel a ni a, chutih laiin Ni hi
Lei aiin a let za zetin a lian zawh Kan planet Earth hi Ni
hmaah direct-a dah thei ta la, Ni nena khaikhin chuan dot te
tak te angin a lang ang
Ni chakna chak tak chu a zau zel a, a zau zel a, a mass
lian tak chuan van boruak dum zawng zawng a ei zo vek
tawh ang u. Kan hmuh van hi a tlem ber mai a ni a, a speck

te tak te tak a ni tak zet a ni, chu chuan universe tawp nei lo
chu a huam vek a ni

Ni chu a zau zel a, space-ah hun tiam nei lovin a inzar
pharh chhunzawm zel a nih pawhin, tawp chin nei lo chu a la
huam thei dawn lo

Cosmic illusion of smallness and finitude hian rilru chu
chu cosmic vastness chu a hriat theih loh nan a tikhawtlai a,
a tikhawlo bawk

He absolute void hi khawi atanga lo chhuak nge a nih a,
?khawiah nge a huam chin

Dimension emaw, tehna emaw hnuaia awm lo, tawp
chin leh bul tanna nei lo chu Pathian a ni a, hmun tina awm
leh hmun hla ber ber a awm a ni Arsi hla tak, hla tak takah a
awm Nangmah leh ka chhungah a awm ang bawkin , a hmun
luah zawng zawng chu a hre Chiang hle a, eng ang pawhin te
emaw, lian emaw pawh ni se

Hun kal tawh chu mihring tam zawkin an hre lo va, mi
êng nei tlemte thlan bikte tih loh chu Mahse, hun kal tawh
kan hriat lohna pawh hi kan hlawkpui a ni A chhan chu he
nunah leh nun hmasa lama kan thil tih zawng zawng hi hre
vek ila chuan kan thiltih tam lutuk hian min hneh vek ang a,
kan buai vek ang Kan duhzawng chu a mangang lutuk
avangin a paralyzed pawh a ni thei a, kan thil tum
chhunzawm thei lo turin min siam thei a ni..

.

leaving us prey to despair He lei nunah pawh hian
theihnghilh hi Pathian malsawmna a ni a, kan ngaihtuahna
leh rilru put hmangte chu hun kal tawh hriatrengnain a ei zo
lo va, a bik takin a hrehawm leh hrehawm tak takte chuan
Vanneihthlak takin, kan chhunga Pathian meialh chu
beiseina leh nun kawng tawp lo chhunzawm duhna nen a
eng chhuak fo thin Heng malsawmna pahnih: theihnghilh

theihna hi Pathian hnenah lawmthu kan sawi tur a ni hun kal
tawh leh hmalam hun beiseina te

Fate hian duhthlanna zalenna kawngah daltu a siam tih
hi kan thutlukna siam tur a ni lo Amaherawhchu, mi tam
zawkin chanvo leh chanvo avanga nghawng tha lo an neihte
do turin theihtawp kan chhuah tur a ni a, kan chhungril rinna
ang zela duhthlanna zalenna chu kan hmang tur a ni, chu
chu rinna dik takah innghat leh Pathian danah innghat a nih
phawt chuan, chutiang a nih loh chuan mi chuan himna dik
tak a tem thei lo vang

Thiltih kan tan hian thil \ha lo tak takte hian min ti
hlauhawm lo va, a tam thei ang ber beiseina nei tur a ni a,
duhthlanna hman leh duhthlanna zalenna hmanna kawngah
engmah a ding thei lo tih rinna famkim nen

Mihringte hi lui chungah hnah leng ang mai kan ni fo va,
chu chu automatic habits current atanga inhnukdawh a ngai
a, chu chuan illusion leh destruction waterfalls lam pan a
phur a ni Mi tam zawk chu ngaihsak lo angin an lang a,
current in a nuai bo an phal a ni

Kan thil tum kan hlen chhuah loh chuan, kan thlen theih
lohna tur daltu kan siam chhuah a awm tih hi implicit takin
pawm a ni Kan duh ang result kan neih theih nan kan beih
chhunzawm zel tur a ni a, kan thawhrimna hi a let hnih zetin
kan tipung tur a ni Kan intiam a ngai bawh a, eng ang
harsatna leh harsatna te hi eng ang pawhin chak leh
hlauhawm tak ni mahse, kan hlawhchham pawhin hneh
theihna chakna kan la nei reng a ni despite all our attempts,
there is no need for desperation or frustration, as long as we

understand that human will is stronger than destiny, which is
of our own making Chuvangin, vawi engzat pawh
hlawhchham mah ila, beih kan chawlsan tur a ni lo, a chhan
chu kawngkhar inhawng a awm reng avangin Hlawhtlinna
min pek hma loh chuan kan beih chhunzawm zel a ngai a,
chu chu kan beih nawn leh zel a ngai mai a ni Pathianin
Amah kan chhân lêt phawt chuan òanpuina min pe ang tin, a
tul anga theihtawp chhuah rawh [Kawng zawh chuan a tum a
.thleng ang a, Pathian ringtu chu a beidawng lo vang]

Miin thil engemaw nasa tak leh nghet taka a duh chuan,
chu duhna chuan an hriatna a chhuahsan ngai lo va, khawi
hmunah pawh kal se leh an buaina chu eng pawh ni se A
thiltih reng reng leh chau lo tak hmangin, chu duhna chuan
tumruhna leh chakna nasa tak a nei a He chhungril thusawi
hi mechanical dilna aiin a chak zawk a, a hlawk zawk a, chu
chuan hmui a tichhe mai a This is how those who love God
act They whisper their love for Him ceaselessly, their
heartfelt whispers remaining inaudible throughout their daily
activities He thinlung taka thusawi hian an ngaihtuahna a
tibuai lo va, an tih tur dangte nen pawh a inhnial lo va
Pathian an duhna a lo lian zel a, Amah an hmangaihna chu a
thuk lehzual a, a zual zel a, A awmna an tawn a, thlarau mit
hmanga A êng an hmuh hma loh chuan Hlimna nasa tak an
tem a, sawifiah theih loh thlamuanna an nei bawk

Pathianin nunah kan mamawh zirlai te chu kan hlawkpui
theih nan leh hriatthiamna leh tawnhriat kan neih theih nan
min tir a, chu zirlai chu pumpelh apiang chu eng chen pawh
ni se zir tura nawr luih a ni ang

Fiahna tinreng hi kan zir chhuah chuan òhian a ni a, hun
remchang kan khawhral a, phunnawi, thinrimna leh rorelna \

ha lo tak nena kan hman dik loh chuan thuneihna sang tak
nei (tyrannical despot) a ni

Hriatthiamna \ha tak leh nun chungchanga rilru put
hmang dik kan neih chuan a mawi a, buaina awm lo a lo ni \
hin

. -

rilru lam thil thlengte

Mi chu chatuan atan hlimna thlipuiah a phur thei lo va,
lungngaihna tui buai takah a pil thei lo va, boredom thuk
takah pawh a pil thei lo He khawvel pahnih inkara inhnialna
hmunah hian mi pangngai chu a sang leh hniam a tawh thei
lo—hlimna thlipui chungah a tho chhuak a, ngaihsak lohna
thlipuiah a pil a, lungngaihna thlipui nasa takin a tossed a—
lungngaihna thlipui tleh nasa takin a toss kual thei lo—
chutiang dinhmun dang a tawng
lo.. . . .
.
rilru harhna

Chutianga thil awmdanin a ngaihtuahna a tihbuai
phalsak chu a duhzawng chu thil duhthusam leh danglam
reng tur chanvo (capricious and ever-changing fate)-ah hlan
tihna a ni Miin nun hlawhtling leh hlawhtling tak a neih theih
nan a mamawh chu rilru inthlauhna a ni a, hei hi
ngaihtuahna fim tak leh a rilru lam thiltihtheihna (emotional
faculties) thununna hmang chauha tih theih a ni

Lungngaihna thuk ber pawh hi hun kal zelah a dam a,
chuvangin kan nunah nitin lungngaihna ngaihtuah hian
awmzia a nei lo Hmangaih tak boralna lungngaihna reng
reng hian anmahni emaw, keimahni emaw a pui lo va,
engmah a tidanglam lo Chutiang bawkin, inferiority complex
neih emaw, hun kal tawha tihsual emaw, hlawhchhamna
emaw avanga mahni hrem emaw hi a counterproductive a
nun chu a ti hrehawm lo va, rilru chakna a titawp mai a ni

Boring routine khurah kan tlu lut tur a ni lo, a chhan chu
chu chu rilru lam dinhmun, nuam lo tak a nih avangin, rilru a
tibuai a, theihna thup te chu ngaihsak lohna furnace-ah a hal
a ni

Hlawhchhamna chu a bul a\angin tihbo a ngai a, Pathian
\anpuinain, buh seng tam tak seng tur chuan taima leh
tumruhna nen nunna lote chu laih chhuah a ngai a, \hatna
chi tuh a ngai baw
Tun hmaa tuman an la tih ngai loh thil ti rawh—khawvel
mak tih tur thil ti rawh Pathian thil siam chakna chuan
nangmah hmangin hna a thawk tih lantir rawh

Mi rilru muang leh zahawm tak nei mite chuan kan
ngaihtuahna chu magnetic leh hrisel taka siam turin an pui
Mi pakhatin a rilru chawmna chu boruak muanawm emaw,
buaina emaw a\angin a la chhuak em tih hriat a harsa lo
Lungkhamna, lungngaihna leh buaina zawng zawng hi mi chi
dik lo, ṭhiante emaw, chhungte emaw nena inzawmna a\

anga lo chhuak vek a ni a, chu chuan ngaihtuahna lungkham
tak leh rilru buai tak a thlen a ni

Taksa hian taksa ei leh in atanga chakna leh thiltih a la
chhuak a, magnetic foods hian taksa leh rilru pahnih tan
chakna charge a pe a, chu chu solid leh liquid ei tur, awlsam
taka chakna nungah a chantir theih loh aiin a ei awlsam
zawk a ni

Hriat lohna chu finna-ah i chantir thei a, chak lohna leh
chak lohna chu hriselna leh chaknaah i chantir thei a, nun
kawngteah inrintawkna leh huaissen takin—mahni chauh
pawh ni se—i kal theih hunah, leh chhialeh tha hriatna nung
leh fimkhur tak neihnaah chhungril hlimna i hmuh hunah, leh
Pathian dikna leh dikna leh diknain thil dik lo leh thutak
hnehna chu thil dik lo chungah hnehna rinna nghet tak i neih
hunah te, leh i ngaihtuahnate chu chawisang tura tih nghet
taka i beih hunah te level sang zawk leh thianghlim zawk,
leh midangte chungah hmangaihna leh lawmthu sawina
thinlung leh tum \ha nei la, i finna chawmna chu magnetic a
lo ni ang a, i mamawh leh himna tuipui kama i zinkawng
chhunzawm zelnah atana pawimawh tak tak zawng zawng—
thil, mi, leh dinhmun—te chu nangmah ngeiin i hip ang a, a
tawp berah chuan, i mamawh leh i lungawina tur i neih theih
nan theihtawp i chhuah
hunah..

. Pathianin a pêk chu khawvêl châknain a
ei zo vek leh a hlimna rei lo tête duhâmte aiin thlarau lamah
i hausa zâwk ang a, i lungawi zâwk ang

Khawngaihna hi thlarau tin leh thlarau dangte
thlunzawmtu kawngkhar a ni Khawngaihna hi thinlung tin
luhna kawngkhar a ni

Miin mi dang zawng zawng aia ṭhian dik tak awmchhun
Pathian a zawn chuan mihring inlaichinna zawng zawngah
ṭhian dik tak din theih a lo ni ta a ni—chhungkaw, unau,
nupa, leh thlarau lam Ṭhian nihna hi nupa inlaichinnaah thil
pawimawh tak a ni a, finna leh rilru lama inhnaih tawna,
thlarau lam hipna hriatna, leh hmangaihna dik tak chu ngaih
pawimawh ber tur a ni Hmangaihna dik tak leh taksa hipna
thliar hrang thei lote an beidawng fo thin

Inneihna chu thil tum sang tak leh inzah tawnaah a
innghat a nih chuan, thlarau hmangaihna nei leh thawhhona
tha tak nei pahnih inkara inzawmna hlim tak leh hlawhtling
tak a lo ni ta a, chu chuan nun phurrit chu a tiziaawm a,
inngaihsak tawna leh inhriatthiam tawna nena nun
lungkhamnate chu a ti bo ta a ni

Midangte ngaihtuahna leh thiltihin min nghawng ka phal
loh chuan tumahin min thunun thei lo va, ka duhzawng min
laksak thei lo baw
I ngaihtuahna chu thil awmziaah i khung tlat chuan thil
zawng zawng chu thil awm dan a\angin i hmu ang Mahse,
vawi khat chu i hriatna chu thlarau lam hriatna dinhmunah i
chawisang chuan, Pathian êng luang chhuak zau tak chu thil
zawng zawng piah lamah a luang chhuak tih i hmu ang a,
thlarau lam thlirna a\angin engkim i hmu ang

Lalpa, ka theihna zawng chhuak tur leh ka thlarau lam
theihna hmuchhuak turin hun remchang tawp nei lo ka nei
tih ka hrechhuak Vawiin hian ka ngaihtuahna chu beiseinain
ka khat ang a, thil tawn nuam lo tak tak a\angin ka

inthiarfihlim ang Ka taksa, rilru leh thlarau chawmtu tur chu
a inthlau leh inrem takin ka practice ang

Material attachment te chu aspiration sang zawk nen ka
thlak ang
Tin, thlarau rinawm chu ka hnenah a awm reng tih ka
hrechhuak ang

Nunna leh thihna lam chu a awm reng a, mahse ka
thlarau lam nihna chhanchhuahna hmangin chatuan atan ka
in zalên ang Tin, fiahna leh hrehawmna thlipui ka
hmachhawn hunah chuan ka thlarau lam lawngah chuan
nunna tuifinriat kalin, tuipui kam him, Pathian lam panin ka
kal ang

Ka hnathawh leh ka thil siam hian Pathianin keimah
hmangin hna a thawk tih ka hre reng ang Amah hi khawvel
pum huap Lalpa a ni a, Amah hi ngaihtuahna thuk tak
hmangin Amah nen hian ka inzawm thei ang

Ka Pathian duh tak, ka ngaihtuahna hian hlawhchhamna
emaw hlawhtlinna emaw min thlen dawn tih ka hre chiang a,
chu chu ka nunah eng ngaihtuahna nge chak ber tih a zirin l
tanpuina kut i phar a, ka hlawhtlinna tur kawng i buatsaih tih
hriat reng ka tum ang

Chhiatna leh vanduaina min lo thlen hunah chuan ka
chakna ka ko ang a, hneh turin ka thutlukna ka tichak ang Mi
zawng zawng nena ka inbiak danah thinlung tak leh rinawm
takin ka awm ang a, hmangaihna leh duhsakna ngaihtuahna

ka thehdarh ang Tichuan Pathian chuan a thiltihtheihna leh
finnain min thlawp ang

Thlarau lam natna leh a enkawl dan
Master Paramhansa Yogananda chuan a rawn ti a

Mihring lem, a inmil lo leh inrem lo pawl pakhat chu han
:mitthla tum ang che
Pakhat chu a lu te tak te, chickpea ang maia lian leh
!taksa lian tak, sanghawngsei ang maia lian
Mi dang pakhat chuan Samson emaw Hercules emaw
!kut ang kut chak tak leh dwarf taksa ang taksa a nei baw
Tin, pathumna chuan sakeibaknei lian tak lu leh
!sakeibaknei hring hring taksa a nei baw
Chu thilsiam chu i tan chuan mak leh mak tak a ni lo
vang em, a nih loh leh lungngaihna leh inchhir tur a ni lo
vang em ni, chutiang thilsiam tam tak, hla phuah mak leh
?inmil lo tak tak nei chu i hmu nghal mai a nih chuan
Tunah chuan mi pawl dang, an pianzia leh an hmel lan
dan pangngai, mahse rilru lama inthlau lo leh rilru lama
inthlau tak takte han mitthla teh
Thawmhnaw hian hliam, hliam, leh taksa piansualna
dangte a thup ang bawkin, taksa chak tak, hrisel tak leh
hmel mawi leh eng tak chuan rilru natna khirh tak tak leh
piansualna tam tak a thup baw
Mi pangngai, an hmel mawi tak leh hriselna tha tak
avanga danglam bik mipui tam tak i tawng a, i thlarau lam
thil hmuhna hmangin an rilru taksaah i luhchilh thei a nih
chuan mak tihna chu mak tak a ni ang a, i thil hmuhchhuah
tur chu lungngaihna thuk takin a hneh mai thei baw
:An rilru taksa chu hetiang hian i en thei ang
Rilru chu lu hmanga entir a ni a, hriatna leh hriatna chu
taksa peng hmanga entir a ni a, duhna chu kut leh ke

hmanga entir a ni a, chung zawng zawng chu thil pangngai
lo, damlo leh piangsual vek an ni
Thenkhat chuan finna t̃hang lo tak nei, mahni hmasialna
leh duhâmna rilru pu chung a taksa hrual hrual chung a
chuang, lu te tak te an nei tih i hmu ang
Mi thenkhat chuan kut chak tak, hnathawk thei tak nei
mah se, rilru natna leh chakna nei lo taksa an nei tih i hmu
bawk ang
Mi dangte chuan thluak lian tak, thil siam chhuah thiam
tak an nei thei a, mahse an lainatna leh rilru lama theihna
chu a tlahniam a, a tlahniam bawk Tin, taksa leh rilru
dinhmun pangngai nei, mahse an duhthlanna leh mahni
inthununna chak lo emaw, a chak lo emaw, mi chi dang
pawh an awm bawk
Tin, thil hmuhchhuah list chu a kal zel a, May you live
!long
Chutiang rilru lam taksa lama inthlak danglamna chhiar
sen loh, kawng thenkhata hmasawn lo leh thenkhatah chuan
hmasawn lutuk chu a awm tak zet a ni - thup ni mahse -
mihringah hian rilru natna a thlen a, an talent leh theihnate
chu an lantir tur angin an lantir thei lo
Heta rilru lam natna thenkhatte hmachhawn hian
mihring harsatna zawng zawng chhan bulpui berte
hriatchhuahna kawngah a pui thei a, chutiang chuan a tuar
zawng zawngte pawhin a tlem berah an hriat theih nan, chu
tlin lohnate awmzia te, an chhinchhiahna te, leh rilru
chhunga ngawi renga an luh dan te chu an hrethiam thei ang
a, chutiang chuan an remna leh hlimna tihchhiatna hrual
chhuak chu an hnawtchhuak thei ang
thlarau lam lungngaihna
He natna hi thlarau lam thila inhnamhnawih thuk taka
inchhalna hnuaia finna leh taksa lama chak lote zingah a
darh zau hle a ni Hêng mi mal hrehawm tuarte hian Pathian
rawngbâwlina inthumna hnuaiah thil nunna hna lian leh t̃e
tête chu an ngaihthah a, chutiang chuan Setana tân an

inhawng a, chu chuan an chungah chhiatna nasa tak a thlen
thei a ni Anmahni beidawnna leh an chhehvêla thil tha
emaw, a chhehvêla thil tha emaw ngaihhlut lohna an tuar a
ni them Hei hi natna hrik kai theih a ni a, thlarau lam
duhthusam nei zawng zawngte chuan ngaihtuahna \ha,
beiseina nei tak, leh hna hrisel, rahbi thar hmanga an
chakna nung reng leh an immunity chak taka vawng reng
chungin a lakah an fimkhur a ngai a ni
thlarau lam chaw ei lohna

Hei hi random (guzzling) avanga thleng a ni a, chu chu
hming eng mawi tak tak hnuaia registered, ready-made
psychotropic drugs tam tak ei rang tak, leh thlarau lam
lehkhabu lem leh zirlai ang chi “thlarau lam doctor”-te’n
charlatanry leh sorcery lama tawnhriat nei te’n an rawn
present a ni

He natna hian thudik hriat duhna thlarau lam riltamna a
that mai ni lovin, a \ha leh \ha lo, \angkai leh \ha lo thliar
hran theihna a tichhe bawk

Pathian thu ngaihtuahnate ei rengtu leh a kuta tla
zawng zawng ei rengtu chuan a ei tam lutuk mai bakah
ngaihtuahna rimtui tak takte chu a \angkai tak takte nen a ei
zo vek ang a, a chungah rilru lama chaw ei lohna a thlen ang
a, chu chuan thlarau lam thihna a tikhawtlai ang

Thlarau lam leh philosophy ngaihdan hrang hrangte zir
chianna nasa lutuk leh chhunzawm zel, hriatthiamna emaw,
a dikzia hriat chian nâna mimal thiltawn hmanga tihhlum leh
zir chian tumna emaw awm lovin, a tâwpah chuan thlarau
lam thu bul leh dân zawng zawngah rinhlelhna, ngaihsak
lohna leh rin lohna a siam a ni
Passion leh obsession a ni

He natna vei te hian sum leh pai leh hun an neih tam
lutuk vang te, thil tum leh nun hriatthiamna mumal tak an
neih loh vang te hian nun khawhral, awmze nei loin an
hmang thin

Heng mite hi an duhzawngin a hruai a; an rilruah a lo
lang a, a ti lawm apiang an ti An nun chu novel man tlawm,
thil tenawm tak tak, film ngaihnaawm tak tak, leh intihhlamna
langsar tak tak, awmze nei lo tak takte hmangin an luah
khat thin He natna hlauhawm tak hi an tuar tih an hre lo va,
chu chu mak tihna nasa tak emaw, nervous breakdown
emaw an tawn hma loh chuan—chu chu chhiatna a thlen
hnuah a ni
rilru lam a vawt

He dinhmun hian hming dang a nei leh a: beidawnna Mi
pakhat chuan engtikah nge a lo thlen ang a, a natna lan
chhuahna lungchhiatthlak tak tak, beiseina nei lo, tuar theih
lohna, lungkhamna, leh dawhtheihna nei lote chu a tuar
dawn tih a hre ngai lo A pawl zawk chu, a rei fo a, a tuarte
chuan awlsam takin an lo let leh fo thin a, an dam thuai an
ring a nih pawhin

Psychological catarrh tih hi a ni

He natna hi khawvel lungkhamna rei tak chhunga awm
reng avanga lo awm a ni a, a tuarte chuan an duhthlanna
ralthuam hman chu an ngaihthah tlangpui a, chutiang chuan
huaisen taka hmachhawn a, an naupan lai atanga tihbo ai
chuan an hlauhthawnna awm rengte chu passive leh
submissive takin an intulût a ni

rilru lam inzawmna pangngai lo (abnormal psychological
.attachment)

He natna tuarte chu hlimna an zawn kawngah hian a
lam khata awm an lo ni ta a, hlimna chu hausakna
khawlkhawmnaah te, hmingthanna emaw, hriselna emaw,
thiltihtheihna emaw neihnaah a awm tih ringin, engkim—
hriselna te, hmingthatna te, rilru thlamuanna te,
chawimawina te, leh zahawmna te—an thil tum kang mek
maicham-ah an hlan a ni of nature leh Pathian thupekte, leh
thiltih leh thlamuanna a inmiltir a, hlimna dik tak a thlen thei
a, nun ropui tak tum chu a hlen chhuak thei bawk

Hrisel lo taka innghahna (unhealthy attachment disorders) vei te chu duhthusam thunun theih loh ngaihtuahnain a ei zo vek a, nun thlirna dik lo leh dik lo tak a thlen thin Entirnan, sumdawng pakhat chuan hlawhtlinna nasa tak a chang a, hausakna a khawlkhawm a, mahse a hausakna a hlim theih hma chuan lungkhamna leh hlauhna nasa tak avangin a rilru a buai a, thinlung na takin a thi ta a ni

Mi dangte chuan thil tum tihhlawhtlin nan engkim phal a ni tih an ring Heti buaina avang hian an thil tum dik tak chu an hloh a, chu an duh em em thilte chu nei mah se, lungawina tlemte pawh an nei thei lo, a chhan chu mihring nihphung hi a zau a, kawng hrang hrang a awm a, level zawng zawngah hmasawnna inthlau tak a mamawh a ni

Mitdel thlarau lam innghahna
He rinna thenkhatte tana aberrant fanaticism hi zawhna leh ngaihtuahna bikte zawhna leh zirchian loha vawn tlat atanga lo chhuak a ni a, chutiang chuan he natna vei te zingah hian thlarau lam ngaihdan dik tak emaw, ngaihtuahna zau tak leh zalenna nei emaw chungah thinurna leh hmêlma nihna a siam a He inhlath taka awm hian Pathian dante dodalna a thlen a, chu chu rilru lama thawhrimna, thil neih thatna, rilru leh taksa hriselna, leh hmangaihna leh mi chi hrang hrang zahna

Thlarau lam thu bulte tuh
Taksa natna hi thil hmuh theih, hrehawm leh nuam lo tak a nih avangin, chak taka do turin min fuih a, enkawlina kawng hrang hrang hmanga hneh tum turin min hruai a, exercise leh ei leh in hrisel atanga damdawi leh damdawi hrang hrang thlengin Amaherawhchu, rilru lam natna hi mihring natna leh hlauhna zawng zawng bulpui ber ni mahse, hmanhmawh tawh taka ven emaw, enkawl emaw a

ni lo va, phalsak a ni kan nunah chhiatna leh chhiatna thlen
turin

Zirtirtu te, taksa lam zirtirtu te, thuhritute, siamthatna
siamtute, damdawi lam thiamte, leh dan siamtute chuan
hmasawnna an zir hmasak ber hunah, anmahni atanga tan
in, mi dangte chu nun dan leh nunphung hrisel tak neih dan
tur thu bulte nena inmil takin, inthlau leh inrem taka
tihhmasawn dan dik tak chu an zirtir thei ang This is the truly
effective education and comprehensive human culture that
people everywhere in the world mamawh
Zirna hmunte chuan heng thu bulte leh sakhaw thurin
hrang hrangte inkâra inthlauhna nia an hriat avângin
vântlâng sikula thlarau lam thil bulpui zirtîr chu thil theih
lohah an ngai a, Amaherawhchu, heng zirtîrnate hian
khawvêl pum huap thu bulte, remna, hmangaihna,
rawngbâwlina, rinna, rilru zau tak, leh mi dangte pawm
theihna—chu chu thlarau lam thil awm reng nghet taka din a
ni—chutiangte chu fertile-a tuh tûra hmanraw tangkai tak
takte an siam chhuak a nih chuan ground of children’s minds
and souls, a reasonable and acceptable solution to this
supposed and imagined difficulty could be found He thu hi a
kaihhnawih harsatna langsar tak tak avang chauha
ngaihthah chu thil tihsual lian tak a ni
College zir chhuak tam zawk chuan university an
chhuahsan a, lehkhahu chhunga thil awmte avanga an lu rit
leh hring chhuakin nun kawng an zawh thei lo hle a, an
duhthlanna leh mahni inthununna chu ngaihsak lohna leh
hman loh vangin a tichhe tawh mai a ni Chuvangin,
ngaihtuahna fim lo taka thil tih leh chhe zel, inneihna
inthlauhna khurah lu nghatin, an mipat hmeichhiatna hmang
dik lo, sum zawn, leh an career-a hlawhchhamna chhan chu
an zirna lama an rilru tichaktu chemte hriam tak hman dan
dik an zir loh vang a ni Chumi avang chuan anmahni an
insiam a, anmahni chungah harsatna an thlen a ni

He leilung zinkawng tawp lama exam hnahnung ber
result chu dam chhung zawnga sub-examination neih
chhunga rilru leh thlarau lama hlawhtlinna zawng zawng leh
certificate an hmuh zawng zawng zatve atanga chhut a ni
ang

He fiahna hnahnung ber, ropui ber-a ti hlawhtlingte
chuan mahni inrintawkna certificate thianghlim leh chhia leh
tha hriatna zalen, thianghlim leh hlim tak an dawng ang
Tin, thlarau phek-ah chatuan atan malsawmna ziaak a ni
bawk

He lawmman hmuh tur awm lo tak hi moth-in a tichhe
dawn lo

Tin, rukru kut pawhin a thleng lovang
A nih loh leh hun chuan a thai bo ang
Passport angin a thawk dawn a ni
Righteous Group-a chawimawina member nih avangin

Khawiah nge hlimna chu a awm?

**Pathian chuan a khawngaihna famkim hmangin a
hlimna leh fuihna min pe a ni**

Tin, nun tak tak min pe bawk

Finna dik tak

Tin, hlimna dik tak a ni bawk

**Hriatthiamna dik tak chu kan nunah thil tawn
hrang hrang zawng zawng a\angin a lo thleng \hin**

**Mahse Pathian ropuina chu thlarau lam
thlamuanna thlarauin a tawn leh Amah nena inrem
tura rilruin nasa taka a beihnaah chauh a lo lang
chhuak thin Chutah chuan, thutak nen hmaichhanah
kan ding a Pawnah chuan, inbumna (illusions) te hi
thiltithe i tak tak an ni a, pawn lam boruak nghawng
atanga tlan chhuak thei tlemte chauh an awm Khawvel
hian a buaithlakna tawp nei lo leh fiahna chhiar sen
loh nen a chhunzawm zel a Pathian aw chu nunna lo**

langte hnung lamah a awm a, min ko reng a, pangpar a\angin, Pathian Lehkha Thu a\angin, kan chhia leh \ ha hriatna a\angin, nun nun hlutna siamtu thil mawi zawng zawng hmangin min bia \hin

Pawn lam thil kan ngaihtuah tam poh leh chhungril ropuina kan tawng thei lo; tin, chhungril lam kan hawi tam poh leh pawn lam harsatna kan tawk tlem zawk It's a constant equation Mahse mi tam zawk chuan khawvel ðhian nihna, an chenna khawtlang, leh nungchang hrisel lote nghawng avang hian he thudik hi an hre lo Society hian mi pakhat chu thil chungnung zawkah a thun lut a, a buaipui reng a, thudik thuk zawk ngaihtuah turin a veng a ni

Thlarau lam hmunte pawh hi mi ðhenkhatin an malsâwmna boruak aṭanga hlâwkpuì duhna tak tak nei lovin an tlawh a, chuvângin, chu tlawhna aṭangin thil chhinchhiah tlâk tak tak an hlawh chhuak lo

Pathian hmuh duh apiang chuan hmun tinah Amah chu a hmu ang Mihring tih dan chu a tichhe thei a, a tichhe thei a, a ei zo lo bawk a; an tichhe a, an tichhe a, an tichhe vek Mihringte hian kan neih ang anga hlim leh lungawi dan kan zir a hun tawh Kan hnena lo thleng ai chuan engmah kan duh tur a ni lo Pathian chu a thilphal a ni; Kan mamawh chu a hria a, a hun takah a pe chhuak thin Hei hian theihtawp chhuah lovin Pathian kan rinchhan tur a ni tihna a ni lo A ni Hauh lo Kan theihtawp chhuaha kan chanvo kan hlen chhuah a, a bak chu Pathian kutah dah mai tur a ni a, ani chuan kan mamawh leh phu tawk min chhuhsak ngai lovang

Chatuan hlimna kan neih theihna kawng \ha ber chu Pathian awmpuina hriat hi a ni Kan duhthusam sang ber chu Pathian hriat leh a bula awm tura thutlukna siam hi a ni tur a ni Pathian chu kan ngaihtuahna leh rilru put hmangah a hmasa ber leh

**pawimawh ber a ni tur a ni a, kan nuna lungphum
nghet ber leh nget ber nia kan ngaih tur a ni**

**(Chuvangin Pathian hrui chu vawng tlat la,
Amahah inhumhimna zawng rawh)**

**Amah chu lungphum dang zawng zawngin an
tihchhiat che chuan lungphum a ni si a**

**Nunna thiltum awmchhun chu Pathian hriat hi a ni
tih ka hrechhuak ta Pathian hmuh hi nun tum ber a ni
tih ring tlat lo pawh an awm thei Mahse nun tum ber
chu hlimna hmuh a ni tih hi tumahin an hnial thei lo
Tin, Pathian chu hlimna tawp ber a ni tih rinna
famkim leh chiang takin ka sawi Amah chu hlimna
sang ber a ni Amah hi a famkim, khawvel pum huap
hmangaihna Amah hi a chhunga awmte thlarau
chhuahsan ngai lo chatuan hlimna a ni harmony with
Him Chuti a nih chuan engvangin nge chu hlimna
famkim chu kan neih theih nan kan beih loh? Mi
dangin min pe thei lo Kan chhungrilah kan chin leh
enkawl reng tur a ni Thilsiam chaknate hian mite
hnenah khawvel nawmsakna pe turin hahchawlh lovin
an bei a, mahse chutiang nawmna rei lo te chuan a
tawpah chuan inchhirna, thinrimna leh inchhirna a
thlen thin Mi vannei ber pawh, engkim nei ang maia
lang pawh hi a la hlim tak tak lo mai thei, heng thilte
hian rei tak chung chu lei lam thilah an lungawi lo
mai thei an tuihalna dik tak chu tihreh emaw, an
thlarau lam riltamna tihreh emaw**

**Thil neihte hian remna dik lo leh lungawina rei lo
te chauh a pe Khawvel pum pui hi buaina leh
buainaah a pil bo a, indona siamtu mahni hmasialna
leh duhâmna duhnain a tichak a ni Engmahin indona a
siam lo**

**Nunna indonaa pasaltha dik tak chu amah hneh a,
a duhzawngte hnehtu hi a ni Sum leh pai,
hmingthanna, duhâmna leh he thu bul kalh zawng**

**zawng hian kan thlamuanna leh hlimna a tichhe vek a
ni Mite hian nun hlutna dik tak ngaihtuah reng tura
zir ta se, an zawn hlimna chu an hmu ang a, mahse an
thil tum a\angin an kal bo a, chu chu leilung
duhzawng ka hmuh tawhte tuifinriat chuan a nuai bo
vek a ni thlemna reng reng hian ka tan kawng ka
thlan leh zawh tawh atang hian min hruai bo thei lo**

**Pathianin thiltihtheihna min pek hmang hian mi
sang tam tak ka hip thei a, mahse chu kawng chu ka
tan chuan a chhiat phah dawn a ni Engpawh ni se, mi
sang tam tak hip leh an rilru hneh ka duh lo
Pathianah zirtîr rinawm tak takte hmuh chauh ka duh
Pathian hmangaihtute chuan heng ngaihtuahnate hi
an tem ang a, an thahnemngaihna chhunzawm zêlte
chuan heng zirtîrna hmang hian Pathian malsâwmna
leh awmna chu an hre ang**

**Miin Pathian bum theih a ni lo, a awm reng a, an
rilrua awm leh an duhzawng hre rengin Khawvel an
phatsan a, thlarau lam inremna an duh hun chuan
Pathian chu an hnenah a lo kal ang Chu duhna chu a
zawngtu thinlungah zung a kaih hunah chuan Pathian
chu chu thinlungah a lo kal a, thatna leh
malsawmnain a luah khat a Nunna tlak awmchhun chu
Pathian nena inrem leh a duhsakna hlawh chhuah hi a
ni Chu inremna chu chatuan thuthlung leh thutiam
bawhchhiat theih loh (Pathian thuthlung zawmtu leh
bawhchhia lote) a ni tur a ni.**

**Mi zawng zawng hian mi dang aiin hausakna tam
zawk an duh a, an neih pawhin lungawi lovin an awm
reng a, midang hausa zawk tih an hmuchhuak Mite
chu mahni inrintawkna hrehawmna hnim hring zingah
an cheng a, an duhnain a tichak a Kan neihah kan
lungawi tur a ni Thil neihte hian hlimna a thlen lo chu
ai chuan, lungkhamna te, lungkhamna te, leh hlauhna
te chu an tizual fo tîn**

Pathian panna kawng chu kawng awlsam ber leh awlsam ber a ni a, chutih rualin sakhaw thil tih dan leh formalities tam tak awm chung pawhin kan kal tlêm tê chauh a ni Kan thinlungte Pathian lam hawi a, kan tâna ðha ber leh nghet ber dîl hi a ðha zâwk Dik tak chuan Pathianin min nghâk reng a ni, a chhan chu sual leh hlauhawm laka min awmtîr duh avângin kan thinlung leh rilruah Amah dahin min duh a ni, a chhan chu he khawvêla thil man tlawm tak takte hian mihring duhzâwng a tihlawhtling thei lo va, a tikhat thei lo baw the spiritual void we feel deep inside God is always speaking to us, but few hear His voice Chu aw reh tak chu ngaihtuahna ri leh duhna langsar tak takte au thawm chuan a pil bo fo thin Mahse ngaihtuahna a reh a, duhna a reh chuan Pathian aw chu Chiang takin kan hre thin, ngawi reng leh Chau Mahse Dik tak chuan Pathian chuan mihringte tanpui turin engkim a ti a, kan awmna hmun kan hmuh theih nan kawngkhar a hawng a, kawng a ti eng a ni should step, lest we stumble or slip Mahse mi tam zawk chuan he thudik hi an hre lo

Mite chu mi dangte ngaihthlak mai mai emaw, lehkhabu chhiar emaw chauhvin hriatna an chang thei ang tih ngaihtuah ka duh lo An chhiar leh hriatte chu an hmang tangkai tur a ni Pathian biakna hmuna kal chu in lama awm a, thusawi uar lo ngaithla ai chuan a tha zawk Mahse Pathian biakna hmunah pawh hian Pathian awmna chu an thinlungah a hriat a ngai a, chu chu tawn dan tur a hriat a ngai Emotional outbursts and rational analyses cannot give us the knowledge our souls yearn to nei

Pathian hnena kan inpek a, mahni hmasialna duhnate kan thlah a, Pathian chu kan hnenah a awm reng a, kan thlarauah a awm reng a, ngaihtuahna leh rilru put hmang tha leh ropui tak takin min fuih a ni

ti h kan chian hunah chuan hlimna leh zalenna kan nei ang a, thlarau boruak zau takah finna ni chhuah chu kan hmu ang

Suangtuah! Kum sawm tam tak hnuah chuan kan awmna ngei pawh chu mumang a ni tawh ang a, tuna kan thil ti h zawng zawng hi chu mumang chhungah chuan a tel ve vek dawn a ni Mihringte zinga mi ropui ber berte pawh chu mihring hriatna atanga siam mai mai an ni ang Mahse, chu mi ropui tak takte chuan an thil tum ber chu an thleng ta a, a chhan chu a sang ber an thleng a, thlarau lamah an nung reng a, thil thleng zawng zawng chu an hre chiang hle a, an hre reng baw k a, Pathian hriatnaah an inpumkhat avangin Tu pawh an ngaihtuahna leh zirtîrna hmanga anmahni nêna inrem a tum chuan an awmna chu a hre ngei ang a, an malsâwmna a dawng ang a, anmahni nêna inpawl na dik tak an nei ti h an thinlung chhungril takah a hre baw k ang

Nun hi mumang ropui tak a ni Mahse, tuna i taksa i en a, nunna nena a nung reng ti h i hmuh hian he mumang tak tak hi i ring tlat a ni Hlim tur chuan he thil emaw, chu thil emaw chu i neih a ngai ti h i ngaihtuah a Mahse, duhthusam engzat pawh tihlawhtling mah la, chuta tang chuan hlimna i hmu lovang Mi pakhatin a neih tam poh leh duhthusam tam zaw k Duhthusam chu filter a ngai a, nun chu a awlsam phah a ni thlamuanna, thlamuanna, leh chhungril lungawina

Pathian Le kha Thu chuan a duhzawng chu chhungril lam (an thlarau lam hawia) luang chhuak rengtu chu chhungril thlamuanna sang tak nei mi a ni ti h a sawi Hemiah hian tuifinriat ang an ni a, chu chu a danglam ngai lo va, a tlahniam ngai lo va, a chhunga tui luang chhuak chu a khat reng a ni Mahse, an thlamuanna tuihna hmuna duhna khur siamtu leh

**tui pawimawh tak takte chu a luang chhuak a, a boral
tir thintu chuan thlarau lam thlamuanna engmah a
hre lo leh chhungril hlimna te**

**Pathian hretute hnen a\angin kaihhruaina kan
mamawh a, Amah nena inbiak theihna leh a awmna
hriat rengna nei Zâwlneite chuan Pathian chu
chhungril thlamuannaah, thlarau rinawm tak leh
thlarau lam hlimna chungnung ber awmna thlarau
mahni chauha awm turin min ngen a thlarau thuk tak
takte**

**Thil awm zawng zawng hi Pathian rilru
kaihhruaina thlipui ang maia vibration a ni He
intelligent vibration hi Thlarau Thianghlim, a nih loh
leh Thlarau rinawm a ni a, chu chu tawngtaina leh
ngaihtuahna hmanga inbiak pawh theih a ni**

**I thlarau muang leh i rilru ngaihtuahna huang
chhungah chuan, Absolute leh Infinite nena
inhmangaihna chu tawp chin a nei lo Mahse, sum kan
zawn hmasak chuan Pathian hmuh a harsa a ni
Pathian chu kan nunah a tel ve tur a ni a, chutah
chuan he nunah hian kan mamawh zawng zawng kan
nei vek ang Tupawh Pathian chu an thinlungah hmun
nghet takah siam se, Pathianin lei leh van malsawmna
chanvo tam tak a pe ang a, an hmaah a hawng ang
finna nite'n an êng a, an kawng a tiêng a, an
chhehvêla thim a ti bo a, Pathian chu chatuan
hmangaihtu a ni a, mihringte tân chuan hlimna a awm
lo va, an hmangaih tak takte an hmangaih ang—a
tlem berah—an hmangaih ang maia Pathian an
hmangaih hunah chauh lo chuan, Pathian tel lo chuan
hmangaihna thupui chu kan hre lo vang a, a thlum
pawh kan tem lo vang**

**Kan duhzawng hman kan zir a ngai a, kan rilru
chu kan thinlung zawng zawnga Pathian zawng turin
kan rilru kan dah pawimawh tur a ni Mihring thiltih hi**

duhnain a thunun a, heng tih dante hian kan tih duh
loh thil ti turin min nawr reng a ni Dik tak chuan
mihring hi a hmelma ngei a ni a, a hre lo A thut dan a
hre lo va, Pathian tan pawh hun a hlan lo, chuti chung
pawh chuan hlimna leh Paradis-a luh theihna tur
guaranteed chu tihkhawtlai lohvin a duh a ni The
sacred experience cannot.. ..

.. .. be
attained merely by reading books, listening to
sermons, or performing good deeds Chûng zawng
zawng chu rinhlelh rual lohvin a hlawkpui a, mahse a
tling lo Pathian thlen theih nân ngaihtuahna fim tak
leh ngaihtuahna thuk tak a ngai a ni

Pathian duhsakna kan zawng hmasa tur a ni Mi
zawng zawng kan ti lawm thei lo, chu chu thil theih
loh a nih avangin tumah tithinur lo turin ka bei thin
Ka tih theih zawng zawng ka ti thin a, chu chu ka tih
theih awmchhun a ni Ka thil tum ber chu Pathian tih
lawm hi a ni Ka kut hmangin inngaitlawm takin a
hmaah ka tawngtai a, ka ke hmangin hmun tinah
Amah ka zawng a, ka rilru chu Amah ngaihtuah a, a
thilmakte ngaihtuah turin ka hmang bawka, a,
Pathianin kan thinlungah hmun hmasa ber a luah a
ngai a, chutiang chuan kan tawng ve thei ang remna
te, hmangaihna te, hriatthiamna te, ngilneihna te,
lainatna te, finna te Hei hi, thil dang ni lovin, thuhretu
tur leh in hnena thu sawi tura ka lo kal chu a ni

Ngaihtuahna bakah hian mi pakhat chuan pawl
tha tak a vawng reng tur a ni Mite chu kan um zui tur
a ni lo Mihring kan um tur a ni lo, Pathian kan zui
zawka tur a ni Heng ngaihtuahnaah hian hlawkna i hmu
a nih chuan Pathian malsawmna angin ngai rawh,
chawimawina zawng zawng chu A ta a ni si a,
midangte hnenah i hmuh ang an hmuh theih nan
share ve rawh (And as for the favor of your Lord,

speak of it) Tin, nitin mi pakhat tanpui theihnghilh
suh I theihna ang zelin mi pakhat tanpui pawh
theihnghilh suh Ka pocket-a pawisa ka neih chhung
chuan ka pek ka bansan lo vang, ka tan chuan tawp
thei lo leh luang chhuak reng chu Pathian a ni

A tawp berah chuan mi ropuite tih angin Pathian
kan hriat chian a ngai Hei hi ngaihtuahna leh mimal
thawhrimna hmanga tih theih a ni

Vawikhat chu hermitage pawnah ka kal a, ka
zirtirtu ropui, Sri Yuktiswar-a chu ka ngaihtuah a, a
duhna nasa tak ka neih hma kum engemaw zat kalta
khan a boral tawh a, hermitage mawina leh boruak
nuam tak en turin ka bulah a awm loh avangin ka
lungngai hle a, Vawikhat chu van atang chuan min
rawn inlar a, "He hmun mawi tak hi nangmah
chauhvin nuam i ti hle niin i hria em? Nangmah ang
bawh hian nuam ka ti hle mai!"

Pathian nena inpumkhatna duhtu chuan nitin
ngaihtuahna leh Amah hmangaihna tih hmangin a bei
tur a ni a, chu hmangaihna chu mi zawng zawng
hnenah a zau zel tur a ni Hei hi inhnialna pumpelh
theihna kawng awmchhun a ni Thlarau lam
thawhhona a pawimawh Thlarau lam nun dik tak tel lo
chuan mimal emaw, khawvel pum huap emaw hlimna
a awm lo Inremna thianghlim hi taksa, sum leh pai,
nupa, nungchang, leh thlarau lama harsatna zawng
zawng chinfelna awmchhun a ni

Hlimna chu Pathian hnaih taka inhriatna a\anga lo
chhuak a ni Mihringte hian hriat lohna lungphun
hnuaiah an inkhung ta a, he lung in mualpho tak a\
anga chhuahsan hun a ni ta Rilru chu Pathian lam
hawi reng tur a ni, eng dinhmun pawh ni se, chumi
hnuah chuan thlamuanna leh lawmna nasa tak i
tawng ang

**Pathian duhthusam a, a tana an nihna inhlan a,
infuih tawn leh in tivar tawn a, Pathian hre reng
thinte hi khawvela hlim leh A tawpa hlimna changtu
an ni**

Remna awm rawh se

**Curtain chu a tho chhuak ang a, a clear chhuak
ang**

Kan zavaiin Pathian anpuia siam kan ni a, A Pathian
Thlarau atanga lo chhuak kan ni a, a nihna chu kan
chhungah a thianghlimna zawng zawng, ropuina leh hlimna
tluk zetin a awm a He rochan thianghlim hi kulhpui hneh
theih loh a ni Mi pakhat tan chuan mi sual anga thiam loh
chantir, sual kawnga tlu lut chu mi zawng zawng sual lian
ber zinga mi a ni A chhan chu chutianga an tih chuan
anmahni an inchhir thin a ni to helplessness, despair, and an
inability to rise and ascend Miin pianpui leh Pathian dan kalh
zawnga thiltih a ti thei tih chu a dik a, mahse kawng a thlak
nghal a ngai a, kawng dik a zawh nghal tur a ni An nihna
thianghlim takah chuan mi chu biak in thianghlim a ni a,
Pathian Thlarau chu an chhungah a cheng a ni
Pathianin thianghlim tak leh thutiam nei lovin min
hmangaih tih kan hre reng tur a ni Mahse Amah hnaih emaw,
amah hawisan emaw duhthlanna famkim min pek avangin
kan hnena a lo kal hmain A hmangaihna kan duhna kan
lantir hun min nghak reng a ni
Vawikhat chu ngaihtuahna senga a aw a bengchheng ka
hre ta: “I hnenah ka awm lo tih i sawi a, mahse chhungril
lam i hawi lo Hun khat pawh ka kalsan ngai lo che Thlarau
biak inah lut la, min hmu ang Ka awm reng a, lo
dawngsawng tur che leh Pathian hmangaihna chibai buk tur
”che ka ni

Thlarau lam kawngah hian rinawmna thuk tak a
pawimawh Thianghlimna leh thutakah chuan thlarau zing a
lo chhuak thin

Kan mihring finna hi Pathian nena khaikhin chuan
engmah a ni lo Amah kan hnaih theihna awmchhun chu
hmangaihna thianghlim min pek ang bawka Amah hnena
pek hi a ni

Mi zawng zawng hian a tawpah chhandamna an hmu
vek ang a, mahse kawngpuiah chuan tlu lutte chu ngaihsak
lohna khurah an tlu lut a, ngaihsak lohna chuan tunah ngei
hian Pathian hmuh a pawimawhzia pawimawhzia kan hre
thei lo va, he hun takah hian Kan planet ropui Lei, space-a
leng, leh kan mihring nihna hi hetah hian kum engemaw zat
awm a, chuta tang chuan engmah lovah bo vek turin min
pek a ni lo Rather, we are meant to reflect deeply and
understand

the.. ..
.. .. awmna thuruk Nun tum hrethiam lova
nun chu âtna, âthlâk tak, hun khawhralna a ni Nunna
thurukte hian kil tinah min hual vel a, Pathianin an chinfelna
zawng turin finna min pe a ni
Hmangaihna nghet tak ka zawn lai hian Pathianin
ngaihtuah theih zawng zawngah min hmangaih tih ka
hrechhuak a, nu, pa leh ðhian angin min hmangaih a ni
Chu chatuan ðhian chu ðhian zawng zawng aiin ka zawng
. ,a

Tin, chu hmangaihtu ropui tak, tuna ka hmuh thin chu
hmêl ngilnei leh hmangaihna nei tinrengah chuan Chu
Pathian ðhian chuan min ti beidawng ngai lo va, min ti
beidawng ngai lo baw
Pathian chu thil awm zawng zawng hnuaiah a awm Kan
nu leh pate hi kan chawimawi tur a ni a, ngilnei takin kan
enkawl tur a ni a, mahse Pathian chu kan thinlung leh

thlarau zawng zawngin kan hmangaih tur a ni Amah nena
inzawmna pawimawh tak neih a pawimawhzia kan hriat a
ngai a, hun khawhral tawh lovin

Kan mut lai hian kan harh dawn nge dawn lo kan hre lo

He leilung hi pakhat hnu pakhatin kan chhuahsan a Mahse
he ngaihtuahna hian lungkhamna a thlen tur a ni lo Kan thih
hunah chuan leia piangthar tura koh kan ni a, he khawvela
kan chawlhsan tawhna atang hian nun thar kan tan a ni
Nunna hi tuifinriat chung a thlipui siam leh boralna angin

ka hmu Mihring thlipui chu a pian tirh atangin Pathian
tuifinriat chung atangin a lo chhuak a, a thih hunah chuan
Pathian thilungah a chawl thin He thudik hi ka man a, ka thi
tak tak ngai lo tih ka hria a, taksa thihna karah pawh Pathian
thlarau tuifinriatah ka chawl emaw, taksa taksaah ka harh
emaw pawh nise, cosmic nen hian kan inpumkhat a ni
tuifinriat Chu hlimna sang ber chu khawvelah hmuh theih a
ni lo Chutih rual chuan thiltum zawnga ramngaw lama
tlanchhiat a ngai lo He nitin nun ramngaw-ah hian Pathian
kan hmu thei a ni—ngawi renga lungphun thuk takah hian
Mihringte hian tihsual tam tak kan ti thei a, mahse

Pathian thlarau anpuiah siam an ni a, Pathianin he leilung
hlimna khawvel lem tak hi thil tum pakhat chauh atan a siam
a ni: mihringte hian cosmic drama mai a nihzia an hriat theih
nan, suangtuahnate chu kalsanin, Pathian chauh kan
hmangaih theih nan Hei hi thudik a ni a, chutiang lo chu a ni
thei lo Engvangin nge Pathianin kan chhungte chu pakhat
hnu pakhata kan hnen ata an chhuahsan lai chauh hmangaih
turin min

siam?... ..

.. .. Heng thilthlengte hi kan
hmangaih zawng zawng aia nasa zawk, min hmangaih tak
taktu chu Pathian a ni tih kan hriat theih nan a thleng thin
Nun hi thlalak che thei inzawmkhawm a ni a, mahse he
thudik hi hriatthiam a harsa a, a chhan chu thil dik lo
(illusions) hi thil tak tak angin a lang a, thil tak tak pawh hi

thil dik lo ang maiin a lang Khawvel hi zan tin kan mut laiin
kan hriatna atangin a bo vek a, chuvang chuan taksa
khawvel hi a tak tak a ni lo tih kan hrethiam mai thei a ni
mai thei

He mut zirlai hi min tihlauthawng tur ni lovin, Pathian
thutak min duh em em turin a lo kal a ni Pathian leh a
hmangaihna tih loh chu engmahin thlarau a ti lungawi thei lo
Pathian Thlarau chu thutak tehkhin rual loh a ni A tak tak lo
tih hi a awm lo va, thil tak tak chu a tak tak lo a ni thei lo Mi
fingte chuan he thutak eng mawi tak hi an hrethiam a ni
Kan dam chhung kum tam tak a liam tawh a, kum, kar,
ni leh darkar chauh a la awm Engvangin nge hlawkna awm lo
thila hun kan khawhral? Chhun leh zan Pathian nena
inzawmna neih kan duh tur a ni a, nun hun ruat a tawp a, thil
chhinchhiah tlak tak tak hlen chhuak lovin he lei hi kan
chhuahsan hmain he duhnaah hian thinlung takin kan awm
tur a ni

Chutih lai tak chuan Pathian êng ropui tak chuan
thilsiam zawng zawng a khuh vek tih ka hmu a, Hlimna nasa
!tak chu a va ni em! Eng mak tak a va ni em
Ka Pathian, i awmna hriatna avanga malsawmna tam
tak i dawn avangin lawmthu ka sawi a, ka chibai bawk che a
ni

Mi zawng zawng chungah pawh malsawmna inang
tlangin, khawvel pum huapa thutak tawp ber Nang i nihzia
leh kan tum ber, chu piah lamah chuan tum dang a awm lo
tih kan hriat theih nan
Kan nun second tinah Amah chu kan hmangaih tur a ni
a, kan biak tur a ni—hnathawhna leh chawlh lai, che leh
muannaah—dilna thuk tak leh duhthusam kang tak nen
Chutah chuan inbumna puanzar chu a lo tho chhuak ang a, a
boral ang kan hmu ang Pathian chu kan nun chhung zawng
zawngah kan hnenah a awm a, Amah ngaihtuah leh
inremtute chuan pangpar mawi takah te, thlarau ngilneite
ropuinaah te, rilru natna ropui tak takah te, rilru put hmang

ropui takah te, leh mumang mawi tak takte A tawpah chuan,
Puanzar thuk tak hnung atang chuan a lo chhuak ang a, a
zawngtu thinlung tak tak zawng zawng hnenah heti hian a
:sawi ang

I hmangaihna chu duhsak taka min pek ka duh vangin"

hun rei tak kan inthen tawh a, ka hmelah ka siam che a, i
zalenna i hman a, i duhthusamin i hmangaihna min pek hma
."chu ka nghak a ni

Pathian hnenah a Pathian hmangaihna chatuan leh
chatuan atana thilpek min pe turin kan dil tur a ni Mahse, he
hmangaihna Pathian hi tunge thawhrimna tel lova hmu thei
ang? Za zela 25 i thawh chuan a bak chu Pathian leh i
thlarau lam kaihruaitu kutah a awm a, keimah tan engmah
ka dil lo, chawimawina zawng zawng hi Pathian ta a ni si a,
thatna leh khawngaihna zawng zawng bul a ni A
khawngaihnain a zui zel che u a, A hriatna chu i hnenah awm
rawh se, i chhung leh i chhehvel zawng zawngah A awmna
tamna chu i hrethiam rawh se

Pathian hian amah kan duh zia lantir kan hreh em
avangin min chhang nghal lo Amah hnaih hi hlau lo ila,
keimahni ta, kan Hmangaih takah kan ngai zawk tur a ni a,
kan ngaihtuahna te, kan thiltih te, kan thinlung leh kan rilru
te nen chawlhsan lovin kan zawng zawk tur a ni a, tichuan
he awmnaah hian himna leh thlamuanna inhumhimna ropui
ber chu kan hmu ang

Aw Lalpa, I awmna biak in an chei theih nan, he thlarau
tha pangpar hi ka hlan che a ni Hêng thlarau, I chhûngte leh
I hmangaih tak takte hi zui rawh I hming malsâwm tak kan
sa I êng thianghlamin Hriat lohna thim chu paih bo rawh I
nihna êng êng tak, tawp chin nei lo hmangin kan rilru a\
angin thim chu hnawt chhuak rawh I ta kan ni, kan dinhmun
eng pawh ni se Kan hnenah i inpuang rawh, Aw Lord of
Majesty and Bounty Kan pakhat zel malsawm rawh Kan
ngaihtuahna duhthusam ri leh kan hmangaihna thinlung na
tak takte chu pawm rawh I hnenah hmangaihna,

chawimawina leh duhthusam zawng zawng kan hlan a, Nang
hi kan Hmangaihtu leh he khawvel pum huapa kan neih
zawng zawng i ni si a

I khawngaihna min malsawm rawh Nang atanga min
then duhna bangte hi tichhia rawh Kan duhthusam zawng
zawng chung a lalthutphah Pathian Lal ni rawh I ropuina êng
chu khawvel zau takah hian lo darh zel rawh se Kan zain
malsawm rawh I awmna rimtuiin min tikhat la Tin, kan
hnenah i awm reng tawh tih hi i hre chiang leh zual ang u,
Tunah hian kan hnenah i awm a, kan hnenah i awm reng ang
I hnaih duh tak leh I awmna nghakhlel tak takte chung a
I zuitu inpe tak takte chung a khawngaihna leh hmangaihna I
pek avangin lawmthu kan sawi a che I zirtirte circle chu a lo
thang lian zel ang tih kan beisei a, chutiang chuan I awmna
malsawmna kan lawm theih nan leh I hnaihnaah kan lawm
thei ang

Kan thinlung kan inhawng tawn theih nan leh kan tumte
kan tithianglim theih nan mal min sawm ang che, i
venhimna leh enkawl tlak kan nih theih nan I inpuang la,
chhungril leh pawn lamah min tipumkhat vek la, chu
inpumkhatna êngah chuan i awmna danglam bik chu i
hrechiang ang u

Kan thinlung inpumkhatna thinlung tak tak leh kan
thlarau inrem tak takte duhthusam nen, I hmaah kan
bawkkhup a, I tanpuina, kaihhruaina leh kan thlarauah I awm
tih hriat rengna zawngin kan bawkkhup a ni
Hmangaihna chatuan mei chu kan thinlungah eng takin
lo eng sela, tunah leh kumkhuain min hnaihzia i hre reng ang
!che, Aw kan Lalpa, Aw kan Duhtak

Duhna sang ber leh rilru lam capsules

**Pathian ropuina a ropui Amah hi thutak bulpui ber
a ni a, he nunah hian hmuh theih a ni Mite thinlungah
hian \awng\aina leh dilna tam tak a awm a: sum leh
pai, hmingthanna, hriselna—\awng\aina chi hrang**

hrang Mahse thinlung tina \awng\aina hmasa ber leh pawimawh ber tur chu Pathian awmna hriatna atan a ni Ngawi reng leh chiang taka nun kawng kan zawh rual hian Pathian chu thiltum tawp ber, lungawina thlen theitu a ni tih kan hriat chian a ngai a ni keimahni leh kan duhzawngte tihlawhtling rawh u, thinlung duhzawng tin chhanna chu Pathianah a awm si a

Mahni thawhrimna hmanga duhthusam i tihhlawhtlin theih loh chuan tawngtaiin Pathian i hawi thin Chutiang chuan dilna i sawi apiang hian chhungril lama duhthusam thup a pholang thin Mahse Pathian i hmuh chuan duhna zawng zawng a bo vek a, duhthusam zawng zawng a thleng famkim thin

Khawvel duhzawngte hi nun tum chungchanga ngaihdan dik lo a\anga lo chhuak a ni He lei hi kan chenna dik tak a ni lo Pathian Lehkha Thu hian Pathian ta kan nih thu te, A anpuia siam kan nih thu te, a duhzawng chu kan Pathian bul tanna hmuna kan kir leh theih nan a ni tih min hrilh a Mihringin kan hriat theih loh chu a Pathian bul atanga kan kir leh loh chuan duhthusam chhiar sen loh hlen chhuah tumin beih a ngai dawn tih hi a ni sawmi! Mihringte hian duhzawng kan nei lo thei lo tih chu a dik a, chu chu neih chuan thil dik lo a awm lo Amaherawhchu, mihring duhthusam tam zawk hian Pathian hnena kir leh duhna hnahnung ber tihhlawhtlinna chu a tikhawlo a Chutiang chuan mihring hlimna atan a tichhe a ni Mihringte hian Pathian an duh a, Amah an hmuh loh chuan, hlimna a thlen tur nia a ngaih apiang chu duhnain a kang chhunzawm zel ang Mahse, duhthusam zawng zawng tihhlawhtlin nghalna chu a lo thleng ta a ni Pathian hmutute hnenah automatic-in a awm

Duhthusam hi chi hnih a awm a, chungte chu: Pathian kan hmuh theih nana min puitu te, leh Amah kan hmuh theih lohna tura min daltu te Entîr nân, miin thil dik lo a tihsak che chuan phuba lak duhna chu i hre mai thei Amaherawhchu, hmangaihna thiltihtheihna sâng zâwk leh pawm tlâk zâwk hmanga he duhna hi i hneh chuan, Pathian i hmuh theih nâna ãanpui theitu hmanrua ngei chu i hmang tawh ang Duhthusam zawng zawng chu kawng ropui takin tihhlawhtlin a ni tûr a ni, a chhan chu khawvêl thil hmanga tih famkim a nih hunah chuan duhzâwngte chu i hmang tawh ang multiply, along with troubles and suffering Kan duhzawng zawng zawng Pathian hnena hlan kan zir chuan Kan duhzawng tha hlen chhuah nan leh kan duhzawng tha lo leh tichhe theite tihboral turin hna a thawk ang chhia leh tha hriatna thianghlim aia venhimna lian zawk a awm lo va, nunna vuakna laka invenna tha zawk chu duhthusam ropui leh ropui tak neih ai chuan a awm lo

Pathian lem famkim chu kan chhungah a awm tih kan hriat chian hunah chuan kan duh zawng zawngte chu a lo thleng famkim ta a, chu hriatna thianghlim, lei ro hlu leh hausakna zawng zawng tluk phah chuan khawvel pum pui pek pawh ni se, i nghing lo vang che Fakna pawhin chhuanawmna a tuh lo vang che a, mawhphurhna pawh a tichhe lo vang che, nangmah chhungrilah Pathian lawmna chu i tem dawn si a, chu chu i nunah ngaihtuah tur pawimawh ber a ni ang

Kan duhzawng dik tak tihhlawhtlin kan tumna kawngah Pathian kaihhruaina kan dil hmasa tur a ni a, chu chu kan tawngtaina zawng zawng chhanna kan hmuh theihna kawng tha ber a ni Mahse dilna chu tawngtai a\angin paih bo tur a ni \awng\ai dan hlui chu a danglam tur a ni a, Pathian hnenah rinna famkim leh rinna nghet tak nen kan hawi tur a ni, min

ngaithla a, kan dilnate chu min pe ang tih rinna nghet tak nen Pathianin kan duhzawng kan bansan hi a duh lo—kan tawngtai lai pawhin A hnenah—chu duhzawng chu A kut khawngaihna a\anga thilpek hlu ber, kan siam tirh a\anga kan tana a ruahman dikna thianghlim a nih avangin

A pianphungah chuan tawngtaina leh duhna dik leh dik lo chu a thliar hrang tur a ni Duhthusam chu thiltihtheihna a ni tih hre reng ang che; duhna pakhat —a tha emaw, a tha lo emaw, a hlâwkpuî emaw, a chhiat emaw pawh ni se—i vawng tlat a, chu chu a chhûn zânin i vawng reng a nih chuan, a tâwpah chuan a lo thleng dân avângin, mi pakhat chu fimkhur tûr a ni a, duhthusam tha lote vawn tlat chu pumpelh tûr a ni, chu chu a hlen chhuak dân a, chhiatna nasa tak leh inhuat theih loh hrehawmna arawn keng tel dân a ni

Hun a kal zel a, i duhzawngte chu hlen chhuak mah se, i thinlung chu a ruak reng a, chhungril helna i tawng ang l chaw ei khamna chu a chak lo hle ang tih han ngaihtuah teh, chuti chung pawh chuan chaw hmin (fried foods) chu i duh em em a ni Dik tak chuan, i ei apiangin natna i nei ang, i inhmang laiin nuam i tih lai pawhin And so, you'll feel like you've made a mistake Wisdom dictates using discernment to distinguish duhna \ha leh \ha lo inkara, chu chu tihhlawhtlin a nih hnuah chuan chu duhna dik lo chu tihhlawhtlin a ni tur a ni lo Mihringte hian chhungril lama hriatna thiltihtheihna chu kan nei a, chu chu kan hmang fo tur a ni a, chu chu Pathian aw ni bawh chhia leh tha hriatna thupek angin an nun kaihruai tur a ni

Duhthusam tihhlawhtlin lohte chu thinlungah a awm reng a, chuta awm chu eng harsatna nge awm? A chhanna chu hetiang hi a ni:

Duhthusam zawng zawng hi thiltihtheihna bik atanga siam a ni: a tha emaw, a sual emaw, a pahnih emaw Mi a thih chuan—Pathianin khawngaih rawh se —heng chaknate hi taksa chhe leh chhe tawh chung pawhin an thi lo va, thlarau chu a kalna apiangah thlarau lam capsule concentrated angin an zui a, chu mi chu taksa thara piang thar a nih chuan, heng capsule emaw, psychic tablet emaw te hi nungchang angin an lang chhuak thin tendencies Chutiang chuan zu ruih hmang thi tawh chuan a pianthar hunah zu duhna chu a keng tel a, chu duhna chu zu duhna an hneh hma loh chuan a awm reng a ni Hei hi thil dangah pawh a hman theih a ni

Naupang tê ber berte pawhin nun hlui ațanga an neih mizia an lantîr Naupang thenkhat chuan thinrimna nasa tak an tuar a Mi dangte chuan thinrimna țha lo an nei Dik tak chuan Pathianin hetiang hian a siam lo Nun hmasa ațanga duhthusam tihhlawhtlin lohte chuan heng rilru lam rilru put hmangte hi a siam a, chu mi avang chuan thlarau chu eng emaw chen mak takin a lang a, Pathian lem thianghlima siam ni mah se Pathian lem chu a chhunga tihdanglam a nih chuan a he nunah hian mi, thinrimna emaw, hlauhna emaw, duhâmna emaw pawh ni se, heng miziate hi tunah chuan hneh a ni lo va, chutah chuan anmahni nen an piang leh ang (a nih loh leh anmahni nen an piang leh ang), heng rilru natna hrehawm tak takte phurrit chu he mi emaw, nakin lawka tisaa lo chang emawa an hneh hma loh chuan an laka tlanchhuahna a awm lo

Chuvangin, duhthusam zawng zawng chu tuna hlen chhuah emaw, hneh emaw a tha zawk

Chutiang duhna chu vawi khat atâna tihbo theihna kawng țha ber chu Pathian hlimna chungnung ber tawn hi a ni Chutiang a nih loh chuan heng duhna

thunun leh duhthusam tihhlawhtlin lohte hian thlarau chu a tibuai ang a, a ti hrehawm ang

Mi chuan hriatthiamna leh finna hmangin Pathian chauhvin hlimna thianghlim leh nghet tak a pe thei tih a hriat a ngai a ni

A tam zawkah chuan duhna chu hriat lohnaah a thup reng thin A bo tawh niin i ngai mai thei, mahse a bo lo; hei hi nunna thuruk pakhat a ni a, chu chu amah ngei pawh hi thuruk ropui tak a ni

Mahse nun hi kan zirchian a, a awmzia kan ngaihtuah hian thuruk chu a bo thin Nitin hun rei vak lo ngawi renga thu a, mahni inenfiah ta la, duhthusam tihhlawhtlin loh tam tak i nei tih i hmu ang Heng duhnate hi mi pakhatin a kalna apiangah, he nunah leh a hnua a kalna apiangah a phurh chhuah hrik thihpui ang mai a ni

Hmalam panna kawng tha ber chu—duhthlanna fing tak hmangin—he nunah hian duhthusam chhiatthlak tak takte hi hriat chian a, i duhzawng tha hlen chhuahna kawngah i thawhrimna chu i dah pawimawh ber a ni Mahni intihhlum duhna emaw, thil dik lo tih duhna emaw i neih chuan, chu fuihna chu tunah hian i hnawtchhuak tur a ni I thlarau chhungah Pathianna meialh i nei tih hi ngaihtuahna leh thiltih hmangin nangmah leh nangmah inringtawh la, Engkimtitheia anpuia siam i ni tih hre reng ang che, leh chuvangin i taksa pianphung leh i tih dante paltlang theihna thiltihtheihna i nei a ni

Luxuries-ah inngat lo la, duhthusam a\angin inthiarfihlim zawk la, nun indonaah hnehna i chang ang Hrehawmna chinfel theih loh i tuar a nih chuan taksa hriatna atanga inthiarfihlim tum ang che

Miten thil hlui, chhe tawh leh tul lo tak takte chu in kil khatah dahkhawm a, a hun hunah in tihfai leh tihfai hi thil tih dan pangngai a ni Chutiang bawkin, i

subconscious mind kil khatah hian duhna tam tak chu
latent harm nen a awm a, chu chuan ni khat chu i
hmachhawn dik loh chuan harsatna nasa tak a thlen
thei che a ni

Mahni inhriatthiamna hi thlarau lam kawngah a
pawimawh hle I huat em em a, i thinrim a, i thinrim
thuai thei bawk ang Chutiang a nih chuan, heng i
hriatnaah hian heng miziate dahkhawmte hi i thiltih
tawhte rah chhuah a ni He furniture buaithlak tak,
chhe tawh tak tak atanga i rilru tihfai nan hian thil \
ha, siam\hatna tur thil \ha tak tak hmangin i \an tur a
ni a, midangte chungah hmangaihna i neih \an a ngai a,
mi i hmangaih tam poh leh an hmangaihna chu i hre
chiang ang a, mahse an hmangaihna chu i hre chiang
ang i sawisel chuan, nangmah ngei pawhin, chu
sawiselna chu an hrethiam ang a, amplified takin i
hnenah an rawn thawn let leh ang!

Hmelma hlui a thi tawh ang u, chuti chung pawh
chuan a chungah thinrimna leh huatna i la vawng
reng ang He lungngaihna avang hian I tuar ang a, a
chhiatna chu i taksa leh rilruah a lang chhuak ang
Pathian tan ngaihdam a tha zawk, chutianga i tih
chuan phuba lak duhna sual tak tak lakah i in chhuah
zalen ang a, chu chuan i rilru thlamuanna a tichhe ang
a, i thlamuanna chu i tichhe vek ang Heaping huatna
chungah huatna, emaw, huatna hmanga hmêlma chhân
lêtna chuan i hmêlma i chungah hmêlma chu a tizual
mai ni lovin, a rah chhuah angin nangmah ngei pawh i
taksa leh rilru natna a tichhe bawk Chuvangin
ngaihdamna mawi tak nên ngaidam rawh

A hun hunah chuan mi pakhat chuan amah chauha
awm turin engkim a kalsan a ngai a, chu chu nun tum
ngaihtuah tur chuan Mi tam zawk chu hnam dan leh
fashion hrang hranga luang chhuakah an pil bo thin A
nihna takah chuan anmahni nun hi an hmang tak tak

ngai lo va, khawvel nun an hmang zawk zawk Eng nge an tihhlawhtlin a, khawiah nge an tawp?

Chuvangin, mi pakhatin a rilru buaina tihreh nan leh a thupui hrethiam a, a tum tum chu ruat a tum theih nan nitin buaina leh "duties" atanga a chang chuan a inthiarfihlim hi a finthlak hle

Thu hriattîrna ropui ber i dawn theih chu i chhia leh tha hriatna a ni tih hre reng ang che: i thlarau aw tihsual theih loh leh tihsual theih loh I chhia leh tha hriatnain a hrilh che chu i nihna dik tak a ni a, chei mawi leh inthumna tel lovin

Isua Krista thiltihtheihna kha han ngaihtuah teh, “Ka Pa, ngaidam rawh, an hriat loh thil tih dan an hre lo,” a ti a.

Tin, Zawlnei ropui tak kha han ngaihtuah teh: “Mi dinhmun chawisangtu chu ka hrilh dawn lo che u em ni?” Anni chuan: “Ni e, Aw Pathian tirhkoh” an ti a: “I chung a thil hre lo chu dawhthei la, i laka insumtu hnenah pe la, i nena inzawmna titawptu nen inzawmna vawng reng la, i chung a thil tisualtu chu ngaidam rawh” a ti.

I chhia leh tha hriatna êng tak aw ngaihthlak hian i kawngah êng a thlen ang a, i nunah malsawmna a thlen ang I thinlungah duhthusam hlen chhuah duhna nasa tak i neih hunah, i hriatthiamna hmang la, heti hian inzawt rawh: "Tihpuitlin ka tum chu duhthusam tha nge tha lo a ni em?"

Thil tam tak chuan mihring duhzawng a tichak a Mi pakhatin model car thar a hmuh chuan a ang chi nei duhin style thar in a hmuh chuan a ang chi nei duh a ni Fashion trend thar chu a lar ta hle a, chu style chu lei leh ha turin miten an duh em em a ni!

Khawi atanga lo chhuak nge duhthusam? He thu hi darkar tam tak ka ngaihtuah a I duh zawng zawng chu i categorize thei em? I managed to sort through

them all and keep only the good ones Tin, Pathian
inpawl na ka neih chuan ka duhna tha zawng zawng
chu vaw i khatah a thleng famkim vek tih ka
hmuchhuak Vawin hian thil i duh a, naktuk hian i
thlarau chuan thil dang a duh em em a I rilru, Pathian
Engkimtitheia atanga lo chhuak chu khawvel thil tha
hian a ti lungawi thei lo va, a ni ngai lo vang, a chhan
chu, ka thian duh tak, hlu ber leh i thlarau ro hlu tak, i
duhzawng tihlawhtling thei tur leh i duhzawng
tihlawhtling theitu chauh chu Chu ro hlu bo chu
Pathian a ni

Duhthusam \ha emaw, \ul emaw a awm tih chu a
dik a, chu chu hlen chhuah tumin i thawk tur a ni
Mahse, i duhzawng tenau zawkte hlen chhuah tumin i
beih lai hian Pathian lam hawia i duhna lian ber hlen
chhuah hmasak hi theihnghilh suh Duh duhna leh tih
tur tenau zawkte chu hlen hmasak tur a ni tih rinna hi
ka thlarau lam zinkawng bul tannaah pawh ka la hre
reng a, chu chu ka rilru tikhawtlaitu ka ni a, ka la hre
reng lo meditate regularly, even though I kept tolling
myself that I would make time for it ka thlarau lam
hnate hmasa ber Tin, chutiang chuan zirlai ropui tak
ka zir chhuak ta a ni: Pathian laka ka mawhphurhna
chu a hmasa ber a, chutah chauh chuan hna dang,
pawimawh lo zawkte chu ka ngaihtuah thei a ni

Mihringte hian Pathian aiin hna dang leh
ngaihtuahna dang kan dah pawimawh zawk a nih
chuan engvangin nge Pathianin chatuan kawngkhar
chu mihringte tan a hawn ang? Pathian chuan kan
chhungah thlarau lam thla a dah a, thlarau ramtea
thlawk turin min beisei a ni Heng thlate hi kan thlarau
lam duhthusam te, kan ngaihtuahna sang tak te, leh
kan Pathian bul kan duhna thinlung tak tak te hi a ni

Pathian i zawng hmasa phawt ang u Leia
hnathawh hi ngaih pawimawh ber hi a finthlak lo,

Azrael hian engtik lai pawhin thlarau a ko thei a, chutah chuan tih tur, inpekna, ngaihtuahna leh tih tur zawng zawng chu a tawp ang a, vawi khat atan a tawp ang Chuti a nih chuan engvangin nge nunna hi nghet taka kan vawn tlat ang?

Miin himna leh thlamuanna a hmang niin a inngai a, chutah chuan a hmangaih tak a hloh thut mai a, a nih loh leh a hriselna emaw, a hna emaw a hloh a, himna leh thlamuanna chu a boral ta!

Ka nu ka hmangaihna chu a va ropui tak em! Ka bulah a awm reng ang tih ka ngaihtuah a, mahse rang takin ka naupan lai atang khan min kalsan tawh tih ka hrechhuak ta! Thihna kan hlau tur a ni lo va, chumi atan chuan kan inpeih zawk tur a ni

Nun hi a lan dan ang a ni lo I rinna nghat suh, a inthlak danglam a, bumna a ni a, beidawnna leh beiseina tichhiain a khat a ni Famkimna hi hmuh theih a ni lo Hetah hian famkimna hmuh tur a awm lo Nunna lemziak tak tak ka pe duh lo che He khawvel hi paradis a ni lo Pathianin thlarau a fiahna hmun a ni a, chu chu Pathianin thlaraute chu thil \ha hmanga hnehin Amah an siam ang em tih en turin a fiah \hin a ni—chu chu, siam rawh Pathian—an duhzawng ber, A ram lama an kir leh theih nan

Nun hi lungngaihna leh nuihzatthlak chi hrang hrang, chhiatna leh hlimna chi hrang hrangin a khat a ni Tapestry zau tak, danglam reng leh nung tak, a chi hrang hrang chhiar sen loh Thil pahnih hi a inang chiah lo Mi tin nun hi a danglam bik Mimal tin hian pianphung hrang hrang, rilru put hmang hrang hrang, duhna hrang hrang kan nei a Nitin fiahna inang kan tawh a nih chuan, kan chau ang a, kan bo ang Paradis pawh, a inang reng ni ta se, would lose its appeal We love variety and diversity The prevailing traditional concept of Paradis is entirely wrong A hahthlak tak

**zet a nih chuan Pathian mi thianghlim leh mi
thianghlimte chuan Leiah hian kir leh turin an
tawngtai ang a, intihhlimna an nei ang! Paradis hi a
lawmawm berin a tharin a awm reng a, Leilung erawh
chu a tharin a awm fo thin a, mahse a hahthlak leh
nuam lo takin**

**Mahse, nun hi hahthlak leh hahthlak tak ni mah
se, mi tam zawk chuan an hmang thiam ta hle a, nun
dan dang a awm lo tih ringan He nun hi thlarau nun
nen tehkhin theih lohvin, he khawvel fold chhunga
hrehawmna leh hahna thup zau zia chu an hre thei lo**

**Dik tak chuan, nun hi a tak tak a ni lo It's merely
entertainment, nothing more Film hlui te hi tihchhuah
nawn leh a nih ang bawkin, chutiang bawkin thil
thleng hlui ang chiah chu chi hrang hrangin a insiam
nawn leh thin Tin, nun chhunzawm zelna tawp nei lo
mah se, film hmasa lama thupui tarlan ang chiah kha
a hnungzuiin an play leh thin Dik tak chuan, history
hian a repeat a, mite chu hun kal tawh museum-a thil
hlui mai mai an ni**

**Nun hian a mak tihnate a chhuah tir theih nan,
hlimna, thil tum nei tak leh inthiarfihlim tak nena
pawm tur, rilru natnain nghawng nei lo, movie en ang
maia thinlung taka nuih hi mihring natna zawng
zawng damdawi mak tak a ni**

**Nun hi awlsam leh thlamuang takin i pan tur a ni
Hei hi ka zirtirtu hnen atanga ka zir chhuah chu a ni a
hermitage-a ka thlarau lam training tan tirh khan ka
hna chu hmel hlim lo tak nen ka thawk a, nui ngai
lovin Ni khat chu ka zirtirtu chuan hei hi a hmu a,
"Pathianin a duh chuan engkim a tha vek! Funeral-ah
i awm em? Pathian hmuh chu lungkhamna khuh bo a,
lungngaihna zawng zawng phum tihna a ni tih i hre lo
em ni? Nunna hi chutiang chuan la suh tihtakzetin"**

Pathianah zalenna famkim a hmuh theih nan lei
lam thil tihbuai leh buaina zawng zawng aia a rilru
chawisang hi mihring tih tur a ni tih min zirtir a

Nun harsatnate huaisen leh mahni inrintawkna
nena hmachhawn tur chuan hlimna leh lungngaihna,
hlawkna leh hlohna, hnehna leh hlawhchhamnaah
inthlauhna a vawng reng tur a ni

Thil thleng zawng zawng karah pawh chhungril
remna vawn reng hi bum duhna hneh theihna kawng
tha ber a ni Hei hi hun inthlak danglamnain a
nghawng lo, mahse a tawp thlenga nghet leh danglam
lova awm rengtu ropui tak takte hnen atanga ka zir
chhuah chu a ni Zâwlneite pawhin an tihduhdah lai
khan an hriatna thianghlim chu an hloh lo va, Thlarau
lam thila Pathian hmangaihna chu tumah ruksak an
phal lo hlimna chu amah ngei pawh malsawmna
invenna leh mi zawng zawng kulhpui ropui ber a ni
Fiahna leh hrehawmna karah Pathianin malsawmna a
pek che kha hre reng ang che I thlarau chu Pathian
biak in thianghlim a ni I hriat lohna thim chuan chu
hmun thianghlim chu a tibawlhhlawh tir tur a ni lo
Thlarau lam hriatna, chawimawi, zahawm, him, leh
thlamuang taka awm chu a va ropui tak em! Engmah
hlau suh la, tumah huat suh I hmangaihna chu mi
zawng zawng hnenah pe rawh Pathian hmangaihna
chu hre la, mi zawng zawngah a awmna hmu la, i
duhthusam ber chu i thinlunga a awm rengna ni rawh
se Hei hi khawvelah hian thlamuang leh muang taka
nun dan tur chu a ni Mahse, duhna thlipui na tak
chuan thinlung oasis a rawn nuai a, a thingte chu
nasa taka a tihnghing chung chuan he mahni
inrintawkna hi tem a harsa hle

Duhthusam chu mi pakhat boruakin a siam a ni
Kan hriatna atanga lo piang a ni a, chu hriatnate
tihkhawtlai a nih avangin thingtlang fair-a tel hian

phurna engemaw zat neih duhna chu a tihlawhtling a,
mahse khawvel huapa exhibition kan tlawh hnu leh a
lantir hrang hrang zawng zawng kan hmuh hnuah
chuan fair tenau chuan a hlimthla leh a hipna chu a
hloh ta a Chutiang chuan, chu hlimna chu Pathian
nena inpawlina hlimna chu kan tawng hmasa tur a ni
lesser earthly pleasures Tichuan, duhna chu a sang
zawng ang Duhna chu a tawp thei lo; no sooner is one
desire fulfilled than another takes its place Mahse
Pathian i hmuh chuan i duh zawng zawng chu a
famkim vek a ni "Pathian ram leh a felna zawng
hmasa phawt la, heng zawng zawng hi pek i ni ang
(Tin, Pathian hnena awm chu a tha zawkin a awm
reng bawng ang)" Chuti a nih chuan engvangin nge chu
duhna ropui ber tihhlawhtlinna chu zawn hmasak a,
Pathian kut thilphal hnen atangin a tha ber leh tuar
thei ber chu i dawn loh vang?

Pathianin amah hre tura zawngtu tawngtaina a
chhan hunah chuan a duhzawng dang zawng zawng
chu a thleng nghal vek ang a, chatuan atan a thleng
ngahal vek ang

Mi thenkhat chuan duhthusam nei loah an ngai
Fine!

Mite market-a an kal hian thil thleng fo thin ka
hmuchhuak tawh Lei duhna bik an nei lo mai thei a,
mahse rang takin thil pakhatin an mit a la a, "Aw ni e,
ka lei a ngai a ni!"

An lei nghal lo a nih pawhin a tawpah an lei hma
loh chuan an ngaihtuahnaah a awm reng a, pawisa an
loan a ngai a nih pawhin Hun engemaw chen chu an
hlim a, mahse zawi zawiin a hipna chu a bo a, a neih
hlimna chu a tlahniam a, chuvang chuan thil dang an
duh a, chutiang chu a ni

A châng chuan: "Ah, hetiang leh hetiang zat
pawisa (or special model car emaw swimming pool

emaw or)" ka neih chuan" titu kan tawk a, chu duhthusam chu a thlen meuh chuan thil thar duhna dang a lo chhuak leh thin

Mihring duhzawng hi a pianphungah a famkim lo a, chuvangin a neitute tan hlimna famkim a thlen thei lo

Khawvel hian i rilru tihbuai a tum ang che duhthusam awmchhun chu Pathian zawn a ni tih hriat reng nan Mahse hei hi nitin i inhriat nawn tir tur a ni Miin meizuk bansan, ei tam lutuk bansan, dawt sawi, bumna bansan a tum hian a thutlukna siamah a tum tlat tur a ni a, a nghing lo tur a ni Environment tha lo chuan duhna chu a tichhe a, a tichak lo va, mi pakhat chhungah duhthusam dik lo a siam a, a tha ber a la a, a chhe ber a pe thin Those who live with thieves believe it's the only way to live Mahse mi tha nena inpawlna hian rilru chu thil sang zawk lam hawiin a kaihruai a, chutiang chuan duhna dik lo chuan mi a thlem thei tawh lo He nunah hian engkim hi a danglam thei a, a inthlak danglam thei a Mahse, hun tlemte chhung ngaihtuahna thuk tak emaw, thlarau lam thupui thianghlim zir leh ngaihtuahna seng emaw chu rilru hnehtu a ni ang a, bumna leh illusion to divine shores where "hahna reng rengin a khawih lo vang a, chuta tang chuan hnawhchhuah an ni lo vang".

(Chawlhna ropui ber chu thawkrimte tan buatsaih a ni tawh a, thutak zawnga theihtawp chhuah lotu chuan hnehna a chang ta a ni)

Hlimna dik tak chu Pathian duhna leh Amah ngaihtuah rengnaah a awm a, chhelna nen, chu ngaihtuahna chu a nghetin a nghet lo hle a, taksa, rilru leh rilru lama hrehawmna engmahin Pathian hnen atangin i hriatna chu a hruai bo thei lo va Pathian hriatna nena nun, Amah ngaihtuah leh engtik

lai pawha Amah hriat reng, leh Amah beih theih lohna hmun thianghlma awm reng chu thil mak a ni lo em ni thihna emaw, thil dang emaw pawhin i chhungril thlamuanna a rukbo theih lohna hmunah? (Pathian hriatrengnaah ringtute leh an thinlungin chawlhna hmutute Dik tak chuan Pathian hriatrengnaah chuan thinlungin chawlhna a hmu thin)

Duh zawng zawng laka him lo i nih chuan chatuan awmna i hlim a ni

Nun hi a mak tak zet a ni, engkim hi a danglam thei a ni Chuvangin, he nun hnim hring hring chungah hian hlimna lawng hi anchor tur a ni lo Kan hun hi a liam ang a, tuna kan hmuh hi ni khat chu a bo tawh ang Inthlak danglamna chu i tihnat phal loh chhung chuan pawm theih a ni Tin, a tihnat che a nih chuan, chhungril buaina i tawn chu duhnain a tuar lo turin thuchah a ni thlarau, innghahna leh innghahna nei lovin engkim i hlim thin Chuvangin, Amah hriat tumna hi ngaihsaktute tan chuan a pawimawh ber a; chuti lo chuan nun chu beidawnna rapthlak tak a ni ang a, beiseinate chu râpthlâk takin a tikehsawm ang

Kum 1935-a India rama ka lo haw khan ka naupan laia ka hmangaihna hmunte tlawh ka beisei a, mahse ka thlen chuan engkim a danglam tawh tih ka hmuchhuak Nun stage chu kawng danglam takin a inrem leh ta Beidawng leh mangang ber chu Aykapur-a ka in hlui ka tlawh khan a lo thleng a, chutah chuan ka inkhelh leh sava ka en thin Only one tree remained of all that I remembered Such is life! Thil hriat lar leh ngaihhlut tak takte chu kan mit a\angin pakhat hnu pakhatin a bo vek a, ka naupan lai ang bawka kan in chu hmuh theih turin eng thil pawh pe turin ka inpeih reng a, chuti chung pawh chuan, Pathianin ka duhthusam chu a hlen chhuak ta a, a hnuah chuan in chu inlarnaah ka hmu a, chutah chuan tuikhuah-ah

kan inbual a, chutah chuan inchungah ka chho a,
khumah chuan ka mu a, kum tam tak kalta a ka lo tih
tawh ang khan mango ka ei ta a ni

Tunah chuan duhnate chu uluk takin enfiah leh
enfiah a ngai a, a thliar hrang tha a, a tha chauh vawn
reng a ngai a, chu duhna tha tak takte pawhin

Pathian duhna pawimawh ber chu a titawp phal a ni lo

Chu duhna chu a nung reng tur a ni a, a kang reng
tur a ni a, a bo emaw, a thi emaw phal loh tur a ni
Mihring chu Pathian hnenah a lei duhzawng hlen
chhuak turin a ngen a, mahse a hnena inpuan turin a
ngen lo a, naupang pakhatin a nu leh pate hnena a
dilna pe turin a phut reng a, chutiang ni lovin a
chungchang zawt lo emaw, ngaihtuah lo emaw chu
han ngaihtuah teh That is ingratitude and a denial of
their kindness, and ngaihtuahna hmangtute tan zirlai
a awm tihna a ni

He nunna bu hi hman a nih hunah chuan leia a
awm laia thlarau lam hriatna a neih chauhvin a zui
ang Chuvangin Pathian chu mi rilruah a awm reng tur
a ni a, Amah a ko reng tur a ni a, a theihnghilh ngai lo
tur a ni, mahni thlarau lam hmalam hun ngaihtuah tak
tak a nih chuan Pathian nena inpawlina kan neih hian
duhthusam zawng zawng chu thuruk takin a thleng
famkim tih kan hmu ang Mahse Pathian kan zawn a
ngai a ni hmasa berin A thilphal a, engkim min pe
tawh a, mahse a thilpektea lungawi lo mah ila a petu
lam kan hawi hunah chauh kan hmu ang Kan zawnna
kawngah thinlung takin, Amah hnaih kan duhna leh a
malsawmna a awmpuina kan tawn duhna thinlung kan
neih chhung chuan Amah chu kan hre chiang ang

Miin a hmachhawn tur daltu lian ber chu amah
ngei hi a ni Ngawi renga thut a, thlarau lam thil
ngaihtuah a tum hian khawvel ngaihtuahna a lo
chhuak nghal a, a ngaihtuahna a tibuai a, a thil tum a

tihlawhtling thei lo An ngaihtuahna leh taksa thunun turin an inzirtir tur a ni a, chutianga an tih chuan an thlarau chhungah paradisi phur thei tak an phur ang Nunna emaw thihna emaw, vanram emaw, hremhmun emaw, chu hlimna sang ber chuan anmahni zui rawh

Pathian hnenah thuk takin kan tawngtai tur a ni a, kan duhthusam nasa tak chu kan leihbuak a, thinlung tawng, thlarau duhthusam leh chhia leh tha hriatna tawngkam hmanga kan dil a ngai a, chutiang chuan min lo ngaithla a, min chhang thei ang Mahse, mi pakhatin thinlung chanve zeta tawngtai a, chutih rual chuan thil dang a ngaihtuah chuan—Pathianin a hriat thil chu chu mi ngaihtuah ber a ni lo—A chhang lo vang

Pathian kan neih hmasak a ngai A hun chu tunah hian kan nghak tur a ni lo, suangtuahnate hi thiltithe lutuk a nih avangin Nun hi a liam thuai a, nun tum hre lova he khawvel chhuahsan hi a zahthlak hle Hun awl kan neih apiangin kan ngaihtuah tur a ni I tawngtaina a tir lamah chhan a ni lo a nih pawhin Pathian khawngaihna chu beidawng suh la, dil chhunzawm zel rawh Thinlung takin tawngtai la, i tawngtaina chu chhan a ni ngei ang tih ring tlat ang che

Pathianin tawngtaina a chhân lêtzia finfiahna ropui ber chu ka nunah ka hmu tawh a Mahse chutiang chhân lêtna chuan thawhrimna a ngai a, beih loh chuan thil pawimawh tak a lo thleng lo vang Nunna thurukte pholan a, Pathian ram luh nân ngaihtuahna hi a pawimawh hle

Thiltih \ha lo leh tihbwaitu dangte chuan i thawhrimna chu a tichhe thei ang a, i thutlukna chu a tichak lo ang Mahse hlim taka awm i duh chuan i ngaihtuahna chu Pathian lam hawiin vawng reng la, i hnaih ber chu i hmu ang

Leilung nawmna duhna hian magnetic pull a siam a, chu chuan mi chu he leiah hian a hip lut a, nun hnua nunna Pathiana an duhzawng hmu tawhte tan tisa lama kir leh chu thil tul lo a lo ni ta a, duhthusam eng pawh tihhlawhtlin an duh apiangin an ngaihtuah a, chu chu an hmaah a lo lang chhuak thin Ka nu chu a thih hnua ka hnenah a inlar a, amah ka hmuh avangin ka thlamuan a, a thatna avangin Pathian hnenah lawmthu ka sawi tak zet a ni Dik tak chuan, Amah hi a tam ber a ni Mi thilphal leh khawngaihthlak ber chuan kan thinlunga hmun hmasa ber kan pek hian min hmangaihna leh lawmthu sawina lantir turin kan duhnate a tihlawhtling thin

Miin Pathian hnena a thlen chuan nunna leh chanvo neitu an lo ni ta a ni Kan nunah Pathian awmna chu ngeth taka a din hma loh chuan kan chawltur a ni lo Kan duhthusam zawng zawng min pe ang a, min fiah ang

Thlarau lam kawnga fiahna leh daltu te chu a tam a, a ropui hle a, mahse chu fiahnate kan paltlang a, chu harsatnate chu kan hneh chhoh zel chuan heti hian kan sawi tur a ni: “Aw Lalpa, ka tawngtainate i chhang a, ka duhthusam ropui berte i tihlawhtling ta a, chuvangin ka thinlung chu I awmnaah a hausa a, ka thlarau chu I êngin a lo eng ta a ni” tih hi a ni. Remna awm rawh se

Altruism hian awareness a tizau hle

Midangte hnena tum tha i thawh chhuah hian i hriatna a
zau thin I vengchhung i ngaihtuah hian chu ngaihtuahna nen
chuan i nihna thenkhat chu a chhuak thin Mahse ngaihtuah
ringawt chu a tawh lo ngaihtuahna chu a taka hman turin
kan inpeih reng tur a ni

Inneihna hi altruism zirlai a ni Mi pahnih chuan nun
insem an tum a Tichuan naupang an lo kal a, nu leh pate
chuan an neih ang chu an insem a Mahse chhungkaw hnai
ber leh midang (chu chu kei leh nangmah emaw keini chauh
emaw) ngaihtuah loh hi mahni hmasialna chi khat a ni
Kan hmangaihten min kalsan hun a lo thleng dawn a;
chu chu nunphung a ni Hei hian mihringte thil tum ber chu
midangte tana thawhrimna leh nun malsawmnate an hnena
hlan a, kan hriatna ramri tihzauh hi a ni tih min hriat nawn tir
a ni

Altruism hian a neitu hnenah malsawmna tam tak leh
hlimna nasa tak a thlen a, altruism hmang hian mahni

hlimna a humhim thin avangin Ka thil tum chu midangte
hlim tir hi a ni a, ka hlimna hi an hlimna atanga lo chhuak a
ni si a

Kan hlimna chu midangte hnena kan insem loh chuan
tihhlawhtlinna thlum tak tak kan ei thei lo I'm not just
referring to family members, but all people

Midangte kan ngaihtuah a, kan theih ang tawkin kan
tanpui tur a ni Hei hian mahni inrethei tihna a ni lo va,
midangte ngaihsakna dik tak leh inhmangaih tak leh insem
duhna lantir a ni zawk

Thutak thu bulte chu keimahniah kan hmang hmasa tur
a ni Keimahni ngei pawh kan ingaitlawm loh chuan
midangte tan midangte tana thil \ha lo (altruism) kan zirtir
thei lo Mahni a\anga \an ila chuan midangte tan entawn tur
tha tak kan ni ang

Midang rawngbawl leh hlawkna tur atan ka nun ka hlan
nasa hle a, mipui tam tak hmaah ka zin kual tawh a, mahse
ka thuziak leh zirtirna hmangin midangte rawngbawl na tha
ber ka nei tih ka hria

Mipui tam tak chu lecture ngaithla turin an lo kal a,
hmangaihna dik tak avang a ni hauh lo Mite chu infuih
tharna leh thlarau lam thlamuanna zawngin an lo kal a
Mahse, thutak zawngtu thlarau, Pathian hmangaihtu thlarau
ka duh Chuvangin Pathian ngaihtuah a tulzia hi ka ngaihtuah
a, ka ngaihtuah chhunzawm zel bawh

Thlarau lam thila zawngtu pawimawh leh nghet tak
zawng zawngte chu duhna leh taima taka an kal zel chuan
hlawhtlinna lallukhum khum an ni ang

Kan thinlung zawng zawng, rilru zawng zawng, thlarau
zawng zawng leh chakna zawng zawngin Pathian kan
hmangaih tur a ni a, kan thenawmte pawh keimahni anga
kan hmangaih tur a ni

Thinlung zawng zawng, rilru zawng zawng, thlarau
zawng zawng leh chakna zawng zawnga Pathian hmangaih
?tih hian eng nge a sawi tum

Thinlung tih awmzia chu hriatna tihna a ni a, rilru tih
awmzia chu ngaihtuahna seng tihna a ni a, thlarau tih
awmzia chu ngaihtuahnaah thlarau lam inremna thuk tak a
kaw k a, chakna tih awmzia chu kan chakna zawng zawng
Pathian lam hawia hruai tihna a ni

Hei hian mahni rilru zawng zawng hmanga Pathian
hmangaih a, ngaihtuahna zawng zawng nen, nunna chakna
emaw thiltihtheihna emaw chu thil a\anga thlarau lama hruai
kir a, taksa a\anga Pathian lam hawia ngaihtuahna sawn a
tihna a ni

Ngaihtuahna tel lova Pathian hmangaih chu thil theih a
ni lo, a chhan chu ngaihtuahna hmang chauhvinn amah
anpuia siamtu Pathian nena chatuan leh chatuana inzawm
thlarau anga kan thlarau nihna chu kan hre thei a ni
Kan chhungah hian Pathian hmangaihna sang tak tan
lalhtutphah kan siam tur a ni Nunnaah hian thil pawimawh
zaw k a awm lo Amah hmangaih te, Amah chungchang sawi
te, leh midangte Amah hre tura êng chhuah te aia thil tum
sang zaw k a awm lo Mite hnen atangin thil dang ka duh lo
Tih tak zeta zawngtute hnena ka thlarau thil tawn ka
sawi chhuah hi lawmawm tak a ni Pathian chanchin sawipui
a, a awmna an tawn theihna tura puih ai chuan engmahin
hlimna min thlen lo

Pathian hmangaih leh a chhiahhlawhte hmangaih hi a
mak a ni Amah kan hmuh hian mi tinah a hmangaihna kan
hre thin Khawvel pumah hian hmangaihna thiltihtheihna aia
thiltihtheihna ropui a awm lo

Van leh tuifinriat leh ka hriatna lalhtutthlenga thu Lal
Chungnungbera ka hmu a, ka chhungah leh mi zawng zawng
thlarauah a awm tih ka hmu a, thil siama a pianphung leh a
lan chhuahna tawp nei lo zawng zawngah ka pawm a ni
Mahni hmasialna ni lo se chuan khawvel hi paradis a ni
ngei ang

Khawvel hian mahni hmasialna sual hi bansan ta se, he
leiah hian paradis kan hmu ngei ang

Indona chi chu mahni hmasialna sualna bulpuiah a awm

Mihring hmasate chuan mi dangte hmasialna laka mahni
hmasialna humhim nan lungphun an hmang hmasa a, chu
chu thal leh thal-ah a lo chang ta a ni

Mihringte tichhe thei thiltihtheihna chu a siam\hat
theihna aiin a lo thang lian a, a lo thang lian zawk a He boil
sual tak—malevolent selfishness boil—hi a tawpah chuan a
puak darh ang Mahse, lungchhiatthlak takin, mihringte harh
chhuah a, hnam hmangaihna chu mimal mahni hmasialna
aiin a hlauhawm lo zawk lo tih an hriat hmain nunna tam tak
a boral ang. pakhat chu mahni a\anga \an a ngai a ni
He mahni hmasialna tenawm tak avang hian indona a
chhuak a, economic balance a tibuai a, recession leh a
hnuah depression a lo thleng ta a ni
Ramri hi ruat fel a ni lo va, khawvel sorkar pawh a
inthlak danglam reng a ni

Mahni hmasialna chuan midangte dikna leh hlimna
ngaihthah lova hlimna zawngtu emaw, mahni thiltum avanga
midangte dikna leh thatnate rap tlat emaw hian retheihna,
hlim lohna leh hrehawmna a siam chhuak thin
Midangte chhiatna rapthlak taka hausak hi thil tihsual
lian tak a ni Communism, pawn lam atanga mipui tam tak
hna tamna leh hausakna tiamtu Communism chu a
hlawhtling dawn lo va, ni khat chu a tlakbuak dawn a ni, a
chhan chu nawr luihna leh mimal zalenna tihbuainaah a
innghat a ni (Note: He thusawi hi Master Paramhansa-a'n
kum 1937-a a pek a ni a, he thutlukna hi a thleng tak zet a
ni!)

Mi ropui tak takte chuan thlarau lam thilpek duhna
thinlung tak takah innghatin midangte tana thilpek (altruism)
an sawi uar thin

Miin a kut leh ke chauh a ngaihtuah a, a lu a ngaihthah
chuan thluak hian motor thiamna kaihruai turin hna a thawk
lo vang Taksa hnathawh zawng zawng hi a inrem vek tur a ni
Chutiang bawkin hnam leh khawtlang nunah rilru (thutlukna

siamtute) te hian kut leh ke (hnathawktute) nen inrem takin
hna an thawk tur a ni, a chhan chu duhdan a inhnial chuan
thununna a chhe vek ang a, buaina a lo awm ang a,
hrehawmna a chhuak ang

Khawvelah hian zirtirtu pahnih an awm a Pathian
kaihruaitu leh zirtirtu atana latu chuan hlah tur a nei lo
Setana chu a hruaitu leh kaihruaitu atana latu chuan nasa
takin a tuar ang

He nunah hian mi tam zawk tan chuan thumal
pawimawh tak chu "keimah" Thlarau lam rilru put hmang leh
duhna nei te chuan mahni inngaihtuah ang bawkin midangte
an ngaihtuah thin Mahni chauh ngaihtuah thinte hian an
chhehvela mite hmelma leh thinrimna chu anmahni chungah
an rawn keng tel thin Mahse midangte rilru put hmang leh
ngaihven zawng ngaihtuah thinte chuan midangte chuan
anmahni an ngaihtuah a, an rilru put hmang an ngaihtuah
thin tih an hmuchhuak thin

Khaw pakhatah mi zakhat awmin, pakhatin midang hnen
atanga laksak an tum a nih chuan, pakhatin hmelma
sawmkua leh pakua an nei ang Mahse, pakhatin midangte
tanpui an tum a nih chuan, pakhat zel hian thian sawmkua
leh pakua an nei ang

Chutiang chuan ka nung a, mi dangte hnena thilpek
hmangin engmah ka hloh lo Dik tak chuan ka thilpek zawng
zawng chu Pathian khawngaihna a tipung a, tunah chuan
engmah ka duh lo a ni, a chhan chu ka chhungril thuk taka
ka neih chu khawvelin a pek theih zawng zawng aiin a ropui
zaw a, a hlu zawk baw a Mi pakhatin a zawn tak tak chu
hlimna a ni a, hlimna chu vawi khat a thlen chuan a thlentu
dinhmunte mamawhna chu a bo ta a ni

Bank account ka nei lo a ni a chhan chu khawvela ka
guarantee awmchhun chu miten ka chungah an rilru put
hmang tha an neih hi a ni Lei lam guarantee dang ka ring lo
Hausakna dik tak chu mahni unau leh thiante thinlunga awm
hi a ni

Kan inngaitlawm hian kan hlim thin Tin, hetiang kalphung hi kan hman chuan kan chhehvela midangte hian kan nungchang hian a nghawng ang a, min entawn an tum ang Mimal leh hnam sual zawng zawng bulpui ber mahni hmasialna hi kan paih chhuak tur a ni

Mithianghlim chu boruakah a tho chhuak a
"The Philosophy of India in the Life of a Yogi" tih lehkhahu atanga lak a ni.

"Nizan khan Yogya chu boruakah feet engemaw zat a inkhung ka hmu a".

Chu thumal ngaihnawm tak hman chuan ka thianpa Upendra Mohan Chaudhry chuan a thusawi chu a tan ta a

Thawhrim takin a nui a, "A hming chu i lo chhut tawh mai thei: upper roundabout road-a cheng Bhaduri Mahasaya i sawina a ni lo em ni?"

Upendra chuan remti takin a lu a bu nghat a, mahse amah kaltlangin thuthang ka hnena a lo thleng lo chu a lungawi lo deuh a ni Ka thiante chuan mi thianghlim chungchang ka hriat duh zia chu an hria a, mi thianghlim min hriattir chu an hlim reng a ni

Ka sawi chhonzawm a, "Yogi chenna in hi kan in bulah a hnai hle a, ka tlawh fo baw" ka ti a.

Ka thusawi chuan Upendra chu ngaihvenna nasa tak a siam a, chu ngaihvenna chu a hmelah a lang Chiang hle a, ka sawi belh leh baw a ni:

"Thil mak tak tak a tih ka hmu a. Mi fing Patanjali-a record angin hman lai yoga-a thawk dan hmanraw pariat ⁽¹⁾ chu a thiam hle ⁽²⁾ Ni khat chu Bhaduri Mahasaya chuan ka hmaah Bhastrika Pranayama chu mak tak maiin a ti a, chu chuan thlipui chak takin pindan chu a rawn nuai tak tak ang maiin ka hria! Chumi hnuah chuan he thlipui thlipui hi a ti reh a, remained motionless in a state of sublime awareness ⁽³⁾ He

thlipui hnu lama remna boruak chu a chiang em em a, theihnghilh theih loh khawpin a awm a ni".

Upendra aw chu rin lohnain a rawn nuai a, "Mi thianghlim hian a in a chhuahsan ngai lo tih ka hre tawh a, chu chu a dik em?"

Kei chuan: "Ni e, chu chu thudik chu a ni! Kum sawmhnihi kalta chung khan a inah a inkhung tlat a, Amaherawhchu, he dan khauh tak, kan chawlhni thianghlim laia a chung a tih khapnate chu a ti reh a, diltute inkhawmna kawngpui sir lam pan chuan a kal ta a, a chhan chu Mithianghlim Bahaduri hi a thinlung ngilnei tak avanga hriat lar a nih vang a ni".

Ani chuan: "Mahse, engtin nge mi thianghlim chu boruakah a inngat reng a, gravity dan bawhchhiain a awm reng?"

Ka chhang a: "Yogi taksa hian pranayama thawkna exercise thenkhat a tih hian density a hloh a, chutah chuan rulhut ang maiin a thlawk thei emaw, a zuang thei emaw a ni.

Upendra mitmengah chuan hriat duhna a rawn lang chhuak a, ani chuan, "He mi fing chungchang hi hriat belh ka duh a, Zanlai inkhawmah i tel ve em?"

Kei chuan, "Ni e, ka tlawh fo thin a, a finna rang tak leh a finna mak tak hian min tithinur hle a, A chang chuan ka nuih hian inkhawmna solemnity a tichhe thin He mi thianghlim hian tibuai lo mah se, a zirtirte chuan thinrim takin min en thin!"

Chumi chawhnu lama sikul atanga ka haw lam chuan Bhaduri Mahasaya in bulah ka ding a, tlawh ka tum a Yogi chu hmun hla takah a awm a, ground floor-ah zirtir pakhatin a veng a He zirtir hian tlawhtute chungchangah a bik takin a sawi a, a zirtirtu nen appointment ka neih leh neih loh min zawt a Mahse zirtirtu chu a rawn lang nghal a, a mitmeng chu a eng chhuak a, chutiang chuan a hmunah paih chhuah ka

**nih loh nan min chhanhim ta a ni He said to the zirtir:
1.1.**

**"Mukanda chu a duh hun hunah lo kal rawh se
Inthiarna dan hi ka thlamuanna tur ni lovin midangte
thlamuanna tur a ni Khawvel mite hian kan rinawmna
hi an hlim lo a, chu chuan an chapona a tichhe thin
Mithianghlimte hi an tlem mai ni lovin an buaithlak
hle Pathian Lehkha Thu Thianghlim ah pawh hian
midangte mualphona thlentu kan hmu fo thin**

**I followed Bhaduri Mahasaya to his simple upper-
floor dwelling, which he rarely left Masters typically
ignore the world's glitz and glamour by withdrawing
from public view Khawvel hian hun kal tawh
chanchinbu-a nghet taka an din hma loh chuan
ngaihven a hlawh lo hle a, a chhan chu sage-a hun
laia mite chu tunlai ramri tawi takah chengte chauh
an ni lo**

**Kei chuan, "Mi fing ropui tak, Yogi ka hriat
hmasak ber, a in chhunga awm reng reng i ni" ka ti a.**

**Ani chuan, "A chang chuan Pathianin a mi
thianghlimte chu dan bik hnuaia awm thei tura kan
inngaih loh nan beisei loh leiah a phun thin" tiin a
chhang a.**

**Mithianghlim chu ngaihtuahna sen chungin a ke
hrual chungin a thu a, a taksa nung tak chu lotus
position-ah a chawl a, Kum sawmsarih chuang zet ni
mah se, a taksa chuan hun rei tak a thut avanga tar
leh tlakchhiatna chhinchhiahna a nei lo Chak a, a sang
bawk a, kawng engkimah a famkim a, a hmelah chuan
Pathian Lehkha Thu-a mi fing hmel, lu ropui tak anga
sawi, hmul kim tak nei, ding nghet taka thu reng, a
mitmuang tak chu a fix vek a ni Pathian Hmasawanna
chungah**

**Mi thianghlim nen chuan ngaihtuahna hmangin ka
thu a, darkar khat hnuah a aw nem tak chuan min
tiharh a;**

**"Thlamuang takin i lut fo thin a, mahse Pathian
hriatna tak tak dinhmun i thleng tawh em?"**

**Mi thianghlim chuan ngaihtuahna aiin Pathian
hmangaih zawk turin min hriat nawn tir a tum a, heti
hian a sawi belh bawh a: "A tawpna nen chuan
hmanrua chu inthlau suh la, hmanrua chu i tum ber
atan siam suh" a ti bawh.**

**Mango engemaw zat min rawn pe a, a fing rang
tak, a serious em em lai pawha nuihzatthlak ka tih tak
avangin:**

**"Miten ei leh in nena inpumkhat an duhna hi
Pathian nena inpumkhat duhna aiin a nasa zawk
daih".**

**He pun hian ka nuihzatthlak hle a, a mitmeng chu
hmangaihnain a nem ta a, "Eng nuihzatthlak tak em!"
A hmel chu serious tak ni mahse hlimna nuihzatthlak
tak a nei A mitmeng lian tak, lotus ang mai chuan
nuihzatthlak tak, chhungril lam nuihzatthlak tak chu a
thup a**

**Mithianghlim chuan dawhkan pakhata envelope
thuk tak tak engemaw zat chu a kawhhmuh a, heti
hian a sawi: "Heng lehkhate hi America hla tak atanga
ka hnena lo thleng a ni a, khawthlang engemaw zat
nen kan inziak a, an member-te'n yoga an ngaihvenna
an lantir a, Columbus-a aiin hriatthiamna tha zawk
nen India ram an hmuchhuak leh mek a ni! Anmahni
tanpui hi ka lawm hle a ni, yoga hriatna chu a zalen a,
ni êng ang maiin, a zawngtu zawng zawngte tan a ni,"
a ti.**

**"Mi finge'n mihring chhandamna atana thil tul an
tihte chu khawthlang lam tan a thlahthlam tur a ni lo
Khawchhak leh khawthlang ramte hi pawn lam thil**

tawn hrang hrang nei mahse thlarau lamah an inang vek a, yoga thlarau lam kawng pakhat tal ti lo chuan hmasawnna leh hausakna beiseina an nei lo".

Mithianghlim chuan a mitmeng thlamuang takah chuan min chelh a, chutih lai chuan a thusawi chu hrilhlawkna khuh bo a ni tih ka hre lo Tunah pawh hian heng thute hi ka ziah lai hian ni khat chu India zirtirna chu khawthlang ramah ka rawn hruai dawn tih a sawina, thil pawl lo ang maia a sawite awmzia kimchang chu ka hrethiam lo

Kei chuan, "Aw mi fing ropui tak, mihringte hlawkna tur atana yoga chungchang lehkhabu ziaak ila a va ropui dawn em!"

Ani chuan, "Zirlai, an zirlai te nen, chhe thei, hun inthlak danglam dan pianphung leh sawiseltu pianphung lo taka hrilhfiarna tuar thei lehkhabu nung ni thei tur zirlai ka zirtir mek a ni" tiin a chhang.

Zan lama a zirtirte an lo thlen thlengin yogi nen chuan kan awm dun a, chutih lai chuan a thusawi tluk loh pakhat a sawi lai chuan Tuilian nê̄m tak ang maiin a ngaithlatute rilru lam thil chhe leh chhe tawhte chu a nuai bo a, Pathian lam panin a hruai a A tehkhin thu mak tak takte chu Bengali tawngin flawless takin a sawi a ni

Chumi tlai chuan Bhaduri chuan hun laihawl laia Rajput lal fanu Mirabai-i nun philosophy lam thil hrang hrang a chhui a, ani chuan mi thianghlimna zawngin lal in nun hautak tak chu a bânsan a A tir lamah chuan ascetic lar tak, Sanatna Goswami chuan hmeichhia a nih avangin zirtir atan a pawm duh lo va, mahse a chhanna chuan a khup a tikehsawm a, heti hian a sawi:

"Pathian tih loh chu khawvelah hian mipa pakhat mah ka hre lo tih zirtirtu hnenah hrilh rawh A hmaah hian hmeichhia kan ni vek lo em ni?"

**(Pathian hi khawvel pum huapa thil \ha leh thil
siamtu awmchhun a ni tih ngaihdan thianghlim a awm
a, a thil siam chu thil \ha lo (negative illusion) tih loh
chu engmah a ni lo tih ngaihdan thianghlim a awm)**

**Mirabai hi hla phuah thiam a ni a, thlarau lam
hlimna nena khat hla tam tak a phuah a, chungte chu
India rama literature ro hlu zinga ngaih a la ni reng a,
chung zinga pakhat chu hetah hian English-ah ka
letling a ni (Mahmoud Abbas Masoud-a'n Arabic
verse-a lehlín a ni):**

**Taksa hi sil reng a nih chuan hriat a ni ang
Tuipui kara sakeibaknei ka ni ngei ang
Thlai chu a ei chuan a hrechhuak ngei ang
Kel lem chu chhuang takin ka la ang
Rosary zat chhiar ni ta se, a lo lang ngei
ang**

**Bead lian tak tak hmangin Pathian ka fak
a**

**Milemte hian an bawkkhup ta se
Tlâng leh lungpui hmaah chuan ka
bawkkhup ang**

**Bawnghnute chu in theih ni se
Bawnghnute leh bawng note pawhin an
ei theih nan**

**Nupui kalsan hian a thlen a nih chuan
Mi sang tam tak chu duhthlanna hmangin
castrate nghal an ni ang**

**Heng zawng zawng hi a puan chhuah nan a
tawk lo**

**Ni lo, puanzar pawh a chawi thei ngai lo
vang**

**Pathian chu condition pakhatah a lo lang
ang:**

**Mei ang maia thinlung hmangaihna leh
duhthusam**

Zirlai thenkhat chuan Bhaduri-a kekawrteah cheng an dah a, chu chu yoga pose-a a thut laiin a bulah a awm He India rama thilpek tih dan phung hi zahna leh ngaihhlutna lantirna a ni a, zirlai chuan a thil neihte chu a zirtirtu ke bulah a dah tih a tilang a ni

Zirtir pakhat chuan a chawlh lai chuan a pu zahawm tak chu duhthawh takin a en a, "Tih tak zetin, i mak tak mai, Zirtirtu! Pathian zawng tur leh finna min pek theih nan hausakna leh mimal thlamuanna i kalsan ta a ni" (Bhaduri Mahasya chuan a naupan laiin yoga kawng zawh tura thutlukna nghet tak a siam lai khan chhungkaw hausakna zau tak a bânsan tih chu hriat lar tak a nih avangin)

Mithianghlim chuan, "Mahse, a kalh zawngin i ti a ni!" Zirtirtu hmel chuan zilhna nê̄m tak a tâ̄r lang a, a sawi chhunzawm zê̄l a, "Khawvel pum huap lalram hmangaihna avângin cheng tlemte leh hun rei lo tê̄, rei lo tê̄ hlimnate chu ka phatsan ta a, a hlimna chu a tawp chin nei lo leh tâ̄wp nei lo Chuti a nih chuan engtin nge eng thil pawh ka hloh tawh tih i sawi theih ang? He khawvela mi mitthla lo tak takte hi an phatsan tak zet a ni! Lal thianghlim nei lo chu an kalsan ta a ni," tiin a sawi chhunzawm a ni tlukpui, riltam chawm lo leh tireh thei lo leia nawmna tlemte duhthusam!"

He asceticism leh ascetic ngaihdan inang lo tak hi ka nuihzat a: pakhat chuan mi thianghlim rethei chu Croesus aiin a hausa zawkin a ti langsar zawk a, pakhat zawk chuan khawvela mi hausa lian ber berte chu retheihna mualphona avanga an tawrh tur hre lo rethei rethei takah a chantir thung

Zirtirtu chuan a thusawi chu a titawp a, rinna nghet tak chu a fuih a, heti hian a sawi: "Pathian kalphung chuan kan thil tihte a enkawl a, kan hmalam

**hun chu insurance company-te pek aia finnain a
buatsaih a Khawvel hi mi lungkham takin a khat a,
pawn lam invenna hmanruaah an rinna nghat a An
ngaihtuahna hrehawm tak takte chu an hmaiah hliam
ang mai a ni The One and Only, who peve us air and
milk from the moment we were born , A chibai
bûktute chu ni tin an nunah an mamawh zawng zawng
pe tûrin a hria”**

**Zirna hun tawp hnuah pawh mi thianghlim ka
tlawhna chu ka chhunzawm a, Pathian awmna
hriatchhuahna atana min puitu phurna ngawi reng
chungin Ni khat chu mi thianghlim chu Gurbar Road-a
kan in atanga hla takah Ram Mohan Roy Road-ah a
insawn a, a hnungzuitute hmangaih tak takte chuan
Tajendramath tia hriat hermitage thar an sa a ⁽⁴⁾**

**He memoir-ah hian ka sawi nawn leh tur chu a
hun hmasa ber ni mah se, hetah hian Bhaduri
Mahasya-a’n min biak thutawp chu ka sawi dawn a ni,
khawthlang lama ka chhuah hma lawk hian, amah
thlah turin ka kal a, a hmaah inngaitlawm takin ka
kun a, a inthenna malsawmna zawngin ka kun a ni**

**"Ka fapa, Pathian malsawmna nen kal chhuak la,
hmân lai India ropuina chu i humhimna phaw atan la
la, i hmaiah hnehna a inziak a, mi ropui hla tak takte
pawhin tha takin an lo hmuak ang che".**

**Thu lakna: Yogi-a chanchin (Yogi nunah Indian
Philosophy)**

**_____ a ni.
Thuziak hnuai lam**

**(1) He thawk dan hi pranayama tia hriat a ni a, chu
chu thawk dan tur ruahmanna siamin nunna chakna emaw
thiltih (prana) controlna a ni Pranayama bhastrika ("bell":)
hian rilru tihmuang turin hna a thawk a ni**

**(2) Patanjali hi hmanlai yoga chungchang sawifiahtu
ropui ber a ni**

(3) Kum 1928-a Sorbonne-a Professor Jules Bois-a thusawiah French scientist-te chuan hriatna sang zawk chungchangah experiment an nei tih a sawi a, a awm thu a pawm a ni He described it as "the counterpart to the unconscious mind in Freud's concept This higher consciousness encompass the talents and qualities that make a person truly human, not merely an evolved animal" French scholar chuan hriatna sang zawk harh chhuahna chu "suggestion emaw hypnosis emaw a\angin a danglam tur a ni tih a tichiang a, hriatna sang zawk awmna hi philosophy lamah hriat a ni a, a bul berah chuan Emerson-a sawi self sang zawk a ni a, chu chu science-in tun hnaiah chauh a pawm a ni" Emerson-a chuan a essay (The Higher Soul)-ah a sawi: "Man is the face of a temple in which lies all wisdom and goodness, and usually what we call man: ei, in, phun leh chhut thiam mi chuan a thil tak tak pawimawh tak chu a lem dik lo a pe a Mahse, a hmanraw leh lan chhuahna thlarau chu a ngaihtuahna leh thiltih hmanga lo lang phal a nih chuan, chutih hunah chuan thlarau lam mizia hmaah kan ding dawn a, Pathian mizia zawng zawng hmaah pawh kan ding dawn a ni" tiin.

(4) A hming pum chu Tajnaramath Bhaduri a ni a, Hindi tawngin "math" tih hian biakna hmun a kawka, hei hian hermitage emaw monastery emaw a kawka fo thin "space-a tui chungah leng" mi thianghlim zingah chuan kum zabi 17-naa mi thianghlim Cupertino khuua mithianghlim Joseph a tel a, a thil tawn mak tak takte chu thuhretuten an ziaa, Mithianghlim Joseph-a chuan khawvel hi mak tihna leh mak tihna dinhmun a lantir a, chu chu a takah a awm a ni Pathian hriatrengna leh Amah nena inzawmna thuk tak a neih Monastery-a a unaute chuan china nen a thlawk bo mai loh nan communal table-ah rawngbawl an phal lo ang Dik tak chuan, mi thianghlim chu hun rei tak chung leia a awm theih loh avangin khawvel hna a thawk thei lo a ni! A châng chuan, malsâwmna milem hmuh mai mai chuan dinglam hawia thlawh chhuahnaah a hruai t̃hîn a, chutah chuan mi thianghlim pahnih—mihring leh lung—chu vân aṭanga lo thlawk chhuak chu a hmu ang

Thlarau lama mi thianghlim tak, Saint Teresa of Ávila pawhin taksa sang lutuk chu a ti buai hle niin a hria a, Administrative hna tam tak thawkin phurrit a nei a, thlawhna

test-te chu tihtawp tumin a bei hlawhtling lo va, hemi chungchangah hian heti hian a ziaak a: "Pathianin a duh loh chuan hmalakna a tangkai lo" Saint Teresa ruang, Alba, Spain-a kohhran pakhat phum chu kum zabi li chhung zet chu a chhe lo hle a, a rimtui ang mai a ni chu chu roses a ni a, thilmak chhiar sen loh a awm niin an sawi baw

(Heng thilmakte hian Qur'an Thianghlim-a sawite leh Zawlnei thurin ropui tak takte pawh min hriat nawn tir baw a, chu chu Puk Mite chanchin leh Mari hnena remna awm rawh se, a hun laia date puitling a tlak theih nan palm thing hnah hring hring chu tihngching tura ngenna te, leh chubakah Pathianin Mari a pek dan te pawh min hriat nawn tir baw a, chu chu Surat Al Imran (Every)-a sawi angin Zakaria chu hmun thianghlimah a lo lut a, a ei tur nen a hmu a, "Aw Mari, khawi atanga lo chhuak nge hei hi i tan?"

Duhthlanna leh boruak nghawng dan

Buaina leh harsatnate chu mi pakhatin a hmaa a thiltih tawh, hun leh hmun bik a tih tawhte a hriat loh vang a ni a, Tuna an tawrhna hi an thusawi leh thiltih a\anga lo chhuak a ni a, chu chu hriatna leiah zung a kai a, chu ngaihtuahna leh thiltih ang chiah chiah chu a lo chhuak a, a rah a ni Pathian chauhvin ka nung a, ka thawk a Mi thlemna tur lei thlemna emaw, suangtuahna emaw a awm lo Finna leh hriatna mitmenging ka en a, bumna leh inbumna puanzar ka hrual Nang pawhin he ram i tlawnah hi hun eng emaw chen chauh a ni tih i hriat a ngai He hmun hi thil tum pakhat chauh neiin i awm a ni: zirlai tul zir tur leh nunah i kawng zawh zawng zawngte tanpui turin Zing tin Pathian hnenah a duhzawng min hrilh turin ka ngen a, chutah chuan ka kut leh ka rilru hmanga hna a thawh lai ka hmu a, engkim a duh danin a kal zel a ni

Fiahna leh hrehawmnate hi mi tihchhiat emaw, a
duhzawng tihbuai emaw tur a lo thleng lo va, Pathian
ropuizia ngaihlu turin leh a dante zah tir turin a lo thleng
zawk a, chuta tang chuan hlimna dik tak an neih theih nan
Pathianin heng fiahna khirh tak takte hi a tir lo a ni, a chhan
chu a bul berah chuan mihring siam a nih avangin Mihringte
hnen atanga thil phut zawng zawng chu ngaihsak lohna
muthilh atanga a hriatna tiharh a, hriat lohna thim atanga
chhuah chhuah hi a ni hriatna êng chu
Thlamuanna nei turin inzirtir rawh, a chhan chu
chutianga i tih tam poh leh chu thiltihtheihna chu i nunah i
hre nasa zawk dawn a ni

Chu Pathian êng lam i hawi chuan i kawng ti engtu tur
leh hriselna, hlimna, thlamuanna leh hlawhtlinna pe thei tur
thiltihtheihna sang zawk a awm a ni
A tam zawkah chuan kan hriatnate hian hlimna rei lo te
min tiam a, a tawpah chuan hun rei tak chhung hrehawmna
leh hrehawmna min thlen thin Nungchang tha leh hlimna dik
tak erawh chu a tiam tlem hle a, mahse a tawpah chuan
hlimna thianghlim leh nghet tak min pe thin Hei vang hian
chhungril, hlimna rei tak chu hlimna dik takah ka ngai a, hun
rei lote chhunga tisa hlimna chu hlimna mai maiah ka ngai a
ni

Miin a tihbuitu leh zan lama muthilh tir thei nungchang
tha lo a neih chuan, chu chu a tibuitu emaw, a tichak thei
emaw thil eng pawh pumpelh chungin a paih chhuak thei a,
chu chu tihbuai tumna kawngah chuan a rilru a pe lo This is
an indirect way of combating it But there is also a direct,
positive way: by directing one's thoughts toward a good
habit and working to cultivate to cultivate until it becomes a
part of their life that they can relying and depend on their life
chungah

Mi nungchang tha tak takte hi an hlim ber tlangpui An
harsatna leh harsatna an tawhah tumah an dem lo; chu ai
chuan anmahniah an innghat a, mimal mawhphurhnaah an

inngai Mi dangte thiltih, thusawi, leh ngaihtuahnain a tha
emaw, a chhe zawng emaw a nghawng an phal loh chuan
tumahin an hlim emaw, tithinur thei emaw thiltihtheihna an
nei lo tih an hre chiang hle

Mi rigid tak takte chu an hlim lo An rilru natna nei lo tak
tak an ni a, lung ang maiin Mi chu a ngaihtuahna, a rilru leh
a hriatna zawng zawng nen a nung tur a ni a, a chhehvela
thil thleng zawng zawngah fimkhur leh ngaihven reng tur a
ni, thlalak thiam tak, hmun mawi ber ber thlalak mak ber
berte lak theihna hun remchang tha ber nghaktu ang maiin
Mihring hlimna dik tak chu mi pakhatin zir tura a inpeih

rengnaah a awm a, dik leh zah taka thil ti turin a inpeih
rengnaah a inngat a ni

An dinhmun thlirlet a, hmalam pan zel nge hnunglam
pan zel tih thutlukna siamtu hi an tlem hle Hriatthiamna,
finna leh hriatthiamna nei mihring kan nih angin kan
mawhphurhna lian ber chu hmalam pan zel nge hnungtawlh
tih kan hriat theih nan kan finna leh hriatna dik taka hman hi
a ni Tin, hlawhchhamnain minrawn nuai nawn fo a nih chuan
kan beidawng lo tur a ni a, beiseina pawh kan hloh tur a ni lo
Hlawhchhamna hian kan taksa leh thlarau lama kan
thanlenna tibuaitu ni lovin, tichaktu angin hna a thawk tur a
ni

Hlawhchhamna hi hlawhtlinna chi phun hun tha ber leh
remchang ber a ni

Mi pakhat chu hloh leh hlawhchhamnaah a awm reng
tur a ni lo va, a hmaa a beih tawhte chu eng ang pawhin tam
leh hrehawm tak pawh ni se, a beih nawn leh tur a ni
Hlawhchham hnua hmalakna thar apiang chu ruahmanna
felfai tak leh rilru tichaktu a ni tur a ni Chu bâkah, thil neih
duhna leh thlarau lam duhthusam inkara inthlauhna siam tur
a ni a, pakhatin a dang a khuh loh nan

Thlarau mi dik tak tumahin tisa lama hlawhtlinna tel
lovin an ti thei lo Tin, tumah tisa lam ngaihtuahnate hian
Pathian ngaihtuah leh ngaihtuahna, rawngbawlina leh thlarau

lam hna thawhna atana hun tul an hlan theih lohna tur
khawpin a tibuaitu an awm lo
Chronic failure hian nun zir tur a la zir lo va, mahni
hmasial thlarau lam mi chuan thil nung a ngaihsak loh
avangin rilru inthlauhna hlohin a in hrem thin
Miin a hnathawh leh thiltih zawng zawng chu mi dangte
rawngbâwlina atân a hlan a, rilru hlim tak pu chungin a hlen
chhuak a nih chuan ngaihtuah leh lâwmthu sawi a phu tak
zet a ni

Kawng khata kan awm tur a ni lo; chu ai chuan kan
thiltihte chu kan inthlau a, kan hna leh tih turte chu a
pawimawh dan azirin kan dah pawimawh zawk tur a ni Duty
chu miin hlim taka a tih hi a ni a, tisa lama hlawkna tur a ni
lo Thlarau lam leh nungchang lama tih tur chu nunah a
hmasa ber tur a ni

Mihring tin hian theihna hman loh (untapped potential)
 kan nei a Chakna tul zawng zawng an nei Rilru ngei pawh hi
thiltihtheihna sang ber a ni a, thil tih dan leh ngaihdan
hmanlai leh khap tlat a\angin a chhuah zalen a ngai a ni
Ngaihtuahna sual chuan mi chu a duh ang anga a sawi
chhuah theihna tur boruak tha lo takah a hruai thei a
Amaherawhchu, mi pakhat chuan duhthlanna hmangin a
ngaihtuahna leh hriatna chu a thlak danglam thei a, chuang
chuan a chhehvel a thlak danglam thei a ni Mi pakhat chu
hmun hlauhawm takah hun rei tak a awm chuan, chu boruak
chuan a hriat lohvin a nghawng tan a Hun kal zelah, a
 tawpah chuan boruak hrisel leh hrisel thlan theihna zalenna
 chu a hloh a, chu boruak tha lo tak chuan a nghawng tha lo
 tak hnuaiah a awm ta a ni chenna khawvel
Mihring nunah planet leh arsi te nghawng chu planet leh
mihring taksa inkara hipna leh hnawhchhuahna inzawmna
atanga lo chhuak a ni Duhzawng chak tak neitute chu
Pathian nen an inzawm a, planet leh arsi te'n an duhsakna
an pek hun an nghak lo va, an zinkawng chu meteor hliam
 tuar ang maiin an chhunzawm zel a, Pathian arsi kaihruaitu,

**Zirtirtu Paramahans hnena a zirtirte hnen atanga
lehkha thawn**

Inner Culture magazine Volume XIV - ah chuan

Ram hrang hrang atanga an ziaktute lehkha thawn,
:chuta tang chuan a hnuaia mi hi kan la chhuak a ni

Chu chu i zirtirnte ngaihtuahna senga ka chhiarna
hmangin ka hriattir duh che u a ni

Thlarau lam hriatna ka dawng a

Ka zawn fo thin kha

I zirtirnte hian hlimna kawngkhar min hawnsak a ni

* * *

I thlarau lam affirmations te hi nitin ka practice thin

Ngaihtuahna tha lote chu a tlahniam zauh zauh tih ka
hmu chhuak

Hlahna chu a bo tawh

Ka nun chung zawn zawn hi nuam ka ti hle

In tanpuina avangin lawmthu kan sawi e

* * *

Malsawmna tam tak ka dawng thin

I thlarau lam zirtirna a\angin

I ngaihtuahna chhiar chu nghakhlel takin ka nghak reng

a ni

Ka nunah hmang tangkai turin theihtawp ka chhuah thin

I zirtirnat hi a mawiin a hlawkthlak hle

* * *

I philosophy mak takah hian ka hmu a ni

Ngaihhlutna leh infuih tharna thlentu

Min pek zawng zawng chungah lawmthu ka sawi tak
meuh meuh a ni

Tanpuina leh rilru lama thlamuanna atangin

* * *

Kar tin ka dawng thin tih rilru natna (overwhelming
feeling) ka nei thin

I zirtirna atanga zir tur thar chungchangah

Zirna tinah hian hlimna leh hriatna ka hmu thin

* * *

Ka thinlung chhungril atangin lawmthu ka sawi e

Ka chhungril lam ka hriatthiam theih nan

Tin, ka chhunga thiltihtheihna thup awmte min hriattir
turin

Tin, ka hriatnaah Pathian êng lantir turin

Nangmahni hnen atanga zirtirna ka dawn hmangin

* * *

I hnena ka tlawh che kha ka la hre reng

Kum li chhung zet chu ka ngaihtuahnaah a nung tawh a

ni

Pathian i rinna famkim kha ka la hre reng a ni
Tin, mihringte i hmangaihna pawh
Ka inhriat chian theih nan min pui a ni
Keimah chauh ka nih ka rin lai khan
Thian ka nei lo va, min khawngaihtu pawh ka nei lo
Mahni inrintawkna min pe a, ka rilru a tichak bawh
Nun dinhmun hmachhawn kawngah huaisen taka awm
turin min fuih a ni

* * *

Kum sawmli chhung zet chu
Science leh hriatna branch hrang hrang ka zir a
Mahse, chu lehkha zir zawng zawng atang chuan
engmah ka hmu lo
I zirtirna atanga ka zir chhuah nen tehkhin theih thil
chungchangah

* * *

I zirtirna ka chhiar hian ka hlawkpui hle
Mi tam zawk an awm chuan
I ngaihtuahnate chu an zir Chiang a, an kalpui bawh
Kan khawvel hi a ni ngei ang
A nihna aiin a tha zawk

* * *

Ka thinlung chhungril tak atangin lawmthu ka sawi tak
meuh meuh a ni

Ka nunah malsawmna lo lutte avang hian

I zirtirnate chu ngaihtuahna seng tak leh ngaihven taka

ka chhiar tan atang khan

Lawmthu kan sawi e, Pathianin i thawhrimna ropui tak hi

malsawm rawh se

Tin, mihringte rawngbawlina atana in inpekna hnathawh

pawh

* * *

Ka hlawhtlinna tur tawngtaipui turin ka ngen che atang

khan

Ka dinhmun chu nasa takin a lo tha chho ta a ni

Ka lawmthu sawina thuk tak leh in tawngtai chhunzawm

zel ka beisei

* * *

I message hnuehnung ber ka dawn khan

Ringhlelna ramngaw thim takah chuan ka la vakvai reng

a

Tin, chu ramngaw atanga chhuahna kawng chu a hmu

thei lo

Mahse Pathian chungah lawmthu kan sawi a, i

tawngtaina bikte pawh

Kawng chu a fiah zual a, Pathian ka rinna chu a nghet

zual sauh sauh a

Ka dinhmun chu kawng engkimah a lo tha chho zel a

Tin, i tawngtaina chhannaah min hre reng ang che

* * *

I zirtirna hian nasa takin min pui a ni

Tin, chuta tang chuan hlawkna nasa tak ka hmu baw

Tin, finfiahna Chiang tak nen ka hnenah finfiah a ni baw

I thlarau lam affirmation leh ngaihtuahna tha tak takte
hlawhtlinna

Lawmthu sawinain min hneh hle

Hriselna, hlimna leh thlamuanna ka neih vang a ni

Meditation lamah nitin hma ka sawn zel niin ka hria

* * *

I zirtirna mak tak tak, rilru hneh thei tak takte kha ni lo
se

He lei level-a ka nun hi a tlem hle ang

I ngaihven bik avangin lawmthu ka sawi tak meuh meuh
a ni

Kum thum kalta chhunga min pek tawh chu

* * *

Thlarau lam nunphung magazine min pek avangin
lawmthu kan sawi e

Chutah chuan nitin thlarau tan malsawmna leh
chawmna ka hmu thin

Nangmah leh i zirtirna min hriattirtu Pathian hnenah
lawmthu ka sawi e

* * *

Thla tin lehkha min thawn thin avangin lawmthu ka sawi
tak meuh meuh a ni

Thuchah hnahnung ber chu infuih tharnain a khat niin ka
hmu

Literature class-a ka zirlai te hnena ka chhiarsak theih
nan

A thu awmte chu tha takin an chhang let a ni

Kan zavaia tan chuan hun hlimawm tak a ni

Lehkhaah hian ngaihtuahna i dah te hian min tithinur
hle

Chutiang khawpa nasa chuan ka zirlai te hnenah pawh
ka share duh ta a ni

He thuchah hian ngaihtuahna thuk tak a siam a ni

Tin, thlarau thurukte introspection pawh a awm bawk

Harsatna chinfelna kawngah min pui dawn niin ka hria

Tin, nun tawn tawhte chu fing tak leh tha taka
hmachhawn turin

* * *

I zirtirnate hi a hlu a ni

I zirlai pakhat mah ka tlai duh lo